

THE CAS NEWSLETTER November 2018

Upcoming services and events

Thursday, November 1, 5:45pm: Interfaith Community Vigil for Pittsburgh. Knesset Israel, 16 Colt Rd., Pittsfield, MA See poster above.

Friday, November 2, 5:30pm: Erev Shabbat service.

Saturday, November 10, 10:00am – 12:00pm: Shabbat Service followed by coffee, tea, pastry and conversation.

Sunday, November 18, 10:15am: Book Group: Annual book selection and calendar for 2019. Please contact Diana Richter at drpajam1@gmail.com for location of this meeting. Check for changes as this group occasionally changes the date or time.

Monday, November 19: Deadline for December Newsletter

Friday, November 30, 5:30pm: Erev Shabbat service

Sunday, December 2, 10:00am – 12:30pm: Study session at the home of Rabbi Barbara Cohen. Bagels and coffee included, so a commitment is needed for planning. Please send a firm RSVP by the Thursday before this event to barbaracohen14@gmail.com.

Articles/Information

Dwelling in the Past: A talk by Lynn and Elisabeth Wood

Milchidika with Marty: *It's how many calories?*

CAS Book Group

The Don Victor Photography Archive and the CAS History Project

Keep Smiling! More photo memories by Don Victor

November Yahrzeits

Interfaith Community Vigil for Pittsburgh on November 1st

PJ Library Pajama Drive

Dwelling in the Past: A talk by Lynn and Elisabeth Wood



On Sunday, November 11th at 4:00 p.m., Lynn and Elisabeth Wood, specialists in historic land research and genealogy, will give a talk at the synagogue.

Ever wonder what your house has been up to? The mother and daughter team and founders of a "Dwelling in the Past," a South Egremont firm specializing in the research of historical homes, will give a presentation of some of their intriguing local findings.

Lynn H. Wood, title abstractor, and Elisabeth L. Wood, genealogical researcher, share a love for historic research. Through investigating old Berkshire records and employing their many years (58 years) of combined research experience, Lynn and Beth are now bringing forward newly found, fact-based stories of past Berkshire people, places and happenings. Each story they have found to date has been in some way unique and surprising. As they explain, history is often painted in grand strokes, on canvasses of monumental size. The aim at *Dwelling in the Past* is to bring history, in all its vivid colors, to a more human scale. By investigating the historic homes of Berkshire County, Lynn and Beth offer an opportunity to glimpse the shape, form and varied hues of residents' lives.

Born in Pittsfield, Lynn grew up in the town of Otis when it had a population of 450 people. Her father owned a general store, a great place to get to know neighbors.

Lynn is the editor of the book *A Gift from the Past, Nellie E. Haskell's History of Otis*. She served the town of Egremont at different times as Town Clerk, Selectmen's Secretary and Planning Board Chair. In 2015, she worked with Beth and many others to produce Egremont's July "1865 Civil War Basket Picnic."

Lynn and her husband Bill live in Egremont, in Bill's great-grandparents' home and are parents of two children and grandparents of five. Currently, Lynn chairs the St. James Community Housing Corporation in Great Barrington and serves on the Egremont Meeting House Committee.

Beth lives and works in Alexandria, Virginia. She and her husband, David Berman, have raised five children and various cats. (Whether the training of the cats, or the training of the children has been more successful to date is the subject of some debate.) In addition to her work, Beth is an Assistant Historian for the Mayflower Society of Virginia.

Milchidika with Marty: *It's how many calories?*

It isn't easy being slim and sexy. So, while seated at a Jewish delicatessen in Florida called "Too-Jays" with Isabelle, and biting into my heaping pastrami sandwich on sesame rye with a dill pickle; side of cole slaw; and a side of potato pancakes with both a choice of apple sauce or sour cream; I had some vague thoughts, "I bet this must be a lot of calories." You must note though, that I ordered a diet Coke.

On the way out of the delicatessen, I stopped at the deli counter and ordered a pound of assorted "rugelach to go" just in case we got hungry in the car on the way home. I decided that I would do some research on the number of calories in our standard Jewish foods. I went on line on my computer and looked up "food calorie counters" and found several web sites. Strangely enough, when I entered the word "Rugelach" into the description area of the calorie counter; the answer was "no such information in our data base." I then tried "Bialy" and got the same answer.

I thought that if I can't find the answer here, there must be a "Jewish calorie counter", and probably a "Chinese calorie counter" as well. Much to my complete amazement, there was such a thing as a "Jewish calorie counter" site. So here are the number of calories in, as the song goes, "Some of my favorite things."

| <u>Item</u> | <u>Portion</u> | <u>Number of Ca</u> |
|-------------------------------|----------------|---------------------|
| Apple strudel | 1 piece | 284 |
| Babka | 1 slice | 229 |
| Bagel | one | 245 |
| Beef Tongue | 3 oz. | 241 |
| Bialy | one | 195 |
| Black and White Cookie | one | 100 |
| Borscht | 1 cup | 70 |
| Brisket | 4 oz. | 500 |
| Challah | 1 slice | 117 |
| Charoset with nuts | 1/2 cup | 122 |
| Cheese blintz | one | 110 |
| Cheese cake | 1 slice | 231 |
| Chicken soup | 1 cup | 120 |
| Chocolate covered matzah | 1 piece | 200 |
| Cholent | 1 cup | 253 |
| Chopped liver | 1 cup | 321 |
| Chrain (horseradish) | 1 tablespoon | 11 |
| Cole slaw | 1 scoop | 50 |
| Corned beef on rye | 1 sandwich | 459 |
| Cream cheese and bagel | one | 260 |
| Dr. Brown's celery water | 1 can | 140 |
| Egg cream soda | 1 glass | 228 |
| Farfel | 1/2 cup | 230 |
| Gefilte fish | 1 piece | 50 |
| Goulash | 1 cup | 259 |
| Gribenes (fried chicken skin) | 29 grams | 140 |
| Hamantashen | 1 cookie | 160 |
| Hard salami | 6 pieces | 246 |
| Herring in sour cream | 1/4 cup | 90 |
| Holishkes (stuffed cabbage) | 1 serving | 415 |

| | | |
|--------------------------------|---------------|-----|
| Kasha | 1/2 cup | 123 |
| Kasha Varnishkas (with noodle) | 1/2 cup | 180 |
| Kichel | 1 cookie | 70 |
| Kishka (stuffed derma) | 1 portion | 460 |
| Kneidlach (matzahballs) | 1 ball | 104 |
| Knish | 1 knish | 200 |
| Kosher frankfurter | 1 frankfurter | 150 |
| Kreplach | 8 kreplach | 526 |
| Kugel | 3 inch square | 454 |
| Latkes | 1 pancake | 60 |
| Lekach (honey cake) | 1 slice | 110 |
| Lokshen Kugel (noodles) | 1 serving | 330 |
| Lox | 2 ounces | 120 |
| Macaroons | 1 cookie | 142 |
| Mandelbrot | 1 cookie | 121 |
| Manischewitz wine | 1 glass | 160 |
| Matzah | 1 square | 100 |
| Matzah brei | 1/2 cup | 171 |
| Onion Roll | 1 roll | 210 |
| Pastrami on rye | 1 sandwich | 500 |
| Pickle | 1 pickle | 5 |
| Rugelach | 1 cookie | 120 |
| Schmaltz (chicken fat) | 1 tablespoon | 115 |
| Schnitzel (veal chop) | 1 filet | 300 |
| Teiglach (pastry) | 20 grams | 77 |
| Tzimmes (carrots/yams) | 2/3 cup | 119 |

Having just completed the above list, I decided to add together all the calories in my delicatessen feast and it came to more than 900 Calories, including 2 rugelach and 1 diet soda. I ain't going to remain slim and sexy doing that.

CAS Book Group

On Sunday, November 18th at 10:15 a.m. the CAS Book Group will meet for the annual selection of books. If you've been thinking about joining this group, this may be a good meeting to attend to help select the books and the calendar for 2019 as well as to get more acquainted with the group.

Please contact Diana Richter at drpajama1@gmail.com for the location of this meeting and for any further information.



The Don Victor Photography Archive and the CAS History Project

Beginning in June of this year, a committee consisting of CAS members Barbara Janoff, Arthur Hillman and Michele Waldman has visited the second floor of the Ramsdell Public Library in Housatonic to peruse the archive of Don Victor's photographs that are stored there. These images were packed, inventoried and secured for future cataloguing and public access by the Great Barrington Historical Society and the local Historical Commission after Don passed away in 2016.

This is quite a collection. It consists of 180 large file boxes full of photographs Don took in the Berkshires, some of which are related to our congregation's history. Bernard Drew, a Great Barrington newspaper columnist, archivist, author and town historian has helped the committee greatly by scanning some of the images that we selected. We have included a number of these photos each month in the CAS newsletter and will continue to feature these photographs in future issues.



Some of the file boxes that house Don Victor's photo archive at the Ramsdell Library; Bernie Drew in the background.

Don Victor served 27 years in the Air Force and served as a master sergeant in communications during the Korean War where he began focusing on aerial photography. He moved to Great Barrington in 1976 and was an active member of CAS and a great explorer of the people, places and events in his beloved Great Barrington community. He was often seen on his bike traveling around town and always with cameras around his neck. With boundless energy, he was constantly helping people, and his legacy as a community volunteer goes hand in hand with his role as a community photographer.

The CAS History Project is in its early stages. The hope is that additional photographs of life at CAS will be discovered and submitted to the committee by past and present congregants and community members. The attic in the synagogue also contains many documents and ledgers that will become part of the congregation's historical documentation. The committee enthusiastically welcomes any materials that would support this endeavor.

Keep Smiling! More photo memories by Don Victor



Diana and Richard Richter 1996



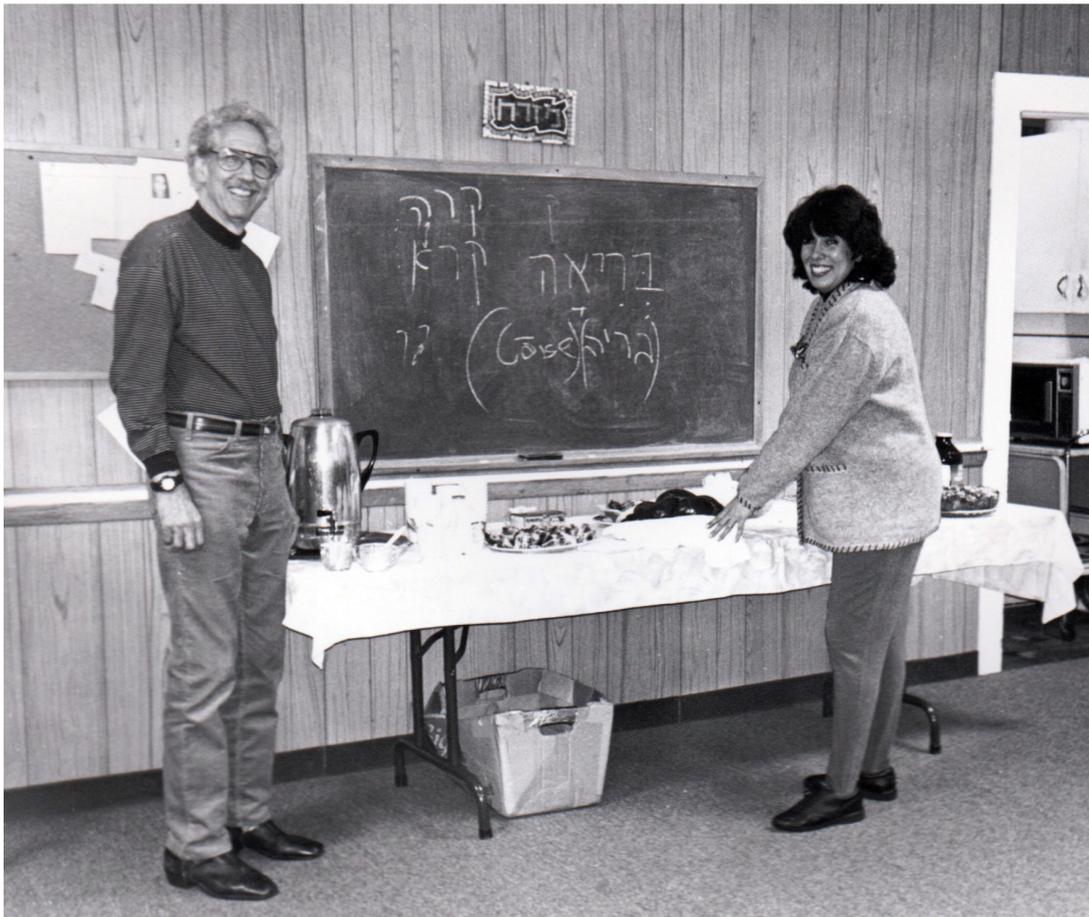
Anita Bakst



Cathy Kogan and Harold Schragar 2000



Helen Radin 2004



Walter and Gail Orenstein 2005

November Jahrzeits

“Much of our experience of divine goodness, grace and love has come to us through those whose lives have touched our own.”

Kol Haneshamah

| | | | |
|---------------------------------------|-------|-------------------------------------|-------|
| Judith Weinstein Heshvan 23 5765 | 11/1 | Beala Schiffman Kislev 09 5770 | 11/17 |
| Samuel Cutler Heshvan 24 5763 | 11/2 | Rose Penziner Kislev 09 5701 | 11/17 |
| Harry S. Duke Heshvan 25 5737 | 11/3 | Pauline Raflowitz Kislev 11 5718 | 11/19 |
| Thomas Josephs Heshvan 26 5769 | 11/4 | Frances Shostac Kislev 11 5735 | 11/19 |
| Ludwig Maier Heshvan 26 5714 | 11/4 | Heinrich Mueller Kislev 12 5756 | 11/20 |
| Arthur Rothstein Heshvan 27 5746 | 11/5 | N.B. Martin Kislev 12 5696 | 11/20 |
| Sam Shapiro Heshvan 27 5775 | 11/5 | Martha Gellert Kislev 12 5752 | 11/20 |
| Anshel Tessler Heshvan 28 5721 | 11/6 | Irving Innerfield Kislev 12 5737 | 11/20 |
| Jacob Greenside Kislev 01 5746 | 11/9 | Harry Fine Kislev 12 5748 | 11/20 |
| William Sherman Kislev 01 5747 | 11/9 | Sally Fine Kislev 12 5756 | 11/20 |
| Rose Jaffe Kislev 2 5730 | 11/10 | Bella Slaminsky Kislev 13 5706 | 11/21 |
| Louis Penziner Kislev 03 5727 | 11/11 | Freya Maier Kislev 16 5764 | 11/24 |
| Frank Rawitz Kislev 06 5743 | 11/14 | Sarah Feldblum Kislev 18 5728 | 11/26 |
| Joyce Victor Kislev 06 5773 | 11/14 | Barbara Joslyn Kislev 18 5754 | 11/26 |
| Mildred Hillman Kislev 07 5753 | 11/15 | Susan Parker Kislev 18 5760 | 11/26 |
| Nechame Soloveichik Kislev 08 5701 | 11/16 | Monroe Lefkowitz Kislev 20 5770 | 11/28 |
| Gussie Osterweil Kislev 08 5735 | 11/16 | Harry Smith Kislev 20 5739 | 11/28 |
| | | Arthur Fastenberg Kislev 21 5760 | 11/29 |

Interfaith Community Vigil for Pittsburgh on November 1st

THE JEWISH FEDERATION OF THE BERKSHIRES • INVITES YOU TO JOIN US FOR AN

.....

INTERFAITH COMMUNITY
VIGIL FOR PITTSBURGH

.....

THURSDAY, NOVEMBER 1 • 5:45PM

.....

KNESSET ISRAEL
16 COLT ROAD, PITTSFIELD, MASS.

.....

We invite you to stand with us in fellowship & prayer as we honor the lives lost at the Tree of Life Synagogue in Pittsburgh.

Together, we will recommit ourselves to lives guided by love and respect for all.

All are welcome • Program details to follow.

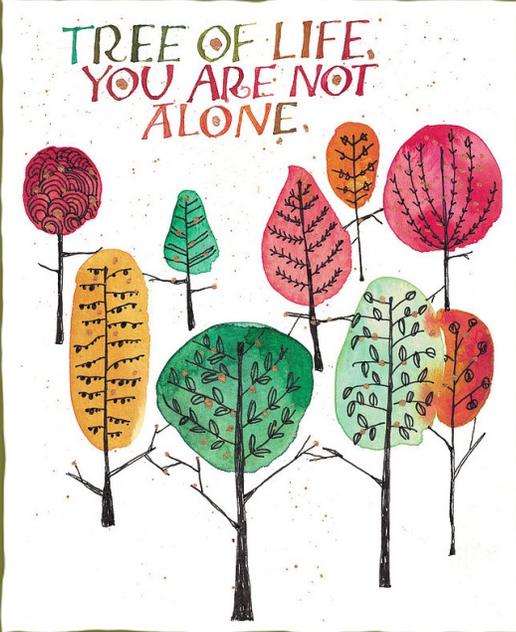


IMAGE BY SUSAN ITO @ITOSKRIBE

PJ Library Pajama Drive



Jewish Federation
OF THE BERKSHIRES



**PAJAMA
DRIVE**

November 1 - December 7

It is disturbing that during the cold winter months many children in our community go to sleep cold, without the comfort of warm pajamas.

To meet this critical need, PJ Library, is running a community-wide pajama drive.

Questions? Contact Susan Frisch Lehrer, (413) 442-4360, ext. 14, slehrer@jewishberkshires.org



Drop off your brand new pajamas (sizes newborn to teen) at any of these convenient locations:

- Jewish Federation of the Berkshires
- Hevreh of Southern Berkshire
- Congregation Beth Israel

Your generous donations will be delivered to the MA Department of Children and Families in Pittsfield.

Thank you for your Support!

PJ Library in the Berkshires is made possible by generous support of the Jewish Federation of the Berkshires, the Spitz-Tuchman Family Fund, The Jewish Women's Foundation and the Harold Grinspoon Foundation.