

THE KEHILLA

Volume 5 Issue 11

November 2009 Heshvan 5770



Arinna's Arena

Dear Congregants,

It is hard to believe that November is upon us, which of course means that Thanksgiving is just around the corner. During this quintessential American holiday, most of us will be giving thanks for the food that is on our tables, for the family we are celebrating with and for any number of other good things that have happened in our lives during the previous year. Given that I

am

writing this is our synagogue newsletter, the question then arises what does this have to do with Judaism? What is an appropriate Jewish response to a holiday that is not rooted in our culture and religion?

Jews have always given thanks. We thank God every morning when we awake for our bodies which function in the proper manner, for our souls which God has returned to us from their night journeys, and for our minds, our intellect and our ability to study Torah. Our liturgy is structured in three parts: first we praise God, then we petition God for what we need, and finally we thank God for everything God has provided for us. In the *amidah*, the central prayer of our service, the eighteenth blessing is a prayer of thanks. It reads: We thank You and sing Your praises for our lives, which are in Your hands, for our souls, which are in Your keeping, for the signs of Your presence we encounter every day, and for Your wondrous gifts at all times, morning, noon and night. In the Torah service, we have an opportunity to say *birkat hagomel* – a prayer thanking God after we have survived a particularly difficult ordeal, such as an illness or a dangerous situation.

Psalm 100 is a psalm of thanksgiving:

Make a joyful noise to the Lord, all the earth.
Serve the Lord with gladness; come before His presence with singing.
Know that the Lord is God; it is He who made us and we belong to Him;
We are His people and the sheep of His pasture.
Enter into His gates with thanksgiving, and into His courts with praise;
Be thankful to Him and bless His name.
For the Lord is good, His loving kindness is everlasting
And His faithfulness endures to all generations.

In the Talmud, Rabbi Meir teaches that a person is obligated to say a hundred blessings every day.

As evidenced by the above examples, giving thanks is woven into the fabric of our teachings and our lives. As Jews and as Americans, we have a double reason to give thanks, for it is indeed a part of both of our identities. May you have a wonderful Thanksgiving holiday, and may you always find reason to give thanks to God.

With many blessings,
Rabbi Arinna Moon

**CONGREGATIONAL
DINNER WILL BE
ON FRIDAY,
NOVEMBER 6, AT
5:30 PM.**

*'Tis the Season.....
for See's Candy!!!!*

Can't you just taste it already? You're friends and colleagues are wondering how much longer it's going to be. You know they wait for it every year!

See the story under
"Sisterhood News"
on page 5.

Look for the brown
print...
Looks like chocolate - -
right?
(OK, so humor me and read it
anyway.)

[Candle Lighting Times for Shabbat and Holidays](#)

[Friday, November 6, 2009](#) Light Candles at:
4:32 pm

[Shabbat, November 7, 2009](#) Shabbat Ends: **5:31 pm**

[Friday, November 13, 2009](#) Light Candles at: **4:25 pm**



[Shabbat, November 14, 2009](#) Shabbat Ends: **5:25 pm**

[Friday, November 20, 2009](#) Light Candles at:
4:19 pm

[Shabbat, November 21, 2009](#) Shabbat Ends:
5:20 pm

[Friday, November 27, 2009](#) Light Candles at:
4:15 pm

[Shabbat, November 28, 2009](#) Shabbat Ends:
5:17 pm

...*from the*
Editor's Desk



Howdy!

So, it's been a few months now and I'm having a blast doing this newsletter. I can only hope you're all enjoying reading it.

The Rabbi's column this month discusses thankfulness. I have to throw my two cents in on that same topic.

Those of you who know me, know that I'm a military spouse. What that means is that every few years we move. We've lived in Arizona, England, North Carolina and here in Cheyenne. It's been a great adventure but also trying at times. Homes come and go, friends come and go. It can be a challenge.

In many of the places we've lived, it was a challenge to find a Jewish community. Moving to Cheyenne I never expected to find a place like Mt. Sinai. I couldn't believe I had found a "real synagogue". In most of those other locations, there were Jewish services held on the base in the non-denominational chapel with a Torah ark rolled in on wheels. Walking into Mt. Sinai for the first time and seeing the main sanctuary with the ark and the stained glass windows - it felt like coming home. For the first time in many years I felt like I had a Jewish home. It was amazing!

I just want to thank you all for being my friends and my family. Being far away from family isn't easy but having you all here makes it so much easier. The times we spend in the kitchen preparing congregational meals is like being at home but instead of one mom or one aunt or one sister- it's an entire family! Who could ask for more?

If you ever doubt what a wonderful community we have - come talk to me, I'll be happy to remind you. Thanks for being you!

Happy Thanksgiving to all.

Keep those newsletter contributions coming! Deadline for submissions will be the Monday of the week prior to distribution...so this month **the cutoff will be November 23 for publication in December's issue.** Please send submissions to either

**bjscotto@yahoo.com or
kehilla@mtsinaicheyenne.org**

If we don't have your e-mail address, please send it to info@mtsinaicheyenne.org.

Thanks,
Bonnie

Yahrzeits for November



"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.

- | | |
|--|--|
| 14 Heshvan - Ruth Shuman - Nov 1 | 1 Kislev - Frances Kline Novick - Nov 18 |
| 14 Heshvan - Leona Halper - Nov 1 | 1 Kislev - David S. Zolot - Nov 18 |
| 14 Heshvan - Freida Waldman - Nov 1 | 3 Kislev - Sadie Veta - Nov 20 |
| 15 Heshvan - Mary Hurwitz - Nov 2 | 3 Kislev - Ben Rosenberg - Nov 20 |
| 15 Heshvan - Harry Stark - Nov 2 | 4 Kislev - Ruth Goldstein - Nov 21 |
| 17 Heshvan - Sarah Tulchinsky - Nov 4 | 5 Kislev - Morris Gardner - Nov 22 |
| 17 Heshvan - Benjamin Tulchinsky - Nov 4 | 5 Kislev - Joe Rubin - Nov 22 |
| 17 Heshvan - Gizella B. Weisz-Nov 4 | 5 Kislev - Warner Bloomberg Sr. - Nov 22 |
| 18 Heshvan - Bernie Klein - Nov 5 | 6 Kislev - Nate Bobb - Nov 23 |
| 20 Heshvan - Hadassah H. Movsky - Nov 7 | 6 Kislev - Leo Hite - Nov 23 |
| 20 Heshvan - Pete Smith - Nov 7 | 7 Kislev - Janet Greene - Nov 24 |
| 20 Heshvan - Ester Lang Rubin - Nov 7 | 7 Kislev - JoAnn Bess - Nov 24 |
| 22 Heshvan - Ben Marchick - Nov 9 | 7 Kislev - Joe Zinn - Nov 24 |
| 22 Heshvan - Rose Spagat - Nov 9 | 9 Kislev - Donald McEndree Weisz - |
| 23 Heshvan - Bessie F. Rayor - Nov 10 | Nov 26 |
| 23 Heshvan - Anna Brevdy - Nov 10 | 10 Kislev - Dora Bregman - Nov 27 |
| 25 Heshvan - Sam Bronstine - Nov 12 | 10 Kislev - Sam Shupe - Nov 27 |
| 26 Heshvan - Charles Hite - Nov 13 | 10 Kislev - Eva Bernstein - Nov 27 |
| 26 Heshvan - Isaac Levin - Nov 13 | 10 Kislev - Arline Marchick Ambush - |
| 27 Heshvan - Reuven Shapiro - Nov 14 | Nov 27 |
| 27 Heshvan - Georg Weisz - Nov 14 | 11 Kislev - Pearl Feiner - Nov 28 |
| 29 Heshvan - Sam Bergman - Nov 16 | 11 Kislev - Jay L. Olshansky - Nov 28 |
| | 12 Kislev - Frank Baskin - Nov 29 |
| | 13 William B. Hersch - Nov 30 |
| | 13 Kislev - Israel Gancz - Nov 30 |
| | 13 Kislev - Dr. Samuel Miller - Nov 30 |



HAPPY BIRTHDAY

3 Jared Miller
7 Ya'El McLoud
11 Rabbi Moon
25 Stephanie Erlich
27 Nolan Rap
27 Phyllis Bloomberg

*Helping to support
our congregation*

Thank You all
for all you do
to support our
congregation
and our
community

Carolyn Cummings - in memory of Warren Dale Anderson
Carolyn Cummings - in memory of Graves Warren Anderson
Lester & Agnes Weinstein - in memory of their daughter, Libby
Arline Cohen-Harris - in memory of her mother, Ida Pasternack
Marv Wolf - pledge donation
Tim Solon - pledge donation
Roz Kaufman - pledge donation
John & Margaret Veta - in memory of her mother,
Ida Pasternack
John & Margaret Veta - in memory of Burton Veta
Harlan Ribnik
Roz Kaufman - aliyah donation
Marv Wolf - in memory of his wife, Dorothy Wolf
Jeff & Mary Weinstein - in memory of his sister, Libby



FROM ANDI COELHO

Prospective Rabbi's Visit

Please come meet Rabbi Joseph Hample, a candidate for the position of Mt. Sinai's rabbi, the weekend of December 4th. He will be leading Friday night services at 7:00 and Saturday morning services at 9:30. There will be a luncheon following Saturday's services, and a "meet-and-greet" informal get-together after that.

Rabbi Hample is very anxious to meet all of us, and this is our chance to get to know him as well as to show him the warmth and hospitality of our congregation.

Rabbi Hample received his B.A. from Harvard and his ordination from Hebrew Union College (one year of study in Jerusalem, 4 more years in L.A.). He was a systems analyst for Wells Fargo for 20 years, and then he became the lay leader of a congregation in San Francisco. He served as a rabbinic intern in both Buffalo, NY, and L.A., and he was a student rabbi in Spokane, WA. He's taught religious school, been a chaplain, and given classes in Jewish education. His hobbies include singing, among other things.

Please come, meet the rabbi, and eat some good food!

SISTERHOOD NEWS

*Our next meeting will be on
November 15th at 12
at the synagogue.*

*Hope to see you there.
You have no idea what fun you're
missing if you're not there.
C'mon out!*

*Questions? Please contact
Phyllis Bloomberg at
sisterhood@mtsinaicheyenne.org*

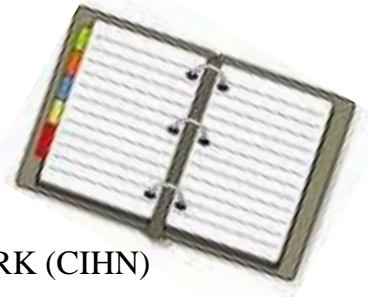
The Sisterhood's annual See's Candy Sale is underway! We will be accepting orders until November 5th. We are offering the usual favorites and some new choices. Many of the selections are now Kosher – Dairy. We continue to keep our prices as low as possible, which makes this delicious candy also quite the bargain.

Orders will be available for pick up at the Synagogue beginning Sunday, November 29. Pick up hours will be Sunday through Thursday from 10 AM to 4 PM. For those unable to come to the Synagogue, orders can be delivered.

As usual, additional candy will be available to sample and purchase during the above pick up hours. The Gift Shop will also be open during much of the sale. The date of the Annual Gift Shop Open House will be announced in the near future.

This is the Sisterhood's big fundraiser, and we appreciate the assistance of everyone – men, women, and children! If you would like to help sell candy, need an order form for your office, or would be available to help out during the pick up days, please contact any Sisterhood member or call the office.

Notes from All Over



SOCIAL ACTION & THE CHEYENNE INTERFAITH HOSPITALITY NETWORK (CIHN)

As reported in the previous issue of the Kehilla, Mt. Sinai's Social Action Committee has resolved to become more active this year. One way that our synagogue is involved with the larger community is through the Cheyenne Interfaith Hospitality Network (CIHN), an organization made up of many congregations who provide, food, shelter and needed services to homeless families.

We have recently teamed up with the First United Methodist Church in this effort. Together our two congregations are hosting homeless families for one week in early November. First United Methodist is the host – providing shelter beds at the church and congregants to staff the shelter overnight. Our role is to be the support congregation – providing dinners and socializing with the families during dinner.

We now have a team of volunteers ready and eager to implement this project. We were trained by Trish Peacock, CIHN's Executive Director, and learned a great deal about CIHN in the process.

Please contact Phyllis Bloomberg if you would like to be involved in this very worthwhile project, in other projects of the Social Action Committee, or would like to join the Committee.

*FROM:
Dorothy Feldman
Our Librarian*

Mt. Sinai Library has received an important addition –

**“The Plot, the Secret Story of the Protocols of the Elders of Zion”,
by Will Eisner,
outstanding author of graphic books.**

Will Eisner completed this book one month before he died. He called it his most significant work and hoped his graphic account of the outrageous fabrication of the protocols would reach a wide audience.

Will Eisner was the supreme graphic artist. His cartoons explain the unexplainable life of this anti-semitic fraud.





Bits and Pieces



PUT ON YOUR DANCING SHOES!!

Sundays 1:30pm to 3:30pm
Mt. Sinai Synagogue

It's dancing time again. Afraid you have two left feet?...Bring them with you! You may find someone with two right feet and you'll be the perfect team!

Mah Jongg
Sundays from 3-4:30
Next play date Nov 8th

Regularly Scheduled Events

Services

Friday Shabbat 7p.m.

Saturday Shabbat 9:30a.m.

Saturday Study with the Rabbi
3:30p.m. when she's in town

Sisterhood Meetings—2nd Sunday of each month

Board Meetings—3rd Wednesday of each month

SAVE THIS DATE!!...AND GET OUT YOUR MENORAH!

December 11th is our Chanukah party

Latkes, Dreidels, Latkes, Menorahs, Latkes, Fun, Latkes, Friends, Latkes, Songs, Latkes.

Did I mention there would be latkes?

Rabbi Moon can be reached anytime on her cell phone 307-630-1926 or by email ravleahshira@gmail.com

The Rabbi's sermons and selected teachings are available on the website on the Rabbi's page. Go to www.mtsinaicheyenne.org

This and That
by
Roz Kaufman

Marv Wolf back from a 5 day stay in St. Louis for a Shrine Convention. He reports that this group convenes to organize funds for families with seriously ill children to get medical assistance at the Shrine Hospitals.

Congrats to **Dr. Stephanie Erlich** as she received her Wyoming license and will be working in Cheyenne as a Forensic Pathologist at the Coroner's Office in the old DePaul hospital.

Dorothy Feldman on a week of traveling with her brother **Harold Rayor** of Denver to visit their 90 year old brother Oscar in Olympia Washington. From there, they go to sunny California to visit sister Sarah who is in a nursing home in Sunnyvale.

Audra Weitzel of Laramie suffering from a broken ankle - looks like surgery may be needed. We wish Audra a Refuah Shleimah.

Rosalyn Baker spending a few days in Sin City. No emails, phone calls or committee meetings please!

Good to see two former Cheyenne-ites visiting. **Jerry Slutsky** from Modea, Israel visiting his mother **Anna** who is recuperating in a nursing home. **Irwin Pasternak** of Scottsdale, AZ here to keep him company. The two are high school friends from Central High.

**100 Years and
Still Going Strong**
-Roz Kaufman

The Centennial Committee's deadline for submitting histories of families in Cheyenne since the 1900's is now set for November 30th. If you have questions or need assistance, Stephanie Erlich is available to help. Please contact her for information.

The group has set the 3-day celebration for June 25-27, 2010. There is much planning and organizing for the immediate future. Many out-of-towners are indicating they will participate in the festivities.

Please contact Rosalyn Baker if you wish to volunteer.

It's the people that
make a
congregation great.
Tell us about you and
your family. Submit
your history today.

Be part of the
Centennial Book and
the Celebration.



All movies are shown at Mt. Sinai at 7 PM on the “big screen” and with surround sound. Refreshments and drinks provided.



Saturday, November 11 - [Nowhere in Africa](#) – (rated R – 142 mins.)



The extraordinary true tale of a Jewish family who fled the Nazi regime in 1938 for a remote farm in Kenya. Abandoning their once-comfortable existence in Germany, Walter Redlich (Ninidze), his wife Jettel (Köhler) and their five-year-old daughter Regina (Kurka) each deal with the harsh realities of their new life in different ways. Attorney Walter is resigned to working the farm as a caretaker; pampered Jettel resists adjustment at every turn; while the shy yet curious Regina immediately embraces the country -- learning the local language and customs, and finding a friend in Owuor (Onyulo), the farm’s cook. As the war rages on the other side of the world, the trio’s relationships to their strange environment become increasingly complicated as Jettel grows more self-assured and Walter more haunted by the life they left behind. As they eventually learn to cherish their life in Africa, they also endeavor to find a way back to each other.



We are showing this movie in November, as this is the month in which *Kristalnacht* falls.



GOT
PICS???

Movie nights, board meetings, the See’s Candy sale, congregational dinners....all great times to take some photos!...and then of course, send them into the Kehilla!! We have way too much fun not to capture some memories.

B.I.M.A. PRESENTS
GUEST LECTURER
JONTY BLACKMAN
Sunday, November 15th – 5:00 pm

Dinner following lecture
(Hearty, delectable soups, breads and hors oeuvres)

Lecture topic:
Fiddler on Today's Roof
Challenge of the Modern Jew:
Finding Balance in a continually Changing World

RSVP by November 8th
with number attending and if childcare is needed
(call Judith at 330-0195)

FREE

(Donations not requested but gladly accepted)

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~



Born in South Africa and living in Israel for the past 13 years, Jonty Blackman has made a mark in the field of multigenerational Jewish education.

Jonty has also lectured in various countries, including Australia, England, South Africa, Canada and the United States.

Jonty studied for a number of years at Yeshivat Har Etzion and received his Masters Degree in Jewish Education from Hebrew University's Melton Center for Jewish Education.

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



We bring you this month, the Mandel Bread
that we sold at the Food Festival.

Enjoy!

2 eggs
1/2 C sugar
2 tsp baking powder
1/2 C oil
1 1/2 C flour
1 tsp vanilla or almond extract
1/2 C chocolate chips
1/2 C chopped nuts
1/2 C raisins

Beat the eggs. Add sugar. Add 3/4 cup flour. Add baking powder. Add oil. Add 3/4 cup flour. Add the remainder of the ingredients. Form 2 loaves. Sprinkle tops with cinnamon and sugar. Bake at 350 degrees for 20-25 minutes. Cool and cut into slices.

That was the basic recipe that came from www.cooks.com

I changed some things....

The loaves wouldn't hold their form, so I used a mini-loaf pan

I alternated vanilla, almond and also anise flavorings

Instead of using chips, nuts, and raisins in every batch, I just varied it using chips, nuts, raisins, cherries (dried and maraschino), cinnamon and combined whatever sounded good. This gave us flavors like almond-chocolate chip, vanilla-walnut etc.

Just use your imagination and create flavors that are all your own.

**Coming Next
Month.....**

It'll be December - send in your favorite latke
recipes and/or Chanukah menu suggestions.

Remember, deadline for submissions is
November 23rd.

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.

Mt. Sinai Congregation

P.O. Box 1012

Cheyenne, WY 82003