



## ***Lake Placid Synagogue Newsletter***

2307 Saranac Avenue, Lake Placid, NY 518-523-3876 September, October 2012

### **From the Desk of the Adirondacker High Holy Days 2012/5773**

The summer is almost over and we are beginning our preparations for services and activities to welcome the new year of 5773. This is the time of year when the adrenalin starts to flow and the excitement builds. The challenges and opportunities for Jewish renewal and enhancement are almost here. The Jewish holidays are either early or late, never on time. This is an opportunity to turn inward and prepare for the indoor season, when the synagogue will be a haven from the outside world and the weather.

The past year has been decidedly challenging. We human beings are making an incredible mess of this wonderful world. I hear many of you asking what will happen, will there be peace, will we be able to make things better? How can we individuals affect the macrocosm of the world?

We should not kid ourselves that this is an easy task. Our tradition teaches that we have to pursue *tikkun olam* - the repair of the world, or our small piece of it, and we are not free to decide to do nothing. The reality is that none of us has the magic or the power to improve the larger scene. However, we can certainly affect those around us and those with whom we come in contact. The rabbis taught us that whoever saves a single life is like one who saves the whole world. The only way to fix the world is one bit at a time.

At the High Holiday season we look back on the past year and examine our actions so that we can learn from the past and set a new course for ourselves in the new year. The accent of Rosh Hashannah is self-improvement and making this a better world for all.

This is the time to make that extra effort to be nice to someone we have difficulty with. This is the time to perform charitable acts. This is the time to make up differences and separations. For if we as individuals do not make the effort how can we expect others to approach us in reconciliation. We are taught that God waits for the sinner to repent right until the very end.

Hillel asked: If I am not for myself, who will be for me?  
And if I am only for myself, what am I?  
And if not now, When?

Now is the time to repair a little part of the world, with repentance, prayer and acts of kindness! Go for it!!!

I hope that you have all had a wonderful summer and look forward to seeing you at services, social occasions and study.

With best wishes for a happy, healthy, successful and sweet new year,

*leshannah tovah tikateivu* - may you be inscribed for a good year,

Alec H. Friedmann  
Rabbi  
adk-reb@ix.netcom.com

### EXECUTIVE BOARD

President – Sue Semegram,  
518-523-5611, [sue@lakeplacidsynagogue.org](mailto:sue@lakeplacidsynagogue.org)

V. President – Margie Philo,  
518-524-7347, [margie@adkpp.com](mailto:margie@adkpp.com)

Treasurer – Phil Feinberg,  
518-891-3955, [psfeinberg@hotmail.com](mailto:psfeinberg@hotmail.com)

Secretary – Barbara Miller,  
518-891-0080, [barbiedoll6@roadrunner.com](mailto:barbiedoll6@roadrunner.com)

### BOARD OF DIRECTORS

Adrienne Ratigan, Peter Rosenberger,  
Steve Bellew, Jordanna Mallach,  
Steve Erman

**Past President** – Jon Vinograd



JOIN US FOR SHABBAT SERVICES AND  
POTLUCK DINNER THE THIRD FRIDAY  
EVENING OF EACH MONTH AT 6:30PM

September 16<sup>th</sup> Erev Rosh Hashanah 7:30pm  
September 17<sup>th</sup> & 18<sup>th</sup> Rosh Hashanah 9am  
NO SHABBAT SERVICE THIS MONTH!  
September 25<sup>th</sup> Kol Nidre 7pm  
September 26<sup>th</sup> Yom Kippur 9am  
October 7<sup>th</sup> Sukkot/Simchat Torah Party 7pm  
October 19<sup>th</sup> Service & pot luck 6:30pm

## President's Message - September 2012

Summer has flown by and the High Holy Days are just about to begin. This is a special time in the Jewish calendar as it is a time of self-examination, reflection and planning for change in the coming year. It is also a time that we should be focusing on repentance and atonement.

One of the signature prayers of Rosh Hashanah, *Unetaneh Tokef*, teaches us about the fragility of life. It asks: Who will be raised up and who will be brought down? We never know from year to year whether we will be the ones in need of help, in need of support and community, or if we will be blessed with the ability to help others.

With the approach of the High Holy Days I find myself concerned about keeping the synagogue doors open. With rising fuel costs and an aging building, the costs of maintaining our synagogue have us digging deeper into our reserve funds. Our memberships alone cannot cover our expenses. We need your help. This is a time of *zedakah* – which begins at home. Please be generous with your High Holiday donations.

I wish you and your family a good year. L'shanah Tovah.

Sue Semegram, President

## A bissel a Yiddish– a continuing tutorial

Here are the Yiddish words for this issue:

1. *nebbish* (NEB-ish) *noun*: A pitifully timid or ineffectual person.  
From Yiddish *nebekh* (poor, unfortunate), of Slavic origin. Ultimately from the Indo-European root *bhag-* (to share) that is also the source of *baksheesh*, Sanskrit *bhagya* (good fortune), and words related to *-phagy* (eating), such as *onychophagia* and *xerophagy*.
2. *nosh* (nosh) *verb tr., intr.*: To snack or eat between meals. *noun*: A snack.  
From Yiddish *nashn* (to nibble). Earliest documented use: 1873.
3. *naches* (NAKH-es) *noun*: Emotional gratification or pride, especially taken vicariously at the achievement of one's children.  
From Yiddish (*nakhes*), from Hebrew *nakhat* (contentment). Earliest documented use: 1929.

# YARTZEITS 2012

5772/5773



## Yartzeit Candle/Yizkor Service

There are 4 times a year when Jews light a special candle, called a Yartzeit Candle, in memory of loved ones who have died. Yizkor is a memorial service recited on Yom Kippur as well as the last days of Passover, Shavuot, and Sukkot. Yizkor, the Hebrew word for "remember", asks God to remember those we mourn and to grant them proper rest.

A Yartzeit Candle is lit at sundown on...

The first night of Yom Kippur

The night of Shemini Atzeret  
(the 8th night of Sukkot)

The second night of Shavuot

The last night of Passover

Yizkor service takes place the following day.

## ELUL

Elul 14	September 1	Jenny Michelman
Elul 19	September 6	Minnie Schoenfeld Lonciu Hailpern
Elul 21	September 8	Ana Hailpern Aaron Blank
Elul 22	September 9	Isadore Kobel
Elul 23	September 10	Norman Meyer
Elul 24	September 11	Douglas E Johnstone
Elul 28	September 15	Simon Meyer
Elul 29	September 16	Harvey N. Samuels

## TISHRI

Tishri 1	September 17	Isadore Urfirer
Tishri 2	September 18	Golda Cautin Jacques Hailpern
Tishri 3	September 19	Ben Cohn Leon Eisen
Tishri 4	September 20	Hannah Feinberg Freda Zorn Sherman
Tishri 9	September 25	Bernard Volpert
Tishri 10	September 26	Adolph Van Dam Ben Balsam
Tishri 11	September 27	Lorna Surkin Goldstien
Tishri 13	September 29	Ann Panick Freda Effenbach
Tishri 19	October 5	Emmily Bartholoment Sheer
Tishri 20	October 6	Mose H. Ginsberg
Tishri 24	October 10	Ann Brodsky
Tishri 27	October 13	Ida W. Shevach
Tishri 28	October 14	Lewis H. Berg Lily Kinberg

## CHESHVAN

Cheshvan 1	October 17	Grace Volpert
Cheshvan 5	October 21	Moses Feinberg
Cheshvan 6	October 22	Harry Fendrick
Cheshvan 8	October 24	Abe Kobel
Cheshvan 9	October 25	Morris Edelberg
Cheshvan 10	October 26	Mark Effenbach

Each issue of the newsletter contains YARTZEIT observances of individuals that have some connection to the temple. We would appreciate your help by carefully reviewing the list and advising us of any additions or corrections. If your loved ones names do not appear please send the correct information including the exact date so it can be converted to the Hebrew date. We would be honored to publish their names. Please email this to Sue at: [sue@lakeplacidsynagogue.org](mailto:sue@lakeplacidsynagogue.org)



## High Holiday Schedule

### Rosh Hashanah:

Sunday	September 16	Eve:	7:30 pm
Monday	September 17	Morning:	9:00 am
		Torah Service:	10:00 am
Tuesday	September 18	Taschlich at the LP Boat Launch	4:00 pm
		Morning:	9:00 am
		Torah Service:	10:00 am

### Yom Kippur:

Tuesday	September 25	Kol Nidrei:	7:00 pm
Wednesday	September 26	Morning:	9:00 am
		Torah Service:	10:00 am
		Ne'ilah:	6:00 pm

### Sukkot/Simchat Torah

Sunday	October 7	Evening:	7:00 pm
--------	-----------	----------	---------

**Rosh Hashanah** means "head of the year" and is commonly known as the Jewish New Year. It is the day on which the year number changes, but unlike secular New Year celebrations, Rosh Hashanah is a solemn and holy time. It occurs on the first and second days of Tishri, the seventh month of the Jewish calendar, which falls in September or October. On Rosh Hashanah it is customary to eat foods that are sweet symbolizing the "sweetness and good fortune" of the New Year ahead. Foods flavored with honey, apples and carrots are commonly served. The Rosh Hashanah meal begins with apples and challah dipped in honey. The Rosh Hashanah challah, the braided bread usually eaten on the Sabbath, is specially prepared for the holiday in a round loaf - symbolizing the cycle of the new year. **Yom Kippur**, the Day of Atonement, is the most solemn day of the Jewish year and is observed on the tenth day of Tishri.

**Sukkot** is the Jewish Harvest Festival. Beginning on the 15th day of Tishri, the celebration lasts for 7 days. This festival dates back to the period during which Hebrews wandered in the wilderness on route to Canaan (now Israel). During their pilgrimage, they lived in temporary booths called succah. People also gathered in sukkot (plural for succah) to worship and share meals. Thus, Sukkot is also called the Feast of Tabernacle. During harvest time, farmers also lived in sukkot in open fields and took this time to thank God for the crops.

**Simchat Torah** follows immediately after the festival of Sukkot. At this time the last portion of the Torah is read, and since we never finish the Torah reading, we also read from the very beginning to show the Torah is beloved to us like a "new command to which everyone runs". This is a very happy occasion. All the Torah scrolls are taken from the Ark and danced around the synagogue seven times. We rejoice and sing with the Torahs, for the reestablishment of our covenant with the Torah.

**Sukkot/Simchat Torah** Service/Party October 7<sup>th</sup> 7pm – Watch your email for more info about this.

## A time for Tzedakah

As we abstain from food on Yom Kippur, we must add meaning to our fast of repentance, and to the words of Isaiah that we read on this day: "Is this not the fast I have chosen...to share your bread with the hungry?" As we search within ourselves during these High Holy Days, we must also reach outward, seeking to act in ways that give greater meaning to our prayers for forgiveness.

The Book of Leviticus tells us to leave the corners of our fields and the gleanings of our harvest for the poor and the stranger. Through our tzedakah we give new life to the ancient Jewish tradition of feeding the hungry. And we deepen the meaning of our Yom Kippur fast by helping to ease the involuntary fast of millions in our country and our world, whose hunger will not end at sundown.

At this time of self-examination, we remember our hungry brothers and sisters by bringing nonperishable food to the synagogue which we will donate to the local food bank. As you gather with friends and family to break your

daylong fast, see that you also help break the fast of another. I ask you to share your fast with the hungry this year by giving to an appeal that collects food for those in need both here in our community and beyond. One of these is MAZON: A Jewish Response to Hunger, which helps feed hungry people everywhere. Closer to home is the Regional Food Bank of Northeastern New York. Give what you and your family would have spent on food for this one day, or give any amount that you feel is appropriate.

Remember that Leviticus did not tell us the size of the corners of our fields to be left for the poor and the stranger. That element - measuring our own generosity - is left to each of us. Your act of *chesed*, of loving kindness, will help ease the hunger of millions of people for whom fasting brings not meaning, but pain.

\* \* \* \* \*



## Regional Food Bank of Northeastern New York

Current list of most-needed items:

- Canned Meat (tuna, chicken)
- Canned Spaghetti Sauce
- Canned Entrees (stew, ravioli)
- Canned Fruit in Juice
- Canned Soup
- Cereal
- Canned 100% Juice
- Peanut Butter and Jelly

965 Albany Shaker Road/Latham, NY 12110  
518-786-3691  
[www.regionalfoodbank.net](http://www.regionalfoodbank.net)

\* \* \* \* \*



**MAZON IS** Corners of Our Fields • Hunger Relief  
• Food Pantries • Social Justice • *Tikkun Olam*  
• Soup Kitchens • Advocacy • Home Delivered  
Meals for Seniors • *Tzedakah* • Self-Empower-  
ment • Nutrition for Children • Sustenance •  
Food Banks • **THE JEWISH COMMUNITY'S  
RESPONSE TO HUNGER**



A JEWISH RESPONSE TO HUNGER

10495 Santa Monica Blvd., Ste. 100 | Los Angeles, CA 90025  
Tel 310.442.0020/800.813.0557 | Fax 310.442.0030  
[mazon.org](http://mazon.org) | [mazonmail@mazon.org](mailto:mazonmail@mazon.org)

### PECAN APPLE HONEY CAKE

- 3 ounces pecan halves (about 3/4 cup)
- Unsalted butter, room temperature, for pan
- 1 1/2 cups all-purpose flour, plus more for pan
- 1 cup raw honey, plus 2 to 3 tablespoons more for glaze
- 1 cup unsweetened applesauce
- 3 large eggs, room temperature
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground ginger

Preheat oven to 350. Toast pecans until fragrant, about 7 minutes. Let nuts cool. Pulse nuts in a food processor until finely chopped. Set aside. Butter and flour an 8 1/2 inch spring-form pan; set aside. In a large bowl, combine honey and applesauce; whisk until honey is mostly dissolved. Add eggs, and whisk until fully combined. In a medium bowl, sift together flour, baking soda, salt, and ginger. Stir into honey mixture. Fold in pecans. Pour batter into prepared pan. Bake until golden brown on top and a knife inserted into center comes out clean, about 55 minutes. Let cool on a rack until sides of cake begin to pull away from pan, about 15 minutes. Remove cake from pan, and place on a serving plate. While cake is still warm, use a spatula to gently spread remaining honey on top as a thin glaze. Serve warm.

## **TZIMMES**

9 medium carrots, (about 1 pound), peeled  
1 cup bite-size pitted prunes, (about 6 ounces)  
2 tablespoons fresh lemon juice  
1/4 cup honey  
2 1/2 teaspoons orange zest, (from one orange)

4 sweet potatoes, (about 2 pounds)  
1 cup dried apricots, (about 5 ounces)  
1/3 cup fresh orange juice  
1 teaspoon ground cinnamon  
1/4 teaspoon salt

Heat oven to 350. Cut carrots into 2-inch pieces. Bring a large saucepan of water to a boil, and lower heat to medium; add sweet potatoes in their skins, and cook for 20 minutes, adding the carrots after 10 minutes. Drain in a colander, and set aside until cool enough to handle. Peel sweet potatoes, and cut into 1-inch chunks. Place in a large bowl along with carrots and remaining ingredients. Mix well, and transfer to a 2-quart baking dish. Cover with foil, and bake for 30 minutes, basting with pan juices after 15 minutes. Remove from oven, and serve.

## **KUGEL**

1 cup (2 sticks) unsalted butter, melted  
1 pound broad egg noodles cooked until al dente  
2 cups (16 ounces) sour cream, room temperature  
12 ounces cream cheese, room temperature  
1/4 teaspoon ground nutmeg

Coarse salt  
6 large eggs  
1 cup sugar  
1/2 teaspoon ground cinnamon  
2 large tart apples, peeled, cored, and chopped

Preheat oven to 350. Butter a 13 x 9 baking dish. Mix eggs and sour cream until combined. Mix in 3/4 cup sugar, 3/4 cup butter, and the cream cheese. Set aside. Heat 2 tablespoons butter in a large skillet over medium heat. Stir in 2 tablespoons sugar, the cinnamon and nutmeg. Add apples; gently toss to coat. Cook, tossing occasionally, until soft and caramelized, 10 to 12 minutes. Stir apples into egg mixture. Add noodles and toss gently to combine. Pour into prepared baking dish. Drizzle remaining 2 tablespoons butter over noodles; sprinkle with remaining 2 tablespoons sugar. Bake until set and top is golden brown, about 30 minutes.

**Membership letters** were mailed in July. If you have not yet renewed your membership, please do so as soon as possible. If you are not a member, please consider joining. Our dues are extremely low. If you do not choose to join as a full member, please consider making a donation to help us maintain our haven here in the Adirondacks. If you did not receive a letter and would like one, please call me at 518-523-5611 or email me at [sue@lakeplacidsynagogue.org](mailto:sue@lakeplacidsynagogue.org). Many thanks!

### **If we don't have your email address you are missing out...**

Please help us to complete our mail list and to save some money by sending us your email address so you can get this newsletter via email instead of snail mail. We also send many additional email reminders of upcoming events. So send your info to [sue@lakeplacidsynagogue.org](mailto:sue@lakeplacidsynagogue.org). Thanks.

**Shabbat Services** and Pot luck dinner 6:30pm, Oct. 21<sup>st</sup> NOTE: NO SERVICE on Sept. 21<sup>st</sup>

**Rosh Hashanah** Services: September 16<sup>th</sup> 7:30pm, September 17<sup>th</sup> & 18<sup>th</sup> 9am

**Yom Kippur** Services: Kol Nidre September 25<sup>th</sup> 7pm, September 26<sup>th</sup> 9am

**Sukkot/Simchat Torah** Service/Party October 7<sup>th</sup> 7pm

Lake Placid Synagogue  
PO Box 521  
Lake Placid, NY 12946-0251