



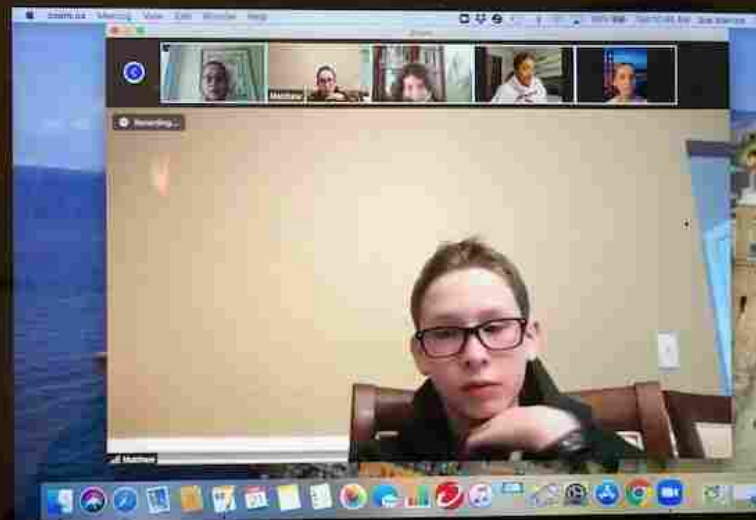
**SOCIALLY DISTANCED.
STILL TOGETHER
AS A FAMILY.
ONE COMMUNITY**



Socially Distanced



Stronger Together



I ATE 11 TIMES AND TOOK 5 NAPS AND IT'S STILL TODAY!
MoreCrazyStuff
😂 😏 😂



Those CVS receipts are finally paying off.



Even though there is no one here to see
My sox are still a fashion accessory
Yes could have worn plain black or grey
But there is enough gloom here



From the Desk of Rabbi Daniel Polish

'We have Never Experienced Anything Like this Before'



Dear Friends,

We are in the midst of a challenging moment, for the country, and for each of us. I keep hearing people say, 'we have never experienced anything like this before'. But actually, we as Jews should remember our people has been through some version of this countless times before. At a moment like this if our Jewish tradition means anything for us, it should give us some guidance for times like this. What can our tradition teach us that might help us deal with this.

One person I was on a Zoom call with suggested that one answer is, 'it could be worse'. These days of concern about covid 19 are difficult and trying, yes. But our history tells us about so many worse times we have experienced. And the awful reality is that so many people right now have it so much worse. A Buddhist monk I was talking to yesterday reminded me that even as we are dealing with our own distress, we must not lose sight of the other issues that continue to demand our concern: the migrants around the globe who still struggle for a sense of home and security; the future generations who will pay the price for our denial of global warming. And, of course, the people and families who are suffering with the virus itself. We do need to keep a sense of perspective on our own situations.

And even as we add to our vocabulary the phrase "shelter in place" we are not as isolated or cut off as we might be. We are fortunate to live in a remarkable time when even as we hunker down in our homes, we are extensively connected. Imagine what this would be like without computers and Zoom and cell phones. We are sheltering in place but hardly isolated. Do not underestimate what a blessing that is.

Our tradition has taught us about the capacity to adapt. Throughout our history, Jews have made an art of adapting to dramatically new conditions. We are all discovering new ways of living our lives, new ways of being in community, new ways of ... just being. I have no doubt that when this is over, whenever it is over, some of the new things we have learned will be real parts of our lives. We have been given a chance to turn adversity into a new way of being. We are all forced out of our ruts. That is not altogether a bad thing.

We Jews have always had an almost mystical sense of unity with one another. That reality reminds us of the importance of feelings of solidarity right now. As we continue to be more in our own homes than out of them there is a danger in feeling isolated. The experience of these days can even make us alienated. And so, an important challenge for this time. This moment is a real lesson in interconnection. We understand very well the negative lesson of interconnection. We have been admonished to keep a distance from others. Anyone you meet can be infected with the virus. But there is a positive lesson too.

We are in fact all interconnected. The boundaries that have defined us are irrelevant. Social status, financial position, all melt in the face of our basic common human interconnection. We need to nurture that understanding.

Finally, and perhaps most important, our tradition teaches us hope. Yes, the future is uncertain. The Jewish future has been uncertain for four thousand years. But what we never lost was a sense of hope. Our great holidays teach us of the miraculous overcoming of seemingly insurmountable odds. Not for nothing is the Israeli national anthem called Hatikva/ The Hope. We are going through difficult even frightening times right now. Let us not let go of the precious gift of hope.

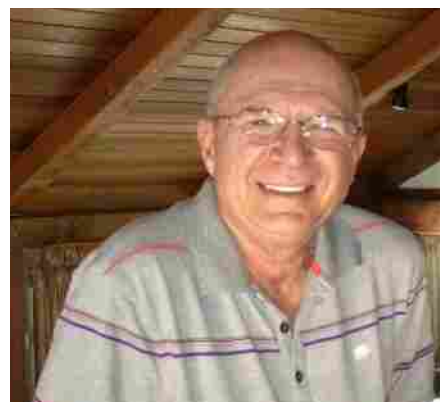
May each of you and your loved ones stay safe and well. Let us look forward to the world beyond the clouds of this moment and await the bright new day that will surely come.

*B' Shabat
Rabbi Daniel Polish*

A Message from President Victor Feit

Stay Home, Stay Healthy, and Zoom with Us!

It has been many years since I have been asked to write a President's article for the newsletter. I did not like it then, and, even though life is changing, I do not like it now!



This report can go in many different directions. I will start by saying that I never wanted to return as President. To put it mildly, I never could have envisioned returning under these circumstances. My sympathy goes out to the Bill family. Wendy worked harder to run the Temple than I ever could have imagined. She kept the Temple afloat with major effort and determination. I will try to emulate her efforts but know that I will fall short of her goals and desires—I'm just not Wendy.

We have major issues facing our congregation at this time. We have postponed our two largest fundraising events—the concert and the auction—but have not been able to defer any of our debts. The stock market is failing, most of us are home-bound, and almost none of us are fully employed. Even so, I must ask for your help to financially support the Temple to meet our obligations and expenses. Please donate whatever you can.

I would like to thank the Rabbi, the Cantor and all the savvy computer people who are working diligently to make our internet services, board meetings and virtual schools a success.

Finally, join us on Zoom for services and Torah Study for adults and children. Stay home and stay healthy—as the saying goes—"this too shall pass!"

B'Shalom,

Victor Feit

A Message From Sue Marcoe Education Enrichment Coordinator

Virtual Learning at Religious School?! Yes!!!

During this difficult time, it was a pleasure watching our children participating in virtual classes on March 21st. Rochelle Bellach read a Passover story to our youngest students, explaining the origin of the holiday. She then instructed the students on how to design their own seder plates. The materials had been dropped off earlier, so the students made their creations together, on Zoom. I wonder what they will be creating next time?



An hour later, Cantor Hirschenfang was teaching our older students about the importance of Israel. It was nice watching the Cantor and students interacting. In April, the students will be presenting their travel brochures of different cities in Israel. In addition, the students, along with their parent, will present an interview of a famous Israeli person, with the parent interviewing the student as that person.

Look for more exciting online experiences for your children coming up in April and May. Please note: If your child(ren) is/are not attending our Religious School, they may try out our Virtual school for one month free. Our Religious School meets two Saturdays each month, at 9:30a.m. for our Aleph Class, and 10:30 for our Gimmel Class. If you are interested, please call me at 845-723-4045 with any questions.

Also, try out our Friday night virtual Shabbat services. After all, what is important to you becomes important to your children!

Stay well and safe!

B'Shalom,

Sue Marcoe
sfmarcoe@gmail.com
845-723-4045





You're invited
Come to a Zoom Seder with Shir
Chadash!



We're in the midst of planning something for the second night of Passover which will both incorporate a Seder-feel and be serious... but also be fun and lift our spirits... in a time when we need spirits lifted!

When: Thursday, April 9th time to be announced

Not a Potluck but having your own seder plate and wine will add to your enjoyment

We'll be able to see each other... sort of like the Brady Bunch... and interact.

For those of you who are technophobes, don't worry.
Dan can do it. You can do it.



Would you like to join us?
Just RSVP to Michael Rothman
mjrothman@earthlink.net



Hands and Hearts (Random thoughts)

by Nicky Turner

Our hands, today, as we all sing happy birthday twice while washing them, merit some thought. We forget how powerful our hands are, how much they connect us with other human beings, how creative they are, how indispensable to our perception of the world around us, how they perform ancient rituals ingrained in our very being.

Our hands transmit love and tenderness since infancy. If a child asks "What is this?" he/she does it pointing to the object in question.

If there is danger present, mom immediately says ..."don't touch"!

If not, the child holds the toy and catalogues the sensations transmitted through the hands that will be recognized for the rest of his life.

As we grow and fall in love, hands learn and transmit tenderness, love, but also comfort and compassion for friends, family even strangers.

Hands in their giving and taking are connecting our heart to others in a way that we often do not realize.

In performing the myriad of small tasks of life, our hands are symbols and revelations.

When we wash our hair, that simple task can become a purification act, while baking bread is a creation act.

If you learn to sew or knit, your hands are bringing together something that had started as separate and now becomes a unit.

When you shake someone's hand your first reaction determines the outcome. You notice if the hands are cold or warm, if the handshake is firm or not, if it is strong or tentative, I could go on forever.

If you are starting to fall, instinctively you put your hands out to help yourself, if you cannot do something, many times you decline by saying your hand are "tied".

If you introduce a friend to another many times you say ... don't worry you are in good hands ...!

So, for me, hands are an extension of our heart and feelings.

I have been a massage therapist for over 35 years, my hands have soothed many bodies, young and old, healthy and sick.

As a grandmother, my hands have shown patience and taught lessons.

As a friend, my hands have hugged, comforted, and simply shown that I am here for you...

So now, in the time of Covid 19, as we sing happy birthday while we wash our hands, let's give thanks to our hands for all their years of service to us!

(Photo taken after Sandy Hook shooting: hands from 2 grandmothers, 1 mother, 1 aunt and 2 granddaughters)

IN SUPPORT OF CONGREGATION SHIR CHADDASH

Donations to Shir Chadash are a wonderful way to honor the memory of a loved one, honor a friend or celebrate a simcha while supporting the Congregation. We have: the "General Fund"; the "Building Fund"; the "Clergy's *Discretionary Fund*"; *the Adult B'nai Mitzvah Scholarship Fund*; *the Morse and Social Action Projects Fund*; *the Sy Hirschenfang Scholar-in-Residence Fund*; and now we have the *Wendy Bill Get it Done Fund*. We will accept donations to any of our funds. The General Fund always needs your help to fund all our wonderful programs. Please send your donations to our Treasurer: *Jim Thrasher, 31 Timberline Drive Poughkeepsie, New York 12603 or on our website; www.shir-chadash.org. The donation tab is on the home page and please remember to complete the message box.*

Congregation Shir Chadash gratefully acknowledges the following families that have donated to the Wendy Bill Get It Done Fund:

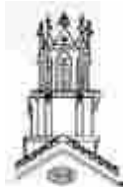
Barr	Hirschenfang-Polish	O'Herron-Pollock
Bellach	Kerchman	Roth-Bordowitz
Coleman	Kuriloff	Spiegel
Dritz	Lang	Stapholz
Freedom Plains	Lash	Temple Beth-El
United Presbyterian Church	Light-Spiro	Education Committee
Goldberg	Lox	Thrasher
Guerrero	Marcoe	Tracy
Haase	Marr	Turner
Herschbein	Mullins	Weber
Kerchman		

Congregation Shir Chadash gratefully acknowledges the following memorial donations:

Sandy and Jeff Lash **in memory** of Steven Rhodes, uncle of Barbara Stapholz and Nancy Barr
Sandy and Jeff Lash **in memory** of Theodore and Martha Lash, parents of Jeff.

Congregation Shir Chadash gratefully acknowledges the following for their contributions to the Mortgage Mensch (Real Estate) Fund:

Burshtyn	Lash	Marr
Dritz	Light-Spiro	Hirschenfang-Polish
Gleckman-Hayman	MacKay	Schiff
Goldberg	Marcoe	Thrasher
Herschbein		



Freedom Plains United Presbyterian Church

Rev. Paul D. Lent
Pastor

Rev. Heather M. Finck
Associate Pastor

March 11, 2020

Dear Members and Friends of Congregation Shir Chadash:

The congregation of Freedom Plains United Presbyterian Church was so sorry to hear about the sudden passing of Wendy Bill. We will fondly remember Wendy's bright smile and spirit.

Please accept this small gift in Wendy's memory with our sympathies during your time of mourning.

With this gift we send our thoughts, prayers, and love to your congregation.

Our deepest condolences,

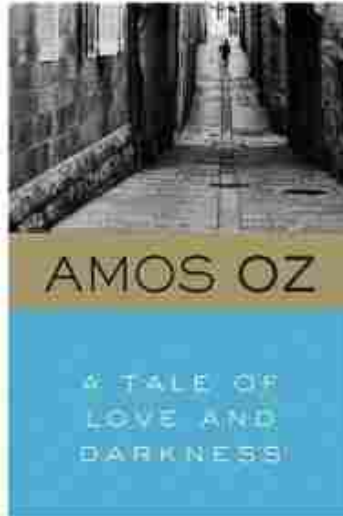

Susan Conrad
Clerk of Session



Calling All Readers

Rosh Chodesh Brunch & Discussion

Date & Location TBA as soon as possible!



Winner of the National Jewish Book Award

✧ International Bestseller

“Amos Oz’ memoir, “A Tale of Love and Darkness”, carries us-back to his boyhood in British mandate Palestine. Significant events take place around him. But, he being a boy at the time, has only a dim perception of the events themselves and little insight into their implications. He gives us a detailed and evocative sense of what it was like to live in Jerusalem on the brink of statehood and to experience the complexity of all decisions and adjustments people had to make in their daily lives. he leaves us with a vivid sense of being present in the midst of consequential moments.” –Rabbi Daniel F. Polish

"One of the most enchanting and deeply satisfying books that I have read in many years." — *New Republic* "[An] ingenious work that circles around the rise of a state, the tragic destiny of a mother, a boy’s creation of a new self." — *The New Yorker*

April Torah Readings



<u>TZAV</u>	April 4 2020	Leviticus 6:1-8:36
<u>CHOL HAMO'ED</u> <u>PESACH</u>	April 11 2020	Exodus33:12-34:26
<u>SH'MINI</u>	April 18 2020	Leviticus 9:1-11:47
<u>TAZRIA/METZORA</u>	April 25 2020	Leviticus 12:1-15:33

April Yahrzeits*

Friday, April 3, 2020	Howard Frederic Wallach	Father	John Wallach
Friday, April 3, 2020	Hope Coe Arner	Mother	Judi Brown
Friday, April 3, 2020	Florence Rothman	Mother	Michael Rothman
Friday, April 10, 2020	Isadore Weber	Father	Harold Weber
Friday, April 10, 2020	Eugene Pollock	Father	Ken Pollock
Friday, April 10, 2020	Theodore Lash	Father	Jeff Lash
Friday, April 10, 2020	Benjamin Spiro	Father	Ilene Kaswer
Friday, April 17, 2020	Martha Sugar Lash	Mother	Jeff Lash
Friday, April 17, 2020	Burton Gold	Husband	Miriam Gold
Friday, April 24, 2020	Aaron Kuriloff	Father	Daniel Kuriloff

*To update your Yahrzeit list, please complete the on-line form on our website www.shir-chadash.org

Oneg and Sharing Shabbat Hosts for April **B—Y—O—O and BB!**



Oneg Coordinators: Suzanne Neil
 suzanneneil@mac.com
 845-559-3123
Sharing Shabbat Bagel Organizer:
 Sara Rothman 845-223-5925

Shop with Shir Chadash at no extra cost to you!

Did you know that every dollar you spend at Adams Fairacre Farms, Hannfaord, Shop Rite, Stop & Shop or Tops could be helping Shir Chadash ... and it won't cost you anything extra?

It's true.

Through programs at each store, Shir Chadash is able to purchase gift cards and gets a percentage back while you get the full face value! It's a true Win-Win! Think about it, you probably shop every week and therefore would need cards every week, right?

In an effort to help stabilize some of the congregation's finances and make it easier for members to get cards as-needed, the board would like to be able to place regular monthly orders and have cards available for everyone as they need them.

So, here's how you can help. Several people have committed to contributing money to fund an initial order of cards so we'll have them for September.

If you can commit each week to purchasing gift cards totaling the amount you spend each week and paying treasurer Jim Thrasher either with cash or check (*PayPal takes too much out to make it cost effective*) two week's prior, you'll be able to pick up the cards at or before services in two weeks.

Of course, if you'd like to pay ahead for two, three or more weeks at once, that's OK too!

Either way, you'll be able to get your groceries that week and Shir Chadash will get a little bit of revenue on an ongoing basis, and we'll all be happy.

If you have any questions about the program, contact

Sue Marcoe sfmarcoe@gmail.com 845-723-4045

ALSO: If you use Amazon, you can help generate ongoing revenue for Shir Chadash simply by shopping through Amazon Smile and selecting Shir Chadash. With every purchase you make, Amazon donates a small percentage to the congregation! All these small things add up, so if you haven't signed up yet, please do so today.



Member's Cooking Corner

Brisket In An Instapot, Pressure Cooker, or Oven

"Because we are all under quarantine I thought this would be the perfect time to share my recipe for brisket that can feed only two to four people without all the work of cooking for twenty. This isn't my Mother's Lipton Onion Soup and tomato sauce Brisket!" By Dena Varble

INGREDIENTS

- 2-4 lb first cut trimmed brisket
- 1 pound baby cut carrots split into 2 portions
- 1-2 16oz cans of peeled white potatoes
- 1 small to medium onion
- 1 small package sliced baby Bella mushrooms
- 1 tbsp butter
- 2 tbsp olive oil
- 2 tsp kosher salt
- 1/2 tsp ground black pepper (6-8 turns of a pepper mill)
- 1 large garlic clove
- 1/4 cup red wine (port or merlot if available. If not a Cabernet Sauvignon is fine)
- 1 cup water
- 1 8oz can tomato purée



COOKING INSTRUCTIONS

1. Quarter the onion and place it with 1/2 lb of the baby carrots in food processor and mince.
2. Place butter and 1 tbsp olive oil in your pressure cooker and set to SAUTE and press start.
3. Add 1 tsp kosher salt and pepper.
4. Add minced carrots and onions and stir.
5. Sauté until onions are clear.
6. Add garlic using garlic press and sauté one minute.
7. Add 1 tbsp olive oil and mushrooms and stir and sauté until lightly browned.
8. Add red wine and deglaze bottom.
9. Add water.
10. Add 1 tsp salt.
11. Add tomato purée and stir.

Place Brisket into mixture and then add the remaining baby carrots and potatoes. Close and lock the lid set 1hr. Once the timer goes off take the top off the pressure cooker and remove brisket and slice against the grain. Replace the sliced brisket back into the mixture and set pressure cooker for 2 hours on timed cook.

If you would like to make gravy remove brisket, potatoes and carrots from the pot. Set back on MEAT/STEW and sprinkle in Wondra (fine gravy flour) and using a silicone covered whisk and whisk until gravy is desired consistency.

This recipe can be made in a traditional oven. Follow directions and cook on 325 degrees for two hours. Remove brisket and slice then replace into cookware being sure to seal it tight with tinfoil then cook another 2-4 hours.

Any questions feel free to contact me at 845.518.1004 or email denavarble@gmail.com

BE A MORTGAGE MENSCH-

HELP SHIR CHADDASH SECURE OUR LAND AND OUR FUTURE

Background: Many years ago, the congregation purchased property along Freedom Road in Lagrangeville with the intention of building a synagogue. After much money, time, and sweat equity it has been determined that for the foreseeable future we will be unable to utilize this land. We have some money to continue to pay the mortgage, however that money will be depleted soon.

The net liability is \$21,000. Possibly we could actually pay off the mortgage and in doing so, gain some added flexibility as to the disposition of the land. If each member family pays \$18 (Chai) until November 2021, we could easily pay off the mortgage.

So be a mortgage mensch.....

I/We hear by authorize Congregation Shir Chadash to withdraw monthly :

_____ \$18 per month until November 2021

_____ \$36 per month until November 2021. I/We would like to help those who can not.

_____ \$432 one-time withdrawal

Routing Number _____ Account # _____
(Please attached a voided a check)

_____ Enclosed is a one-time payment of \$432

_____ I/We will make monthly payments from my/our financial intuition

Signature

Date

For more information, please contact Jim Thrasher, Treasurer at 845-380-7221 or jdt845@yahoo.com or send your completed form to Jim Thrasher, Treasurer, 31 Timberline

Drive, Poughkeepsie, New York 12603. **Thank you!!**

**Board of Trustees
2019-2020**

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 Secretary Sue Marcoe
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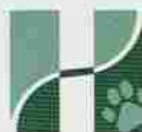


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The
 deadline
 for the
 weekly email is
 Tuesdays at
 3:00pm. Thank you
 for your
 cooperation.

Wendy Bill

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 THE MCHOUL FAMILY
 FOR 5 DECADES

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**Save on Taxes – Contribute
 Directly from your
 Retirement Account**

If you are retired and drawing required minimum distributions (RMDs) from a retirement account, you may be able to avoid paying income taxes on your contributions to Shir Chadash up to the RMD limit by directing your financial institution to issue a check made out to Shir Chadash, and sending the check to our Treasurer, Jim Thrasher. Please consult your financial advisor to ascertain whether you are eligible to take advantage of this tax avoidance before making your contribution.

*Weather
 Cancellations*

**Weather Cancellations Visit
 WWW.CANCELLATIONS.COM and
 WHUD RADIO 100.7. Friday evening
 SERVICES WOULD BE CANCELLED BY
 5:00pm Sharing Shabbat
 WOULD BE CANCELLED
 BY 7:00am**





Congregation Shir Chadash

brings you "a new song"

Calendar 5780 (2019-2020)

Kabbalat Shabbat Services starting Friday evening September 6th at 7:30pm
Sharing Shabbat starting Saturday morning, September 7th at 9:00am

All are welcome!

SATURDAY MORNING SHARING SHABBAT 9:00 AM

September 7 and 21
October 5 and 19
November 2 and 16
December 7 and 14

January 4 and 18
February 1 and 22
March 7 and 21
April 4 and 18
May 2 and 16

Saturday, September 21st Selichot Joint Celebration at Temple Beth-El 8:00pm

Sunday, September 29th Erev Rosh Hashanah 8:00pm

Monday, September 30th Rosh Hashanah 10:00am

Family Rosh Hashanah Celebration Service 3:00pm

Tuesday, October 8th Kol Nidre 8:00pm

Wednesday, October 9th Yom Kippur 10:00am

Panel Discussion: Hate in the Bible Stories We Love: What If? 12:30pm

Yom Kippur Family Service 2:00pm

Yom Kippur Afternoon/Yizkor/Concluding Services from 3:00pm to BreakFast

Sunday, October 13th Sukkah Building and Family BBQ and Service, 3:00pm

Friday, October 18th Sukkot Family Service 7:30pm

Friday, October 25th Family Simchat Torah Shabbat 7:30pm

Sunday, November 24th Interfaith Thanksgiving Service 5:00pm

Friday, December 27th "Light Up the Night"

Family Chanukah Celebration 7:30pm

Saturday, February 1st Tu B'Shevat Seder 10:30am

Friday, March 13th Purim Spiel and Celebration 7:30pm

~~Friday, March 27-Sunday, March 29 Shabbaton Weekend~~

~~Friday, April 10th No Services – Second Passover Seder~~

~~Friday, April 17 Joint Service with Temple Beth-El – at Shir Chadash 7:30pm~~

~~Friday, April 24th Yom HaShoah Shabbat 7:30pm~~

~~Friday, May 1st Yom Haastmout Shabbat 7:30pm~~

~~Friday, May 8 Joint Service with Temple Beth-El – at TBE 7:30pm~~

Thursday, May 28th Tikkun Leyl Shavuot – Time TBD

Friday, June 5th Honoring Our Teachers at 7:30pm TBD

Friday, June 12th Board Installation at 7:30pm TBD

April 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1	2	3 Zoom Kabbalat Shabbat 7:30pm	4 Zoom Torah Study Adults 9:15am Children 10:30am
5	6	7	8	9	10 Zoom Kabbalat Shabbat 7:30pm	11
12	13	14	15	16	17 Zoom Kabbalat Shabbat 7:30pm	18 Zoom Torah Study Adults 9:15am Children 10:30am
19	20	21	22	23	24 Zoom Kabbalat Shabbat 7:30pm	25
26	27	28	29	30		