Congregation B'nai Torah - Celebrating 25 Years Together

Torah Times

February 2023

10 Shevat - 7 Adar

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Co-President's Message



The Co-Presidents' Message

The highlight of our January events was the beautiful Bat Mitzvah of Shianne Sylvester. If you weren't able to be there to see her shine, you missed seeing an amazing young lady do a terrific job. Let's thank our very own Rabbi Kane, who taught her everything in a short period of time. Rabbi does the best job teaching all our students! We will be starting off February with the Tu B'Shevat Family Seder Dinner and the dedication of the Rotstein Media Center. The following weekend, our CBT Men's Club will be hosting the World Wide Wrap. Here is an opportunity for EVERYONE to learn about the mitzvah of wrapping tefillin. Take a peek at the Men's Club page for details.

The CBT 25th Anniversary Dinner Dance is fast approaching on March 25, 2023 at Plantation Bay Clubhouse (time TBA). Be sure to mark your calendars, as you don't want to miss this one! We will be honoring the members who were part of the planning committee to form our wonderful congregation, and of course, Rabbi Kane, for without him, we wouldn't be here today!

Your 2022-2023 Co-Presidents, Adrienne Cooperman and Robin Freedman

Mazel Tov to Shianne Sylvester on the occasion of your Bat Mitzvah. You made everyone very proud!

A Message From Rabbi Kane

At the end of January, we marked the International Holocaust Day of Remembrance which memorializes the loss of Jews during World War II and other Genocides throughout the world in the modern era.

A Holocaust is a specific kind tragedy, full of heinous, murderous intention.



Although we live in a civilization in which antisemitism seems to be on the rise, still we must acknowledge that Jews who died in or lived through the Holocaust suffered mightily compared to most of us.

The murderous Holocaust threatened to exterminate Judaism. But Jews and Judaism are still here. Still, we must ask, for how long?

After WWII, in which the Jewish population of the world reduced to 11 million, another 3 million walked away from their faith, believing a caring God would never permit such horror. Today, there are 15.3 million Jews using a very generous method for who gets counted.

A sage once commented that just as Jews have kept the Sabbath, so too has the Sabbath kept the Jews. I might add, just as Jews neglect Judaism, Judaism will neglect the Jews.

Because we are Jews, we must attach ourselves to a practice that is authentically Jewish. Study, worship, acts of lovingkindness, preserving a person through memory, donating time or money to enhance what Jews can achieve together. . . all of these become more urgent with the aging and drifting of Jews.

Who shall we be if not Jews who care enough to spare a bit of life; so that Judaism. which survived a holocaust, is not neglected into nothingness.

Rabbi S. David Kane

Get to Know Our Bat Mitzvah Girl Shianne Jade Sylvester

by Toni Sylvester



Shianne Jade Sylvester was born in the town of Ormond Beach, FL on September 27, 2009. She was healthy and bright eyed, with beautiful brown eyes and a full head of black, wavy hair. At the age of 9 months, Shianne began to walk, and suddenly a bit after that, she began to talk. With that, she began developing and showing her greatness. She was a very happy baby and truly loved by all.

As she grew, achieving everything that a bright and mischievous child should, such as unrolling the toilet pa-

per and running all through the house with it, playing hide and seek when Nana and Mommy were ready to go, and while Mommy panicked, Shianne would just pop out of the sand box, yelling, "Surprise!!!"

When Shianne began her formal education, she started at a regular school and really enjoyed being surrounded by others and learning. In the fourth grade, she began studying at Esformes Hebrew Academy, where she started to learn about her heritage and develop her interest in Judaism and Jewish culture. She has been learning in stride and achieving great things. Just last year she wrote about Princess Diana and won an achievement award for her project and presentation.

Through the years, Shianne has shown creativity, enjoying drawing, photography, videography, writing stories and scripts, and production and editing. Now she loves playing sports. She is a team player and very athletic. Her current favorite sports are flag football and volleyball. She is an avid reader and enjoys books that focus on real-world problems of people her age. She is getting amazing grades in all her classes, including her Judaic studies. I am truly blessed to be her mother and cannot wait to see the woman Shianne becomes.



PLEASE RSVP TODAY

BRAND NEW DELICIOUS EXPERIENCE!

FAMILY TU B'SHEVAT SEDER DINNER

Sunday, February 5th at 5 PM

COME CELEBRATE THE BIRTHDAY OF TREES



Adults: \$18
12 and under: \$9
Religious School Students
No Charge!

Funds raised will benefit the Congregation B'nai Torah Religious School

Come enjoy a delicious menu featuring

SH'VAT HAMINIM SALAD WITH FIGS, BARLEY & MORE
SWEET CHICKEN WITH PEARS
MOROCCAN FRUIT & NUT COUSCOUS
CHICKEN NUGGETS (FOR THE KIDS)
CRUSTY OLIVE BREAD
DATE NUT TRUFFLES
ASSORTED FRUITS

Please RSVP Now

Email: cbtemail@mybnaitorah.org Phone: (386) 672-1174 Website: mybnaitorah.org

Please pay on website or mail your check made payable to CBT Religious School to

403 N. Nova Road, Ormond Beach, FL 32174

COME STUDY WITH RABBI KANE

A Special 4-Week Adult Education Series on Thursday February 16th & 23rd and March 2nd & 9th

6:45 PM

The Ways That Never Parted

For centuries after the Destruction of the Temple (73CE), the Rabbis gathered in Yavneh (81CE) and formed Rabbinic Judaism. A Parting of the Ways occurred as the Christian Church proceeded on its own separate path at the same time. Or did it?

A fresh look reveals the opposite is true, as Jews and Christians mixed rituals and holidays with each other and pagan faiths for hundreds of years.

This class will explore the changing definition of religion, Judaism, the messiah, Jesus, Christianity, sin, heaven and hell in the centuries leading up to the 600's CE.



7:45 PM Praying Jewishly



Is a Jewish prayer any prayer a Jew prays? Are Jewish prayers only found in prayer books? What is a prayer? How has organized Judaism thought about how we send prayers to God and how the Divine hears them?

Explore Jewish ideas about our relationship with our Creator and how the Prayerbook reflects, or doesn't reflect, current Jewish ideas on the purpose of life.

ATTEND ONE OR BOTH CLASSES!
RESERVE YOUR SEAT NOW!

By email: cbtemail@mybnaitorah.org By phone: (386) 672-1174



SUNDAY FEBRUARY 12TH 10:00 AM CBT MEN'S CLUB

in conjunction with the
Federation of Jewish Men's Clubs and
Women's League for Conservative Judaism
PRESENTS

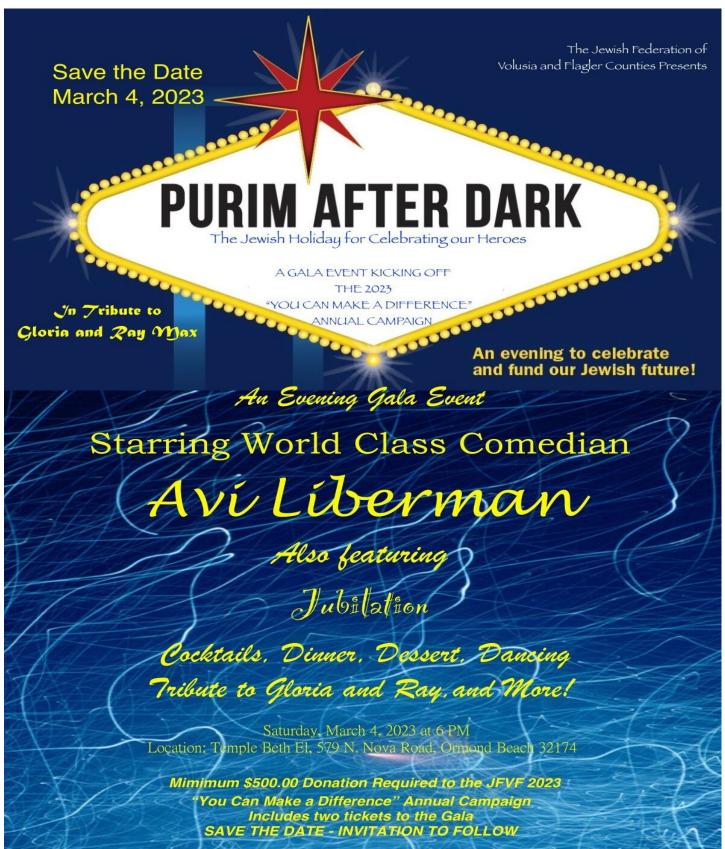
WORLD WIDE WRAP 2023

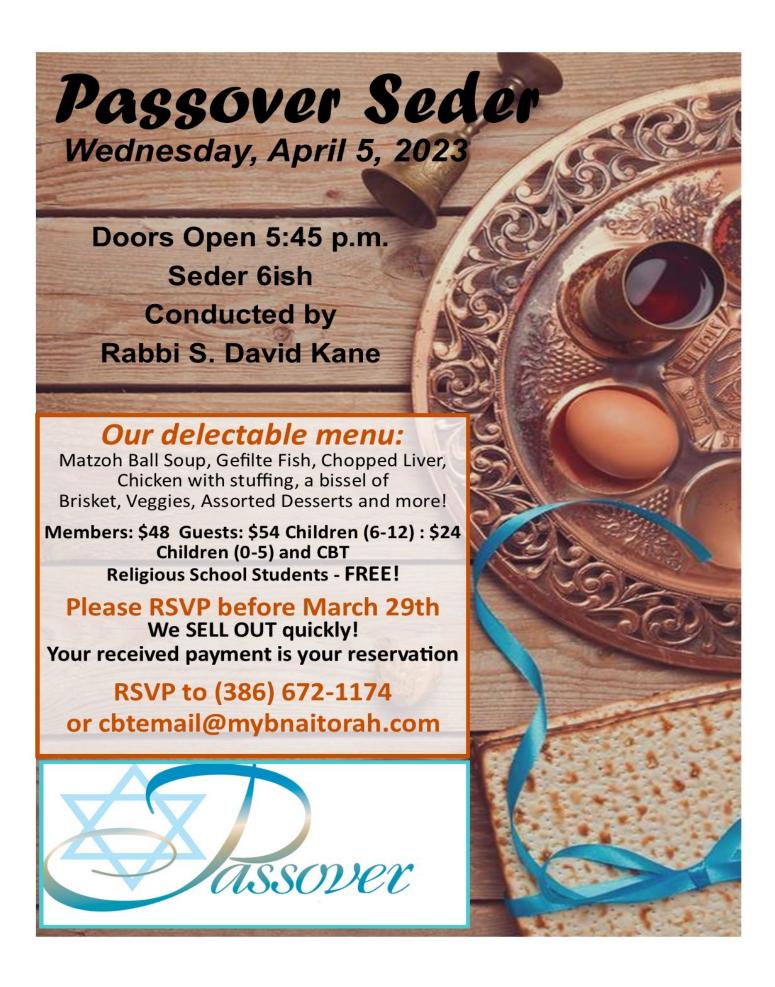
Come learn about the mitzvah of tefillin use



If you have tefillin to loan for this event, please email Mark Givarz at cbtobmensclub@mybnaitorah.com







Religious School Report

By Helen Farb

We are so happy to have Morah Virginia back from her overseas travels. Thanks to Chanah Zimmermann for filling in.

We started the 2023 school term with a Kid and Tot Shabbat on January 6th with pizza bagels and macaroni and cheese. Unfortunately, Rabbi Kane was ill, but Virginia did a fantastic job filling in, telling some wonderful Shabbat stories. On Sunday, January 8th, my class learned about Joseph's relationship with his brothers. The students made many beautiful coats for him. Ana Chuven was a great classroom helper! Check out the students' creations the next time you are in the school building! Morah Virginia's class completed some unfinished projects, preparing to move on to some new ones for Purim and Passover.

Shianne Sylvester's Bat Mitzvah was wonderful! She breezed through her Torah reading and Haftorah so beautifully. We were so glad we could be there to share her special day. Thanks to Rabbi Kane for helping Shianne prepare so well for this happy event.

We ended the month of January by celebrating Tu B'Shevat. We talked about the different species of fruits and planted parsley seeds which we hope to eat at our Passover Seder.



Welcome to new students Michael and Daniel. We are glad to have you with us! Thanks to Ana Chuven and Acacia Myara for their help in the classrooms!

There is no school on January 29th. Our next get together is Kid & Tot Shabbat on February 3rd and the Family Tu B'Shevat seder dinner on Sunday, February 5th at 5:00 PM where we will raise funds for our field trip this Spring. Please RSVP and come to the Tu B'Shevat seder dinner to support our CBT Religious School!

Miss Helen

Congregation B'nai Torah Religious School

2023 Spring Semester Schedule

FEBRUARY

Fri	Feb 3	6:00 PM	Kid & Tot Shabbat
Sun	Feb 5	4:45 PM	Rotstein Media Center Dedication
Sun	Feb 5	5:00 PM	Family Tu B'Shevat Seder Dinner
Sun	Feb 26	10:00 AM	Religious School

MARCH

Fri	Mar 3	6:00 PM	Shabbat Across America
Sun	Mar 5	10:00 AM	Religious School - Purim Carnival
Mon	Mar 6	6:00 PM	Purim - Megillah Reading & Party
Sun	Mar 26	10:00 AM	Religious School - Passover

APRIL

Sun	Apr 2	10:00 AM	Religious School - Model Seder
Sun	Apr 23	10:00 AM	Religious School - Field Trip
Sun	Apr 30	10:00 AM	Religious School - Last Day



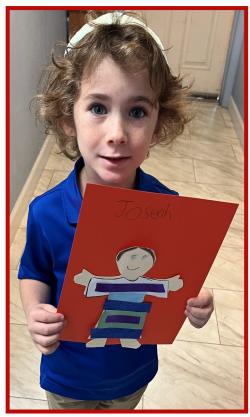


Joseph's Coat of Many Colors









Singing and Bingo at Hanukkah at Ormond-in-the-Pines















MEN ARE LOSING FRIENDS AND STRUGGLING TO MAKE NEW ONES - MISSING HEALTH BENEFITS

I am sharing a link to a recent article in BBC Science Focus Magazine, by Ian Taylor:

https://www.sciencefocus.com/science/how-loneliness-is-killing-men/

The benefits of friendship are profound. Having a strong social circle is associated with:

- A longer life and fewer illnesses.
- Lowering your blood pressure and triggering positive chemicals in your brain.
- Less stress, more resiliency and more optimism.
- Maintaining a healthy weight and decreasing the likelihood of suffering cognitive decline.
- Some protection from cancer, heart disease and depression.

But there's one group - a big one - that is missing out on these benefits - **MEN**. Men are lonely. A 2019 YouGov poll (before the Pandemic) concluded that 20 percent of men have no close friends, twice as many as women. In 2021, the Survey Center on American Life found that since 1995, the number of American men reporting they had no close friends jumped from 3 to 15 percent. In the same research, the number of men saying they had at least six close friends was halved from 55 per cent to 27 per cent.

Why do men struggle to make or maintain friendships, and what can we do about it, not just as individuals but as a society? Loneliness is a health hazard - as dangerous as smoking or alcoholism, according to some research.

A possible solution? Consider getting involved in our Men's Club. Picture in

your mind the men you will meet, the friendships you will build. We're committed to promoting camaraderie, friendship,

community service and study.

Think about it.

Mark Givarz 314-604-5618 cbtobmensclub@gmail.com





ON THE CBT SISTERHOOD HORIZON

In the not-too-distant future, the sanctuary kitchen will be going through a reorganization. After it is complete, if you are interested in attending the "kitchen orientation" we will be hosting to help all our Kitchen Angels learn where everything has been placed, please email your name to the CBT office, so we can be sure to notify you of dates and times. Anyone interested in *finally* finding out precisely which cutting board is which should participate!!!

Speaking of Kitchen Angels, THANK YOU to all who helped prepare the Tizmoret luncheon and the Sylvester Bat Mitzvah. Your beautiful work helped make those events extra special!! We encourage anyone who has a special occasion to celebrate to let the Sisterhood know if you would like to sponsor an Oneg or Kiddush, so you can celebrate along with your CBT Family!!

We hope to plan a Spring Meet-Up after the CBT 25th Anniversary Dinner on March 25th, and *your input is wanted*. Where should we meet? What time of day should we meet - afternoon or evening? Are there any topics or issues you feel the Sisterhood should be aware of or involved in? PLUS, there's been mention of a Mah Jongg tournament this year!! Make sure you share your ideas!!

Finally, if you attend live services, and are able/willing to transport congregants who no longer drive, please call the office, so we can put you in touch with members who have requested help and happen to live on convenient arteries like Nova Road and Clyde Morris Boulevard, as well as in Port Orange. What a wonderful Mitzvah you will perform!! We thank you in advance for helping to care for your CBT Family.



THE **2022** SHABBAT HANUKKAH SERVICE & DINNER WAS WONDERFUL!















TIZMORET CAME TO TOWN - BEAUTIFUL MUSIC AND GREAT FOOD!!

















Office Happenings

Mother Nature gave us some chilly days in Central Florida, but the warmth which emanates from our Congregation is enough to keep us nice and toasty. Of course, this means you need to *experience* that warmth by being present, and boy, have we had some great times together lately, with more to come!

The lads and lasses from Queens College Hillel's Tizmoret a cappella group wowed us with their beautiful renditions of well-known pop and Hebrew songs. Their harmonies and pitch were spot on and a delight to the ear. The delicatessen lunch we enjoyed beforehand was too good (as my bathroom scale reminded me soon after). Thank you to Rabbi Kane

for arranging to have this group visit us and for providing us with such a special meal. Your generosity (and you) are very much appreciated!!

The Sylvester Bat Mitzvah was beautiful. Shianne, our Bat Mitzvah girl, was an absolute *Mensch*!!

Her Torah reading brought me to tears; one of the most beautiful readings I have ever heard. Congratulations to Shianne and Toni and the rest of the family. I can't wait for some of our other students' turns - and apparently, according to Helen and Rabbi Kane, we have several coming up through the ranks.

Come to the Tu B'Shevat Seder Dinner. Come to Worldwide Wrap! Come to Rabbi Kane's Adult Ed Class! Come to the 25th Anniversary Dinner Dance! Come to Kid & Tot Shabbat! Come to Shabbat Services! Take your pick - any or all - just come!

process of the grant of

See you soon . . .

Laurie Davis Your CBT Administrator cbtemail@mybnaitorah.org 386-672-1174

Tu B'Shevat Recipe 7-Species Harvest Chicken



INGREDIENTS

2 onions, chopped 2 tablespoons olive oil 1 tsp cinnamon 1 tsp ground ginger

2 chickens, cut into eighths ½ cup (65 g) flour

cup dried whole figs

1 cup (240 g) dried whole dates

1 cup (240 mL) white wine

1 cup (240 mL) pomegranate juice

1 cup (200 g) barley

2 cups (475 mL) chicken stock

1 cup (230 g) almonds or pecans optional)1

Salt and pepper, to taste

PREPARATION

- 1. Sauté onions in olive oil in a large pot.
- 2. Add cinnamon and ginger.
- 2. Toss chicken in a bowl with flour, then add chicken to pot and brown on all sides. (This may need to be done in shifts, according to the size of your pot.)
- 3. Return all chicken pieces to the pot and add figs, dates, wine, pomegranate juice, barley, chicken stock and nuts.
- 4. Cook 45–60 minutes or until chicken has cooked through. Serve with couscous.



Sincere Thanks For Your Generous Donations

Dr. Steven & Mary Ann Serkin Morris & Sylvia Levy Helen Farb

Sharon Rich

Cholly & Lorna Beck Regina White Scott & Laurie Davis Dawnmarie Mullins Norman & Roberta Feldman Judith Stine & Helaine Zoota Dr. Steven & Mary Ann Serkin Congregation B'nai Torah

Charles & Lea Moskowitz Harvey & Barbara Singer Morris & Sylvia Levy

Temple Israel

Ukraine Donations

Helen Farb Al & Harriet Fritts Laura Ashkenazi Irma Sue Stofsky Doug & Kiva McEwen Jared & Valerie Kisseloff Eli & Mary Schaperow Judith Stine Ken & Vicki Haberman Ric & Cindy Pasi

Irv & Sue Abel Ira & Robin Freedman Ken & Vicki Haberman Morris & Sylvia Levy Carl & Jean Zimmermann Joan Rothenberg

Special Thanks To

Our Board of Trustees for their effort and time caring for the congregation's needs.

Our Religious School students for creating and displaying so many of their wonderful projects in the school building. Your creations make this a bright and colorful place!!

Ken Haberman for ensuring we will all stay comfortable inside the sanctuary in the crazy Florida weather.

Helen Farb, Sue Abel, Rita Pender, Valerie Kisseloff, Cindy Newman, Virginia Horowitz, Jared Kisseloff, and *everyone* else who chipped in to help make the Tizmoret luncheon and concert a delicious and fun time.

FEBRUARY







Congregation B'nai Torah

- 1 Bobbie Gordon
- 2 Sema Friedman
- 10 Charles Moskowitz
- 10 Annette Ashkenazi
- 14 Lauran Hoven
- 16 Dr. Richard Rhodes
- 18 Brandon Liebman
- 19 Philip Melnick
- 19 Dr. Barry Kusnick
- 21 Harry Lasris
- 22 Virginia Horowitz
- 24 Lorna Ravede

Temple Israel

- 9 Marianna Machacek
- 22 Netta Weiner
- 23 Gail Cohen
- 26 Ruth Kywi



Congregation B'nai Torah

- 11 Valerie & Rabbi Kane
- 13 Jani & Bruce Davidoff
- 23 Lea & Charles Moskowitz

Happy Birthday *from* Lea & Charles Moskowitz *to* Bobbie Gordon, Sema Friedman, Annette Ashkenazi, Lauran Hoven, Dr. Richard Rhodes, Philip Melnick, Dr. Barry Kusnick, Harry Lasris, Virginia Horowitz, Lorna Ravede

CBT Member News

A great-grand for Helen!! Helen Farb's granddaughter's baby is due in only 2 more months.

Sema Friedman's great granddaughter is coming to visit this month! Knowing Sema, we're sure they will have a great time.

Mary Ann Serkin's 10-year-old granddaughter represented her Temple as a guest speaker at a recent interfaith meeting. We know Mary Ann and Dr. Steven are very proud of her.



To Alice Marvin, who after attending services and many events wanted to become an official member of the CBT Family. Many of you already know Alice, but be sure to give her a hearty "welcome" when you see her next.

To Charly, Marina, Daniel and Michael Yfrah who have decided to build a home in Palm Coast and become members here at CBT. The boys are in Religious School and Daniel will be studying toward his bar mitzvah. Welcome to all of the Yfrahs!

IMPORTANT ANNOUNCEMENT

The cost to purchase a plot at Mount Sinai Cemetery will be increasing on April 1, 2023. Please contact Alan Kisseloff for details

Please let us know if you have changed your Mailing address, email address or phone number, so we can be sure to keep in touch.

If you are not receiving the Rabbi's letters, texts or the CBT semiweekly emails, please notify the office!

Thank you!

zoom

If you need help setting up Zoom in order to participate in weekly Services, please call:

> Charlie Moskowitz (386) 871-0427 Or Alan Kisseloff (386) 290-4188

WE NEED VISITORS!!

Experience the joy of performing a Mitzvah. Visit our homebound CBT Family members.

Call or email
Valerie Kane
(386) 871-9909
NurseVal@earthlink.net







J. Richard Rhodes, MD

Orthopaedic Surgeon UF Health Orthopaedics – Medical Center of Deltona University of Florida

386.457.6384 (O) 386.457.6385 (F) **UFHealth.org**

3400 Halifax Crossing Blvd., Suite 200 Deltona, FL 32725



MEMORIAL BOARD

The Sanctuary of Congregation B'nai Torah houses impressive memorial boards.

Memorial plaques with the names of our dearly departed loved ones adorn the boards.

A brass memorial plaque with the name of your departed loved one inscribed thereon can be added to the Memorial Board for a donation of \$300.

PLEASE SUPPORT OUR ADVERTISERS!

Supported in part by the Jewish Federation and the Jewish Federation Endowment Fund.





TREE OF LIFE

The Sanctuary of Congregation B'nai Torah houses an impressive Tree of Life, donated by Dr. & Mrs. Richard Rhodes.

Stylized "Leaves" or "Foundation Stones" celebrate any occasion and will be engraved with the name of the celebrated person(s) and any other appropriate information.

A leaf can be added for a donation of \$118. For extra special occasions, a limited number of "Foundation Stones" are available for a donation of \$500.

Please call the office at **(386) 672-1174** if you would like more information about either the Memorial Board or the Tree of Life.





Shabbat services start at 7:30 PM each Friday and at 10:00 AM each Saturday unless otherwise noted.

BE SURE TO SAVE THESE DATES!	BE	SURE	TO SAVE	THESE	DATES!
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Fri	Feb 3	6:00 PM	Kid & Tot Shabbat
Sun	Feb 5	4:45 PM	Rotstein Media Center Dedication
Sun	Feb 5	5:00 PM	Family Tu B'Shevat Seder Dinner
Tue	Feb 7, 14, 21, 28	7:00 PM	Torah Study with Rabbi Shapiro
Sun	Feb 12	10:00 AM	World Wide Wrap - <u>ALL</u> welcome
Thu	Feb 16, 23	6:45 PM	Adult Ed Class with Rabbi Kane
Mon	Feb 20	7:00 PM	Board of Trustees Meeting
Sun	Feb 26	10:00 AM	Religious School
Fri	Mar 3	6:00 PM	Shabbat Across America
Sat	Mar 4	TBA	Federation Purim Dinner
Mon	Mar 6	6:00 PM	Megillah Reading & Party
Sat	Mar 25	7:00 PM	CBT 25th Anniversary Dinner

Officers and Trustees

Co-Presidents Adrienne Cooperman and Robin Freedman

Vice President: Jared Kisseloff Treasurer: Larry Horowitz Secretary: Doug McEwen

Religious School Chair: Helen Farb

Immediate Past President: Dr. Charles Stein

Trustees: Sue Abel, Bonnie Berns, Alan S. Kisseloff, Semareva Friedman, Harriet Fritts, Ken Haberman, Ron

Horowitz, Barbara Kusnick and MaryAnn Serkin

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www.MyBnaiTorah.org

