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# Jewish Community News

News of the Jewish VA Peninsula Community

September 2022/5783



After a fantastic summer session, we are ready to begin another great school year at the Sarfan Center!



## **BBYO Fund**

In honor of Karen & Kenny Olshansky & their new home on the West Coast  
Jackie & Eddie Cohen

## **Eric & Jack Luckman**

### **Memorial Endowment Fund**

In honor of Elaine & Arnie Abrams on their daughter's engagement  
Lori & Jeff Luckman  
In memory of Bob Kessler's sister Sharon L. Marshall  
Lori & Jeff Luckman

## **Mikveh Fund**

In memory of Bob Kessler's sister Sharon L. Marshall  
Ernestine Adelman  
Melissa & Dave Kashy  
Wendy & Jonathan Eisner  
Sally & Steven Seltzer  
Sarah & Jim Barnett  
Neal & Barbara Rosenbaum  
Judie & Gary Kavitt  
Sara Traster & Dave Harriss  
Marvin Posner  
Tzina Richman  
Joanne & Richard Gordon  
In memory of Sidney Ashe  
Ernestine Adelman

## **Marc Minkoff Sports**

### **Scholarship Fund**

In honor of Robin & Kenny Murov's 50th anniversary  
Karen Minkoff

## **Marilyn & Mark Nataupsky**

### **Holocaust Education Fund**

In memory of Dr. Richard Freund  
Joanne & Richard Gordon  
Becca & Eric Maurer

## **Senior Meals Fund**

Get well wishes for Jerry Gentry  
Ernestine Adelman  
In memory of Alan Eisenkraft  
In memory of Estelle Fineman  
Ernestine Adelman

## **Leroy M. Spigel Early**

### **Childhood Education Fund**

Wishing a speedy recovery to  
Larry Spigel  
Gloria & Aaron Ostroff & family

## **UJC Preschool Fund**

In honor of the supportive & caring Sarfan Center team  
Melissa Diamond

## **UJC Youth Fund**

In honor of Sarah Barnett  
Joanne & Richard Gordon  
In honor of Larry Familant's birthday  
Jackie & Eddie Cohen  
In honor of Aliyah Stupar's participation in JCC Maccabi  
Becca & Eric Maurer  
Tova & Jay Warren

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## **Ukraine Emergency Fund**

In honor of the B'nai Mitzvah of  
Eli & Seth Green  
Becca & Eric Maurer

## **Unrestricted Endowment Fund**

In memory of Bob Kessler's sister Sharon L. Marshall  
Ettalea Kanter

## **Leonard & Sylvia Waters**

### **Library Fund**

In memory of Dr. Richard Freund  
Claudia & Howard Waters

# President's Message - Wendy Eisner



As summer is fast approaching its end, I am both sad and excited for the beginning of fall. I love the carefree feeling of summer, but I am ready for cooler weather. The beginning of fall reminds me not only of a change in the climate, but also of new beginnings and, of course, the High Holidays.

I always look forward to spending time with family and friends during the holidays. I love the food and the connection of sharing with those I care deeply about and opening my home to those who may need a friendly face or an introduction to our community. For me this is a time to reflect on the past year, to think about the future and who I want to be. Since becoming president I have also been thinking a lot about who we are as a community. I am so proud to say we are warm and caring, but we are not perfect. Sometimes I think about how we can be better, but I have realized that may not align with someone else's vision. Therefore, we must strive to do our very best every day and continue to meet our mission. I truly hope as president I can learn to be a better listener so our community can continue to be grow and be strong.

As for the UJC, I can say that these last few months have been very exciting. Our new executive director is here and camp has been a success. It has been so much fun to see all the children on our campus with their smiling faces. Many programs are happening on our campus and all are welcome to attend. Please feel free to join us or just stop by to say hello.

Wishing all a happy and healthy new year,  
Wendy



THE UNITED JEWISH COMMUNITY  
WISHES TO CONGRATULATE THE FOLLOWING STUDENTS  
AND THEIR FAMILY ON THEIR B'NAI MITZVAH  
**ELI & SETH GREEN**

# Just in time for Rosh Hashanah!

## Family Apple Picking Sunday, Sept. 11th, 1-3pm

Drive yourself or hop on our UJC bus to Cullipher Farms in VA Beach.

Passport Members ride for free + get \$5 toward their apple purchases.

Non-Members \$15/family to ride the bus.



## Dinner & Discuss: The Amazing Honey Bee with Nathan Brauner

Thurs. Sept. 15th, 6pm

Enjoy dinner then shop available items made from local bees.

Passport Members - Free  
Non-Members - \$12

Visit our website for a full list of items for sale.



## UJC HOLIDAY CLOSINGS

Sept. 5th  
Labor Day

Sept. 26th & 27th  
Rosh Hashanah

Oct. 5th  
Yom Kippur

Oct. 10th & 11th  
Sukkot

Oct. 17th & 18th  
Shemini Atzeret &  
Simchat Torah



## Rosh Hashanah Happy Hour

Thurs. Sept. 22nd, 7pm

Learn to make delicious holiday drinks while you enjoy snacks & treats.

**MUST BE 21+**

Passport Members - Free  
Non-Members \$10/person



## Cooking with Carmela Challah Baking

Sun. Sept. 25th, 1pm

All ages welcome:  
Fun for the whole family!

Passport Members - Free  
Non-Members - \$5 / family

Visit [ujcvp.org](http://ujcvp.org)  
to RSVP for any  
of these programs.

happy  
*Rosh Hashanah*

**HAPPY**  
*birthday!*



**September 22nd**

Ashley Simmons

Sarfan Center Chaverim Teacher

# Summer Camp Chaverim - *Naioki Wood*



## The Power of Friendship

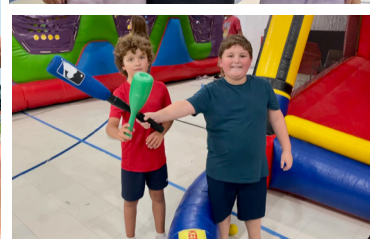
There is something magical that happens over the summer. Standing anywhere on our campus, you could feel the vibrations coming from all directions; the hallmarks of summer camp: bundles of excited/nervous energy, giggles, new friendships brewing, and smiles on the faces of children who just discovered a new skill. Our campers experienced a summer like no other, from soaring off the zipline, catching frogs by the pond, cannonballing into the pool, playing capture the flag, or passing along the spirit stick. The relationships that were forged here over the summer is the heart of what makes Camp Chaverim so special. Seeing these strong friendships and realizing the end of summer was near sparked an "aha" moment: these powerful connections needed to continue throughout the year!



In classic Camp Chaverim fashion, our team quickly went to work and put together a new component of camp, The Pen Friends Program. This program will give our campers the opportunity to stay in touch with one another as they tearfully say goodbye to summer together and prepare to welcome a new school year.



Our campers gathered around the Pen Friends booth to collect their starter packets. Once completed, the campers then exchanged their packets with each other (which included mailing addresses and some fun facts about the campers). Knowing they would be able to stay in touch eased that sad feeling the campers get when our summer season finally comes to an end. The UJCVP knows, there is no better way to inject compassion, love, support, unity, and joy into our community than sharing a handwritten note from one heart to another.



## Adventure High Ropes course

Calling all challenge-seekers and interested climbers of all skill levels!

Contact [Nwood@ujcvp.org](mailto:Nwood@ujcvp.org) to schedule a climb time for your next birthday party or group adventure.





## Please enjoy our 2022 Annual Campaign Honor Roll.

The Annual Campaign is the lifeblood of our UJCVP activities and programs. Your generosity is appreciated and your commitment to our community is valued.

*L - Lion of Judah (minimum contribution: \$5,000) | CS - Chai Society (minimum contribution \$1,800) | LOJE - Lion of Judah Endowment | PACE - Perpetual Annual Campaign Endowment | \* - of Blessed Memory*

### \$20,000 +

Libby & Buddy David (LOJE)  
 Jenny & Joshua David (LOJE)  
 Bobbi & Ralph Goldstein (L)  
 Judie & Gary Kavitt (L)  
 Betty Levin (LOJE) & Eugene "Buddy" Levin\* (PACE)  
 Barbara & Neal Rosenbaum (LOJE)  
 Dorene Sarfan\* (LOJE) & Mayer Sarfan\* (PACE)

### \$10,000 - \$19,999

Franklin O. Blechman\* (PACE)  
 Ruby & Harry Conn (L)  
 Wendy Drucker (L)  
 Jean & Arthur Fass  
 Mariel Focseneanu & Eric Karlin (L)  
 Janet & Gary Nachman (L)  
 Betty & Roy Lasris (L)  
 Robin & Guy Levy (L)  
 Lori & Jeff Luckman (L)  
 Bernard Morewitz\*  
 Lorraine Morewitz\* (LOJE)  
 Robin & Kenny Murov (L)  
 Janet & Gary Nachman (L)  
 Ginny & Johnny Francum (L)  
 Joanne Roos (LOJE)  
 Jody & Ed Sarfan (L)  
 Walter S. Segaloff\* (PACE)  
 Sally & Steven Seltzer (L)  
 Howard Smith  
 Scott Wolf

### \$5,000 - \$9,999

Beth & Jack Arager (L)  
 Sarah & Jim Barnett (L)  
 Susan Berenson (L)  
 Wendy & Jonathan Eisner (L)  
 Janet Glasofer (L)  
 Ettalea Kanter (LOJE)  
 Shelly & Geoffrey Kostiner  
 Carmela Malkin-Kuhn (L)

Lisa & Sam Margolin (L)  
 Jay Mirmelstein  
 Neisser (PACE)  
 Edward Olshansky  
 Rochelle Portnoy (L)  
 Tzina Richman (LOJE)  
 Linda Roesen (L)  
 Schoenbaum (PACE)  
 Ellyn Soefer (L)  
 Bonnie & Jeffrey Spigel (L)  
 Sara Traster & David Harriss (L)  
 Charlene & Steven Wendell (CS)  
 Anonymous  
 Anonymous  
 Anonymous

### \$1,000 - \$4,999

Elaine & Arnold Abrams  
 Rona & Alan Altschuler (CS)  
 The Bangel-Legum Philanthropic Fund  
 Debby & Eric Bashkoff  
 Susanna & Alex Berelovich  
 Elina & Brent Blaha  
 Marie P. Blechman\* (LOJE)  
 Sheila & Steven Bookbinder (CS)  
 Jeff Caplan  
 Kelli Caplan (CS)  
 Jacqueline & Edward Cohen  
 The Harold "Dooley" Cohen, Jeanne S. Cohen, and Hilda and Harry Oser Philanthropic Fund  
 Jenny & William Connolly  
 Rosalind Damsky  
 Donna & Eric Darby  
 Ellen Eisenberg (CS)  
 Kathy & Jay Epstein  
 Heather & Matthew Fass  
 Rebecca & Thomas Fass  
 Evelyn Flax Mirmelstein\* (LOJE)  
 Renee & Allen Fraley  
 Leslie & Robert Frank  
 Betsi & Herbert Garfinkel  
 Baylee & Chip Goldstein  
 Herbert & Ruth Goldstein (PACE)  
 Jerome & Mable Gordon\* (PACE)

Joanne & Richard Gordon  
 Abby Jo & Theodore Juraschek  
 Melissa & David Kashy  
 Karen & Dennis Katz  
 Bonnie & Norman Katzenberg (CS)  
 Holly & Quentin Kidd  
 Susan & Harry Kirschbaum  
 Judith Kline  
 Beth & Daniel Kluger (CS)  
 Leona Kostiner  
 Ryeken Kostiner (CS)  
 Myra & Linwood Kramer  
 Phillip Levy  
 Jessi & Michael Malkin (CS)  
 Ira Margolin  
 Sondra Markoff  
 Michael Markowitz  
 Shoshana Marziano  
 Kristin & James Mastros  
 Patricia & Steven Meyerson  
 Edward Mirmelstein  
 Fran & Albert Moliken  
 Brian Morewitz  
 Laney & Steve Morewitz  
 Angela & Jonathan Morris  
 Helen Nachman (CS)  
 Robert Nochimson  
 Susan & Sam Parrucci  
 Kim & Scott Pertel  
 Marvin Posner  
 Linda & Paul Rein  
 Sarah Richman\* (LOJE)  
 Linda Roos  
 Joan Rosenbaum (LOJE)  
 Loretta Rubenstein & Mitch Avent  
 Ruth & Lawrence Sacks  
 Randall Sarfan  
 Mary & Norman Saville  
 Beth Scharlop & Roger Schultz  
 Sylvia & Robert Scholnick  
 Beverly Sellers\* (PACE)  
 Steve Shapiro  
 David Sherman\* (PACE)  
 Bobbi Sue & Louis Silverman  
 Marianne & Steven Spellman  
 Danile & Larry Spokony  
 Bennett Stein

## Campaign Honor Roll continued from page 6

Rosanne & Mike Stupar  
Lois & James Ullman  
Eve & Mike Ware (CS)  
Sandy & Howard Waters  
Eileen & Stephen Wood (CS)  
Anonymous  
Anonymous  
Anonymous  
Anonymous

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### \$500 - \$999

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Ernestine Adelman  
Sherryl Balsler  
Sonya Bloch  
Bernice & Joel Breslau  
Paul Cooper  
Sylvia Craft  
Olga & Boris Diskin  
Margo Drucker  
Rimma & Josif Feygelson  
Denille Francis & Christopher Olivo  
Janet & Jon Frank  
Sue & Charles Friedman  
Carina & Saul Gleiser  
Alfred & Gertrude Goldstein\* (PACE)  
Evelyn Goodman  
Lisa & Bradford Green  
Irene Jacobson & Donn Turner  
Sandy Katz  
Meryl & Bob Kessler  
Phyllis & Joel Kirsch  
Linda Lavaty  
Karen & David Levy  
Edythe Lichtenstein  
Sara & Gershon Litt  
Karen Minkoff  
Angela & Michael Molin  
Linda & Stan Molin  
Judy Morewitz  
Rhoda & Bill Nachman  
Susan Nachman & Corey Adelson  
Lisa & Geoff Nochimson  
Karina & Brandon Parr  
Karen & Mark Pomeranz  
Celia Rinaldo  
Bob Winsor & David Rottman  
Frances Roy  
Matthew Sarfan  
Sheila Schoenberg  
Barbara Smith  
Joy & Larry Spigel  
Rita Spirn\* (PACE)  
Scott Stein

Randi & Craig Turczynski  
Tova & Jay Warren  
Sheila & Paul Zubkoff  
Anonymous

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### \$250 - \$499

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Bunnie & Bryan Altman  
Judith & Sal Barzilay  
Madeline & Allan Berger  
Ronnie Cohen  
Donna & John Diamond  
Melissa & Brian Diamond  
Kristen & Andrew Falk  
Leigh & George Fenigsohn  
Celia & Bernard Friedland  
Helene Goldsman & Walt Deskins  
Barbara Gordon  
Tori & David Gussman  
Leslie Kaplan & Bill Owings  
Marley & Bob Keefer  
Sue & Michael Kornberg  
Jessica & David Lasris  
Mary & Joseph Lieberman  
Ryann & Kevin MacLuskie  
Becca & Paul Marcus  
Doris & Harvey Margulies  
Leorah & Stephen Massie  
Joyce Miller  
Gloria & Aaron Ostroff  
Stefanie & Nathan Salinas  
Chandi & Bart Singer  
Shirley Stein  
Glenda & Bruce Sykes  
Sue & Howard Waxman  
Mark Woloshin  
Bobbi & Arnie Zimmer  
Anonymous  
Anonymous

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### All Others

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Mindy Rubin & Nick Adams  
Yana & Slava Alekseyev  
Monique & Paul Aronsohn  
Margie & Aaron Auslender  
Rhoda Beckman  
Jamie Begor  
Natalie Berelovich  
Polina Berelovich  
Evelyn Bibi  
Heidi Bloch  
Leslie & Donald Borwick

David Brackins  
Henry Brodsky  
Michael Byalik  
Ann & Woody Chapman  
Barbara & Robert Cohen  
Gavrielle Diamond-Bargash  
Maria & Ivan Dickerson  
Laura Seltzer Duny  
Sarah Eckhause  
Boglarka & Joseph Edouard  
Elliot Errera  
Candy & Lawrence Familant  
Vera Feygelson  
Estelle Fineman\*  
Elisa & Patrick Finneran  
Edie Fischer  
Lynda & Alan Forman  
Karen & John Forrest  
Eliane & Richard\* Freund  
Karen Friedman  
Laurane & Harvey Friedman  
Pat Ondercin & Adam Frisch  
Stephanie & Jack Gelman  
Regina Gerstman  
Mindy & Jeff Glickman  
Marge Gold-Battista  
Berta & Alberto Goldgaber  
Rita Golub  
Brenda Gordon  
Rosalind Halevi  
Simone Hausman  
Alayna & Bryn Henderson  
Berna & Joe Heyman  
Christine & Alan Hochman  
Ellen Hockman  
Kristen & Jason Holden  
Naomh & Kevin Hudson  
Marjorie & Melvyn Hutt  
Nancy & Mark Jacob  
Paige & Norman Jacobs  
Caroline & Robert Jaffee  
Robert Kaplan  
Marilyn & Ed Kashy  
Cynthia & Stuart Katz  
Martha & Tsvi Katz-Hyman  
Jill & Mike Keech  
Carol Bender & Howard Kessler  
Peggy & Kent Kipling  
Wendy & Ron Kleiman  
Rossi Klompus  
James Knicely  
Myrna & Robert Korfin  
Sarah & Henry Krakauer  
Olya & Alexander Kravets  
Sue Kurtz  
David Lembersky

*Campaign Honor Roll continued from page 7*

Yelena & Leonid Lembersky  
 Wendy & Victor Lessard  
 Terry Levinson  
 Lyusya & Aleksandr Lifshits  
 Robyn Loop  
 Linda & Howard Maltz  
 Lois Manes  
 Radie Maye  
 Lysie & Johnathan McIlhinney  
 Kristin & Jonathan Minkoff  
 Asya Mirkes  
 Helen Myers  
 Sonya Nachman  
 Mark Nataupsky  
 Priya & Sean O'Connell  
 Janet & Gerald Peltz  
 Jean & Andy Petkofsky  
 Beverly & James Phillips  
 Randy & David Pine  
 Susan & Neil Portnoff  
 Marleen & Jeffrey Press  
 Janice & William Rockwell  
 Lona Ross

Laurie Rowe  
 Sheila & Harvey Rubin  
 Judy Salken  
 Judy & Leon Salzman  
 Ted Sandler  
 Eric Schanzer  
 Stuart Schechter  
 Rebecca & Marshall Scheetz  
 Karen & Leonard Schifrin  
 Lynne Schofield  
 Alison & Matthew Schorr  
 Janet & Joe Schy  
 Brenda & Nat Shaye  
 Helaine & Jay Shinske  
 April Shuman  
 Leah & Travis Smith  
 Freida Stallard  
 Sara Stein  
 Susan Stein  
 Miriam & Mark Strick  
 Julie Strouse  
 Ella & Leonid Sukholutsky  
 Lucy & Mike Sukman

Jessica & Tim Sykes  
 Betty Temko  
 Barbara & Alexander Tessler  
 Linda & Gary Tompkins  
 Cathy & Michael Treger  
 Rose Ann Treger  
 Annette & Larry Vandeusen  
 Paige & Christopher Walker  
 Carol & Rob Weinberg  
 Jeanette & Brian Weinberg  
 Phyllis Weinstock  
 Regina Weinstock  
 Dru Williams  
 Sheryl & Art Wolfson  
 Mayya & Gennady Yartsev  
 Anonymous  
 Anonymous  
 Anonymous



The Pearl Society ladies are gearing up for their 6th year of doing good!

If you would like to be a part of our women's giving circle this year, please contact

Sara Traster:  
[straster@ujcvp.org](mailto:straster@ujcvp.org)



**BBYO Fall Kick-Off Party**  
**Sunday, September 17th, 7:00pm**

Email [jmalkin@ujcvp.org](mailto:jmalkin@ujcvp.org) for more info.



# Rosh Hashanah Recipes

Tired of the same old Rosh Hashanah recipes?  
Are you looking for some Rosh Hashanah inspiration?  
Check out these fabulous vegetarian Rosh Hashanah recipes that everyone at your table will love!



## SEPHARDIC JEWELED ROSH HASHANAH RICE

by Vicky Cohen & Ruth Fox

<https://www.myjewishlearning.com/the-nosher/sephardic-jeweled-rosh-hashanah-rice/>

Sweet and fragrant, this dish incorporates symbolic holiday foods.

We grew up in Barcelona, Spain. Not exactly your typical Jewish upbringing, and while we loved the beautiful city, it could be difficult and isolating during the Jewish holidays. Nevertheless, we managed to form a tight-knit group each year with our aunt, uncle and cousins who enjoyed the festive Syrian-Lebanese style food our talented mother prepared for us.

The main meal itself was amazing, but it was the symbolic foods we ate before the main meal that were our favorites. Our mom would make zucchini and spinach frittatas, cold leek soup and we would enjoy sweet dates, apples with sugar, pomegranates with rose water and the head of a fish or lamb, a tradition for Sephardic families.

The Syrian Lebanese cooking we grew up eating didn't usually include sweet flavors in savory dishes during the year. But for Rosh Hashanah our mom would make an exception with her delicious sweet carrot and raisin rice. It was always a big hit and we brought the recipe with us when we moved to the U.S.

This year we decided to change things up a little and make our mom a surprise rice dish. The first night of Rosh Hashanah we will make her traditional carrot and raisin rice. And the second night, we will serve this new sweet fragrant rice that includes some of our mom's favorite spices and dried fruit. We think she will be proud of keeping the old traditions, and making some new ones as well.

### Ingredients:

- 1 ½ tsp salt
- 1 tsp sweet paprika
- ½ tsp turmeric
- ¼ tsp cumin
- ⅛ tsp black pepper
- 4 Tbsp extra virgin olive oil divided, plus 1 teaspoon
- 2 medium-size onions, diced small
- 10 dried apricots, quartered
- 6 dried figs (we used Smyrna), quartered
- ¼ cup dried cherries
- ¼ cups pistachios or pumpkin seeds
- 1 cup long-grain rice (we used Jasmine, but you can use

- Basmati or whatever you prefer)
- 1 ½ cups of water or vegetable broth
- 1 ½ tsp fresh lemon or orange zest
- 1 cup pomegranate seeds

### Directions

Combine salt, sweet paprika, turmeric, cumin and black pepper in a small bowl. Set aside.

Heat 2 tablespoons of olive oil in a deep, non stick skillet with a lid. Add rice and spices and stir well.

Cook over medium heat for about 3-4 minutes, stirring constantly and making sure the rice gets well coated with the oil and the spices.

Add 1 cup of water. Bring to a boil, cover and reduce heat to low. Cook for 20 minutes, remove from heat and let it sit for 15 minutes covered.

In the meantime, heat the remaining 2 tablespoons of olive oil in a non stick skillet.

Add onions and cook over medium heat for about 20 minutes stirring frequently, adding water 1 tablespoon at a time if necessary, to prevent from burning.

Transfer onions to a plate and in the same skillet, heat 1 teaspoon of olive oil. Add dried fruit and pistachios or pumpkin seeds and cook over medium low for 2-3 minutes, stirring frequently.

Once the rice is ready, fluff it with a fork, add onions, dried fruit, pistachios and lemon or orange zest and toss well.

Right before serving, sprinkle pomegranate seeds on the rice.



# Jewish Family Services - Libby Batten



**Help bring some joy to seniors in the community!**

JFS is looking for volunteer drivers to deliver gift bags for Rosh Hashanah, the Jewish New Year. Volunteer drivers are needed for the following locations: Newport News, Hampton and Williamsburg.

Volunteers will pick up the gift bags on Tuesday, September 20th between 9am & 4pm at the UJCVP. *The gift bags must be delivered between September 20th & September 25th.*

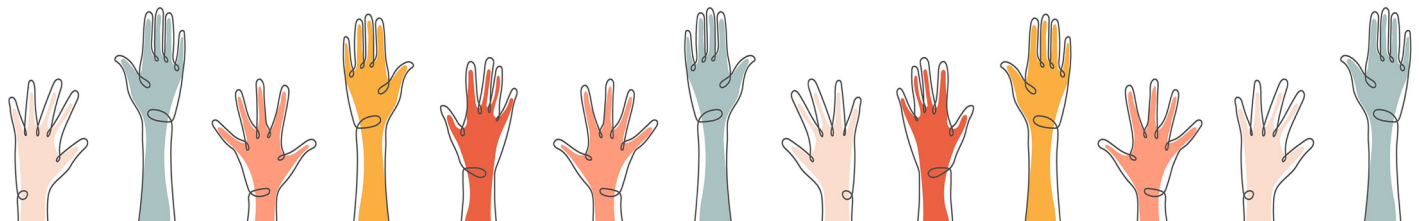
Please contact Libby Batten by September 19th if you are interested in volunteering. Thank you!  
lbatten@ujcvp.org | 757-223-5635

Raise Your Hand Day - Thursday, September 29th - 9am-2pm

If you have a problem or issue, PLEASE call for assistance to find out how we can help.

**It's ok to not be ok. We are here to listen. Better starts here!**

lbatten@ujcvp.org | 757-223-5635



## Rosh Hashanah Recipes - continued from page 9



**TURMERIC ZUCCHINI CAULIFLOWER SOUP** - by Vicky Cohen & Ruth Fox  
<https://mayihavethatrecipe.com/turmeric-zucchini-cauliflower-soup/>

Rich, creamy and full of flavor, our cauliflower soup recipe is perfect for when you don't feel like spending hours at the stove! Enjoy it hot or cold.

We don't believe in magic (except in Harry Potter), but in our muggle world, turmeric is as magical as you can get. Ginger's sassy cousin, turmeric is an unmistakable spice that adds a distinctive kick to anything you add it to. Which is why we made it the not-so-secret ingredient to our turmeric zucchini cauliflower soup. This cauliflower soup, in our humble opinion, is among our most delicious and versatile. No matter how you eat it, you'll be sad when the bowl is empty. (Pro tip: double the recipe).

### INGREDIENTS:

1 tbsp olive oil  
1 large sweet onion, diced  
2 lbs zucchini, diced  
2 lbs frozen cauliflower, thawed  
1-inch piece of fresh ginger, minced or grated  
1 tsp turmeric  
1 tsp salt  
1/8 tsp black pepper (or to taste)  
6 cups vegetable broth or water



1/2 of a 13.5oz can full-fat coconut milk  
Pepper to taste (optional)

### DIRECTIONS:

Heat the olive oil in a large soup pot. Add the onion and saute over medium heat for 3-5 minutes, or until translucent

Add the zucchini, cauliflower, ginger, turmeric, salt and pepper, and continue cooking for 2-3 more minutes, stirring often. Add the broth or water, bring to a boil, reduce heat and simmer, covered, for about 20 minutes, or until the cauliflower is tender. Let it cool slightly

Transfer to a blender, and blend until smooth ( make sure to put a kitchen towel over the lid, in case the hot liquid splashes)

Add coconut milk, mix well and enjoy!



**Kibbitz & Create**  
 Sunday, September 25th  
 10am-12pm

Join our group at the J for a morning of snacks and crafts.  
 All fiber arts crafts welcome!

RSVP to Jessi Malkin: [jmalkin@ujcvp.org](mailto:jmalkin@ujcvp.org)



**Red Cross Blood Drive**  
 Thursday, September 1st  
 (in the UJC Gym)  
 10am-3pm

Visit [ujcvp.org](http://ujcvp.org) to schedule an appointment

Questions? Email Sara Traster  
[straster@ujcvp.org](mailto:straster@ujcvp.org)

# Summer 2022 Highlights



# Sarfan Center - Naioki Wood



**YAY!**



So many wonderful memories have been shared over the summer and our team of educators have been excitedly prepping for another successful year here at the Sarfan Early Childhood Center. All nine of our beautifully decorated classrooms are ready for an exciting year of learning, playing, exploring, creating and making new friends!



To all of our educators, families, friends and community members, we wish you a wonderful start to the 2022-2023 school year!



**2022 WINNER**

**Sarfan Early Childhood Center**  
 Best Child Development Center  
 Peninsula Silver Award Winner

Coastal VIRGINIA **BEST of** Readers' Choice AWARDS 2022

Thank you to all who voted!

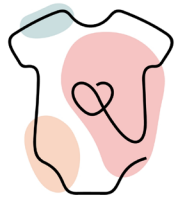
COVABESTOF.COM  
 #COVABESTOF

**Register your child(ren) for the 2022-2023 school year!**  
 More info & registration forms can be found at [ujcyp.org](http://ujcyp.org)



**COMING  
SOON**

Get ready for our NEW  
monthly retiree group!  
Enjoy Kosher Lunch  
Socialize & Shmooze  
Be Entertained!



# Babies & Bagels

Oct. 2nd  
10am

Visit [ujcvp.org](http://ujcvp.org) for more info!



5TH ANNUAL

# REVERSE Tashlich



OCTOBER 2, 2022

INTERNATIONAL JEWISH  
COMMUNITY CLEANUP

For more information, visit [ujcvp.org](http://ujcvp.org) or email [jmalkin@ujcvp.org](mailto:jmalkin@ujcvp.org)



## A Rabbi's Reflections, Part 4

by Rabbi David Katz

One of my favorite “secrets” about Judaism is that many of our rituals are actually ways to promote mindfulness. Mindfulness is a term that’s received a great deal of public attention the last several years. It has been discussed as a spiritual practice and as a generally healthy approach to life.

MINDFUL.ORG defines it as “the basic human ability to be fully present, aware of where we are and what we are doing - not overly reactive or overwhelmed by what is going on around us.”

Mindfulness isn’t a specifically religious approach to life, but has parallels in many traditions, including Judaism. Judaism teaches that it is worth paying attention to many of the things we do, and we sanctify them with blessings, reminding us that divinity is present in the acts that we might see as mundane. Our holidays and rituals work the same way - like building a Succah, lighting candles, Passover Seder plate, and life cycle rituals.

In communities today that have a communal mikveh, visits are used to observe occasions that

are joyous, sad, transitional, or celebratory (career change, adoption, health crisis, ending a relationship, or a move). The possibilities are quite extensive - the only limitation is how accessible a mikveh really is.

Since moving to the area and becoming the Rabbi at Temple Beth El, I have used the mikveh for conversions and other purposes - but since it is not nearby, I don’t visit nearly as often as I would like to. I’ve had several moments in the last decade that I might have commemorated, had a mikveh been closer to home.

I believe that many of us in the Peninsula Jewish community would find great benefit in having a local communal mikveh, and I’m delighted to support the group that is endeavoring to build one on the UJCVP Campus. I invite you to consider how you observe the significant moments in your life, and to imagine what it would be like to have a mindful mikveh visit.

Commemorating important moments is one of the most foundational parts of Jewish life.



*Mikveh Mermaid painting by Israeli artist, Yael Harris Resnick*

<https://yaelharrisresnick.com/>

Our UJCVP is a member of the consortium RISING TIDE, a national network devoted to opening the mikveh experience to the entire Jewish Community.

For more information, or with any questions, please contact Steve Shapiro, UJC Mikveh Chairman: [stevenishapiro@outlook.com](mailto:stevenishapiro@outlook.com)



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**Check out our new UJC Blog: Chai Lights!**  
[ujcvp.org/ujc-chai-lights](http://ujcvp.org/ujc-chai-lights)

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Contact Jessi Malkin  
[jmalkin@ujcvp.org](mailto:jmalkin@ujcvp.org) for more info.



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## UJCVP Senior Lunches & Grand Club

Meet at the J on Thursdays for kosher  
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Bingo begins at 10:45am  
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Bingo resumes after lunch

Lunch for ages 60+ - \$2.50  
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Email Angela: [amorris@ujcvp.org](mailto:amorris@ujcvp.org) for more  
information or to RSVP



### Glendale Pool Back to School Hours

Monday, Aug. 29th - Thursday, Sept 1st  
3pm-8pm  
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Sunday, Sept. 4th - 1-8pm  
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Hebrew School for the 2022-2023  
School year begins on  
Thursday, October 6th

To register your child/ren visit:  
[ujcvp.org/heb-school-registration](http://ujcvp.org/heb-school-registration)

Questions?

Email Carmela Malkin Kuhn  
[carmela@ujcvp.org](mailto:carmela@ujcvp.org)

NCJW®

**National Council of Jewish  
Women Book Club**

Wednesday, September 21st  
1:30pm @ Temple Sinai

Discussion: What I Read During the  
Summer - come with a brief review of your  
favorite summer read. *Free Community Event*

Questions/RSVP: Lucy Sukman,  
[lmoomaw15@aol.com](mailto:lmoomaw15@aol.com)

If you have a family Simcha that you would like to highlight, please contact Sara Traster at [straster@ujcvp.org](mailto:straster@ujcvp.org) for more information regarding cost and guidelines.

**Congregation Adath Jeshurun**

401 City Center Blvd., Newport News, VA 23606

Telephone # 757-930-0820 | Website: [www.ajshul.com](http://www.ajshul.com)

Rabbi Gershon Litt, 757-559-1836



The High Holidays mark the beginning of the Jewish new year. They begin with the holiday of Rosh Hashanah (September 26-27, 2022) and culminate ten days later with Yom Kippur (October 5, 2022). This period is known as the The Tens Days of Penitence. It is a time when God is especially close to us and hears our prayers. The High Holidays are a time for introspection and self-improvement, in which we beseech God for a favorable judgment for the coming year.

**Shabbos Candle  
Lighting Times:**

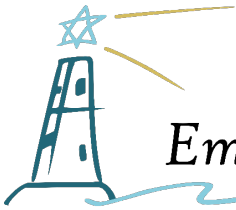
September 2 - 7:14pm  
September 9 - 7:03pm  
September 16 - 6:53pm  
September 23 - 6:43pm  
September 25 - 6:39pm (Erev Rosh Hashanah)

On Rosh Hashanah, God reviews the behavior of all His subjects and decrees their fate for the coming year. We blow the Shofar on Rosh Hashanah, declaring that God is our King and we are His devoted subjects. Rosh Hashanah is a time of judgment, tempered with the great love God has for His people.

**L'Shana Tovah tikatev v'taihatem.  
(May you be inscribed and sealed for a good year.)**

**Rabbi Litt's Shabbos Schedule**

September 2-3, Yom Tov schedule to be announced



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Rabbi Scott Gurdin  
Cantorial Soloist Dr. Jonathan Rathsam  
Musical Accompanist Dr. Ben Corbin

**Shabbat Services**

*Erev Shabbat services are held Friday evenings at 7:00pm unless otherwise noted.*

- September 2** – Shabbat in the Home
- September 9** – Rabbi led Shabbat service
- September 11** – Religious School starts
- September 16** – Lay led Shabbat service
- September 23** – Shabbat in the Home
- September 30** – Lay led Shabbat service

*CEVO wishes everyone a happy and healthy new year!*

**Special Events & Other News**

**High Holiday Service Schedule:**

*Led by Rabbi Gurdin with cantorial soloist and musical accompaniment*

- Sept. 25 @ 6:30 PM** – Rosh Hashanah Eve
- Sept. 26 @ 10:00 AM** – Rosh Hashanah service
- Oct. 4 @ 6:30 PM** – Kol Nidre service
- Oct. 5 @ 9:30 AM** – Yom Kippur service followed by Yizkor
- Oct. 5 @ 3:15 PM** – Yom Kippur afternoon and concluding service



All are welcome to visit! Our location:  
101 Production Drive, Suite 101, Yorktown, VA 23693

 [fb.me/CEVOcommunity](https://fb.me/CEVOcommunity)



**HIGH HOLIDAYS**



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**ROSH HASHANA:**  
SEP. 25 - SEP. 27

**YOM KIPPUR:**  
OCT. 4 - OCT. 5

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SELICHOT - Saturday, September 17 - 9:00pm

ROSH HASHANAH - Sunday, September 25 - 8:00pm  
Monday, September 26 - 9:30am  
Tuesday, September 27 - 9:30am

SHABBAT SHUVAH - Friday, September 30 - 6:00pm  
Saturday, October 1 - 9:30am

KOL NIDRE - Tuesday, October 4 - 6:30pm

YOM KIPPUR - Wednesday, October 5 - 9:30am

SHABBAT PARASHAT - Friday, October 7 - 6:00pm

HA'AZINU - Saturday, October 8 - 9:30am

SUKKOT - Monday, October 10 - 9:30am  
Tuesday, October 11 - 9:30am

SHABBAT HOL - Friday, October 14 - 6:00

HAMOED SUKKOT - Saturday, October 15 - 9:30am

SHEMINI ATZERET - Monday, October 17 - 9:30am

SIMCHAT TORAH - Monday, October 17 - 6:00pm  
Tuesday, October 18 - 9:30am



## **Waterways** **A Community Mikveh** **Education Series**

### **PART 4**

**Judaism and Water:**  
**Exploring water rituals in**  
**Jewish life.**

**Sept. 29th, 5:30-6:30pm**  
**at the Kashy home**  
**-ADULTS ONLY-**

**RSVP REQUIRED**  
**[carmela@ujcvp.org](mailto:carmela@ujcvp.org)**

## High Holidays with Temple Beth El of Williamsburg

High Holiday 5783 services will be multi-access. Attend in person or online.



### 2022—5783 High Holiday Schedule

Erev Rosh Hashanah	Sunday, 9/25/22	7pm, WUU
Rosh Hashanah Day 1	Monday, 9/26/22	9am, WUU
Tashlich Service		5pm, CLP
Rosh Hashanah Day 2	Tuesday, 9/27/22	9am, TBEW
Kol Nidre	Tuesday, 10/4/22	7pm, WUU
Shacharit	Wednesday, 10/5/22	9am, WUU
Yizkor		1pm, WUU
Michah & Neilah		5:15pm, WUU
Break Fast		7:40pm, WUU

- *Children's programming will begin at 10am for both RH Day 1 and YK.*

**Temple Beth El of Williamsburg (TBEW) is located at 600 Jamestown Road.**

Williamsburg Unitarian Universalists (WUU) is located at 3051 Ironbound Road.

College Landing Park (CLP) is located at 1070 S Henry Street.

**Contact [office@tbewilliamsburg.org](mailto:office@tbewilliamsburg.org) for the more information.**

Temple Sinai  
11620 Warwick Blvd, Newport News, VA 23601  
(757) 596-8352



### **WORSHIP SERVICES**

**Saturday, September 3rd @ 10:00am** - Shabbat Service followed by Oneg

**Saturday, September 10th @ 10:00am** - Shabbat Service followed by light Kiddush luncheon

**Friday, September 16th @ 7:30pm** - Kabbalat Shabbat / Selichot Service

**Friday, September 23rd @ 7:30pm** - Kabbalat Shabbat Service

**Friday, September 30th @ 7:30pm** - Kabbalat Shabbat / Shuvah Service

Contact Rabbi Sokol at [rabbiseverine@gmail.com](mailto:rabbiseverine@gmail.com) or (314) 628-9196 if you are interested in attending services.



# Summer TAL Update - Jessi Malkin



A large part of our T.A.L. (Teens As Leaders) program is focused on philanthropy. Each year our T.A.L. kids brainstorm ways they would like to effect change, both on our campus and in the larger community. This summer was no exception. Eleven teens participated and contributed their ideas throughout the summer, where they focused their energy on being positive role models for the younger campers. Concentrating on creating one-on-one relationships with specific campers allowed the teens to really feel a connection to camp and their T.A.L. mission.

In brainstorming for a larger community organization for their philanthropy project, the teens knew they wanted to help kids facing challenges beyond their control. After researching programs for refugee families and foster care organizations, and a long session on guidestar.org and consultation with Libby Batten, our amazing social worker and friend, our T.A.L.s found and settled on the local organization, For Kids.



With a mission statement of “breaking the cycle of homelessness and poverty for families & children,” our teens found their calling for summer 2022. By pouring over [forkids.org](https://forkids.org), the T.A.L.s discovered that For Kids had an Amazon wish list. Our group decided that our summer would be spent raising money to purchase items from that list. But how??

...Bake sales!!

The teens took over the UJCVP kitchen on two separate occasions to bake cookies and muffins to sell to their fellow campers and the summer staff. Their efforts yielded over \$230 dollars which was then used for a fun day of Amazon shopping. Purchases included a new vacuum and cases of dish soap, Lysol wipes and toilet paper!

We are so proud of our Teens as Leaders for the great work they have done this summer and we look forward to seeing them for fun teen events throughout the school year!





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## UJCVP Community September 2022 Calendar

### Thursday, Sept. 1, 2022

10am-3pm - Blood Drive  
10:45am - Grand Club/Bingo  
3-8pm - Glendale Pool

### Friday, Sept. 2, 2022

11am-9pm - Glendale Pool

### Saturday, Sept. 3, 2022

11am-9pm - Glendale Pool

### Sunday, Sept. 4, 2022

1-8pm - Glendale Pool

### Monday, Sept. 5, 2022

UJC CLOSED  
SARFAN CENTER CLOSED  
11am-4pm - Glendale Pool

### Tuesday, Sept. 6, 2022

7pm - Pickleball

### Thursday, Sept. 8, 2022

10:45am - Grand Club/Bingo

### Sunday, Sept. 11, 2022

1pm - Family Apple Picking

### Tuesday, Sept. 13, 2022

7pm - Pickleball

### Wednesday, Sept. 14, 2022

7pm - UJC General Board Meeting

### Thursday, Sept. 15, 2022

10:45am - Grand Club/Bingo  
6pm - Dinner & Discuss: The Amazing Honey Bee

### Saturday, Sept. 17, 2022

7pm - BBYO Kickoff Event

### Tuesday, Sept. 20, 2022

9am-4pm - JFS Rosh Hashanah gift bag pick-up for volunteers  
7pm - Pickleball

### Thursday, Sept. 22, 2022

10:45am - Grand Club/Bingo  
7pm - Rosh Hashanah Happy Hour

### Sunday, Sept. 25, 2022

10am-12pm - Kibbitz & Create  
1pm - Cooking with Carmela: Challah Baking

### Monday, Sept. 26, 2022

UJC CLOSED  
SARFAN CENTER CLOSED

### Tuesday, Sept. 27, 2022

UJC CLOSED  
SARFAN CENTER CLOSED

### Thursday, Sept. 29, 2022

9am-2pm - Raise Your Hand Day  
10:45am - Grand Club/Bingo  
5:30pm - Waterways Mikveh Program: Judaism & Water

### Sunday, Oct. 2, 2022

10am - Babies & Bagels  
1-3pm - Reverse Tashlich

Happy  
Rosh Hashanah

