

CONGREGATION SONS OF ZION

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Congregation Sons of Zion

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Adult Education Lecture Series I

Thomas Jefferson and the Jews

Sunday, November 10, 2019

12 Cheshvan 5780

First thank you to Dr. Simon Sibelman, for his awesome and outstanding lecture, "Thomas Jefferson and the Jews". Next thank you Cindy Vieu, Lois Levin and Joan Rosner for the amazing brunch with professional guidance from Chef Ezra Bleau; thank you Ken Vieu and Michael Rosner for setting up the room; thank you Andrea Fox for publicity that filled the room, Brielle Burkett for being everyone's helping hand and thank you Tara Neddeau for flyers, this supplement and countless details. (*Apologies to anyone we missed. Please let us know and we'll include you in the Dec. Newsletter*)

Pictures and recipes for your enjoyment!!

CHESHVAN/ KISLEV 5780

November 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
27 28 Tishrei	28 29 Tishrei	29 30 Tishrei	30 1 Cheshvan	31 2 Cheshvan	1 3 Cheshvan	2 4 Cheshvan Shabbat Services, 10am Turn clocks back one hour before sleep <i>Noach</i>
3 5 Cheshvan DAYLIGHT SAVINGS ENDS	4 6 Cheshvan 8am Minyan	5 7 Cheshvan	6 8 Cheshvan	7 9 Cheshvan 8am Minyan	8 10 Cheshvan	9 11 Cheshvan Shabbat Services, 10am followed by Kiddush <i>Lech Lecha</i>
10 12 Cheshvan SOZ Lecture: <i>Jefferson and the Jews</i> followed by brunch	11 13 Cheshvan 8am Minyan VETERAN'S DAY	12 14 Cheshvan SOZ Board of Director's Meeting, 7pm	13 15 Cheshvan	14 16 Cheshvan 8am Minyan	15 17 Cheshvan	16 18 Cheshvan Shabbat Services, 10am followed by Kiddush and Song Session <i>Va-Yera</i>
17 19 Cheshvan	18 20 Cheshvan 8am Minyan	19 21 Cheshvan	20 22 Cheshvan	21 23 Cheshvan 8am Minyan	22 24 Cheshvan	23 25 Cheshvan Shabbat Services, 10am followed by Kiddush and Song Session <i>Chayei Sarah</i>
24 26 Cheshvan SOZ Religious Committee Meeting Light Breakfast, 9:30am Meeting, 10am to 11:30am Tikkun Olam at Kate's Kitchen 11:45am	25 27 Cheshvan 8am Minyan	26 28 Cheshvan	27 29 Cheshvan Community Thanksgiving Service at St. Peter's Lutheran Church, 7pm	28 30 Cheshvan 9:30am Minyan THANKSGIVING	29 1 Tishrei ROSH HODESH KISLEV	30 2 Tishrei Shabbat Services, 10am followed by Kiddush <i>Toledot</i>

DATES TO REMEMBER

Saturday, November 16, 2019

Shabbat Services at 10am followed by Kiddush and
Thanksgiving Song Session I

Saturday, November 23, 2019

Shabbat Services at 10am followed by Kiddush and
Thanksgiving Song Session II

Sunday, November 24, 2019

Religious Committee Meeting - Breakfast at 9:30am,
Meeting is from 10am - 11:30am

Tikkun Olam at Kate's Kitchen 11:45am - 1:30pm

Wednesday, November 27, 2019

Community Thanksgiving Service at St. Peter's Lutheran
Church, 7pm

Thursday, November 28, 2019

Minyan at 9:30am, Happy Thanksgiving!

Saturday, November 30, 2019

Shabbat Services at 10am followed by Kiddush

Sunday, December 8, 2019

SOZ Adult Education Lecture Series Part II: Roman
Vishniac's Yizkor Photographs, 2pm

Sponsored in part by The Harold Grinspoon Foundation

Sunday, December 22, 2019

Light 1st Hanukah Candle at Holyoke City Hall, 5:30pm

Monday, December 23, 2019

Rodphey Sholom Hanukah Party, Time TBD

Recipes from the Event

Honey-Butter Peas and Carrots

Ingredients:

- 1 pound carrots, sliced
- 1 large onion, chopped
- 1/4 cup water
- 1/4 cup butter, cubed
- 1/4 cup honey
- 4 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon dried marjoram
- 1/8 teaspoon white pepper
- 1 package (16 ounces) frozen peas

Directions:

In a 3-qt. slow cooker, combine the first nine ingredients. Cook, covered, on low 5 hours. Stir in peas. Cook, covered, on high 15-25 minutes longer or until vegetables are tender.

NOTE: Can be cooked on the stove top on low heat for an hour instead of the crockpot.

Tomato, Basil and Feta Salad

Ingredients:

- 6 roma (plum) tomatoes, diced
- 1 small cucumber - peeled, quartered lengthwise, and chopped
- 3 green onions, chopped
- 1/4 cup fresh basil leaves, cut into thin strips
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 3 tablespoons crumbled feta cheese
- salt and freshly ground black pepper to taste

Directions

In a large bowl, toss together the tomatoes, cucumber, green onions, basil, olive oil, balsamic vinegar, and feta cheese. Season with salt and pepper.

Recipes from the Event

Cranberry Orange Muffins

Prep Time: 10 minutes

Total Time: 35 minutes

Servings: 12 large muffins or 24 mini muffins

Ingredients:

- 2 cups all-purpose flour
- 1-1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 cup unsalted butter (at room temperature)
- 1 cup granulated sugar
- Zest of 1 large orange
- 2 large eggs (at room temperature)
- 1 teaspoon vanilla extract
- 1 tablespoon fresh orange juice
- 1/2 cup whole milk (at room temperature)
- 1 cup fresh cranberries (fresh or frozen)
- Course sugar (for sprinkling on top of muffins)

Directions:

1. Preheat oven to 350 degrees F. Lightly grease a muffin tin with nonstick cooking spray or line with paper muffin liners.
2. In a small bowl, whisk together flour, baking powder and salt. Set aside.
3. In another small bowl, combine sugar and orange zest. Rub the sugar and orange zest together with your fingers until fragrant.
4. In the bowl of a stand mixer, beat butter and sugar together until light and fluffy. Add eggs, vanilla, orange juice, and milk. Mix until combined. Add flour mixture and mix on low until just combined. Carefully stir in cranberries.
5. Divide batter evenly into muffin cups. Sprinkle muffins with sugar. Bake for 23 to 25 minutes, or until a toothpick inserted into the center comes out clean. Remove from the oven and let the muffins cool on a wire rack for 5 minutes. Serve warm
6. Note: muffins will keep in an airtight container on the counter for up to 2 days. You can freeze muffins for up to 1 month.

Recipes from the Event

Cornbread for a Crowd

Prep Time: 15 minutes

Total Time: 40 minutes

Servings: 24 servings

Ingredients:

- Cooking spray to grease the pan
- 3/4 cup sugar
- 2-1/2 cups of all-purpose flour
- 2 cups yellow cornmeal
- 1 tablespoon baking powder
- 1-1/2 teaspoons salt
- 2 (11 ounce) cans Niblets corn drained well
- 2-1/2 cups buttermilk
- 4 large eggs
- 6 tablespoons butter melted

Optional Add-ins:

- 1 large jalapeño pepper seeded, roasted, peeled and diced
- 1 cup Pepper Jack cheese shredded

Special Equipment:

- 1 (13 x 18 inch) sheet pan

Directions:

1. Preheat oven to 375 degrees F.
2. Place corn in strainer over sink or bowl to drain
3. Spray the bottom and sides of a (13 x 18 inch) sheet pan with cooking spray.
4. In a large bowl, add the sugar, flour, cornmeal, baking powder, and salt. Whisk to combine. Add the corn, buttermilk, eggs, and butter and stir until just combined. Batter will be like wet sand.
5. If including any optional items, mix them into the batter.
6. Pour onto the prepared baking sheet. Spread evenly.
7. Bake until light golden-brown and pulling away from the edges of the baking sheet, about 20 minutes. Cut into 24 pieces and serve warm.

Make Ahead Note:

Once cooled, cornbread can be covered with plastic wrap or foil and stored for up to 2 days at room temperature or refrigerate for up to 4 days.

Recipes from the Event

Double Blueberry Muffins

Prep Time: 16 minutes

Total Time: 1 hour 16 minutes

Servings: 12 large muffins or 24 mini muffins (can also make as a loaf)

Ingredients:

- 8 tablespoons (1 stick) unsalted butter, softened at room temperature
- 2 eggs
- 1 teaspoon pure vanilla extract
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2-1/2 cups fresh or thawed frozen blueberries
- 2 cups flour
- 1/2 cup whole milk, 2% fat milk, or 1% fat milk
- 1/4 teaspoon cinnamon

Directions:

1. Preheat oven to 375 degrees F.
2. Grease a muffin tin or line the cups with paper liners.
3. In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter until smooth.
4. Add 1 cup of sugar and mix.
5. Add eggs, vanilla, baking powder, and salt and mix.
6. In a shallow bowl, mash 3/4 cup of the blueberries with the back of the fork and add to the batter mix.
7. With the mixer running at low speed, add 1/2 of the flour, then 1/2 of the milk, and mix.
8. Repeat with remaining flour and milk.
9. Fold in the remaining 1-3/4 cups of blueberries by hand until well mixed.
10. In a separate bowl, mix the remaining tablespoons of sugar with the cinnamon.
11. Use an ice-cream scoop or large spoon to fill the muffin cups 3/4 full.
12. Sprinkle the cinnamon-sugar over the muffins.
13. Bake until golden brown and risen, 25 to 30 minutes.
14. Let cool in the pan at least 30 minutes before serving.

Other Recipes

The Best Gluten-Free Blueberry Muffins

Prep Time: 15 minutes

Total Time: 35 minutes

Servings: 15 muffins

Ingredients:

- 2 cups Bob's Red Mill 1-to-1 Baking Flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 3/4 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup milk
- 2 cups blueberries
- 1/4 cup granulated sugar (optional for topping)

Directions:

1. Preheat oven to 350 degrees F.
2. Lightly grease 15 muffin cups or line them with paper liners.
3. Whisk together the flour blend with baking powder and salt in a small bowl. Set aside.
4. In a large bowl, combine butter and granulated sugar. Beat on medium-low speed until thick. With the beater still running, add the eggs. Beat until combined.
5. Add the dry ingredients and mix on low speed. Mix until thick. Stop the mixer and add the milk and vanilla extract. Mix until a thick batter forms.
6. Gently fold in the blueberries with a rubber spatula. (If you are using frozen or cold blueberries, the batter will get VERY thick. This is totally normal)
7. Spoon batter into prepared muffin pans. Fill each cavity about 2/3 full. Top each muffin with about 1 teaspoon of granulated sugar (optional).
8. Bake until a cake tester inserted into the center of one of the muffins comes out clean, about 25 minutes.
9. Allow muffins to cool in the pan for five minutes and then transfer to a wire rack to cool completely.

Note: This recipe has not been tested with other flour blends. For best results, use the flour recommended.

Other Recipes

Gluten-Free Pumpkin Muffins

Servings: 9 muffins

Ingredients:

- 1-1/2 cups gluten-free all purpose flour
- 1 teaspoon ground cinnamon
- 1-1/4 teaspoon baking soda
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon kosher salt
- 1 cup pumpkin puree
- 3/4 cup brown sugar
- 2 large eggs at room temperature
- 3/4 cup vegetable oil
- 2 tablespoons whole-milk yogurt

Directions:

1. Preheat oven to 425 degrees F.
2. Lay out 9 muffin liners in a muffin tin.
3. Whisk together the flour, cinnamon, baking soda, ginger, nutmeg and salt in a large bowl. Set aside.
4. In another large bowl, whisk together the pumpkin puree and brown sugar. (For best results use a stand mixer.)
5. Whisk in both of the eggs at one time, then stir the batter thoroughly, until the flour mixture is half gone. Add the yogurt and stir. Add the remaining flour until all visible signs of flour are gone.
6. Fill a muffin liner about 3/4 full with the batter. Repeat with the remaining 8 liners.
7. Bake the muffins for 10 minutes, then turn down the heat to 375 degrees F and bake until the muffins are browned and a toothpick inserted in to the center comes clean, 10 to 15 minutes.
8. Allow the muffins to cool for about ten minutes, then remove them to a cooling rack to cool entirely.

Thomas Jefferson and the Jews **Write-up by Andrea Fox**

Thomas Jefferson and the Jews: Lecture by Dr. Simon Sibelman

All chairs were filled to hear SOZ member, author and scholar Dr. Simon Sibelman present the first of four lectures in our Congregation Sons of Zion Adult Lecture Series. Dr. Sibelman, a native of VA, did not hold back his personal enthusiasm and affinity for his birthplace and the work of Thomas Jefferson.

Dr. Sibelman introduced us to Jefferson the man , flaws and all, to help expand the limited image many may have had of him. Flowing with ease between English, Hebrew or Yiddish, in conjunction with his PowerPoint presentations, Dr. Sibelman has a captivating talent of breaking the bigger story into smaller pieces and gradually adding more details, bringing all of them together to a final conclusion. In this lecture he started with a description of Jefferson's life and home, then grew to add in the many people and experiences that influenced him.

Jefferson's talents and abilities ranged from architecture and design, farming, creating tools, clocks, and other items of function and practicality. Having owned slaves at that time, he designed his unique home - Monticello (or little mountain) in such a way that he could have privacy when desired. An accomplished musician, and lover of books, he had one of the largest libraries of his time. Having traveled to Europe and in particular France, he observed many innovative ideas, and indulged in epicurean delicacies. He loved figs, wines and pasta, and was credited for bringing recipes for ice cream and macaroni and cheese to America. Well read and well fed, and ahead of his time in knowing that eating a lot of vegetables and putting his meat on the side created better digestive health.

Dr. Sibelman shared that Jefferson participated in dinners with people of means and influence such as the governor, and in Europe attending salons in Paris. These venues afforded him an opportunity to engage with people known for freethinking and a great exchange of ideas. Many of Jefferson's mentors were teachers, leaders of government or religion, and a noted Jewish Doctor known by many as simply the "good doctor ", -likely for his compassion and humane treatment of patients during a time when medicine was pretty barbaric. Dr. Sibelman connected the dots between Jefferson's large and diverse circle of acquaintances and friends, and the ways they had influenced not only Jefferson but each other.

Jefferson was mindful and acknowledged Patriotic Jews who had supported the war for independence, either by offering personal financing or fighting and dying on the battlefield. He understood , if you allow Jews(or people of diverse religions) to participate fully into society, they'll do great things. With that in mind, Jefferson authored the Jeffersonian bill for Religious Freedom in 1785 that became law in Virginia and was likely used as a template for many other states and countries around the world.

Thomas Jefferson and the Jews Write-up by Andrea Fox

Toward the end of the talk, Dr. Sibelman showed the great influence of Thomas Jefferson's doctrines and shared a powerful quote in George Washington's promise to the Jews where he describes religious freedom as all "sitting in the safety under his own vine and fig tree and then shall be none that will make him afraid".

Following Dr. Sibelman's wonderful talk, the audience was served a special meal of foods that were likely to have been on the table in Thomas Jefferson's home. During the lecture we learned about a number of foods associated with Jefferson, including tomatoes, grapes, ice cream, vegetables, etc., all on our buffet table.

Special shout out to the many people who made this event so successful including, Cindy Vieu and Joan Rosner, who wrote the grant and received funds from the Harold Grinspoon Foundation. Lois Levin Cindy and Joan who stayed up until after midnight baking fresh muffins, cornbread and gluten free treats. We are also grateful to Chef Ezra Bleau, from the South Hadley HS Culinary Arts Program and to Michael Rosner and Ken Vieu for setting up the room.

Dr. Sibelman's next lecture, as part of the series is scheduled at SOZ on Sunday, December 8, 2019, at 2:00pm, "Roman Vishniac's Yizkor Photographs" will be followed by an afternoon tea.

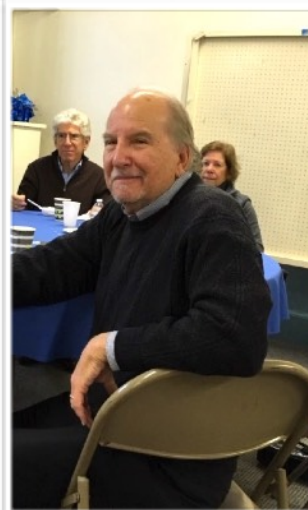
Adult Education Lecture Series Part I: After midnight at SOZ



Adult Education Lecture Series Part I: *Thomas Jefferson and the Jews*



Adult Education Lecture Series Part I: *Thomas Jefferson and the Jews*



Adult Education Lecture Series Part I: *Thomas Jefferson and the Jews*



Adult Education Lecture Series Part I: *Thomas Jefferson and the Jews*



Adult Education Lecture Series Part I: *Thomas Jefferson and the Jews*



Jim Eisenstock Recognized for Veteran's Day



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There is always room for more!!!