

# BET CHAVERIM

(206) 577-0403 June/July 2018

“To provide a forum for news and editorials relevant to  
Bet Chaverim and its Jewish Community”

Editor: Barbara Roessler      Proofreader: Carrie Bagatell  
Services with Rabbi Emily Meyer  
Always at 7:30 p.m.



## From Our Rabbi

Emily Meyer [emilymeyer18@gmail.com](mailto:emilymeyer18@gmail.com)

June is the month of graduations, goodbye parties, and going away... for many Jewish children, to summer camp. This annual retreat from life as we know it is an opportunity for young people to disconnect, literally and figuratively, from the fast paced life they lead. At camp, kids have to navigate friendships without cell phones and bed times without parents. This challenge is, of course, a rich opportunity for us adults to try to impart some lasting wisdom.

For the past seven summers, I have had the privilege of spending some time at the URJ Camp Kalsman in Arlington, WA. I, like the children, look forward to my week on "Faculty" all year, counting down the days and packing my giant suitcases with everything I could need. While I imagine the campers are getting most excited to see who their bunk mates and counselors are, I always look forward to hearing what I will get to teach and learn about.

This year, the learning theme for the summer is Mitzvot: Values in Action. This theme will focus on the daily opportunities to participate in Jewish sacred obligations. The goal is to teach campers that Judaism is a religion of action, actions that we are obligated to perform as a covenantal religion. The campers will connect what they do every day, from working together to clean their living spaces, to taking care of the animals at the farm, to returning a sweatshirt that was left behind at an activity - with the traditional obligations of Jewish life.

So often, I find children who think of a mitzvah as simply a good deed, something that makes them feel warm and fuzzy, usually by helping a person or animal. Even my 2-year-old Evelyn can tell you that I mitzvah is a "good deed" as she puts a coin into her tzedakah box. While many mitzvot are good for humans, animals, or the world, this translation leaves out the important element of acting on our values because it is part of who we are as a people, not just because it feels good. While the literal translation is "commandment", I prefer the translation used by the Reform Movement, a mitzvah is a "sacred obligation," an opportunity to act upon our highest values.

I am so grateful to Camp Kalsman for helping to instill this message in our region's young people. I hope that they leave camp this summer recognizing their ability to act in a way that both connects them with their tradition and inspires them to be their best selves. I look forward to seeing what they teach me about mitzvot as well, and promise to share my findings with you.



## Please Join Us on Sunday, July 15<sup>th</sup>

For our annual summer picnic at Donna Mullin's clubhouse, 11:30 - 2 PM  
1000 S. 248th St., Des Moines, 98198



Hot dogs, hamburgers and hot fudge sundaes will be provided - [please bring a salad](#).

There will be games and swimming.

Bring family members -- children and grandchildren.

Please RSVP by texting or calling Donna 916-765-2733.



## From Our Outgoing President:

**Melissa Brooks** [melissabrooks25@gmail.com](mailto:melissabrooks25@gmail.com)

This is my last President's message article since my two-year term as Bet Chaverim president will be ending in June. I want to thank the BC board and general membership for all of your support. Whenever there has been a need, somebody has always stepped up. I have confidence that Michael Banks, the incoming president, will receive the same support.

Our important general membership meeting will be on **Sunday, June 24<sup>th</sup> at 5 P.M.** We will be reviewing next year's budget and electing candidates for our open board positions. At this point our roster looks like this:

- Michael Banks: President
- Open: Vice President
- Robyn Alpert: Secretary
- Dave Kaplan: Treasurer
- Judy Schainen: member at-large
- Rick Siegler: member at-large
- Maya Valladao Jeffery: member at-large
- Sherwin Alpert: member at large



I want to give a special thank you to Ken Steinman for serving as our board president for one and a half terms and for being a constant source of support to me these past two years in his role as past president. I want to thank Archie Levine for stepping up to the plate as our treasurer this past two years. Archie took on the position without previous Quickbooks experience and did a marvelous job of learning the system. I am sure that he will be source of support to our new incoming treasurer. I also want to thank Peter Smith. Peter served as treasurer for three years and provided a lot of support to Archie. For the past two years Peter has been on the board as a member at-large and has served as our Outreach committee chair. Kol haKavod to Ken, Archie and Peter!

In honor of Jack Kornberg's time and effort on the BC board for several terms over the years, the board has voted to erect a memorial tree on the side of our Torah ark. Families will have to opportunity to purchase memorial leaves in memory of loved ones – more information will be forthcoming.

Michael Banks and I have started the process of having "getting to know you" meetings with our Bet Chaverim members. If you haven't already, you can expect a phone call from either Michael or myself to schedule a time for us to come to your home. One thing that I have learned from the three families that we have met with is that everybody is connected to the congregation in their own way. Even for families that we might only see at synagogue functions once or twice a year, knowing that the congregation is there and available at times of need is important to them.

Thank you again for making my time as your president a meaningful and educational experience.

## From Our Incoming President:

**Michael Banks** [msbanks720@gmail.com](mailto:msbanks720@gmail.com)

Shalom Chaverim!

I am excited, honored, humbled and terrified to take my turn at the helm of the good ship Bet Chaverim as our President. As we transition to new leadership I am struck by parallels in the Torah and Jewish history. In the Torah, July is the month that finishes the book Bamidbar (Numbers) and begins the last book of the Torah, Devarim (Deuteronomy). The Jewish people finally end their trek through the wilderness and prepare to enter the land that God promised to them. The four parshahs of the month, the last two of Bamidbar and the first two of Devarim, are quite interesting. In Pinchas, we are sorely tempted by the abyss of sin and degradation and are saved by the passion and devotion of one man. It is in this chapter that Joshua is selected to be Moses' successor – the man who will lead us into Canaan. The last chapter of Bamidbar, Matot Masei, focuses on vows and the concept that one's word is one's bond. Devarim begins as Moses' summary of all that has gone before and the second chapter is his eloquent exhortation to us to not only keep God's commandments but to live lives of compassion, justice and peace.

And so it is here at Bet Chaverim. We transition to new leadership with the installation of incoming Board members. Each one of us has given his or her word that our efforts will be diligent and honest, always looking to make our communal future better and more prosperous and that we consider our work as the community's leaders sacred, just as Moses and Aaron did so all those many years ago.



We are a small community counting on all of us to be with each other in times of joy and sorrow. In the past few months we have shared the height of happiness in Brian and Christina's baby naming and held each other in the depths of grief, mourning the loss of Jack Kornberg and Stephen Mullins. One lesson from Pinchas is that each of us here in Bet Chaverim makes a giant impact on the community and we never know when or even who that person will be. When we attend services, come to a slide show, offer an item at the auction, or even just stay to help clean up after the oneg, we strengthen the bonds that make us who we are.



July is a busy month here at Bet Chaverim and therein lies my first request. I ask all of you to check out our new website and look at the calendar. Find at least one event in July that fuels a glowing ember inside you and be with us for that experience.

On Saturday, July 7<sup>th</sup>, Eytan Olivier will speak of his experience as an African refugee in Israel and the incredible work he did supporting others who make the same journey. We are fortunate to have Eytan's energy, commitment and life experience included in Bet Chaverim and I hope that all of you will be able to be there. Friday evening on the 13<sup>th</sup> we will hold Erev Shabbat services outdoors under the pavilion, but don't worry – the Oneg will be inside. The beauty of nature is always right outside the window wall of the sanctuary and I am excited to go beyond that barrier to greet the Sabbath Queen among the sights, sounds and smells of our own "garden of eden."

July 15<sup>th</sup>, a Sunday, Donna Mullins is hosting the annual Bet Chaverim picnic – check the website for the address and directions – from 11:30 AM to 2:00 PM. Burgers, hot dogs and hot fudge sundaes will be available in copious amounts – bring a salad to share and balance the carbo-loading. There will be croquet, horseshoes and other really neat outdoor activities as well as a pool and hot tub. RSVP to Donna at 916-765- 2733 (texting is good). As many of you know, Donna's beloved husband passed away recently and it would be a wonderful show of community and love if we had a great crowd on hand for the festivities.



Getting back to nature again, we are hiking the Naches Peak Loop Trail at Mt. Rainier National Park on Wednesday August 1<sup>st</sup>. We will meet at 9:30 AM at the Enumclaw Ranger Station. The loop is only 3.5 miles with minimal elevation gain, so it is a really easy hike, but spectacular in its views of the mountain and surrounding valleys. The end of July/beginning of August is peak wildflower season so the meadows will be carpets of color! Melissa will be our hike leader and trail guide, so bring your camera and a pair of comfy shoes – it should be a fabulous morning. I am a photography aficionado so "gear up" and I will kibbitz with my admittedly small store of knowledge about wildlife and nature photography.

Between now and Rosh Hashanah I hope to meet individually with all of you, to introduce myself, find out what draws you to our merry little tribe, what we can do to nourish your soul and where you would like the good ship Bet Chaverim to travel. Until then, my email address is [msbanks720@gmail.com](mailto:msbanks720@gmail.com) – you can kibbitz or complain, as you wish – either is good and I look forward to hearing from all of you.

Shalom Aleichem...

Michael Banks

## WHO ARE THE RADANITES AND WHAT HAVE THEY DONE TO MY KITCHEN!?

If you have come to any of our slide shows about the Jewish adventure, you have heard of the Radanites. Mysterious Jewish traders of the 7<sup>th</sup> to the 11<sup>th</sup> Centuries, these little-known entrepreneurs set the standard for daring, creativity and commercial innovation. It is said that they invented Yiddish as a secret and secure language of business. The entire modern financial system is based on one simple concept pioneered by these intrepid lanzmen – the letter of credit. From the Kingdom of the Franks (modern Germany) to the seaports of China, the Radanites established and maintained trade routes spanning the known world. At a time of great conflict between Christianity and Islam, they were the mercantile go-betweens that brought goods and services across impenetrable borders. The Silk Road is part of their legacy and in their travels they connected Jewish communities from Amsterdam to Kaifeng and beyond.

I hope that this part of the Bet Chaverim newsletter will become your favorite section – each month we are going to travel to a far-off time and place to explore the Jewish experience through food and history. Come with me to ancient Babylon or the first ghetto in Venice. Sail with the incredible Jewish pirates of the Caribbean and travel the Silk Road to Kaifeng in eastern China. For November I am thinking of a visit to Aleppo and for Chanukah we will hang out with Jean Lafitte and celebrate the Festival of Lights in the Big Easy. So many amazing places with stories to match!

You can do this because you have a time-space portal in your own home. It's true – there is one room in your house that is a gateway to far off places and eras. Any of you who have let your minds wander as you make chicken soup, prepped holiday food or even cut up vegetables know what I am talking about; if that first bite of parsley at Passover takes you back to a childhood seder at Aunt Gertie's you have already done this. The Jewish kitchen is our connection through space and time to

My favorite time and place is Livorno in Renaissance Tuscany. Invited to settle there by written proclamation of the Medicis, Jews from all over Europe and the Mediterranean began a thriving community with unprecedented freedoms and opportunities. Lorenzo Medici needed a seaport to drive the Tuscan economy and the Jews who arrived in Livorno turned it into an economic engine the world had rarely seen.

Any time I want to go there, I put a pot on the stove, cut up an onion and some garlic, open a couple of cans of crushed and diced tomatoes and put the burner on "7" ...I listen to the sizzle of the oil as it caramelizes the diced onion and inhale the hearty fragrance of the garlic blending with tomato, wine and saffron. While I cut up fresh salmon, grouper and moonfish, I let my mind wander and I am taken far away to another time and place...

*Wandering the waterfront in the shadow of the Fortezza amid the bustle and bravado of the fleet, I bantered with the victorious in today's joust between fishermen and the sea. All around me a thriving and intrepid Jewish community vibrated with passion and energy. Trade houses hummed with activity, another day in the coral, soap, paper, sugar, textile, and wine industries. Nearby, three businessmen argued in Baggito, the unique combination of Spanish, Hebrew, and Livornese that was the lingua franca in 17<sup>th</sup> Century Livorno. Here and there dark-skinned Moors were shepherded towards ships bound for North Africa, their ransom and freedom arranged by Jews swapping them for Christians held on the other side of the sea. The fishermen beckoned, offering me the freshest frutti del mare, and I was torn between shopping and stopping at one of Italy's first coffeehouses for a taste of the new beverage imported by Sephardic traders that was taking Livorno by storm...*

That's right...coffee...hard to believe, eh? Are you ready to go? For your first foray into the time-space continuum, I give you the recipe that showed me the gateway – I invite you to try this most famous of Tuscan fare and see if the preparation of Cacciucco doesn't transport you back 400 years and a half a world away.

### **Cacciucco alla Livornese**

With its importance as a seaport and the Jewish influence on port administration, it is only natural that Livorno would feature a fish dish as one of its classic recipes. It is customary to use five different kinds of fish, one for each "C" in the word "cacciucco." There is also a tradition that calls for one pound of fish for each person eating but I have found this to be an enormous amount of



food. I typically use about a half pound for each person and estimate a cup of liquid per serving. When choosing your fish, try to avoid strong flavors like mackerel and delicate species such as sole, tilapia or rockfish.

This recipe serves 8

Extra Virgin Olive Oil

- 🐟 1 Large onion, diced or chopped small
- 🐟 4 Garlic Cloves, finely chopped
- 🐟 1 C White Wine
- 🐟 2 C Fish Stock
- 🐟 1/2 Tsp Saffron threads (optional but recommended)
- 🐟 3 lbs Tomatoes, peeled, seeded and chopped (romas are best) OR 2 28oz cans of crushed, diced, or whole tomatoes
- 🐟 2 Fresh Red or Green Chilies, cut in half or quarters and seeded
- 🐟 Salt and Pepper to taste
- 🐟 5 Lbs Assorted Fish – whatever is fresh and interesting. My favorites are salmon, swordfish, tuna, ono (moonfish), halibut, sea bass and cod or pollock.
- 🐟 6 Tbsp Chopped Parsley for garnish
- 🐟 Sliced Rustic Bread, grilled or toasted
- 🐟 If necessary, clean and wash the fish. Cut into large pieces (about 1" to 1 1/2", roughly cube shaped)



In a large pot, heat a couple of tablespoons of oil over medium high heat until it shimmers and add the onion. Stir to coat with the oil and turn down the heat a bit to sweat the onion. The idea here is to cook the onions gently allowing the flavor to come out – cooking on higher heat (sautéing) seals the juices inside the pieces. Continue, stirring occasionally, until translucent and then add the garlic. When the garlic starts to turn golden, add the white wine and deglaze the pan. Add the fish stock, saffron and tomatoes and raise the heat back to medium high. Bring to a simmer and cook, stirring occasionally, until it is reduced to about two-thirds of its original volume. If you chose fresh, diced, or whole canned tomatoes, use a hand blender to puree the cacciucco. If you used crushed tomatoes, you can skip that step. Add the chiles and continue simmering for another 10 or 15 minutes. Give it a taste and add salt and pepper. If you want it to be spicier, add a pinch or two of red pepper flakes – the cacciucco should be zippy but not too hot. Add the fish and simmer gently until the fish is done (roughly 10-15 minutes, depending on the size of the pieces).

While the fish cooks, grill or toast the bread. To serve, place a slice of bread in each bowl and ladle the cacciucco over it, making sure that each bowl gets some of each kind of fish. You may find it easier to portion the fish into each bowl and then ladle the liquid on top. Garnish with the parsley and serve with a small Caesar or garden salad.

#### Style points:

- ❖ Tuna, swordfish and salmon taste best when cooked to medium rare (especially tuna). Other species, particularly sea bass, are best at the medium stage. To make sure the medium rare types don't overcook, add the other kinds first, wait a few minutes and then add the tuna, swordfish and salmon.

- ❖ To enhance the flavor of the dish and its visual appeal, brush the bread with olive oil and sprinkle with finely chopped garlic. Use a counter-top grill or broiler to toast and mark it so you don't have to fire up the outdoor equipment just for a few slices of bread.
- ❖ Make-ahead note: Even if you are serving less than eight people, make the full recipe. Freeze the extra liquid in Ziploc bags (without the fish) and save it for the next time you want cacciucco. I typically put two generous portions in each bag. When the urge strikes you, thaw and heat the cacciucco, add fresh fish, and enjoy without the hassle of doing the entire process a second time.



June 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	July 1
Temple General Membership Meeting At Bet Chaverim 5:00 pm					Torah Reading: Balak Candle Lighting 8:50 pm	

On Sunday, June 24<sup>th</sup> the membership elected the following people.

President -- Michael Banks  
 Treasurer -- Dave Kaplan  
 Member At-Large -- Sherwin Alpert  
 Member At-Large -- Maya Valladao Jeffery



### Calling all Bet Chaverim Ladies

You are cordially invited to a Benefit Tea for Hadassah Hospitals in Jerusalem



Included in this benefit is lunch, silent auction and raffle

When: Sunday, August 5th, 1:00 – 3:00 PM

Where: Tacoma Yacht Club, 5401 Yacht Club Road, Tacoma, 98407

Cost: \$40.00

Please RSVP to Leah Amykar by August 1st - 206 369-2544

### Caring Committee

Some of you might not be aware that our synagogue has a "caring committee". The purpose of the committee is to help coordinate assistance to any congregation members who might need additional support due to illness or other life events. Judy Schainen is the current chair of this committee.

If you are in need of assistance: please e-mail: [caringcommittee@betchaverim.org](mailto:caringcommittee@betchaverim.org).

## In June and July, we remember:

- 6/5 John Brooks, father of Carmi Brooks
- 6/15 Robert L. Lym, stepson of Carol Lym
- 6/20 Jack Feder, grandfather of Melissa Brooks
- 7/7 Janice Peterson, mother of Rhoda Liston
- 7/16 Max Berman, father of Mort Berman
- 7/20 Israel Leschinsky, father of Rhoda Liston
- 7/22 Josephine Alexander, mother of Deborah Appel
- 7/23 Eileen Gillespie, mother of Susan Gillespie
- 7/24 Kathryn Boland, grandmother of Judie Serrine



Please visit our website at  
[www.betchaverim.org](http://www.betchaverim.org)

## June and July Anniversaries

- 6/6 Marie-Anne & Jonathan Harkness
- 6/14 Brian and Michelle Cohen
- 6/21 Deborah & Sam Appel
- 6/25 Brenda & David LaPoint
- 7/20 Michael & Robin Banks
- 7/25 Nancy Blase and Chuck Goldstein
- 7/30 Brian & Jennifer Sandler

## June and July Birthdays

- 6/6 Ted Bogart
- 6/8 Janice Schutz
- 6/12 Ben Burns
- 6/12 Mark Senk
- 6/18 Michelle Cohen
- 6/23 Matt Olivier
- 6/25 Deborah Appel
- 7/11 Christopher Mullins
- 7/16 Judy Schainen
- 7/22 Leanne Burns-Butterfield
- 7/30 Sherwin Alpert
- 7/31 Kristen Schutz

## Interested in Sponsoring an Oneg?

If interested in sponsoring an oneg for a celebration such as a birthday, anniversary, Yahrzeit, return health or occasion, please contact Chris at [cabogart@yahoo.com](mailto:cabogart@yahoo.com). Please know there is also a signup sheet at the synagogue as well.

Remember: you don't need a reason to sponsor an oneg.

## Stay in touch with a Sunshine Card!

You can order a hand stamped card for any occasion: birthday to bar mitzvah, births to funerals, get well and greetings!

Support Sisterhood with Sunshine cards for only \$3.00; this covers the card and postage.

To order, contact Vickie Burns by phone, 206 878-6926 or email [mvlburns@comcast.net](mailto:mvlburns@comcast.net). Just tell her the name and address of the recipient, the occasion and how you want the card signed.

Send payment to Sisterhood treasurer, Judy Schainen.

## Our Temple Board:

<b>Outgoing President:</b>	Melissa Brooks
<b>Incoming President:</b>	Michael Banks
<b>Vice President:</b>	Open
<b>Secretary:</b>	Robyn Alpert
<b>Outgoing Treasurer:</b>	Archie Levine
<b>Incoming Treasurer:</b>	Dave Kaplan
<b>Members at Large:</b>	Rick Siegler Peter Smith Sherwin Alpert Maya Valladao Jeffrey




- Jul 6 Shabbat Service with Rabbi Emily, 7:30 pm
- Jul 7 Eytan Olivier Lecture, Life in Israel for African refugees, at synagogue, 7:00 pm
- Jul 13 Shabbat Service with Rabbi Emily, 7:30 pm
- Jul 15 Annual Temple Picnic, Donna Mullin's clubhouse, 11:30 - 2 PM, 1000 S. 248th St., Des Moines, 98198
- Aug 1 Mt. Rainier hike, meet at the Enumclaw Ranger Station, 9:30 A.M., RSVP to Melissa, 253 839-4170 or [melissabrooks25@gmail.com](mailto:melissabrooks25@gmail.com)
- Aug 3 Shabbat Service with Rabbi Emily, 7:30 pm
- Aug 5 Tea Benefit for Hadassah Hospitals in Jerusalem, Tacoma Yacht Club, 1:00-3:00 pm
- Aug 8 Temple Board Meeting, at synagogue, 7:00 pm
- Aug 10 Shabbat Service at 10:00 am, followed by Potluck Lunch and Torah Study
- Aug 26 Tacoma Rainiers Game, 1:35 pm, RSVP to Michael Banks, msbanks720@

Our services are held at:  
Saltwater Unitarian  
Universalist Church  
25701 14th Pl. S.  
Des Moines, WA 98198

Our phone number is  
206-577-0403

# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1	2	3	4 Independence Day 	5	6 Shabbat Service w/ Rabbi Emily 7:30 pm  Torah Reading: Pinchas  Candle Lighting 8:48 pm	7 Temple Board Meeting 5:00 pm  Eytan Olivier Lecture 7:00 pm
8	9	10	11	12	13 Shabbat Service w/ Rabbi Emily 7:30 pm  Torah Reading: Mattot-Massei  Candle Lighting 8:44 pm	14
15 Annual Temple Picnic Donna Mullins Clubhouse 11:30-2:00	16	17	18	19	20 Torah Reading: Devarim  Candle Lighting 8:38 pm	21 No Saturday Shabbat Service in July
22	23	24	25	26	27 Torah Reading: Va'etchanan  Candle Lighting 8:30 pm	28
29	30	31	Aug 1 Mt. Rainier hike meet at the Enumclaw Ranger Station, 9:30 A.M.	2	3 Torah Reading: Eikev  Candle Lighting 8:20 pm	4