



Congregation
B'nai Torah

THE MEGILLA

CONGREGATION B'NAI TORAH'S NEWSLETTER



PRESIDENT'S MESSAGE

Shaping the culture of our new synagogue

Randi Oster of Beth El and Linda Shames recently co-facilitated a Visioning session for a combined group of Beth El and B'nai Torah members. The purpose of this session was to identify and further develop those cultural attributes deemed to be most highly valued by both groups, as we continue to shape our new synagogue. Recommendations from this session have been shared with the Steering Committee and subcommittees, for consideration in the new model. Please check future emails for additional opportunities to provide input, and/or feel free to send your thoughts to linda.shames@gmail.com.

WHAT'S NEW?

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PRESIDENT CONTINUED

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A Trip to Israel

As you may already know, a trip to Israel is being planned for March 8 to March 19, 2023! The trip will be led by Rabbi Josh Ratner and will be open to members and friends of both Congregation B'nai Torah as well as Congregation Beth El. An expert tour guide will facilitate the exploration of Israel's extensive ancient and modern history. Whether this will be your first trip to Israel or you have been there before, there will surely be something new for all to experience, explore and enjoy. What will make this even more special is having the opportunity to take this trip with your synagogue friends and family!

The journey will begin in Tel Aviv and will include a visit to ANU, the newly redesigned Museum of the Jewish People. The extensive itinerary includes wine tastings and a visit to the Spice Way, Herb and Spice Farm. You will also have the opportunity to savor the uniqueness of Shabbat in Israel.

A much more detailed prospective itinerary is available. Please take the opportunity to look that over and consider making a trip of a lifetime with your synagogue. Additional information may be obtained by contacting Anita Rosnick, Arosnick@optonline.net NOTE: Deposits for this trip are due by November 1 so please do not delay!

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ISRAEL TOUR

March 8-19, 2023

Led by Rabbi Josh Ratner

Package Includes:

- Deluxe Hotels:
- 3 nights Carlton Hotel Tel Aviv
- 2 nights Edmond Hotel Rosh Pina
- 5 nights Herbert Samuel Hotel Jerusalem
- Breakfast daily, 5 dinners + 2 lunches
- All touring with expert tour guide Jacob Shoshan
- Guest speakers



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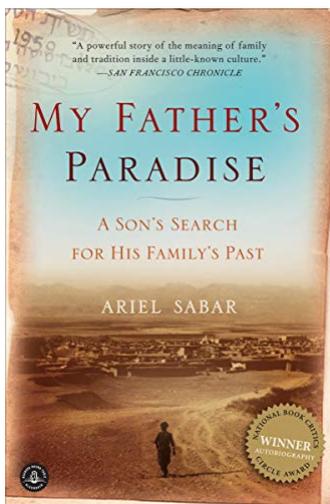
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excluding
flights

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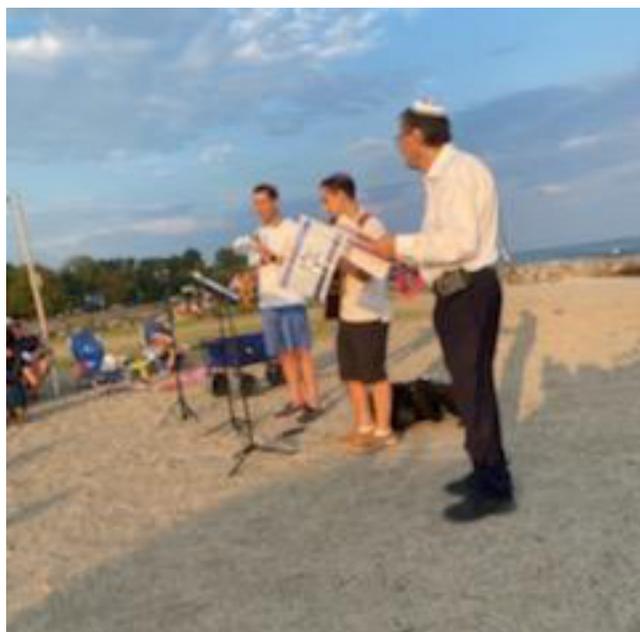
B'NAI TORAH AND BETH EL BOOK CLUB



The next meeting of the combined B'nai Torah and Beth El Book Club will be held on Sunday, October 23 at 11 am. The book, *My Father's Paradise, A Son's Search for His Family's Past* by Ariel Sabar, was the National Book Critics Circle Award winner for autobiography. It was described by the San Francisco Chronicle as "A powerful story of the meaning of family and tradition insider a little-known culture."

Join us at B'nai Torah for discussion about this fascinating immigrant story. Please RSVP by October 18 to lbts.schulman@gmail.com or contact Linda Schulman with questions.

Final 2022 Beach Service, sponsored by the Israel Action Committee of B'nai Torah and Beth El. Led by Rabbi Colin and Rabbi Josh



VALLEY REFUGEE RESETTLEMENT PROJECT

B'nai Torah is working with Valley Refugee Resettlement Project (VRRP) to resettle refugees, hopefully very soon. While enormous progress has been made towards our goals in money raising and volunteer recruitment, there is, as always, much still to

do! We hope to see you join us in whatever way you can. Contact - Mara Brosler (mbrosler15@gmail.com) or Laurie Raccuia (laurie.raccuia@gmail.com) - for more information

Valley Refugee Resettlement Project (VRRP) is partnering with IRIS (Integrated Refugee and Immigrant Services) of New Haven to resettle a refugee family in the Valley area. We need your help!

VOLUNTEERS

NEEDED!

To help:

- Teach the family about American Culture
- Drive family members to appointments
- Set up and furnishing the apartment
- Find employment
- Create and maintain calendars
- Schedule volunteers, appointments and transportation
- Arrange medical care appointments
- Connect with educational programs



The Huntington Congregational Church

VALLEY REFUGEE RESETTLEMENT PROJECT (VRRP)

Sign up or donate today at www.huntingtonucc.org

For more information: Richard Knoll 203-888-1101



BBYO



We started this year by sending thirteen of our members to the regional leadership training weekend, b'yachad. More recently Gottlieb AZA had its chapter kickoff with Adirah BBG at Penfield Beach in Fairfield. It was so much fun, sixty teens came, and we were

able to donate around one hundred canned food items to the Schoke Jewish Family Services kosher food pantry. All of the Gottlieb guys are super excited to see



what our board can accomplish and to attend some great programs. We are also excited to help our

community by building sukkahs and helping out our local synagogues. Some upcoming events we

have are our Fire Pits and Hangouts, Evening under the Sukkah, and our Big Little meeting. We also have Regional kickoff which is on October 9 at Quassy, along with CVR's regional convention November 11-13. We are all proud to have our very own Ari Schultz and Logan Hayden as the Regional President and Vice-President. We look forward to an amazing year with everyone!

Submitted by Eli Hayden



CARDS SENT BY RABBI COLIN AND THE CONGREGATION

- Laura Cahn on the passing of uncle Martin Baron
- Mitzi Goldberg on the passing of brother Ronald Vass
- Denice Fogel and family on the passing of husband Philip Fogel
- Lorraine Hillman on the passing of husband Bernard Hillman
- Larry Hillman on the passing of father Bernard Hillman

Warm Welcome To Our New Families

On behalf of the Membership Committee and the entire congregation, we would like to officially welcome our new members. We are looking forward to getting to know them better and to celebrating many holidays, simchas and social events together in the years to come.

Elizabeth Genel and Mark Nyman



B'NAI MITZVAH



Bethany is currently an eighth grade honors student at Wooster Middle School in Stratford.

She is so excited to become a Bat Mitzvah at Congregation B'nai Torah, a place she has called home for the last thirteen years. Leading up to her Bat Mitzvah, Bethany was a student in our Talmud Torah program since she entered kindergarten.

Bethany is currently participating in the eighth grade program at Kulanu. In

addition to that, she is currently assisting in the third grade classroom. Starting in November, she will be volunteering at Sterling House in Stratford in the after-school program and is looking forward to being a counselor in training at their summer camp.

Bethany is the big sister to Briana, who is in fourth grade at Lordship Elementary School and daughter to Marcie and Matthew Schlager.

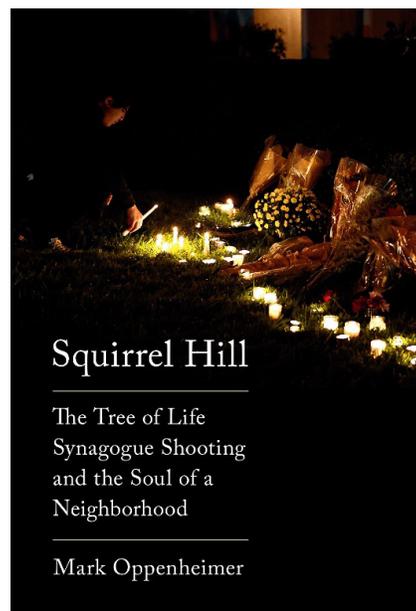
Bethany Schlager
October 21-22

Tyler Frager
October 28-29



COMMUNITY SELICHOT SERVICE

B'nai Torah recently hosted a very special community-wide Selichot service, welcoming fellow congregants from Beth El, B'nai Israel and Rodeph Sholom. The service was filled with reflection, music and spirituality as Rabbi Colin, Rabbi Ratner and several of their fellow clergy led us in prayer and song. The evening included Havdalah, followed by refreshments and the chance to socialize together. We returned to the sanctuary for a fascinating talk featuring author and podcast host Mark Oppenheimer. In his latest book, *Squirrel Hill: The Tree of Life Synagogue Shooting and the Soul of a Neighborhood*, the author discusses the aftermath of the 2018 Pittsburgh synagogue massacre and the larger community's reaction to that tragedy. Oppenheimer shared his thoughtful perspective, relaying insights about many of the photos included in his book. After an insightful Q & A session, participants were able to purchase autographed books. The evening was informative and very powerful, leaving the audience with much to think about.





NEWS FROM THE NURSERY SCHOOL

Submitted by Joan Watnick, Director



Shanah Tovah from B'nai Torah Nursery School! We are off to a great start sharing holiday activities and celebrations in age appropriate ways.

Throughout the year our children look forward to shabbat each week. Even

our not quite two year olds share in the appreciation and recognition of this special time we make holy at school.

Our super playground, along with all the outdoor equipment stored in the "tunnel", are a constant source of gross motor development and fun for our students. Indoors, we are fortunate to possess an amazing collection of challenging, enriching toys to scaffold our children's growth through play.

Best wishes for a happy & healthy 5783 to all!



Like our Facebook page to see all the fun things we are doing! facebook.com/BTNSTrumbull



GOOD NEWS FROM ISRAEL

Submitted by Paul Antell

The following are only some of the highlights of the GOOD NEWS FROM ISRAEL.

ISRAEL'S MEDICAL ACHIEVEMENTS

Disrupting tumor's defenses. Researchers at Israel's Bar-Ilan University have developed nanotechnology that prevents tumors from disabling the body's Natural Killer (NK) cells. They used RNA molecules to stop the NK cells from expressing the gene that the tumor attacks. The NK cell is then free to destroy the tumor.

Infecting gut bacteria to treat IBD. An international team of researchers led by Israel's Weizmann Institute, has used bacteriophages (good viruses) to kill inflammation-causing gut bacteria that cause inflammatory bowel diseases (IBD) such as Ulcerative Colitis and Crohn's. "Good" bacteria are not harmed.

Saliva bacteria highlights PTSD. Tel Aviv and Haifa University researchers have discovered Post Traumatic Stress Disorder (PTSD) sufferers share a similar microbial picture in their saliva. It can help future diagnosis of PTSD and may even lead to microbiotic-related therapies.

Helping to breathe. Israel's Synchrony Medical has developed LibAiry™ - a wearable vest that applies chest compressions on the patient's thorax which is synchronized with the patient's breathing cycle. It was conceived during the pandemic when patients with chronic lung conditions stopped coming to hospitals for treatment.

Getting the heart to heal itself. Israel's HeartPoint Global has developed a stent for patients with congenital heart conditions. The HeartPoint Global Implant System (HPGS) regulates the flow of blood coming in and out of the heart. For children fixing the blood flow and pressure can heal the heart without surgery.

Treatment for eating disorders. Israeli biotech Short Wave Pharma is to conduct a clinical trial of its novel treatment for anorexia nervosa at Israel's Sheba Medical Center for Eating Disorders. The phase II study of psilocybin-assisted psychotherapy is the first of its kind in Israel.

IDF thermal imaging adapted for medical

use. Israel's Sheba Medical Center is partnering with Opgal, a subsidiary of Israel's Elbit Systems, to repurpose thermal imaging technologies previously reserved for military and security purposes. Energy and heat analysis can reveal many physiological processes in the body.

SCIENCE & TECHNOLOGY

Pepsico's pallets from recycled plastic. PepsiCo is ordering 30,000 eco-friendly shipping thermoplastic pallets from Israel's UBQ that makes them out of household waste. PepsiCo used 830 UBQ pallets in a March trial as part of a pilot to reduce the carbon footprint of its shipping pallets.

The food-waste solution. Israeli startup Microbiome keeps food fresh longer by replacing harmful bacteria with good bacteria. Microbiome's natural probiotic compound protects food from mold, fungi, and pathogenic bacteria over long periods of time.

Air-con without electricity. Israel's Green Kensho has developed an outdoor air conditioner that needs no electricity. It silently blows out a jet of freezing (easily available) nitrogen gas at -10C (14F) that cools the surrounding area with no pollution. The first models are to be piloted at six Tel Aviv restaurants.

Students develop transportation drones. Engineering students at Israel's Shenkar College of Engineering and Design have developed the Dronet system – 4 network-connected drones to transport loads efficiently. It includes an app to control a drone's flight path and transport cargo in a safe and stable manner.

→ **Do you want to stay up to date on what's happening in Israel?** You may want to subscribe to the free weekly newsletter: verygoodnewsisrael.blogspot.com. This provides an update on the latest medical news, science and technology, as well as the economy and business.





Submitted by Beth Tepper, Program Manager

Meet the Kulanu Director of Jewish Learning, Jodi Harris



A Connecticut native, Jodi has been exposed to many facets of Jewish life. With two sets of Orthodox grandparents, her earliest education was at the Yeshiva of Greater Hartford. Even through her parents were less observant, the combination of their involvement in social justice and her beloved grandfather's teaching deeply influenced her Jewish identity- truly combining

Torah, avodah and gemilut chasadim.

As an adult, Jodi joined Temple Beth David in Cheshire, CT, initially with the idea of educating her children. Soon she found she was teaching third grade religious school, then joined the Board of Directors, ultimately becoming the

Temple President, then became the part-time educator (while toggling the same part-time position at Temple Emanuel in Orange) and finally, for the past 4 ½ years was the full time Director of Congregational Learning and Engagement. It is the culmination of all these experiences, her educational endeavors and her deep commitment to future generations of our Jewish people that have led her to Kulanu: Jewish Learning Adventure. It is her hope that all our community's children will have the opportunity to learn and grow along their personal Jewish Learning Adventure!

Jodi and her husband, Rick Kerzner, share a home in Cheshire, a dog and four adult children who are in CT and New York City. For fun, Jodi loves being on their boat, hiking in Maine, playing guitar and cooking gourmet meals.

Kulanu joined PJ Library at Silverman's Farm in Easton



Kulanu meet the director meeting





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1. Open the Amazon app on your phone
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3. Select "Congregation B'nai Torah" as your charity
4. Follow the on-screen instructions to activate AmazonSmile in the mobile app



Did you know our gift card fundraiser has a feature in which you can order gift cards in the **RaiseRight** app to be sent to you at home? Also, on the www.shopwithscrip.com website you can have e-Cards emailed directly to yourself or a recipient as a gift, it is so easy.

If you do not already have an account set up for www.shopwithscrip.com you will need the B'nai Torah fundraiser code, please email the office for this. If you have any questions please also feel free to contact the office.

You have 3 options for purchasing gift cards for yourself and as gifts:

1. Physical gift cards shipped directly to your home using the **RaiseRight** app. (available in the Apple or Google app stores)
2. e-Gift cards emailed to you, or someone else as a gift, using www.shopwithscrip.com (can be delivered immediately or scheduled)
3. Gift cards to be picked up at the B'nai Torah office. (Must be prepaid and picked up on a limited schedule)

e-Gift cards to send as gifts are not available in the app, and physical cards to send to your home are not available on the website. You can purchase both ways using the same username/password, they are connected as one account.



nOURish BRIDGEPORT VOLUNTEERS NEEDED

Food Pantry - Monday & Wednesdays

- o Shift 1 - 10:30 to 2:00 PM - help needed organizing/preparing food and diapers for distribution
- o Shift 2 - 2:00 to 6:00 PM - help needed organizing /distributing food and diapers for distribution

Feel The Warmth Meals - To- Go - Thursdays

- o Shift 1 - 3:00 to 5:00 PM - assist with meal preparation in the kitchen
- o Shift 2 - 5:00 to 7:00 PM - meet at 2200 North Ave and car pool to the Harrison Apartments, 651 State Street (on the corner of Park Ave. and State Street in Bridgeport)



ONEG SPONSOR

Oneg sponsored by Mitzi Goldberg in memory of her brother Ronald Theodore Vass.



DONATIONS

Cornerstone Building Fund

In memory of Hank Frankel, from Jeffrey and Charlotte Denenberg, Arin and Dayna Hayden, Sy and Roberta Hirsch, Barry and Robin Magilnick, Irwin and Beverly Peck, Frank and Amanda Wendt, Jeff and Judy Zakim

In memory of Jacqueline Fink, from Frank and Amanda Wendt, Jeff and Judy Zakim

In memory of Marvin Schlissel, from Louis and Susan Tuzman

To Aviva Cohen, what a happy birthday this would have been, from Gary and Iris Fineberg

In honor of the Bat Mitzvah of Elizabeth Wendt, from Irwin and Beverly Peck

Yahrzeit of Milly Landau, from Irma Wigder

Yahrzeit of Gertrude Steinfeld, from Joseph and Mary Steinfeld

Yahrzeit of Jerome Steinfeld, from Joseph and Mary Steinfeld

Yahrzeit of Mishka Fleger, from Harold and Laurel Fleger

Yahrzeit of Louis Batt, from Harold Batt

Yahrzeit of Simon Selden, from Leslie Frankel

Yahrzeit of Diana Gould, from Leon and Judy Gould

Yahrzeit of Phil Levine, from Linda Grant

Yahrzeit of Marvin Mankowitz, from Doug and Susan Fink

Yahrzeit of Magaret Ruben, from Manny and Gail Cohen

Yahrzeit of Alfred Klinger, from Ellen Klinger

Yahrzeit of Raphael Korff, from Al and Lillian Schlager

Yahrzeit of Benjamin Frischstein, Robert and Susan Deveau

Yahrzeit of Sandra Zalowitz, from Alvin Zalowitz, Abby Kalotkin and Debra Champagne.



Yahrzeit of Mary Levenson, from Richard and Gayle Judson Frohwirth

Yahrzeits of Nathaniel and Sylvia Wernick, from Wendy Wernick

Yahrzeits of Joseph and Ida Tuzman and Frances A. Axelrod, from Louis and Susan Tuzman

Yahrzeits of Allen Burstein, Shirley Schneider, Maurice Schneider and Rhonda Schneider Casas, from Robert and Elyse Schneider

Yahrzeits of Beatrice Denenberg and Adela Goryn, from Jeffrey and Charlotte Denenberg

Donation from Harold and Laurel Fleger

Donation from Debbie Leventhal

In honor of the B'nai Mitzvah of the grandchildren, Katie and Matthew, of Mr. and Mrs. Howard Elkin, from Louis and Susan Tuzman

In honor of the birth of Jeffrey and Charotte Denenberg's granddaughter, Liv Beatrice, from Irwin and Beverly Peck

Hesed Fund

Donation from Abbie Statsky-Frank and Scott

Rabbi's Discretionary Fund

In memory of Hank Frankel, from Ellie Berger, Harold and Laurel Fleger, Hedy and Jim Nathan, Jon and Linda Schulman, Hal and Beth

Schwartz, Elliott and Judy Rudnick

In memory of Jacqueline Fink, from Deb Berkowitz

Yahrzeit of Rose Shepr, from Deb Berkowitz

Yahrzeit of Max G. Frankel, from Leslie Frankel

Yahrzeit of grandmother, Bettie Roberts, from Deb Berkowitz

In honor of granddaughter Elian's Bat Mitzvah, from Leah Ferszt

Donation from Norman and Marilyn Elias

In memory of John Green, grandfather of David and Micah Green, from David and Barbara Green

In memory of Ronald Vass, from Ellie Berger

Talmud Torah Fund

In honor of Paul and Gale Antell's anniversary, from Al and Lillian Schlager

In honor of Bethany Schlager's Bat Mitzvah, from Al and Lillian Schlager

Yahrzeit of Beartrice Korff, from Al and Lillian Schlager

The Ethel and Ed Elson Memorial Shiva Meal Fund

In honor of the Bat Mitzvah of Elizabeth Wendt, from Ellie Berger



If you would like to make a donation to one of our funds for a simcha or memorial, you may easily do so through your Shul Cloud account or please send:

Congregation B'nai Torah
5700 Main Street
Trumbull, CT 06611
Attention: Donations

(Please include a note with the fund and reason.)