



2016-2017 Board of Trustees and Officers

Hal Levison

Scott Raynes

Diane Firestone

Barbara Jacobs

Jesse Kallweit

Treasurer

Golda Sheets

Secretary

Jessica Rothman

Bookkeeper

Dee-Ann Failing

Rabbi

Rabbi Anat Moskowitz

Religious School Coordinator

Barbara Jacobs

Holocaust Remembrance

As many of you know, The United States Congress established the Days of Remembrance as the nation's annual commemoration of the Holocaust. Each year state and local governments, military bases, workplaces, schools, religious organizations, and civic centers host observances and remembrance activities for their communities. These events can occur during the Week of Remembrance, which runs from the Sunday before Holocaust Remembrance Day (Yom Hashoah, which was Monday April 24th this year) through the following Sunday.

Each year during these Days of Remembrance, I try to attend at least one lecture or ceremony at my workplace, CU Boulder. This year I was privileged to attend the following talk: Agency in the Midst of Oppression: Jewish Doctors, Ghettos, and Public Health, a public panel with Dr. Tessa Chelouche. This lecture was presented by the Program in Jewish Studies at CU Boulder, in collaboration with the Center for Bioethics and Humanities at the University of Colorado Anschutz Medical Campus.

Dr. Chelouche, a physician in Israel, spoke about how when she accompanied a group of Israeli teenagers to Poland to visit the sites of former concentration camps, she was struck with how little she actually knew about the Holocaust. Thus began her research and her passion for studying Jewish doctors during the Holocaust and their incredible stories of persistence and survival.

Dr. Chelouche tells stories of many Jewish doctors chronologically, starting in the ghettos, then speaking about the camps, and finally telling stories of where the surviving doctors wound up, and how their lives continued.

Continued on page 2.....



...Continued from page 1

The unimaginable choices Jewish doctors had to make in indescribable circumstances were harrowing. We heard stories of doctors who forged medical records, doctors who refused to leave their patients and doctors who had to make unimaginable choices regarding abortion in order to save the mothers. Often times Jewish doctors were forced to treat Jews in the concentration camps, never knowing if a diagnosis of sick or well would keep a patient alive or send the patient to the gas chambers.

Many of the stories we heard were inspiring. Dr. Chelouche described how in the Warsaw Ghetto an underground medical school existed under the guise of teaching “hygenic sounding training courses,” as the Germans were frightened of communicable diseases, such as typhus. While many of these students did not survive, the ones that did received their medical degrees from the University of Warsaw.

Dr. Chelouche also told us stories of patients who survived. One such patient was Nobel Laureate, Elie Wiesel, who in his book, *Night*, remembers how Dr. Leo Eitinger assisted in the surgery to save his leg and held his hand through the whole operation, all within the confines of Auschwitz. We also were told about a female doctor who saved a fellow prisoner’s life. The two survived the camps, with the patient taking care of the doctor until her dying day, calling the doctor “her angel of life.”

Certainly a lecture such as this made me immediately forget the stresses and strains of my privileged, easy life. But these stories also made me believe in the goodness of humankind, because in the face of true evil, these doctors were heroes. Plain and simple.

Source for this article include:

- United States Holocaust Memorial Museum: <https://www.ushmm.org/remember/days-of-remembrance>
- Program in Jewish Studies, University of Colorado Boulder: <http://www.colorado.edu/jewishstudies/>
- The Free Library: <https://www.thefreelibrary.com/The+Warsaw+ghetto's+underground+medical+school.-a0278400310>
- Medical and Psychological Effects of Concentration Camps on Holocaust Survivors, Genocide: A Critical Bibliographic Review, Volume 4, Robert Krell, Editor, Marc I. Sherman, Editor, Foreword by Elie Wiesel, Transaction Publishers, 1997.



Volunteer Spotlight

If you haven't met Neil and Alison Gallensky, I'd be shocked. The normally quiet and reserved couple is behind the scenes of some of B'nai Torah's most important functions including serving as the foundation of our Ritual Committee. We take a moment to acknowledge and thank them for their years of service to our community.

In his former life, Neil served as a mediator, which perfectly aligns with his calm demeanor. On occasion, Neil revives that role at the annual Board retreats where he keeps us focused and on task. Alison works for Rocky Mountain Wild, a nature conservation protection and education agency where she serves as GIS and IT Director. You can read more about their mission at www.rockymountainwild.org.

In their spare time, they love to travel and go antiquing; a passion shared by yours truly. Among their collections, they like unusual phones, antique radios, and Cold War era spy gear. In addition to travelling and collecting together, they enjoy reading to each other.

The couple is often asked to serve as lay leaders when the rabbi is out of town, and they have both served on the Board of Trustees; Neil as Vice-President and Alison as Treasurer. Alison is one of 9 women who studied together and had her Bat Mitzvah as an adult. Most recently, Alison raised our awareness of the treatment of animals and our environment during our community Passover Seder. They are soft spoken, and some of the gentlest people I've had the pleasure to know. Our community is richer for their contributions and simply for their presence. We thank you both for everything you do to make CBT the place that we know and love.

She helps me design nature programming for our congregation, she helps me with Earth Day services, Passover Seder, and helps add nature awareness through a Jewish lens to our congregation. She designed and wrote additional seder commentary for this year and helped with last year's as well. They have both stepped up to the plate to help lead services when we needed as well. – Rabbi Moskowitz

CBT is Green

We strive to be green and environmentally-conscious wherever and whenever possible. We have taken several initiatives to reduce waste including e-Communications, re-usable cups and plates and/or compostables for our onegs, and recycling. We thank **Hazon** for their grant and generous support in helping us meet our environmental goals.



Purim





RELIGIOUS SCHOOL

We have come through a successful year. We ended last semester with 10 students and started this semester with 25.

We had enough 'little ones' to restart a separate Pre K/ Kindergarten class. All 4 teachers have happily promised to

return. We are ending the school year with a Bar Mitzvah in May and starting the new school year with a Bat Mitzvah in October.

Looking forward to welcoming returning and new students in September.

Look for the packet containing the 2017/2018 calendar in mid August.

Congregation B'nai Torah
3990 W. 74th Avenue
Westminster, Co 80030
(303) 552-0498
Rabbi Anat Moskowitz
(719) 351-0647
moskobain@comcast.net

Personal Appointments may be scheduled on an individual basis

To contribute to the post, please email

amy_gartin@hotmail.com



Birthdays

May

Nolan Raynes 5/2
Melissa Fear 5/3
Julia Metlay 5/3
Golda Pilecki 5/3
Josh Kingin 5/3
Avi Bender 5/5
David Israel 5/7
Karen Hartmen 5/7
Maya Schwartz 5/8
Linda Gilmore 5/12
Greg Schroeder 5/13
Zachary Doleshal 5/15
 Nia Weiss 5/16
Jasper Osborn 5/17
Diane Firestone 5/22
Emily Schroeder 5/25
 Leslie Dias 5/25
Audrey Hahn 5/27
Peter Rotondo 5/31

June

Andrew Hakim 6/1
Arlene Lang 6/3
Felix Osborn 6/5
Arthur Israel 6/8
Suzanne Metlay 6/8
Olivia Corn 6/11
Jeff Bain 6/14
Halli Rose 6/16
Joann Freedman 6/16
Ana Greer 6/16
Joel Rosenfeld 6/16
Alex Dias 6/17
Howard Handler 6/17
Lucie Martin 6/21
Jessica Rothman 6/25
Jim Hendricks 6/26
Luke Duddridge 6/26
Leah Barclay 6/29

Anniversaries

Heather & David Israel 5/5
Mike & Suzanne Metlay 5/20
 Lee & Lori Hakim 5/21
Sharie & John Habegger 5/24
Deborah & Todd Doleshal 5/25
Chantal & Peter Rotnodo 5/25
 Alice & Karl Schneider 6/3
 Stacey & Ron Jessen 6/5
 Sarah & Hal Levison 6/7
Elissa Roselyn & Mike Dias 6/7
Linda & Robert Gilmore 6/15
 Paula & Ray Farkas 6/16
Joel & Susan Rosenfield 6/23
 Ed & Karen Moss 6/25



Cooking Corner

Albondigas al Buyor (Greek-Jewish Meatballs in a Sweet-and-Sour Sauce)

Meatballs:

2 large eggs

1 slice white or brown bread 2 inch (2.5 cm) thick and torn into pieces

1/2 small onion, quartered

1/2 teaspoon salt

7 grinds black pepper

1 1/2 teaspoon dark soy sauce

1 large sprig parsley

1 1/2 pounds (500 grams) ground beef

1 tablespoon flour mixed with a pinch salt and pepper

3 tablespoons sunflower or vegetable oil

Sauce:

1 onion, finely chopped

2 teaspoons salt

10 grinds black pepper

3 tablespoons brown sugar or 2 tablespoons clear honey

2 teaspoons Dijon or English mustard

2 teaspoons soy sauce

1 tablespoon lemon juice

1/2 cup (5 ounces/150 grams) tomato paste, diluted with 1 cup (225 ml) water

To make the meatballs: In a large food processor, pulse together the eggs, bread, onion, salt, pepper, soy sauce, and parsley until smooth. Scrap into a bowl and mix in the beef by hand just until combined. Set aside for 30 minutes.

Spread the flour on a plate. Using wet hands, shape the meat into medium-sized balls or patties and lightly roll in the flour, shaking off the excess. Arrange in a single layer.

Drizzle oil in a large pan over medium heat. Once thoroughly heated, add the meatballs, in batches if needed to not overcrowd. Cook until browned on all sides. Use a slotted spoon to drain the excess oil from the meatball and transfer to a plate.

To make the sauce: In the same pan used to brown the meatballs, add the finely chopped onion and cook, stirring occasionally, until softened and golden. Mix in the salt, pepper, brown sugar, mustard, soy sauce, lemon juice, and tomato paste with water. Bring to a simmer and cook for 5 minutes. Add the meatballs in a single layer, cover, and simmer for 30 minutes. The sauce and meatballs can also be transferred to a casserole dish or Dutch oven and baked at 300 degrees F (150 C) for 45 minutes.



Congregation B'Nai Torah gratefully acknowledges that much of our support comes in the form of donations from our members and visitors. We have included the below donation form in the B'Nai Torah Post to simplify the donation process. Thank you for your generosity.

I would like to make the following donation to Congregation B'Nai Torah:
The contribution amount _____

In memory of _____

In honor of _____
anniversary • birth • graduation • appreciation • birthday • marriage • bar or bat mitzvah

My name _____

My address _____

My phone number _____

Please make checks payable to Congregation B'Nai Torah, 3990 W. 74th Avenue, Westminster, CO 80030.



This Space for Rent

Advertising space is now available. Full page, half page, and quarter page sizes. For a small fee you can advertise your business or event!

1/4 page = \$25/year
1/2 page = \$40/year
Full page = \$70/year

This newsletter is produced 4-6 times annually.
Please contact Amy Gartin for details at
amy_gartin@hotmail.com