

# THE KEHILLA

Volume 6 Issue 1

January 2010 Tevet 5770



## Arinna's Arena

Dear Congregants,

The lovely holiday of Tu B'Shevat falls at the end of January. While not as well known as Rosh Hashanah or Yom Kippur, it nevertheless commemorates another type of renewal – the new growth of plants and trees. Tu is an acronym meaning 15 and Shevat is the name of the Hebrew month. It is also called Chag Ha-ilanot or The Festival of Trees. Tu

B'Shevat is viewed by tradition as having the same meaning for trees as Rosh Hashanah does for humans – as a new year and a day of judgment. On this day, God decides how bountiful the fruits of the trees will be in the coming year. This date was set aside for the annual tithes on fruit trees. The laws of tithing establish an inherent relationship between God and people that is defined by our gratitude for the God-given ability to grow food.

This holiday of Talmudic origin is one of the four “new years” of the Jewish calendar and is seen as a harbinger of spring. In Israel, the majority of the winter rain has fallen, the sap has risen, and the first blossoms have appeared on the almond trees. Traditionally this event was celebrated by eating fruit associated with the land of Israel. Since the founding of the State, schoolchildren engage in elaborate tree-planting ceremonies and adults typically donate to the Jewish National Fund.

In addition to celebrating, Tu B'Shevat is an opportunity to focus our awareness on the stewardship of the planet. The ecosystem is out of balance from our over-reliance on fossil fuels, the huge amount of contaminants we pour into the oceans and spew into the air, and from global warming. Our way of life is truly in danger if we don't take major steps to correct the many ways in which we take our earth for granted. Judaism has always promoted a deep concern for the care of God's creation. A Jewish response to this crisis is to decrease our personal carbon footprint and to get involved in or support the many organizations that are working to save our planet.

One means of heightening our appreciation for the symbolism of Tu B'Shevat is to hold a seder. The basic concept behind this ritual is to increase the flow of God's blessings into the world. It involves eating different kinds of fruits and nuts and drinking four cups of wine. Each fruit is accompanied by an appropriate verse from the bible or a quotation from the Talmud. We drink both red and white wine which represents nature both in its dormant state and in full bloom.

We will be holding a Tu B'Shevat seder at Mt. Sinai on Friday, January 29<sup>th</sup> at 5:30 PM. This festival is full of wonder, joy, acknowledgment and thankfulness as we anticipate the renewal of the natural world. Please come and as you learn about this holiday and its customs, you can look forward to spring and gain a deeper appreciation for the importance of caring for our planet.

With many blessings,  
Rabbi Arinna Shelby



## A SWEET THANK YOU....

To everyone who helped with our See's Candy Sale and Gift Shop Open House. Once again we have been supported by so many of you, who helped in so many ways.

Thank you to everyone who pre-sold the candy, assembled the orders, and came in cold and snow to help out at the sale. We also appreciate your candy orders and your enthusiasm.

Final numbers are not in yet, but I know this year's sale was again a success. Even in hard economic times, See's Candy is a winner!

*-Phyllis*





Candle Lighting Times for Shabbat and Holidays

Friday, January 8, 2010

Light Candles at: **4:29 pm**  
Shabbat, January 9, 2010 Shabbat Ends: **5:33 pm**

Friday, January 15, 2010

Light Candles at: **4:37 pm**  
Shabbat, January 16, 2010 Shabbat Ends: **5:40 pm**

Friday, January 22, 2010

Light Candles at: **4:45 pm**  
Shabbat, January 23, 2010 Shabbat Ends: **5:48 pm**

Friday, January 29, 2010

Light Candles at: **4:54 pm**  
Shabbat, January 30, 2010 Shabbat Ends: **5:56 pm**

Friday, February 5, 2010

Light Candles at: **5:02 pm**  
Shabbat, February 6, 2010 Shabbat Ends: **6:04 pm**

Friday, February 12, 2010

Light Candles at: **5:11 pm**  
Shabbat, February 13, 2010 Shabbat Ends: **6:12 pm**

Friday, February 19, 2010

Light Candles at: **5:20 pm**  
Shabbat, February 20, 2010 Shabbat Ends: **6:20 pm**

Friday, February 26, 2010

Light Candles at: **5:28 pm**  
Shabbat, February 27, 2010 Shabbat Ends: **6:28 pm**

[Candle lighting times and information from www.chabad.org](http://www.chabad.org)

The time of lighting is considered especially auspicious for praying to G-d for health and sustenance. These prayers are readily acceptable because they are offered during the performance of this great mitzvah.

Spread your hands around the flames and draw them inward, in a circular motion, three times indicating the acceptance of the sanctity of Shabbat. Then cover your eyes and recite the following blessing:

*Boruch A-toh Ado-noi E-lo-hei-nu Me-lech Ha-olam A-sher  
Ki-de-shan-nu Be-mitz-vo-sov Ve-tzi-va-nu Le-had-lik Ner  
Shel Shabbat Ko-desh.*

Blessed are You, Lord our G-d, King of the universe, Who has hallowed us through His commandments, and has commanded us to kindle the lights of the holy Shabbat.

Uncover your eyes and behold the Shabbat lights.

...from the  
*Editor's Desk*



Hi Friends,

Keep those newsletter contributions coming!

Trying something new. This month  
**the cutoff will be  
January 22nd  
for publication in February's issue.**

It's a Friday, so it gives me the weekend to put it all together. Let's see how I do....

Please send submissions to either

**[bjscotto@yahoo.com](mailto:bjscotto@yahoo.com) or  
[kehilla@mtsinaicheyenne.org](mailto:kehilla@mtsinaicheyenne.org)**

If we don't have your e-mail address, please send it to **[info@mtsinaicheyenne.org](mailto:info@mtsinaicheyenne.org)**.

Thanks,

*Bonnie*

**MAZAL TOV**

Rabbi Moon and Andy Shelby to wed

Rabbi Moon and her fiancé are being married on January 3<sup>rd</sup> in Los Angeles. They will be honeymooning in Australia. The Rabbi will be taking her husband's name and will now be known as  
**Rabbi Arinna Shelby.**

She will return to Cheyenne at the end of the month. More details will follow in the February newsletter.

# Yahrzeits for January



Due to technical difficulties, we were unable to provide the Yahrzeit calendar this month. This should be a one time issue and we anticipate next months calendar being included with no problem.

Sorry for any issues this may have caused.

"I light this candle to bring peace to the soul of \_\_\_\_\_  
(insert Jewish name) *ben/bat*  
(son of/daughter of) \_\_\_\_\_ (insert father's Jewish name)."  
If the Jewish name of the deceased (or the deceased's father) is not  
known, the secular name may be used.

Helping to Support  
our Congregation

We make a living by what  
we get, we make a life by  
what we give.

-Sir Winston Churchill

Morris Gardner  
Dan & Sue Dyer  
Ruth K Langley  
Marvin Wolf  
Dr. Andrew M. Rashkow  
Harlan R. Ribnik, M.D.  
Howard D. or Lila Gallensky  
Helen Zigmond  
Millie Veta  
Gary Friedman  
Helen Zigmond  
Irving & Joyce Wolf  
Donald Gerstein  
Rose Levin  
Dorothy Feldman  
Neil E. or Alison E. Gallensky  
Emil E. Abraham



# HAPPY BIRTHDAY

And a special  
Happy first birthday to  
Crystal  
granddaughter of  
George and Chuli  
Pechulis

- |           |                        |           |                     |
|-----------|------------------------|-----------|---------------------|
| <b>1</b>  | <b>Agnes Weinstein</b> | <b>25</b> | <b>Donna Pepper</b> |
| <b>10</b> | <b>David Friedberg</b> | <b>26</b> | <b>Jacob Means</b>  |
| <b>12</b> | <b>Mark Feldman</b>    | <b>26</b> | <b>David Young</b>  |
| <b>12</b> | <b>Laurie Lerner</b>   | <b>27</b> | <b>Erin Brown</b>   |
| <b>15</b> | <b>Steven Lerner</b>   |           |                     |



**It Doesn't Grow  
on Trees....**

## MONEY MATTERS

2010 is our Centennial Anniversary. The year will be full of activities with many opportunities to increase our membership. In the meantime, your Board of Directors must adopt a budget that will maintain the ongoing operations of our Synagogue and cover the costs of our Religious Leader.

As of December 27<sup>th</sup>, sixteen (16) pledge forms have been returned of the 65 pledge forms mailed out on November 9<sup>th</sup>.

Five pledge forms are from our Board of Directors  
Eleven pledge forms are from our general membership.

The committed pledge dollars will cover about 28% of the projected operating costs for our Synagogue next year. This does not include the expense of our Religious Leader.

Because of the current economic uncertainties, we need your honest input. If you simply forgot, please return a completed pledge form at your earliest convenience. Please, let us know if you can participate with financial assistance in 2010.

Thank you,  
Roselyn Baker, Chair  
Finance Committee

## Mt. Sinai 2010 Budget Adoption

The Mt. Sinai Budget for 2010 was adopted at the annual meeting on December 27. The budget provides for Income of \$80,300 and Expenses of \$74,700. Unfortunately, the estimate of \$30,000 in pledges is based on a limited number of pledges received prior to the meeting (16) and without additional pledges will not be met.

We have had to dip into reserves (\$15,000 to \$20,000) per year in order to keep the doors open. If it had not been for Mt. Sinai Trust interest income, Sisterhood fund raising, and Trust interest, we could not have contracted with a Rabbi even just part-time. We are building poor. It costs almost \$500 per member (or \$30,000) to keep the doors open – utilities \$8,100; insurance \$7,000; maintenance \$8,100; telephone \$1,500; legal and accounting \$3,600 etc.

The budget for the Religious Leader has been proposed at \$35,000. This is a significant reduction from the \$50,000 plus that has been expended.

Without volunteers who do the Kehillah, run the office, arrange for maintenance, post the Yahrzeits, maintain the Yahrzeit lists this organization would come to a stand still.

Our income and expenditures need to be closer to \$90,000 to effectively run the Synagogue. This would mean a need for an average of \$1,500 from each member (assuming 60 members.)

### WHAT DOES THIS ALL MEAN?

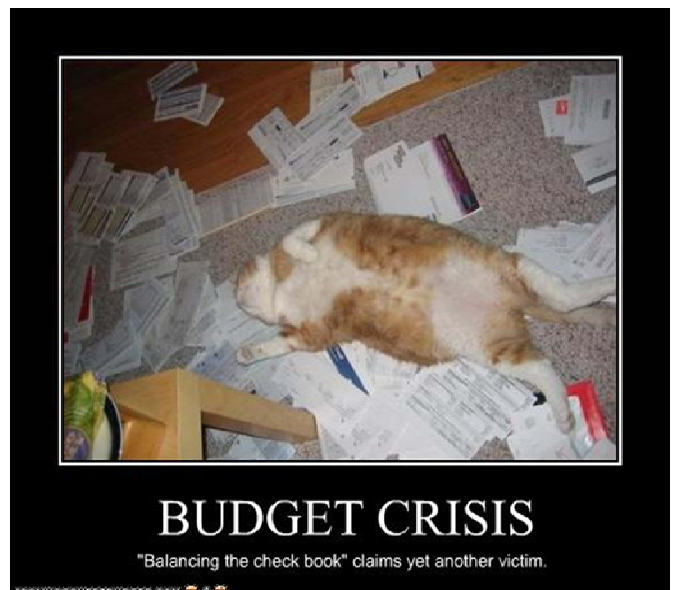
1. We need to increase the number of giving units – we need more paying members. Do you know someone who could be a member?
2. We need to have each member step up to the plate and give his/her fair share. What is your fair share? Look at your income tax statement and calculate 1-2% of adjusted gross income – allow for extraordinary expenses – kids in college etc.

There are a number of members for whom the requested minimum of \$500 is too much – their fair share may be less than that amount. This is understood and is provided for by asking such individuals to contact the Vice-President and make special arrangements which could include doing volunteer activities which would help the Synagogue reduce expenditures.

**WE NEED TO DO A BETTER JOB OF RAISING MONEY.**

**HAVE YOU RETURNED YOUR PLEDGE FORM?**

**HAVE YOU INVITED A NON-MEMBER WITH A JEWISH BACKGROUND TO JOIN US AT A SOCIAL EVENT OR AT SERVICES?**





*Company's  
Coming!.....  
Save this date.....*

### **Cantor Shalowitz to lead Shabbat services January 8-9**

**Friday, January 8** - 7 PM - Shabbat services led by Cantor Howard Shalowitz

**Saturday, January 9** - 9:30 AM - Shabbat services led by Cantor Howard Shalowitz

We are pleased to announce that Cantor Howard Shalowitz will be leading services the weekend of January 8, 2010. What a wonderful way for Mt. Sinai to start the new secular year! Watch our website for additional information about his visit.

Cantor Howard A Shalowitz earned his Bachelor of Arts degree from the University of Pennsylvania, where he received a voice scholarship. After attending the Jewish Theological Seminary of America Cantors Institute, he received his Juris Doctor degree from Washington University School of Law.

From 1979 to the present, Cantor Shalowitz has led High Holy Day services throughout North America, including 9 years at the prestigious Sutton Place Synagogue in New York City and 3 years at Shaare Zedek Synagogue in San Juan, Puerto Rico. He is currently chairman of the Cantors Assembly's Ambassador Committee - leading services and lecturing on Jewish music throughout North America. He has also been the hazzan in residence at 6 week-long Imun adult education programs for lay leaders of congregations.

He sings at naturalization ceremonies in federal court and even delivered a singing telegram to the famous opera star, Luciano Pavarotti. He is on the Board of Directors of the St. Louis Circle of Jewish Music. Cantor Shalowitz wrote, narrated and produced 4 television programs for the Jewish holidays: The Sound of the Shofar, The Light of the Menorah, The Cup of Elija and The Scroll of Esther, which have aired on St. Louis television. He won a national Telly Award in 2000, as co-host of the weekly television show Legally Speaking in St. Louis. Cantor Shalowitz has received significant notice in the print and electronic media for his dual accomplishments as a lawyer and a cantor.



# SAVE THE DATE

## A TU B'SHEVAT SEDER

Tu B'Shevat (the New Year of the Trees) is a time to remember our connection with nature and the importance of conserving our earth's resources. We can plant a tree, either in Israel or here at home. This year Tu B'Shevat falls on Friday, January 30. Since the ground will likely be frozen here, Dorothy suggests planting an "IOU" in our backyard!

At a Tu B'Shevat Seder the seven species, or fruits, that symbolize the fertility of Israel are often served. Dishes such as barley soup and fruits such as figs and dates are especially popular. Modeled on the Passover Seder, there are four glasses of wine (or grape juice) to drink, each one darker than the one before, to symbolize the four seasons. There can also be the Four Questions, such as "On all other days, we eat only one or two kinds of fruits. Why on this day do we eat seven?" Likewise, "Dayenu" can be revised for this holiday.

**SAVE THE DAY!! JOIN US A FOR TU B'SHEVAT SEDER AT MT. SINAI ON FRIDAY, JANUARY 30.** Help us create a new tradition at Mt. Sinai!

If you would like to be involved in any aspect of this fun celebration,  
please contact Phyllis.

Your ideas and help will be appreciated.

For kids of all ages.....

## Tu B'Shevat Wordsearch

Many different kinds of trees grow in Israel. Find the trees listed below in the wordsearch. The words may be horizontal, vertical, diagonal, backwards or forwards. After you circle the words, the letters which are not used in any words will spell out a Tu B'Shevat message.

- |        |        |        |          |            |         |
|--------|--------|--------|----------|------------|---------|
| ALMOND | WILLOW | APPLE  | TAMARISK | APRICOT    | CAROB   |
| PALM   | CEDAR  | ORANGE | CITRON   | OLIVE      | CYPRESS |
| MYRTLE | FIG    | LEMON  | FIR      | GRAPEFRUIT |         |

C	T	U	B	S	H	N	O	R	T	I	C
E	C	Y	P	R	E	S	S	I	O	E	A
D	V	A	A	T	I	S	U	K	C	N	R
A	P	P	L	E	O	R	W	N	I	A	O
R	S	E	M	T	F	I	R	H	R	E	B
N	E	G	W	E	W	Y	N	E	P	A	R
O	R	N	P	D	N	O	M	L	A	T	H
E	B	A	I	R	M	E	L	T	R	Y	M
T	R	R	H	E	D	A	Y	L	O	F	T
G	H	O	L	I	V	E	E	G	I	F	T
R	T	A	M	A	R	I	S	K	E	W	E



Write the message with the leftover letters.

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Answers on page 11.  
No peeking until you're done!

# SISTERHOOD NEWS



*Our next meeting will be on  
January 10th at 12  
at the synagogue.*

*Questions? Comments?  
Problems?*

*Please contact  
Phyllis Bloomberg at*

*[sisterhood@mtsinaicheyenne.org](mailto:sisterhood@mtsinaicheyenne.org)*

## SUPPORTING OUR TROOPS

THANK YOU TO ALL WHO CONTRIBUTED TO OUR HOLIDAY BOXES FOR THE TROOPS CAMPAIGN. WE SENT OUT 4 BOXES WITH ALL SORTS OF GOODIES. WE EVEN INCLUDED DRIEDELs AND INSTRUCTIONS ON HOW TO PLAY..COURTESY OF OUR GIFT SHOP.

TRUTH BE TOLD, WE STARTED THE HOLIDAY EFFORT WAY TOO LATE. IF WE HAD STARTED EARLIER, WE MAY HAVE BEEN ABLE TO SEND MORE. SOOOO, AT OUR LAST SISTERHOOD MEETING WE DISCUSSED MAKING THIS AN ON-GOING PROJECT. WE HAVE TROOPS DEPLOYED ALL YEAR LONG, WHY NOT SHOW THEM WE'RE THINKING ABOUT THEM ALL YEAR LONG?

HERE'S HOW THIS CAN WORK. WE'LL LEAVE A BOX FOR CONTRIBUTIONS SET UP AT THE SYNAGOGUE. YOU'RE OUT AND ABOUT SHOPPING, LUNCHING, WHATEVER AND YOU HAPPEN TO SEE SOMETHING YOU KNOW WOULD MAKE A SOLDIER, AIRMAN, SAILOR OR MARINE SMILE. DON'T JUST LEAVE IT THERE...BUY IT! DROP IT IN THE BOX AND WE'LL DO THE REST. WHEN WE HAVE ENOUGH "STUFF" IN THE BOX TO FILL A FEW CARE PACKAGES, WE'LL SEND THEM OUT.

WE CAN DO THIS!

THANK YOU FOR YOUR CONTINUED SUPPORT OF OUR MILITARY MEMBERS!!

AND A SPECIAL THANK YOU TO **DONNA PEPPER** FOR BRINGING THIS WONDERFUL IDEA TO THE SISTERHOOD.



## New Mt. Sinai Board Meets and Elects Officers for 2010

On Sunday, December 27, following the annual meeting of the Mt. Sinai Congregation, the new Board elected officers for 2010.

**President - Marvin Wolf**  
**Vice President - Morris Gardner**  
**Secretary - Dorothy Feldman**  
**Treasurer - Rosalyn Baker**  
**Financial Secretary - Joseph Golden**

The Board and Congregation owe many thanks to the outgoing officers, Steve Borin and Jeff Weinstein. They have guided us through several years of difficult times and have earned some time, *not too much*, to rest.

From the Board Meeting held on 16 December.....  
Submitted by Harriett Gardner

- ◆ Rabbi Moon will be contacted with regards to continuing services on a month to month basis with revised payment agreement .
- ◆ New bid for egress door for small sanctuary was approved.
- ◆ Synagogue members provided meals for Cheyenne Interfaith Hospitality Council.
- ◆ Candy sale was a success- limited amounts still available.
- ◆ Rabbi's Search Committee will be reinstated.

## ADMINISTRATIVE JOTTINGS



In December Mary Weinstein was joined again by Joe Golden and Morris Gardner in handling the Mt. Sinai Office activities. Mary will continue to handle the Yahrzeits – calendars, mailings etc. Please get your Yahrzeit changes to Mary.

Morris and Joe will handle the Mt. Sinai office activities including picking up the mail at the post office, logging the mail onto the computer, entering receipts into the current (obsolete) Peachtree account; copying checks for a permanent record; sending receipts; taking deposits to the bank; delivering receipt record (including identifying what account the funds should be deposited in and what purpose the donation was made for to Jonath Jackson, CPA. Jackson will provide ongoing bookkeeping services which will include paying our bills, mailing out pledge notices to our members and preparing the monthly and annual financial reports.

In addition, coordinating the Kehillah preparation as well as handling emergencies at the Synagogue is included. While Les is in Tucson, Joe Golden and Dorothy Feldman handle all building maintenance emergencies, including heating system problems, new thermostats, leaks (both gas and water) as well as trying to find a way to clean up the Mikva water and move more water from the basement to our lawn in the summer.

As usual Jeff Weinstein is always there to step in: for example when Joe gets too much water on the floor in the bathrooms trying to purge the radiators of air – but getting water instead.

DEQ is currently working with us to measure and make recommendations on the tetrachloroethylene (PERC) pollution of our basement “underground stream.” We hope they will also help to pay for any necessary mitigation.

Without the input of Mary (Yahrzeits), Bonnie Scotto (Kehillah), Howard and Lila Gallensky (Yahrzeit Board), Roz Kaufman (printing and mailing of the Kehillah) we would be in quite a bit of trouble.

There are no funds to hire an Administrator. What would you like to volunteer to handle? If you see something that needs to be done – offer to do it or find a way of doing it. We will all benefit.

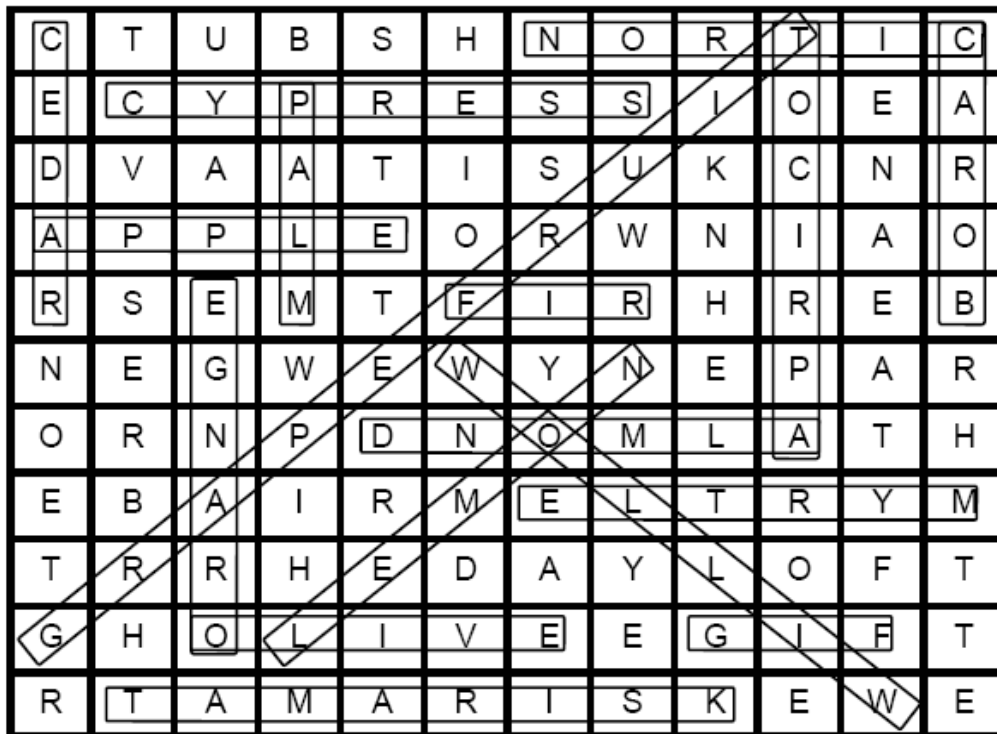
Joe

**Did you find them  
all??....**

## Tu B'Shevat Wordsearch

Many different kinds of trees grow in Israel. Find the trees listed below in the word-search. The words may be horizontal, vertical, diagonal, backwards or forwards. After you circle the words, the letters which are not used in any words will spell out a Tu B'Shevat message.

ALMOND	WILLOW	APPLE	TAMARISK	APRICOT	CAROB
PALM	CEDAR	ORANGE	CITRON	OLIVE	CYPRESS
MYRTLE	FIG	LEMON	FIR	GRAPEFRUIT	



Write the message with the leftover letters.

*Tu B'Shevat is known as the New Year or the Birthday  
of the Tree.*

## Beginning Biblical Hebrew

Would you like to be able to read and understand the prayers in the *siddur* (prayerbook)? Would you like to know what it really says in the Torah? Any translation you read is an interpretation. By learning Hebrew you can read and understand for yourself. This class will teach you the alef-bet, the basics of Hebrew grammar and how to read the prayers. No prior knowledge is necessary. This course will be co-taught by the Rabbi and Jeff Weinstein on Thursday evenings at 8:00 PM. Free for members; \$50 per quarter for non-members. Class begins January 29<sup>th</sup>. Call the office to sign up.

## Eat Something..... You'll Feel Better



### **7 Species Salad (Salat Shivat HaMinim)**

Lettuce, (any kind, but the baby is good)  
Seeds from 1/2 to 1 ripe pomegranate  
6 to 8 figs, quartered  
Handful of seedless (or deseeded) grapes, halved or quartered  
2 to 4 dates, sliced  
Olive oil and balsamic vinegar (this gets the olives in, the Torah specifically mentions oil olives so, in theory this could also count for the grapes)  
Barley and wheat croutons

#### Optional:

Goat cheese  
Bee or date honey (to get the ertz zavat chalav u'dvash element)

To make the croutons, get some bread (preferably sliced) that has both wheat and barley flour and cut in to bite-sized pieces (2cm to 3cm square) and place on a baking tray or casserole dish.

In a bowl, combine olive oil and some favorite spices, oregano, basil, and/or thyme. Brush the oil and herb mixture over the bread pieces and bake at 200°C to 225°C (400°F to 450°F) until the bread feels like croutons.

One can also skip the olive oil and herbs on the croutons and just bake the bread. Combine everything and enjoy!

Coming Next  
Month.....

YOUR GUESS IS AS GOOD AS MINE....LET'S  
SEE WHO SENDS IN WHAT! I KNOW WE HAVE  
SOME SERIOUS COOKS OUT THERE. IT'S  
TIME TO STRUT YOUR STUFF. SHARE  
THOSE RECIPES...

I searched for Tu B'Shevat  
recipes and found this recipe at  
[www.jewishfood-list.com](http://www.jewishfood-list.com)

Wish List

Is this your mitzvah? Please consider a donation for one or more of the following items.

Friday night congregational dinner \$75 ♦ Case of wine for Kiddush \$50 ♦

Toner cartridge for the printer \$90 ♦ Toner cartridge for the copier \$150♦

I would like to make the following donation to Mt. Sinai Congregation:

My name \_\_\_\_\_

In memory of \_\_\_\_\_

In honor of \_\_\_\_\_

anniversary • birth • graduation • appreciation • birthday • marriage • bar or bat mitzvah

The contribution amount \_\_\_\_\_

Make checks payable to Mt. Sinai Congregation and mail to P.O. Box 1012 , Cheyenne , WY 82003

The following is a list of funds to which contributions can be made. Please circle your choice.

B'nai B'rith • Gift Shop • Library • Yiddish Food Festival • Rabbi Fund • Rabbi's Discretionary Fund

Endowment Fund • Trust Fund • Building Fund • Cemetery Fund • Uri Neil Window Fund

Other \_\_\_\_\_

Please send acknowledgment to \_\_\_\_\_

To donate to Sisterhood, Hadassah, or Jewish Women International contact Lila Gallensky.

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Mt. Sinai Congregation

P.O. Box 1012

Cheyenne, WY 82003