



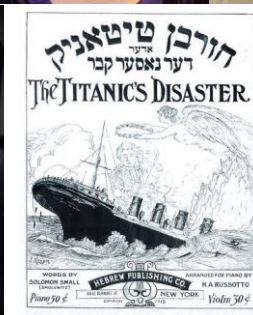
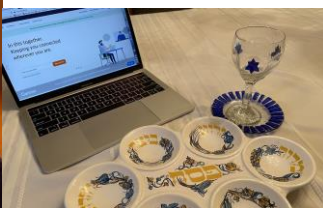
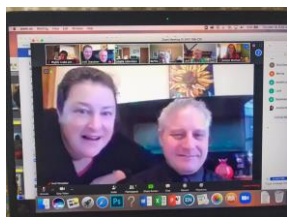
MaCHADASH!

מה חדש!

What's New! The newsletter of Temple Shalom Synagogue Center, Auburn, Maine ק"ק היכל שלום

June/July 2020, Sivan/Tammuz/Av 5780

Temple Shalom Strong!



FROM THE RABBI



The great scholar of Jewish history Louis Ginzberg, in his book *Students, Scholars and Saints* (1928), tells this story about the famous Rabbi, Yisroel Salanter of Vilna, which took place in the year 1848:

In the year of the frightful cholera epidemic, Salanter, after having taken counsel with a number of physicians, became convinced that in the interest of the health of the community it would be necessary to dispense with fasting on the Day of Atonement. Many a Rabbi in this large community was inclined to agree with his view, but none of them could gather courage enough to announce the dispensation publicly....When he saw, however, that none of them would act in this case, he thought self-assertion to be his highest duty. He affixed announcements in all Synagogues, advising the people not to fast on the Day of Atonement. Knowing, however, how reluctant they would be to follow his written advice he, on the morning of the Day of Atonement at one of the most solemn moments of the service, ascended the reader's desk. After addressing a few sentences to the Congregation in which he commanded them to follow his example, he produced some cake and wine, pronounced the blessing over them, ate and drank. One can hardly imagine what moral courage and religious enthusiasm this action of his required from a man like Salanter to whom obedience to the Torah was the highest duty. Many years later he used to dwell on this episode and thank with great joy his Creator for having found him worthy to be the instrument of saving so many lives.

It is comforting to know that no less a personage than the great Rabbi Yisroel Salanter would approve and endorse the cautious approach that our Temple Shalom community is taking to ensure the preservation of health and life in our current Covid 19 crisis—may we all stay healthy and strong.

Rabbi Yisroel Salanter is revered and loved in both the Yeshiva world and across all the Jewish denominations as the founder of the Mussar movement. The Mussar movement transformed the 19th Century Yeshiva from a sterile academic institution to one that emphasized ethics and character alongside rigorous Talmudic scholarship—an emphasis that continues to influence both the Yeshiva world and liberal/progressive Rabbinic institutions to this day.

I will leave you with a beautiful Yisroel Salanter teaching:

When I was a young man, I wanted to change the world. But I found it was difficult to change the world, so I tried to change my country. When I found I could not change my country, I began to focus on my town. However, I discovered that I could not change the town, and so as I grew older, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, but I've come to recognize that if long ago I had started with myself, then I could have made an impact on my family. And, my family and I could have made an impact on our town. And that, in turn, could have changed the country and we could all indeed have changed the world.

Rabbi Sruli

PRESIDENT'S MESSAGE



We are in the midst of this Greatest American Tragedy. We have lost more Americans in two months than were lost in Antietam (Civil War battle) and Pearl Harbor and D-Day and Vietnam and 9-11 and Afghanistan and Iraq. We thought we were past these human tragedies.

Life is always evolving and changing. The last sixty days have brought monumental changes to our community and world. Changes, most of thought we would never see. We thought our world was past world-wide tragedies. We always expect change, but not monumental change to our way of life.

We now stay in, more. We now social distance. We now wear a mask. We now need to evaluate every interaction and determine if it is worth the risk.

We have closed the Temple building for the foreseeable future. We are now meeting and worshipping via Zoom. We visit with friends on-line. We wash our hands every time we look at a door knob...at least it feels that way. We now talk about self-quarantining. We talk about when is the right time to go back to work. We talk about when is the right time to open our economy.

But it is not all negative. In my limited experience, I have found that people are friendlier. At work, when closing out phone calls with customers and vendors – people who are not friends, but acquaintances at best – wish you well and health. They may be the same words said in 2019, but now said with true feeling and caring for their fellow man. With the masks, we are selling, I have spoken to (probably) 200+ customers and they have all been kind, caring, patient. People are changing. Will these changes last? Will people remain as caring and patient post-COVID? I hope so.

As we move through the COVID period and (hopefully, soon) into post-COVID, our health practices may continue to change and evolve. We will continue to wash our hands often, to prevent another pandemic and the seasonal flu. We will be more mindful of going to work or out when even just a bit sick.

We all have increased levels of stress. Increased stress from what were once simple decisions or really, no decision. After all, who really thought about going or not going to the grocery store? One just went. Stress has increased from deciding if it is worth the risk to hug a grandchild or get coffee to go. Watching the news has increased stress for many.

A couple of years ago, I was experiencing more stress than I should have or was comfortable with. When I mentioned this to my doctor, he said, "Stress is the body's way of telling us we are not in control. So, find a way to control it." I asked him for a pen and paper and I wrote that down. I then posted it on my office wall, as a reminder that **I** am the one in control of my stress.

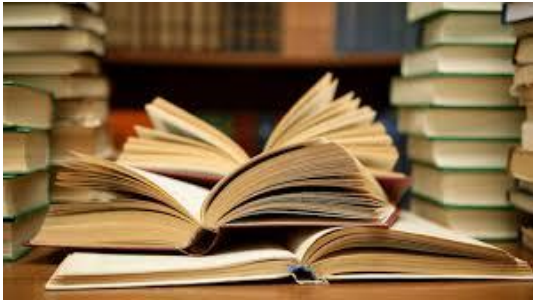
You are in control of your stress. If the news is stressing you out, then don't watch the news or watch less of it. If a politician is stressing you out because of what he/she is saying, then don't listen or read about that politician.

Be in control. Science will find a vaccine or we will figure a way to live in our new world. The Great American (world) Tragedy will come to an end. We will be able to get a haircut, without thinking. We will be able to greet each other with hugs. We will open our Temple and come together again.

Lastly, take a moment and say a prayer for those who have passed...for our doctors and nurses...and for those who are working around the clock to find the vaccine and treatment. As I tell my kids, make smart decisions. Be well. Be healthy. Be stress-less. Social distance. Wear a mask.

David Allen

!!!!!!!!!!!!!!!!!!!!!!!!!!!!BOOK GROUP NEWS!!!!!!!!!!!!!!!!!!!!!!!!!!!!



On May 11 we held Book Group virtually, via Zoom. Since we're all home anyways, we had another big group. However, I forgot to take attendance so, with the help of Helene, I hope I got it right: Helene Perry, Estelle Rubenstein, Babs Shapiro, Judy Abromson, Lindsey Walker, Bertha Bodenheimer, Joel Olstein, Linda Griswold, Marsha Auster and me, Lesli Weiner.

The Librarian of Auschwitz by Antonio Iturbe was the book we discussed. Yes, this is "another Holocaust book," but certain things made this one stand-out. First of all, although this is a translation from the original Spanish, Iturbe's prose is magical. For example: "Adults wear themselves out pointlessly searching for a joy they never find. But in children, it bursts out of every pore." The book was filled with these gems.

Secondly, the subject matter caught everyone's attention. Who had heard of a family camp in Auschwitz that held school for the children using 8 contraband books as their library? The author interviewed Dita Kraus and based the book on her experiences as a prisoner. There are some mighty gruesome scenes as one would expect. Otherwise it wouldn't have felt so real. And then in the Epilogue, Iturbe included what happened to some of the survivors after the war. The book was a little lengthy at 448 pages. But worth it.

Our next book is *Gateway to the Moon: A Novel* by Mary Morris. I think you'll like our change of scenery. Here's a synopsis:

"From award-winning novelist Mary Morris comes the remarkable story of a remote New Mexican town coming to grips with a dark history it never imagined.

In 1492, the Jewish and Muslim populations of Spain were expelled, and Columbus set sail for America. Luis de Torres, a Spanish Jew, accompanies Columbus as his interpreter. His journey is only the beginning of a long migration, across many generations. Over the centuries, de Torres' descendants travel from Spain and Portugal to Mexico, finally settling in the hills of New Mexico. Five hundred years later, it is in these same hills that Miguel Torres, a young amateur astronomer, finds himself trying to understand the mystery that surrounds him and the town he grew up in.

Entrada de la Luna is a place that holds a profound secret--one that its residents cannot even imagine. It is also a place that ambitious children, such as Miguel, try to leave. Poor health, broken marriages, and poverty are the norm. Luck is unusual. When Miguel sees a flyer for a babysitting job, he jumps at the opportunity, and begins work for a Jewish family new to the area. Rachel Rothstein is not the sort of parent Miguel expected. A frustrated artist, Rachel moved her family from New York in search of a fresh start, but so far New Mexico has not solved any of the problems she brought with her. Miguel loves the work, yet he is surprised to find many of the Rothstein family's customs similar to ones he's grown up with and never understood.

Interwoven throughout the present-day narrative are the powerful stories of the ancestors of Entrada's residents, highlighting the torture, pursuit, and resistance of the Jewish people. A beautiful novel of shared history, *Gateway to the Moon* is a moving and memorable portrait of a family and its journey through the centuries."

Another piece of history I didn't know about. So, get the book on Kindle and join us on Zoom on MONDAY, JUNE 8 at 4 PM. Let Julie know your email address and tell her to send it to me. temple6359@aol.com

Stay safe.....lesli



A Boy and His Blintzes
By Phyllis Graber Jensen

My younger brother, Norman, adored our Nana Cesia and her blintzes. So did I. On Sundays, when my father would drive us from our home in Queens to our maternal grandparents' apartment in the Bronx, my brother remembers he and I would salivate like Pavlov's dogs when our parents would remind us that a blintz feast awaited us.

Nana Cesia was born in Warsaw in 1900. She married Papa Eli in Danzig, migrated to Berlin in 1924, and finally settled in New York City in 1939. She was known for her business acumen and her sense of humor, not for her cooking. But she killed it with her blintzes.

One time — and one time only — Nana Cesia made the blintzes not in the Bronx, but right in our Queens kitchen. Norman, then 13, observed her preparations, which included flipping the delicate crêpes in a black iron frypan, mixing the filling with farmer and pot cheeses, and assembling the ultimate packages. It never dawned on him at the time that 10 years later he would receive a crepe maker as a wedding gift and recreate her recipe from memory.

As with many such family recipes, this act of love “keeps her with me,” he says. And one day, when Norman's three very young grandchildren are ready to broaden their palates, he looks forward to preparing blintzes for them. “I can anticipate the pleasure it gives me to do something that makes them happy.”

That's what Nana Cesia did for us.

Norman's Recipe for Nana Cesia's Blintzes continued next page

Norman's Recipe for Nana Cesia's Blintzes

Crêpes:

1 ¼ cups of flour
pinch of salt
3 eggs beaten
1 ½ cups of milk
2 Tbs butter, melted

Place all ingredients in blender or mixer and beat well. Let batter stand for one hour for more perfect crêpes. Doubling the recipe is wise to accommodate all the filing.

This crêpe recipe comes from a booklet provided with an electric crêpe maker, circa 1980, and makes approximately 12-15 dinner crêpes, also suitable for blintzes. Or use a nonstick fry pan on medium heat until hot.

Filling:

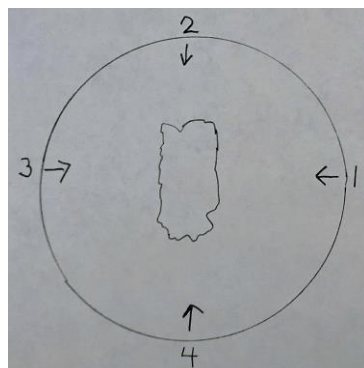
5 eight-oz. packages farmer cheese
1 ½ lb. dry cottage cheese
sugar and cinnamon to taste (be generous but watch the cinnamon)
½ box golden raisins
2 beaten brown eggs

Stack the crêpes on a paper-towel-covered plate. Keep the crêpes separated by pieces of paper towel. This will help keep them from sticking together.

To assemble and cook the blintzes:

Use approximately 1 rounded tablespoons filling for each 8" crêpe. Place the filling in the center of the crêpe, flattening it into a rectangular shape with a spoon. Fold the right side in, fold the top side down, fold the left side in, and finally fold the bottom side up.

Fry each blintz in a pan with butter on both sides. Use butter from the pan to grease a 13" x 9" baking dish. Place the blintzes in the dish and bake at 350 degrees for ½ hour or until they are thoroughly heated.



Ma Chadash/What's New is published monthly by Temple Shalom, Synagogue-Center. Temple Shalom is an independent congregation and a member of the Lewiston-Auburn Jewish Federation.

The mission of Temple Shalom, Synagogue-Center is to foster a strong Jewish identity and an active Jewish Community.

Rabbi Sruli Dresdner

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Rabbi Sruli is always happy to speak with and meet with members or our Temple. Please call or text his cell phone at 914-980-9509 if you would like to speak with him or to arrange a time for a meeting. You can also call or leave a message at the Temple office and Rabbi Sruli will get back to you.

SPEEDY RECOVERY

We pray for refuah sh'leimah – the full and speedy recovery of **Georgette Belanger, Gary Buckman, Elcha Buckman, John Calloway, June Wilner Chason, Bob Fineman, Dougie Fleck, Sara Graf, Robert Galumbeck, Isaak Gekhtin, Detlef Gerlach, Ariella Green, Sharon Hemond, Meryl Jaffe, Michael Jeser, Elizabeth Johnson, Suzan Katzir, Lynn Kaduson, Henry Lefkowitz, Lee Leveille, Susan Lifter, Bruce Meyer, Sandy Miller, Joel Salberg, Bob Scott, Sandy Traister, Neal Weiner, William White** and all others who are not well at this time. *We like to hear good news! Whenever you request that a name be put on this list, please let Temple Shalom know when it can be removed.*



A DONATION HAS BEEN MADE

In response to the local nutrition needs during the Covid-19 Pandemic, the Program Committee authorized a donation be made to the St. Mary's Nutrition Center from the Mitzvah Fund on behalf of Temple Shalom.

HAPPY ANNIVERSARY TO

Bonnie & Laurence Faiman	June	5
Margaret & Henry Meyer		6
Arthur & Donna Silverman		18
Andrew & Sharon Bodenheimer		21
Melissa & Mark Johnson		21
Babs & Michael Shapiro		22

Jeffrey & Susan Brown	July	1
Allyson & Peter Casares		3
Karen & John Calloway		7
Behzad & Harriet Fakhery		7
Joe & Chrissy Zidle		8
Victoria & Jonathan Cohen		31



HAPPY BIRTHDAY TO

Margaret Meyer	June	1
Charlene Goodman		2
Kenneth Levinsky		6
Ellen Burke		7
Joel Packer		7
Melissa Burke		8
William Zidle		11
Arthur Silverman		13
Linda Isaacson		14
Molly Platz		14
Jonathan Greven		15
Matthew Zidle		15
Joseph Platz		16
Mark Carlson		18
Sruli Dresdner		19
Karen Calloway		24
Barbara Shapiro		26
Elizabeth Barter		29
Shelley Rau		30

David Teich	July	1
Sharon Chandler Bodenheimer		2
Roz Kutzen		3
Melissa Johnson		5
James Nesbitt		5
Olivia Casares		7
Naomi Nesbitt		7
Jeffrey Brown		8
Bonnie Faiman		8
Jessica Isaacson		11
Paul Rausch		11
Marion Rausch		12
Phyllis Graber Jensen		14
Lisa Mayer		17
Jonathan Cohen		18
Asher Isaacson		18
Donald Isaacson		19
Sara Tedlow		20
Marianne Wise		22
Anita Miles		25
Richard Rau		27
Melissa Brown		28
Richard Forcier		28



Yahrzeiten

Brian Magur	June	1
Ruth Schleicher		3
Barry Traister		3
Cecile Kates		5
Keith Seltzer		6
Bernie Nussinow		6
Lillian Cohen		9
May Tetenman		10
Milton Burke		12
Jack Maloff		12
Milton Krasner		12
Harry Shapiro		13
Evelyn Levine		14
Alan Levenson		21
A.H. Plavin		26

Philip Rosenthal	July	2
Jeannette Kaye		2
Philip Isaacson		4
Jessie Pributsky		4
Pearl Maloff		9
Elaine Cohen		12
Goldie Goldberg		12
Howard Kates		15
Sarah Shapiro		15
Esther Shain		18
Irving Goldberg		19
Jennifer Lee Levine		27
Randall Silver		27
Dorothy Krasner		29
George Laskoff		30
Adele Brown		30
Mario Nigro		30



As you know by now, due to the corona virus we do not have our regular services/programs at Temple Shalom.

Please join in our interactive online services/programs on ZOOM from the safety and comfort of your home! You can access with a computer, tablet or smartphone. If you would like to be notified of programs/services via Zoom, please email Julie at temple6359@aol.com and she will add you to the list for weekly updates.



CONTRIBUTIONS

GENERAL FUND

Ellen & Aaron Burke

In honor of David Allen's efforts to assist
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Arthur Silverman

In memory of Louis A. Silverman

Tom Reeves

In memory of Dr. Edward Reeves

Sandra & Allen Miller

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Babs & Michael Shapiro

In memory of Wilfred Goodman

Anne & David Allen

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Bertha Bodenheimer

In memory of Charles Pollack

In memory of Syliva Greenberg

In memory of Susan Goldseder

In memory of May Tetenman

In honor of Greg Levinsky's graduation
from BU

To Ilana Dresdner in memory of her grandmother

Scott Eicher

In appreciation

Susan & Larry Weiner

In memory of Lillian Rosen

Joel Olstein

In memory of Carl Cutler

Karen & John Calloway

In memory of Jack Kaduson

Stuart R. Cohen & Carmen J. Comeau

To David Allen in appreciation

Andrew & Sharon Bodenheimer

In memory of Herman Kleeger

In memory of Ruth Schleicher

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In memory of Robert Allen

COHEN/LEVOY GARDEN FUND

Stuart R. Cohen & Carmen J. Comeau

In honor of David Allen & his company for
continuing to fight the Coronavirus by
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In memory of Hillel Passerman

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In memory of Murray Rubinstein

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In memory of Rose Nussinow

In memory of Sheldon Nussinow

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In memory of Lillian Kutzen

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In memory of Dr. Edward Reeves

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In memory of Joseph & Lillian Zidle

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To David Allen in appreciation

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JUNE/JULY 2020

COVID-19

How can you protect yourself?



Wash your hands frequently and thoroughly with soap for at least 20 seconds



Cover face with a tissue or your elbow when coughing or sneezing



Then throw the tissue in a waste bin



Maintain social distancing



Avoid touching your eyes, nose and mouth

Source: WHO

