

HaShomer

February 2023

Congregation Beth Shalom

Shavat/Adar 5784

Schedule of Services

Friday, February 2
Led by **Stephanie Posner**
Saturday, February 3
Led by **Cantor Elisa**
Torah: Yitro

Friday, February 9
Led by **Janet Aaronson & Cookie Kabakoff**
Saturday, February 10
Led by **Stuart Snow**
Torah: Mishpatim

Friday, February 16
★ Bat Mitzvah ★
Led by **Chloe Sudbury & Cantor Elisa**
Saturday, February 17
Led by **Chloe Sudbury & Cantor Elisa**
Torah: Terumah

Friday, February 23
Led by **Martine Thomas & Ruth Friedman**
Saturday, February 24
Led by **Lisa Rein**
Torah: Tetzavah

Cholent: Jewish Stew for the Soul

My therapy is cooking! Having had the privilege of living abroad twice and traveling to many countries around the world, I have developed a love of cooking international recipes and creating some of my own. In the winter, there is nothing I love more than a cozy bowl of cholent, a hot stew containing barley, beans, vegetables, and meat (although it is just as good without the meat if you prefer to do without it!). This Jewish delicacy is popular among Ashkenazi Jews, however, it has origins in Sephardi Spain, where they first called it, hamin. I first discovered cholent when I was living in Santa Barbara, California when I was hosted for a Shabbat meal in the middle of winter. And I never looked back! I found a recipe, and from then on, cholent became a regular crockpot staple in the winter months.



During my time living in Israel, I created my own recipe that included spices I would buy at the Mahane Yehudah shuk in Jerusalem, including cardamom, turmeric, cumin, cayenne pepper, or sometimes even a curry powder I enjoyed. I also discovered the tradition of including a few whole eggs (with shell). By the end of the cooking process, you end up with a luxurious stew with deliciously slow cooked eggs. Just remove the eggshells and enjoy with your cholent! Here is my recipe from the food blog (cheftimestwo.com) my twin sister and I created.

Shabbat Cholent – Recipe adapted from [Shabbat Cholent - Chef Times Two](#)

Prep time: 10 minutes

Cook time: 8 hours

Total time: 8 hours 10 minutes

Ingredients

- 1 tbsp extra virgin olive oil
- 2 lbs stew beef chunks
- ½ large onion
- 2 small sweet potatoes
- 3 carrots
- 1 cup uncooked barley
- 2 cans rinsed kidney beans
- 4 rinsed eggs with shells
- ½ cup ketchup
- 1 tbsp soy sauce
- 1 tbsp apple cider vinegar
- 4 cups beef or vegetable broth
- 1 beef bouillon cube
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp cardamom
- ¼ tsp cayenne pepper
- 2 bay leaves
- salt and pepper to taste

Wish List

- Sanctuary and Building Beautification Funds
- Security Funds

Torah Study



Monday Mornings
10:30 AM
On Zoom

RSVP to
stusnow@aol.com

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CONGREGATION
BETH SHALOM

A MEMBER OF THE UNION FOR REFORM JUDAISM • ARLINGTON, TEXAS

From The President

The big event

February will be a very special month because Chloe Sudbury will have her Bat Mitzvah ceremony on Saturday, February 17th. She has worked very hard to reach this day, so please come and celebrate with her and her family, and with your fellow congregants.

Security of our campus

Moses said, "Let my people go...in!" If you come to the campus, I want you to be able to get in. This might not happen if you have not yet given the office your toll-tag information or obtained an alternate tag from the office. Do not assume that someone will be able to let you in if you don't have a tag.



Gratitude

Thank you, thank you, and more thank you's to everyone who donated to last year's High Holy day appeal. We reached our ambitious goal of \$20,000. These dollars will help to keep our doors open and the heat on (it's 20 degrees fahrenheit outside right now). Once again, thank you for your generosity.

Using the power of prayer—and a YouTube video—Ellen Pincus transformed ordinary fortune cookies into Jewish fortune cookies. She steamed open the secular ones, put Jewish fortunes into them, and then resealed and repackaged the now halachically-made (not really) fortune cookies to give to everyone who came to dinner. All this to make our Christmas Day Chinese dinner special, and it was very special, indeed. Thank you, Ellen. Your fortune reads, "May your heart and matzah balls always be light!"

Jim Frisinger was the angel who put the faucet cover on the building spout before the hard freeze. After thanking him profusely, Jim's response was that this is his little corner of the world he's caring for now. Does it get any better than that?

Thank you for being a member,

- Lisa Rein
President, Congregation Beth Shalom

Israel and Misrepresentation in the Media

It is imperative that as Jews, we understand that many traditional media outlets are biased against Israel in their reporting. Please consider reading other trusted sources, so we can be the beacon of truth in a world that is increasingly anti-Semitic. What are some of these sources? I will include them at the end of this article.

Case in point is the media's use of the term, "the occupied West Bank." The West Bank is actually the ancient Israeli lands of Judea and Samaria. Those Jewish communities are routinely condemned as illegal and illegitimate under international law and wielded as a political tool with which to tarnish Israel's reputation. However, this position glaringly fails to take into account elementary history, Jewish indigeneity to the Land of Israel, and the applicability of international law.

Judea and Samaria form the heartland of the homeland of the Jewish people to the Land of Israel—which Jews have inhabited for 4000 years. This land comprises the territory of Judah, Benjamin, Ephraim and west Menasheh. Judea and Samaria never constituted an independent Arab state under sovereign authority. It was promised by G-d to the Patriarchs as an everlasting covenant!

Never forget that Jews are the vehicle by which G-d is known in the world. The meaning of Jewish history is that Jewish history has meaning!

Here are some trusted sources to stay informed on events in Israel. May HaShem grant Israel everlasting peace and security, coupled with the return of the remaining hostages, safe and unharmed, speedily and soon!

HonestReporting.com
WorldIsraelNews.com
UnitedwithIsrael.org
StandWithUs.com
MosaicMagazine.com

- Stuart Snow

2024 Officers of JWV Post 755



Jewish War Veterans Post 755 in Fort Worth held election of officers for 2024 and installation on Sunday, January 7th, 2024.

(l to r) Joelle Friedman, Adjutant, Dr. Michael Ross, Quartermaster, Nachshon Atkins, Junior Vice-commander, Barry Abels, Chaplain, Phil Kabakoff, Commander, Peter Levy, Senior Vice-commander, William Oglesby, outgoing Senior-vice-commander, Loren Baum, Staff Judge Advocate.



Hashomer

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Bat Mitzvah: Chloe Sudbury



The Sudbury family is proud to announce that their teen, Chloe Lane will be called to the Torah as a Bat Mitzvah on Saturday, February 17th at 10:00 a.m. We welcome the congregation to join us and share in this simcha.

Chloe had a late start on her Jewish journey, and we are proud of what she has accomplished. Chloe is a 10th grader at Premier High School in Arlington and her favorite classes are World History and Art. Chloe is an avid swimmer and has started to swim competitively with the MARS Swim Club. She loves music and plays guitar, and frequently listens to her collection of over 100 albums and CDs.

For Chloe's Mitzvah project, she is raising money for CBS and Israel. **While she is raising money independently for CBS, she needs your help raising money for Israel.** With Tu B'Shvat approaching, a great way to support Israel is by donating a tree to plant in Israel through Jewish National Fund. Flyers have been sent through email with instructions of how to purchase. Please send Chloe an email @ sudburyjp@gmail.com if you made a purchase so she can keep track and present at services.

We would like to thank everyone at Congregation Beth Shalom for supporting Chloe on her journey to becoming a Bat Mitzvah. An extra-special thanks to Cantor Elisa for her guidance and encouragement, and to Stephanie Posner for always being there for our kids. CBS is a wonderful family and we are proud to be members.

Sylvia Gray Chaverim

Our Chaverim Jewish Chinese Dinner on December 5th was a lot of fun! Twenty-six of us enjoyed a large Chinese buffet and a great night of CBS friendship.

Don't miss our next event, Club CBS, on Saturday evening, March 2nd, an evening of Jewish comedy, Jewish song, and a little friendly competition!

Other events planned for this year: Progressive dinner, game show (Jewish Scattergories) and the musical Big Fish at Theater Arlington in August.

Please call Ellen to join the Sylvia Gray planning committee to help plan or present an event.

- Ellen Pincus
Sylvia Gray Chaverim Chair

Cholent: Jewish Stew for the Soul (cont.)

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Instructions:

Set up a large crock pot.

Chop onion, sweet potatoes, and carrots into one-inch cubes.

Add all ingredients to crockpot (It's literally that easy!).

If time allows, let sit overnight in the refrigerator. This step is not necessary, but helps to intensify all of the flavors.

Set crock pot to 8 hours/low setting and leave on warm until ready to serve. Enjoy!

*For a vegan variation, omit the beef and eggs, and substitute vegetarian broth and bouillon.

- Cantor Elisa Abrams Cohn
Congregation Beth Shalom

Kiddush Lunches

When you attend Saturday morning services, it's always nice afterwards to enjoy lunch and camaraderie with your friends. We have some wonderful volunteers who provide these lunches each week, many of whom also attend services regularly.

If you would like to sponsor a Kiddush lunch, please contact me for available dates and instructions. You can either provide all the food you choose, or, pay to have a standard lunch menu provided on your behalf. You can sponsor for a particular reason or just because you love your Beth Shalom family.

Please note that volunteers select dates in advance to ensure that each Saturday is covered. We will always try to accommodate your choice.

- Janet Aaronson
Kiddush Lunch Chair

Learn to Chant Torah

Have you ever wanted to chant from the Torah, but were apprehensive because you don't know trope?

Cantor Elisa, in conjunction with the ritual committee, is now offering anyone who would like to be able to chant from the Torah a new option to learn this incredible mitzvah.

We will provide you with a recording, and copies of the Hebrew text with regular script and Torah script, for the three or four verses of the weekly portion that you would chant. You would then listen to the recording and follow the Hebrew to learn the portion.

Aural learning of this sort has been used successfully for many years to teach new languages, and it is simple and very effective.

Please join us in this very worthwhile endeavor to ensure that we ALWAYS have chanters for each of the three aliyot that we read weekly.

You will enhance the Torah service and you will have the satisfaction of having learned a new skill.

Anniversaries



February 7

Jared & Leslie Lackman

February 10

Michael & Darlene Dickman

February 26

Phil & Cookie Kabakoff

Donations

Received thru January 19th

General Fund

In Honor of Ellen Pincus receiving the Feld Award
From Debbie & Marty Goldsmith

Security Fund

In Memory of Gerson Spindler
From Ben & Fran Weiger
In Memory of Sherwin Rubin
From Ben & Fran Weiger
Donation from Janet & Jerry Aaronson
Donation from Jane Koven

Caring/Tzedakah Fund

In Memory of Skippy Reynolds
From Debbie & Marty Goldsmiths

Oneg/Kiddush Fund

In Honor of Cathy Frisinger winning Congregant of the Year
From Debbie & Marty Goldsmith

High Holy Days Pledge

In Honor of Mike Kapin for his beautiful leadership as president
From Ellen Pincus
In Honor of Lisa Rein with will wishes for her upcoming presidency
and continued support
From Ellen Pincus

Please consider Beth Shalom in your estate plans

Sisterhood

The Sisterhood/Brotherhood Chanukah party was a success. People enjoyed the strange dinner of pizza and latkes and the gift exchange was a ton of fun, with Nachshon Atkens setting the tone for the exchange by being silly about stealing gifts. State Rep. Salman Bohjani (he represents the northern part of Arlington, Colleyville, and other cities) made an appearance at the event and spoke warmly with a number of CBS members.

Sisterhood "adopted" a 9-year-old boy who is "on the spectrum" for Chanukah. Jewish Family Services organizes the "adoption" event every year. CBS Sisterhood is the only Sisterhood in the area that does this and we are proud of the generosity and enthusiasm of our members. Jewish Family Services greatly appreciates our contribution each year.

We had a good gift wrap event this year, netting about \$1,700 dollars. A big, big thank you to everyone who helped.

Sisterhood is helping Janet Aaronson to put together a nice oneg following the Koleinu service.

Recent just-for-fun Sisterhood events included a happy hour and a mosaics class.

- Cathy Frisinger
Sisterhood President

Security Briefings

Each month I will be conducting a Security Briefing to keep every CBS Member informed or reminded of what it takes to keep our congregation safe.

Most of the procedures have been addressed in the CBS Emergency Action Procedure (EAP) guide. It is available for you and your family to review for a more detailed explanation of procedures on our Members Only web page.

These guidelines are for everyone's safety, take them seriously!

The EAP page numbers concerning action will be noted.

- Phil Kabakoff

Security Committee Chairman

Active Shooter

Should someone enter the building with a weapon, **Run, Hide, Fight.**

This is the recommendation of law enforcement and here is a brief summary.

Depending on where you are in our building, if you are told there is an intruder with a weapon, your first action should be to safely exit the building. Know where all of our exits are and how to get to them. There are maps on the walls in every room showing where the exits are. If it is not possible to exit, hide.

You should move into an area not visible through the hall or a window and make sure the blinds are closed. Turn off the light in the room and if possible make the entrance to the room secure the best way you can. Pile chairs, tables, bookcases in front of the doors and lock them if possible. The house committee is working on installing locks on all the doors in the building. Be as quiet as possible.

If the intruder gains entrance, use whatever is available to fight. Throw books, chairs, bottles, and any other objects including fire extinguishers to fight them off. You might even activate the fire extinguisher to stop the intruder.

Watch for Active Training announcements and sign up when this is available in the area.

(See EAP Pages 11 – 12 – 13)

The Security Committee has created an **Emergency Action Procedure Guide** covering what to do when something unexpected is encountered.

All members and their families are encouraged to read this guide to become familiar with what actions need to be taken in an emergency. It can be found on the Members Only web page.

Yahrzeits



February 2
Robert Abrams
Abraham Lefer*
February 3
David Henry Rubin*
February 5
Brian Smith
Brenda Smith
February 6
Anna Levy
Brenda Landrum
Mildred Rein*
February 7
Louis Oxman*
February 9
Eli Cobbel*
Patrick Hernlon
Lea Fuchs
February 11
Ruth Bolding*

February 13
Maxwell J. Rodenberg*
February 14
Harry Waetzman*
February 16
Fay Garrick
February 17
Donald Garver*
Daisy Silverberg
February 18
Abraham Strausberg*
Norma Reynolds*
Morris Schneidkraut*
February 19
Samual Weiss*
February 21
Betty Berger
Rose Golden
February 22
Louis Eisenfeld*

Dan Cushman
Arnold Berger
February 23
Ethel Kapin*
February 24
Ethel Newell Flack*
February 25
Shirley Printz*
February 26
Jay Silverberg
Edna Frost*
February 27
Abraham Mandelstein*
Benjamin Epstein*
Jean Mazer
February 28
Abraham Glickman
Abraham Feldman
February 29
Irving Rein*

* - Memorial plaque in Sanctuary

When there is a need.....

Congregation Beth Shalom has a very active Caring Committee ready to respond to the needs of our congregation.

Please feel free to contact me directly at caring@bethshalom.org, or any of the following committee members listed below. As always, your privacy will be guarded if you choose.

Thank you for your continued support.

Janet Aaronson - caring@bethshalom.org

Caring Committee Chair

Birthdays



February 1 Josh Frisinger	February 13 Melissa Blair
February 3 Ned Soltz	February 15 Gary Bowyer
February 4 Judy Clark	Arielle Sasley
February 5 Joel Mandelkorn	Ashley Epstein
February 7 Robin Blumberg	Adam Weiss
February 10 David Louis Spindler	February 17 Nancy Cariker Moon
February 11 Jeff Visosky	February 22 Leslie Udes
February 12 Robin Licker	Chloe Sudbury
	February 26 David Markson
	February 28 Steve Weiss
	Joy Atkins