

# WELCOME TO THE SHIR CHADASH FAMILY!

Whoever You Are  
Whatever Your Family Makeup  
Congregation Shir Chadash Welcomes You!

## Join us for High Holiday Services

(Suggested donation: \$118) or  
First year membership  
only \$36/month

Experience the joys of  
our Vibrant  
Reform Congregation  
led by

RABBI  
DANIEL POLISH  
with Choral Music

### ROSH HASHANAH

Sun., Sept. 29th, 8 pm: Evening Service  
Mon., Sept. 30th, 10 am: Morning Service  
3 pm: Family Celebration Service \*

### YOM KIPPUR

Tue., Oct. 8th, 8 pm: Kol Nidre Service with cello  
Wed., Oct. 9th, 10 am: Yom Kippur Morning Service;  
12:30 pm: Panel Discussion;  
2 pm: Family Service \*

3 pm: Memorial/Concluding Service \*

\* Free Admission to our afternoon services,  
including Rosh Hashanah & Yom Kippur Family Services  
and Yom Kippur Memorial / Concluding Service

### COMMUNITY BREAK FAST

Following Yom Kippur Concluding Service  
Child Care available on Yom Kippur afternoon

845-232-1029 • Shir-Chadash.org

*At the Shir Chadash Location*

FREEDOM PLAINS UNITED PRESBYTERIAN CHURCH  
RT. 55 & STRINGHAM RD • LAGRANGEVILLE, NY

*Ample Parking!*

Congregation  Shir Chadash







# Congregation Shir Chadash

*Rabbi Daniel Polish*

*Cantor Gail Hirschenfang*

*President Wendy Bill*

**Vol. 18 No. 1**

**October 2019**

Services held at the *Freedom Plains United Presbyterian Church Route 55 and Stringham Road, LaGrange*

## OCTOBER CALENDAR

Online at  
[www.shir-chadash.org](http://www.shir-chadash.org)

- 4**     **Kabbalat Shabbat**  
7:30pm
- 5**     **Sharing Shabbat**  
9:00am
- 8**     **Kol Nidre 8:00pm**
- 9**     **Yom Kippur Day**  
10:00am  
Discussion 12:30pm  
Family Service 2:00pm  
Concluding Service  
3:00pm  
Community BreakFast
- 11**    **Kabbalat Shabbat**  
7:30pm
- 13**    **Sukkah Building and**  
**Family Dairy Supper &**  
**Sukkot Blessings**  
3:00pm
- 15**    **Board Meeting**  
7:00pm
- 18**    **Sukkot Family Service**  
7:30pm
- 19**    **Sharing Shabbat**  
9:00am
- 24**    **Dinner at the Homeless**  
**Shelter**
- 25**    **Family Simchat Torah**  
**Service 7:30pm**
- 27**    **Bagels and Books**  
**Brunch 10:30am at**  
**Temple Beth-El**

## Looking Ahead

- 11/16 Line Dancing**  
7:00pm
- 11/24 Interfaith**  
**Thanksgiving**  
**Dinner 5:00pm**

## From the Desk of Rabbi Daniel Polish



Our holiday and holy day observances are so familiar to us, so much a part of our lives, that it can be easy to take them for granted. We can lose sight of just how remarkable and compelling they are as human practices. But they are very profound. And sometimes they talk to us in ways that go deeper than our conscious awareness.

Imagine coming upon a tribe of people who set aside one day every year to devote the entire day to prayer and contemplation, to study and spiritual stock-taking; who go without eating or drinking from sundown to sundown. You would have to call it a very compelling expression of religious intentionality. Undoubtedly a very evolved religious culture. Living with that your whole life cannot but leave an impression on you and shape the way you look at—and live—your life. An observance like that is a reminder of what is merely transient and what is truly important

Followed by Sukkot which reminds us of the abundance of blessings that are showered on us. Those first fruits are symbolic of all the gifts we receive. And it calls us back, as most of our holidays do, to remembering who we are and where we came from. Once again we reconnect to seeing ourselves as part of a band of runaway slaves, refugees if you will, thrown by circumstance into uncharted territory, living in insecure, fragile conditions. In that it makes us one with all the migrants on the planet and forces us to see that their lot is no different from the conditions that shaped our people.

If Sukkot celebrates history and harvest, why do we end it—and this whole long Holy Day cycle—with Simchat Torah? Somehow it all culminates in Torah. It all comes back to Torah, the fount from which all Jewish life flows. History? It is our history text par excellence. It constantly calls us back to our origins and continually reminds us of who we are. And harvest? Just as Sukkot celebrates the harvest of the field, Simchat Torah celebrates the harvest of the learning we gather from the cycle of Torah reading—and sends us back to sow the seeds of next year's encounters. We end and we begin. Such is the cycle of life we act out so dramatically this month.

I hope you let yourself be enriched by it as we share these profound days together.

*L'Shana Tova,*  
*Rabbi Daniel Polish*

## A Message from President Wendy Bill

### My Prayer



At this time of reflection as we prepare to enter the new year, 5780, I can't help but think about the unfathomable world we are living in. Every time I read a newspaper, listen to radio or watch the news on any station, it saddens me deeply.

As Jews, we have a responsibility to make real change, to teach our children and their children love and respect for all. We need to learn more about what we do not understand and to recognize that our differences are what make us stronger and not what should tear us apart. Co-existing is possible. The relationship between Congregation Shir Chadash and Freedom Plains United Presbyterian is the perfect example and this gives me hope.

This commitment to change, to teach, to learn, begins in our homes and then flows to our local communities and to how we treat each other. As we guide people through this journey, we carry an obligation to do so in a way that respects everyone, that celebrates differences and then will make this world a better place.

My prayers will be answered if the coming year will be a sweet one for everyone and the world begins the important task of repair. That is my prayer for you too.

*L'Shannah Tova*

*Wendy Bill*

*845-227-7236*

*[bills1989@msn.com](mailto:bills1989@msn.com)*

### Food Policy Update

**Your Board took up clarifying the Shir Chadash food policy at our September Board meeting. The different options were discussed in great depth and a range of opinions were explored.**

**In the spirit of respect for diversity and for our commitment to nurture an accepting and welcoming community, the Board formally adopted the following policy:**

- **Congregation Shir Chadash believes that as a teaching organization it is our responsibility to share Jewish dietary traditions and customs at the temple. All food for temple spiritual events or on temple property, will be dairy (including fish). At outside, non-spiritual events, where the board sets the menu, the temple will observe biblical kashrut, which is no pork products or shell fish. Any time a meal is served, a vegetarian and vegan option shall be offered.**

**Wendy Bill, President**  
**845-227-7236; [bills1989@msn.com](mailto:bills1989@msn.com)**

# Congregation Shir Chadash

High Holy Days: Days of Awe

Schedule of Services 2019/5780

Led by: Rabbi Daniel F. Polish

Musical accompaniment: Piano, Choir, Cello

## Rosh Hashanah

Sunday, September 29th	8:00 pm	<b>Rosh Hashanah</b> Evening Service
Monday, September 30th	10:00 am	<b>Rosh Hashanah</b> Morning Service
	3:00 pm	<b>Family Celebration Service *</b>

## Yom Kippur

Tuesday, October 8 <sup>th</sup>	8:00 pm	<b>Kol Nidre</b> Service with cello
Wednesday, October 9 <sup>th</sup>	10:00 am	<b>Yom Kippur</b> Morning Service
	12:30 pm	<b>Panel Discussion</b> <b>Hate in the Bible Stories We Love: What If?</b>
	2:00 pm	<b>Family Service *</b>
	3:00 pm	<b>Afternoon / Memorial /</b> <b>Concluding Services *</b>

**Join for a Song! First year membership \$36/month**

or ask us about High Holy Days tickets for non-members

⇒ No tickets are required for our afternoon services, including Rosh Hashanah & Yom Kippur **Family Services** and Yom Kippur Afternoon / Memorial / Concluding Services

Community Break Fast Following Yom Kippur Concluding Services

Ample Parking!

Child Care available on Yom Kippur afternoon

Congregation Shir Chadash  
1168 Route 55 (corner of Stringham Road),  
LaGrangeville, New York

# Congregation Shir Chadash's Book of Remembrance- 2019

It is traditional in many congregations to publish a memorial book, with the names of our loved ones who have passed away. This year we will be publishing our fourth Book of Remembrance. It will be a simple booklet, with words of comfort from Rabbi Polish, and the appropriate memorial prayers. The book will contain the names of the people we memorialize.

Each line will follow this form: **Sidney Rothman**, *father of* Michael Rothman.

Name of loved one (1)\_\_\_\_\_

Relationship (1) \_\_\_\_\_

Name of relation (1)\_\_\_\_\_

Name of loved one (2)\_\_\_\_\_

Relationship (2) \_\_\_\_\_

Name of relation (2)\_\_\_\_\_

Name of loved one (3)\_\_\_\_\_

Relationship (3) \_\_\_\_\_

Name of relation (3)\_\_\_\_\_

Name of loved one (4)\_\_\_\_\_

Relationship (4) \_\_\_\_\_

Name of relation (4)\_\_\_\_\_

Please send this form (or an e-mail with the same information) to Michael Rothman at: 6 Tower Road, Hopewell Junction, NY 12533 or email [mjrothman@earthlink.net](mailto:mjrothman@earthlink.net) . For each entry we request a donation of \$25. Checks should be made out to "Congregation Shir Chadash". The names of those who passed away since last Yom Kippur are listed and there is no charge. The booklets will be available at the Memorial Service on Yom Kippur.



## A Message from Sue Marcœ Education Enrichment Coordinator

Parents and students did a great job of racing through tasks and searching for answers all related to the four fall High Holidays. They sang Happy Birthday to the world; blew their own shofarot; made a kindness chain (to be hung in our sukkah on October 13th when we build and decorate it); prepared their Torahs for October 25th (when we will march and celebrate Simchat Torah); solved a Rosh Hashanah puzzle; said blessings “in their sukkot;” and, much more.

I’m hoping that parents will make decorating the shofar and the Torah cover family events. Then bring the shofars for our High Holy Day family services on Rosh Hashanah (**3:00pm**, Monday, September 30th) and on Yom Kippur (**2:00 pm**, Wednesday, October 9th). Bring the Torah covers on Friday, October 25th at 7:30pm. Students will be presented with their Torahs which they will be able to cover and to march, dance, and celebrate!

Look to October for still a different look to our Religious School classes:

On October 5th - “Midrash in Motion” with Kezia Gleckman Hayman- We will find some of the physical movements that already exist in our services, and play with movement to experience ideas from Torah and the High Holidays.

And on October 21st - “A Mezuzah on the Door” with Mana Watsky - We will work with clay as we make mezuzahs for our doors, and explore a little Torah and symbols that make us feel at home.

School begins promptly at 9 a.m. **New this year**, bagels & juice in the classroom. So please have your child(ren) go directly upstairs instead of stopping in the social hall. Plan to stay for Shabbat services and enhance your child’s Shabbat experience. What is important to you becomes important to your children.

גמר חתימה טובה

G'mar Hatima Tova

May you be sealed in the Book of Life!

*Sue Marcœ*

[sfmarcoe@gmail.com](mailto:sfmarcoe@gmail.com)

845-723-4045



## From Shir Chadash Social Action—a Tikkun Olam Opportunity!

*On Thursday evening, October 24<sup>th</sup>, we will provide dinner at the Gail V. Webster Shelter in Poughkeepsie for about 70 people. We will serve soup, sandwiches, muffins and fruit.*

*I am looking for volunteers to make the following recipe, it can easily be doubled. Let me know if you are able to help in this way, or make something else or to serve. (The minimum age to serve at the shelter is 16.)*



### Corn and Potato Chowder

#### **What you need:**

- 1 cup chopped onion
- 1 cup chopped celery, 1 garlic clove, minced
- 2 cups diced Yukon Gold potatoes
- 2 vegetable bouillon cubes in 2 cups water or 2 cups vegetable broth
- 2 cups soy or coconut milk (unsweetened)
- 1/2 teaspoon sea salt and 1/2 teaspoon paprika and 1/2 teaspoon pepper
- 1 Tablespoon olive oil
- 1 14 ounce can whole corn kernels
- 1 14 ounce can cream style corn
- 1 cup baby kale or spinach, chopped fine
- 3 Tablespoons cornstarch

#### **What to do:**

Heat a heavy skillet, add a bit of water and the salt after it gets hot, and sauté the onions. Add the celery. You can add water a few more times and stir; when almost done add the oil. The onions will get nicely browned without using much oil. Add garlic toward the end.

In a stock pot, bring 2 cups water with bouillon or broth to a simmer, add the onion/celery mixture and then add the potatoes. Simmer for about 18 minutes until the potatoes are almost done. Take off the heat and add the non-dairy milk and the rest of the seasonings, and the kale or spinach. Return to a gentle simmer and add the two cans of corn and the greens. When the greens are almost cooked, about 5–10 minutes, put 1/4 cup of cold broth in a measuring cup, add the potato starch and mix until smooth. Add into the gently simmering soup and stir until well combined.

**This makes about ten servings. The ingredients are easy to obtain (you do have leftover potato starch from last Passover, right?) Or you could use corn starch.**

**Thank you! Robbie Schiff 845.380.2200; [hvvegans@gmail.com](mailto:hvvegans@gmail.com)**



# BAGELS & BOOKS BRUNCH

## WITH AUTHOR RABBI RENA BLUMENTHAL

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Jerusalem, 2002: the height of the second intifada. Kobi Benami is a middle-aged psychologist whose new patient, Israela, has a life story full of uncanny biblical references. Her powerful and enigmatic husband, Y, may or may not exist, but she is being stalked and threatened by his emissaries, who bear an eerie resemblance to the Hebrew prophets. Through this surreal encounter with the anthropomorphized story of ancient Israel, Kobi is forced to confront his own dysfunctional life patterns, his family's tragic past, and the endless war that rages around him.

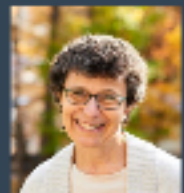
### SUNDAY, OCTOBER 27TH

### 10:30AM—12:30PM

### AT TEMPLE BETH-EL, 118 S. GRAND AVE, POUGHKEEPSIE

### 845.454.0570

Author Rabbi Rena Blumenthal will talk about her first novel, *Israela*, and lead us in a discussion about Biblical literalism, the Biblical characterization of God, sexism in religious metaphors; inherited traumas of the Holocaust, effects of the Israeli-Palestinian conflict, etc.



Rena Blumenthal is a freelance rabbi based in New Paltz, New York. She worked at Vassar College for eleven years as the Assistant Director of Religious & Spiritual Life and Adviser to Jewish Students. Prior to rabbinical school, she worked as a psychologist for fifteen years in New York City and Jerusalem.

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RABBI BLUMENTHAL WILL BE SIGNING COPIES OF HER BOOK,  
WHICH WILL BE AVAILABLE FOR PURCHASE.

THIS BAGELS & BRUNCH PROGRAM IS FREE AND OPEN TO THE COMMUNITY, SO BRING YOUR FRIENDS!

CO-HOSTED BY **TEMPLE BETH-EL & CONGREGATION SHIR CHADASH**

# BE A MORTGAGE MENSCH-

## Help Shir Chadash 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](mailto:jdt845@yahoo.com) or send your completed form to Jim Thrasher, Treasurer, 31 Timberline

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

# TIKKUN OLAM 5780

**The year 5780 is a great time to contribute to repairing the world—together we can make a real difference in the lives of our neighbors in need!**

## UPCOMING OPPORTUNITIES

### **SCHOOL SUPPLIES NEEDED FOR SPECIAL NEEDS KINDERGARTEN KIDS At MORSE ELEMENTARY SCHOOL**

Tissue boxes—paper towels—Lysol wipes—baby wipes—individual hand sanitizer—pencil boxes—pencils—crayons—children's scissors—glue sticks—construction paper—pocket folders—wide-rule marble composition notebooks.

### **YOM KIPPUR FOOD DRIVE COMING UP!**

Last year you donated a magnificent amount of food for our neighbors in need! The day after Yom Kippur, Shir Chadash gave nearly 100 bags of much needed food to the Dutchess Outreach and Morse School Pantries. Well done! This year we know we can do it again! A more specific list of items needed will be coming out but if you're roaming the supermarket aisles, think about picking up some kid and family-friendly non-perishable foods in non-breakable containers. From pancake mix and syrup, to mac and cheese, to graham crackers and granola bars, it's all good!

### **BRIGHT NIGHTS COATS AND SWEATERS DRIVE COMING UP**

The annual Bright Nights Coat and Sweater Drive will start later in the fall. Soon is a great time to look through closets and drawers and find those jackets, hoodies, coats, sweaters that don't fit anymore or, you know in your heart, no one in your family will wear. Set them aside for Bright Nights and let them keep someone warm this winter! All Adult and Children's sizes needed.

**If you would like to arrange a pick-up or want us to shop for you,  
please just let us know.**

With much thanks from Robbie and Sandy  
Contact: Sandy Lash [sjlash@optonline.net](mailto:sjlash@optonline.net) 845.227.4650 or  
Robbie Schiff [veggierob@yahoo.com](mailto:veggierob@yahoo.com) 845-876-2626

**Watch for more opportunities to help repair the world!**

**Tzedakah in Action at Shir Chadash**



## 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. So, for example, if you give \$50 Aug. 31, you'll be able to get a \$50 card Sept. 14.**



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 Wendy Bill at 227-7236 or [bills1989@msn.com](mailto:bills1989@msn.com)



**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.

## Oneg and Bagel Break Hosts

<b>Friday, October 4</b>	<b>Mara and Richard Goldstone</b>
<b>Saturday, October 5</b>	<b>Amy and Jim Thrasher</b>
<b>Friday, October 11</b>	<b>Larry Kraus</b>
<b>Friday, October 18</b>	<b>Mana Watsky and Paul Levine</b>
<b>Saturday, October 19</b>	<b>Jinny and Robert Goff</b>
<b>Friday, October 25</b>	<b>Steve Herschbein</b>



**Oneg Coordinators:** Suzanne Neil  
[suzanneneil@mac.com](mailto:suzanneneil@mac.com)  
845-559-3123  
Wendy Bill  
[bills1989@msn.com](mailto:bills1989@msn.com)  
845-227-7236  
**Sharing Shabbat Bagel Organizer:**  
Sara Rothman 845-223-5925

## October Torah Readings

October 4 and 5 Vayelech  
Deuteronomy 31:1-31:30  
D'var Torah Barbara Stapholtz

October 11 and 12 Ha'azinu  
Deuteronomy 32:1-32:52

October 18 and 19 Chol Hamo'ed Sukkot  
Exodus 33:12-34:26  
D'var Torah Robert Goff

October 25 and 26 B'reisheet  
Genesis 1:1-6:8



## October Yahrzeits\*

Friday, October 4, 2019	Irving Herschbein	Uncle	Steven Herschbein
Friday, October 4, 2019	Claire Miller Saranga	Mother	Sandy Lash
Friday, October 4, 2019	Harriet Dritz	Mother	Ron Dritz
Friday, October 4, 2019	Nathan Altman	Father	Susan Feit
Friday, October 4, 2019	Lucy Kurtzman	Grandmother	Victor Feit
Friday, October 4, 2019	Harry Spiegel	Father	Lois Weber
Friday, October 4, 2019	Jeanette Hoffman	Mother	Susan Marcoe
Friday, October 4, 2019	Sol Dritz	Father	Ron Dritz
Friday, October 11, 2019	Gertrude Weiss	Grandmother	Richard Bordowitz
Friday, October 11, 2019	Louis Barr	Father	Nancy Barr
Friday, October 18, 2019	Mark Ingebrestsen	Brother-in-law	Beth Brofman
Friday, October 19, 2018	Sidney Rothman	Father	Michael Rothman
Friday, October 25, 2019	Douglas Moore	Husband	Jane Freeman Moore

\*To update your Yahrzeit list, please complete the on-line form on our website [www.shir-chadash.org](http://www.shir-chadash.org)

## IN SUPPORT OF SHIR CHADASH

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 and the Sy Hirschenfang Scholar-in-Residence 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](http://www.shir-chadash.org). The donation tab is on the home page and please remember to complete the message box.

Miriam Gold **in appreciation** of Canter Hirschenfang and Rabbi Polish to the discretionary fund  
Wendy and Stuart Bill **in memory** of Adam Duvall, step-son of Irwin Goldberg  
Wendy and Stuart Bill **in honor** of the opening of the new Hopewell Animal Hospital  
Sandy and Jeff Lash **in memory** of Adam Duvall, step-son of Irwin Goldberg  
Sandy and Jeff Lash **in celebration** of the marriage of Rebeca Feit to Blane Digiacomo. Rebecca is the daughter of Susan and Victor Feit

### Thanks for the generous donations to the Mortgage Fund:

Norm Mackay  
Roberta Schiff  
Rabbi Polish and Cantor Hirschenfang  
Rochelle and David Bellach  
Kezia Gleckman Hayman



# Member's Corner

## Chickpea and Vegetable Tagine by Robbie Schiff

### What You Need

1 red onion, chopped  
1 Carrot, sliced in rounds  
1 yellow, orange or red pepper, seeded and chopped  
1 garlic clove, minced  
2 Tablespoons tomato paste  
1/4 teaspoon ground cinnamon & 1/2 teaspoon each ground cumin and paprika (smoked or regular)  
1 1/4 inch piece fresh turmeric, grated (careful, it can stain) or 1/4 teaspoon ground  
1/2 teaspoons minced fresh ginger\*  
1/8 to 1/4 teaspoon cayenne pepper  
2 cups vegetable broth (homemade or ready made – I like to use Better Than Bouillon (in a jar) available in supermarkets – get the one that says ‘seasoned vegetable base’)  
1 cup green beans, cut into one inch pieces  
2 cups sliced fresh mushrooms (any kind)  
1 1/2 cups cooked chickpeas or one 15 oz. can of chickpeas  
2 Tablespoons minced parsley or cilantro  
2 teaspoons lemon juice (use a grapefruit spoon to add some of the pulp)  
1 Tablespoon raisins

### What to Do

Heat 1/4 cup water in a large saucepan over medium heat. Add onion, carrot and bell pepper, sauté 5 minutes. Stir in garlic, ginger, tomato paste, cinnamon, cumin, paprika, turmeric and cayenne. Add veggie broth, green beans, mushrooms and chickpeas, bring to a boil, reduce heat to low, cover and simmer till tender, about 20 minutes. Stir in parsley or cilantro, raisins and lemon and cook 5 minutes more.

Taste, adjust seasonings if desired and serve. I made this for two dozen people and offered rice and quinoa, equally popular, some chose both.

### Q & A

#### Why so many ingredients?

Michael Greger, MD (nutritionfacts.org) has a book called ‘How Not To Die’. The first half discusses our most common killers, heart disease, diabetes, cancer, high blood pressure and others. He recommends specific foods. The second half explains his “Daily Dozen” Foods that are good to have every day. (that is why there are so many ingredients in this recipe even though it is not hard to prepare)

#### Where Did You Get this Recipe?

Adapted from the companion book – ‘The How Not to Die Cookbook’

#### Do you have any tips?

Actually, yes. The first time I made it the sauce absorbed too much into the quinoa, so be generous make a 1 1/2 x recipe or even double of the sauce, adding a bit more water if necessary. Keep the beans and mushrooms the same.

#### Is it better if I cook dried chickpeas?

Some people say yes, but the difference is not that critical and if it keeps you from trying by all means open the can already – many organic brands available.

#### What Are the Daily Dozen?

Look on his website - nutritionfacts.org

What I like about this checklist is that it is about what to ADD for better health, rather than what to not have. If you don’t reach your daily dozen one day, see if you can do better the next.

#### \*About fresh ginger

Fresh grated ginger or powdered is really good for an upset stomach; make a tea with it, add a bit of maple syrup if desired

#### If I need more info?

I am available – [veggierob@yahoo.com](mailto:veggierob@yahoo.com) or 845.380.2200





# Congregation Shir Chadash

brings you "a new song"

Calendar 5780 (2019-2020)

Kabbalat Shabbat Services start Friday evening September 6<sup>th</sup> at 7:30pm  
Sharing Shabbat starts Saturday morning, September 7<sup>th</sup> 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 21<sup>st</sup> Selichot Joint Celebration at Temple Beth-El 8:00pm

Sunday, September 29<sup>th</sup> Erev Rosh Hashanah 8:00pm

Monday, September 30<sup>th</sup> Rosh Hashanah 10:00am

Family Rosh Hashanah Celebration Service 3:00pm

Tuesday, October 8<sup>th</sup> Kol Nidre 8:00pm

Wednesday, October 9<sup>th</sup> 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 13<sup>th</sup> Sukkah Building and Family BBQ and Service, 3:00pm

Friday, October 18<sup>th</sup> Sukkot Family Service 7:30pm

Friday, October 25<sup>th</sup> Family Simchat Torah Shabbat 7:30pm

Sunday, November 24<sup>th</sup> Interfaith Thanksgiving Service 5:00pm

Friday, December 27<sup>th</sup> "Light Up the Night" Family Chanukah Service 7:30pm

Saturday, February 1<sup>st</sup> Tu B'Shevat Seder 11:30am

Saturday, February 29 Siddur Presentation to Ivrit Student at Temple Beth-El 9:00am

Friday, March 13<sup>th</sup> Purim Celebration 7:30pm

Friday, April 10<sup>th</sup> No Services – Second Passover Seder

Friday, April 17 Joint Service with Temple Beth-El – Location TBA 7:30pm

Friday, April 24<sup>th</sup> Yom HaShoah Shabbat 7:30pm

Friday, May 1<sup>st</sup> Yom Haastmaut Shabbat 7:30pm

Thursday, May 28<sup>th</sup> Tikkun Leyl Shavuot – Time TBD

Friday, June 5<sup>th</sup> Honoring Our Teachers at 7:30pm

Friday, June 12<sup>th</sup> Board Installation at 7:30pm

## Board of Trustees 2019-2020

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**the  
deadline  
for the  
weekly email is  
tuesdays at  
3:00pm. thank you  
for your  
cooperation.**

**wendy bill  
bills1989@msn.com  
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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.

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WHUD RADIO 100.7. Friday evening  
SERVICES WOULD BE CANCELLED BY  
5:00pm Sharing Shabbat  
WOULD BE CANCELLED BY  
7:00am**



# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 <b>KABBALAT SHABBAT 7:30PM</b>	5 <b>SHARING SHABBAT 9:00AM</b>
6	7	8 <b>YOM KIPPUR KOL NIDRE 8:00PM</b>	9 <b>YOM KIPPUR 10:00AM FAMILY SERVICE 2:00PM AFTERNOON 3:00PM TO COMMUNITY BREAK FAST</b>	10	11 <b>KABBALAT SHABBAT 7:30PM</b>	12
13 <b>SUKKAH BUILDING &amp; DAIRY POT LUCK &amp; BLESSINGS AT FPUPC 3:00PM</b>		15 <b>BOARD MEETING 7:00PM</b>	16	17	18 <b>SUKKOT FAMILY SERVICE 7:30PM</b>	19 <b>SHARING SHABBAT 9:00AM</b>
		22	23	24 <b>DINNER AT THE HOMELESS SHELTER</b>	25 <b>FAMILY SIMCHAT TORAH SERVICE 7:30PM</b>	26
27 <b>BAGELS AND BOOKS AT TEMPLE BETH-EL 10:30AM</b>	28	29	30	31		