



## THE JWC NEW MOON

Rosh Hashanah 5766

### Tashlich & Shalechet

The Jewish Women's Center will observe Tashlich /Shalechet on Sunday morning, October 9, 10:00 AM at the pond on the campus of Chatham College.

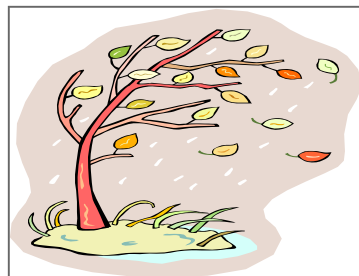
Tashlich comes from the Hebrew root letters shin – lamed – kaf, meaning "casting out." It is the practice of metaphysically transferring our "sins" to bits of bread and casting them into a flowing body of water.

Shalechet is another word that comes from the same three root letters. It means "shedding," as the leaves on trees that drop in autumn. Shalechet is a feminine noun. For women, the concept of letting go is a part of our natural ongoing cycle.

At Tashlich, the focus is on our failures, our missing the mark, our need to improve. Shalechet has another perspective – letting go, ridding ourselves of what feels obsolete, of whatever is no longer useful or needed in our lives, and within ourselves.

Author Janice Rous wrote, ". . . I imagine a large oak tree and visualized old and dried leaves being blown by the wind, carrying these pieces of me that no longer nourish me. And it is with that sense of movement that I enter the stillness of Yom Kippur."

The ritual of Tashlich is traditionally held on the afternoon of the first day of Rosh Hashanah, but



we will meet at the parking lot of Tree of Life Congregation, Wilkins Avenue near Shady Avenue, at 9:45 AM on October 9th, and walk together to the pond.

What obsolete burdens will you shed this year? What will you allow to blow away with the October wind? How will you prepare yourself to enter the stillness of Yom Kippur?

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#### Highlights:

- JWC focuses on domestic violence resources
- Program calendar enclosed
- Sephardic holiday recipes

### The JWC Program Year

Elul is a time for transitions. So it is with the JWC board. We say goodbye to members rotating off the board: Lynne Feinberg, Elizabeth Gordon, Melissa Jones, Larissa Myaskovsky and, of course, Laura Horowitz, who holds the title of the longest-running consecutive board member of the JWC. We wish them all well and thank them for their

fine service to our group.

This year's board members, Malke Frank, Barbara Baumann, Mimi Reznik, and Pat Cluss, are looking forward to a great year of programming. This year we will hold many more roshei chodesh in members' homes for a more

informal atmosphere. We will also make use of the wonderful expertise and insights of several of the women rabbis in our community who will help us tell the stories of some of our biblical foremothers. A complete program schedule can be found on page 3.

We hope to see you!

# Tzedakah Project 5766:

## A Domestic Violence Resource for Jewish Women in Pittsburgh

Did you know that Jewish women are abused at the same rate as women in the general population? Almost 25% of American women said that they had been assaulted by a current or former partner.

Are you aware that violence occurs in 15% to 19% of Jewish homes?

The Jewish Women International was founded in 1897 as B'nai Brith Women. Their mission is to "honor the concept of tikkun olam—repairing the world through education, advocacy, and action." Their wide range of programs champion self-sufficiency for women and girls, educate community leaders about prejudice and family violence, assist abused women, and empower victims of family violence to help themselves. In March 2005, more than 500 rabbis, activists, Jewish communal workers and professionals attended the JWI's 2<sup>nd</sup> International Conference on Domestic Abuse in the Jewish Community, held in Washington, D.C.

The conference was a forum for exploring the use of Jewish concepts and values to create communities

free of abuse; survivors of domestic abuse to share their experiences and to guide the response of Jewish communities; furthering the development of strategies for transforming Jewish communities' responses to domestic abuse, including day long trainings for clergy and direct service providers.

As part of JWI's commitment to improving the lives of battered women and their children, it has created the National Library Initiative. These libraries will be placed in more than 100 non-sectarian locations throughout the United States and will include books, shelving, televisions, DVD and CD players, CDs and DVDs, comfort mats, pillows, and blankets for children of all ages.

The Pittsburgh chapter of JWI, together with NCJW and Na'amat, are raising funds to create a library of educational resources, including books and videos, which focus on domestic abuse in the Jewish community. It will be housed in the Labor Zionist Building in Squirrel Hill.

The Jewish Women's Center has de-

cidated to help with this project by contributing this coming year's tzedakah monies. Over the years, the JWC has organized programs on domestic abuse in the Jewish community and has donated tzedakah money to centers and shelters in Israel.



We invite you to support this project by adding an amount of your choosing to your membership renewal. If you are not currently a JWC member and would like to make a donation, please send a check to the JWC at the address on the back of the newsletter and earmark it for "tzedakah."

**"Each year, we alternate between a tzedakah project in the United States and one in Israel. Last year's tzedakah supported a domestic violence hotline in Israel. We are excited to support a similar effort right here in Pittsburgh."**

**—JWC Board**

**Last year, the JWC donated \$450 to the Haifa Women's Crisis Center to support their 24-hour domestic violence hotline services, offering support and referrals to any woman in Israel. Services are provided in five languages: Hebrew, Arabic, Russian, English, and Aramaic.**



### What's new?

- We are sad to say goodbye to our friend and JWC board member, Lynne F., who left Pittsburgh in August to begin a master's program in teaching English as a second language at the University of Brattleboro in Vermont. We thank Lynne for her support of the JWC and wish her the best—wherever her travels take her!

## Member News

- A *mazal tov* to Larissa M. and her husband Russell G. who are happily settled into their new home in Sommerset at Frick Park. Larissa has invited us to visit for rosh chodesh Nisan.



# JWC Program Year for 5766 (2005-06)

EVENT	DATE	TIME	PLACE	TOPIC
Tashlich	Sun 10/9	10AM	Chatham Pond	Shelechet: Shedding the obsolete
Fall Shabbaton & Cheshvan Celebration	Sat 11/5	10AM-havdalah	Member's home*	
R. Ch.** Kislev	Th 12/1	7:30 PM	Member's home	Jewish Women's Writings
R. Ch. Tevet	Th 12/29	7:30 PM	Member's home	Hanukkah candle making; the role of light & time in women's lives
R. Ch. Shevat	DAY 1/29	7:30 PM	TBD	Biblical women's midrash with Rabbi Amy Greenbaum
Tu b'Shevat Seder	Sun 2/12	6PM	LZC***	New beginnings
R. Ch. Adar	Mon 2/27	7:30 PM	TBD	Biblical women's midrash with Rabbi Sharyn Henry
Women's Shabbat	Sun 3/4	9:30AM-12	LZC	
Ta'anit Ester	Sun 3/12	6PM	Local restaurant TBD	Get-together & social action
R. Ch. Nisan	Wed 3/29	7:30PM	Member's home	Incorporating women's stories in your family seder
Women's Pesach Seder	Wed 4/16	6 PM	LZC	
R. Ch. Iyar/Annual Meeting	Th 4/27	7:30	History of Beads or Knit & Bead	Beading: Counting the Omer
R. Ch. Sivan	Th 5/30	7:30	Member's home	Jewish ecology & plant exchange
R. Ch. Tammuz	6/25	11AM	Member's home	Family picnic/potluck
R. Ch. Av	Do-It-Yourself			
R. Ch. Elul	8/23 or 8/24	11AM	TBD	

\*An e-mail will be sent out prior to events in members' homes giving the exact address.

\*\*"R. Ch." indicates a Rosh Chodesh—celebration of the new moon or new month

\*\*\*The Labor Zionist Center (LZC) is located at 6328 Forbes Avenue in Squirrel Hill.

## Tu b'Av, JWC Style

It was a beautiful Sunday morning on August 21, 2005 (16 Av) when members of the JWC gathered in the home of Mimi Reznik to celebrate Tu B'Av. The 15<sup>th</sup> day of the Hebrew month of Av is a holiday of dancing and choosing lovers, a holiday of life.

In Biblical times, unmarried women, wearing borrowed white clothes, went out to dance in the fields and chose spouses from among the men who came to dance with them. "The King's daughters would borrow from those of the High Priest. Daughters of the High Priest would borrow from

the Assistant High Priest's daughters; daughters of the Assistant would borrow from the daughters of the Priest designated to lead the people in times of war; the daughters of the kohen anointed for war would borrow from the... (Cont'd on back page)

# The JWC Thinks About Cooking for the Holidays....

*Adapted from Sephardic Holiday Cooking by Gilda Angel (Decalogue Books, 1986). Reprinted from www.ritualwell.org*

## DATES

Sweet dates are served to symbolize the wish that the New Year will be equally sweet. After reciting the *y'hi ratzon* prayer (below), most Sephardim eat the dates as they are. Some Moroccan Jews add a gourmet touch. They dip the dates in a mixture of ground sesame seeds, anise seeds and powdered sugar. (Apples are also dipped in this mixture). Interestingly, "*yitamu*", which sounds like "*tamar*", the Hebrew word for date, is introduced in the *y'hi ratzon* in a sense that gives this word another meaning. "*Yitamu hata'im*" literally means "May the wicked of the earth be removed."

"As we eat this date, may we date the New Year that is beginning as one of happiness and blessing, and peace for all people. Blessed are Thou, Eternal One, who creates the fruit of the tree."

## POMEGRANATE

Every pomegranate, it is said, contains exactly 613 seeds, precisely the number of *mitzvot*, Biblical commandments Jews are obliged to fulfill. As they eat this fruit, Sephardim pray that their lives during the coming year will be filled with as many good deeds as the pomegranate has seeds.

"In the coming year, may we be rich and replete with acts inspired by compassion as this pomegranate is rich and replete with seeds."

## APPLE DIPPED IN HONEY

The apple's roundness symbolizes a hope that the New Year will be joyous from the beginning until it goes full circle. Dipping an apple in honey expresses a wish for a sweet New Year.

"May it be Thy will, Breath of Life, to grant us a year from the first day to the last, goodly as the apple and sweet as honey."

## PUMPKIN OR GOURD

Food made with pumpkin is served to express the hope that as this vegetable has been protected by a thick covering, God will protect us and gird us with strength. The Hebrew word for pumpkin or gourd is "*kraa*". Sephardim pun on this and say "*yikaru l'fanekha z'khuyoteinu*," May our good deeds be called out before the Eternal One at the time of judgment.

"May the coming year grow as a gourd in fullness of blessing. In the year to come, if our strength is needed, mayest Thou guard us as we eat of this gourd with the prayer: Blessed art Thou, Eternal One, who createst the fruit of the earth."

## LEEK

"*Karti*" is the Hebrew word for leek. In the *y'hi ratzon*, Sephardim say "*yikartu oivekha*," May all of God's enemies be cut off. This pun in English on "leek" probably evokes more chuckles than any other double-entendre in the *y'hi ratzon* ceremony.

"Like as we eat this leek may our luck never lack in the year to come."

"OK, so it's not cooking so far. We just said 'thinks about cooking.' But see the next page for several Sephardic favorites from Turkey."

## ROSH HASHANNAH A Turkish Menu

Pan de Calabaza  
(Pumpkin Bread)

Keftes de Prasa  
(Leek Croquettes)

Fritadas de Calabaza  
(Pumpkin Croquettes)

Lubiya  
(Black-Eyed Peas)

Keftes de Espinaca  
(Spinach Croquettes)

Arroz  
(Turkish Rice)

Pollo con Susam  
(Sesame Seed Chicken)

Borekas de Calabaza  
(Pumpkin Turnovers)

# PAN DE CALABAZA (Pumpkin Bread & Rolls)

## Ingredients:

- 2 pkgs. active dry yeast
- 1/2 cup sugar
- 1/2 t. ground ginger
- 1 1/2 t. ground cardamom
- 2 t. salt
- 1/2 cup vegetable oil
- 3 eggs, divided, lightly beaten
- 1 cup canned cooked pumpkin
- 8 1/2 cups all-purpose flour
- 2 T. sesame seeds

## Preparation:

1. In large bowl, dissolve yeast and sugar in water. Let stand for 10 minutes.
2. Mix in ginger, cardamom, salt, oil,

2 eggs, and pumpkin. Blend in flour, 2 cups at a time, mixing well after each addition.

3. On lightly floured surface, knead dough until smooth and elastic—8 to 10 minutes. Reflour surface if dough is too sticky.
4. Place ball of dough in large, greased bowl. Turn dough in bowl so entire surface is greased. Cover bowl with clean dishtowel and allow to rise in warm, draft-free place until doubled in bulk, about 1 hour.
5. Punch dough down. On lightly floured surface, form 2 loaves and 12 rolls. Place each loaf in lightly greased 9x5x3 inch pan. Place rolls on lightly greased cookie sheet. Cover and let rise in warm, draft-free place until doubled in bulk, about 45 minutes.
6. Preheat oven to 375 degrees F. Brush tops of loaves and rolls with remaining beaten egg. Sprin-

kle with sesame seeds. Bake 2 minutes and remove rolls. Bake loaves an additional 25 minutes, or until golden brown. Remove from oven and let cool for 20 minutes in pans. Remove from pans and cool completely on racks.



**The pumpkin, symbolic of wishes for a well-rounded and full year, adds a golden color and extra moistness to this bread.**

**“Nothing tastes or smells as good as anything that was made in the kitchen of our childhood.”**



# KEFTES DE PRASA (Leek Croquettes)

Popularly known as prasafuchies, leek croquettes are favorites in an authentic Turkish Rosh Hashanah meal. Keftes de prasa are attractive when served on a platter garnished with lemon wedges and parsley sprigs.

## Ingredients:

- 12 large leeks
- 3 matzas or 4 slices bread
- 3 eggs
- 1 t. salt
- 1/4 t. pepper
- 2/3 cup chopped walnuts (optional)
- Matza meal
- Vegetable oil for frying

Juice of 2 lemons (~ 4 T)

## Preparation:

1. Wash leeks well to remove sand. Cut off and discard roots and tough outer leaves. Cut remaining parts crosswise into thin slices and place in large bowl of cold water. Change water several times. Drain well.
2. Place in deep saucepan with water to cover. Cover and boil until tender, 45-50 minutes. Drain and set aside until leeks are cool enough to handle. Take handfuls of cooked leeks and squeeze out as much liquid as possible.
3. Soak matzas in cold water for about 5 minutes. Squeeze out as much water as possible.

4. In large bowl, mix leeks, matzas, eggs, salt, pepper, and nuts. Mixture should be thick enough to form into patties. If mixture is too mushy, add matza meal, one tablespoon at a time until mixture is easy to handle.
5. Form into patties about 2 inches in diameter and half-inch thick. Dip in matza meal and fry in hot oil until golden on both sides. Drain on paper towels. Refrigerate until ready to serve, or sprinkle with lemon juice and serve at once.
6. To reheat, place keftes in baking pan and sprinkle with lemon juice. Heat in 250-degree oven for 30 minutes.

# Jewish Women's Center of Pittsburgh

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TO:



**THE JWC NEW MOON**

## Tu b'Av, JWC Style (cont'd from page 3)

...daughters of the ordinary priest. And the daughters of the rest of the Jewish people would borrow from each other, so as not to embarrass those who didn't have." (Masechet Ta'anit).

On Tu B'Av the love between a woman and a man is celebrated and on Yom Kippur, the love between an individual and God is observed.

For almost 19 centuries, between the destruction of the second Temple in 70 C.E. and the creation of Israel in 1948, the only commemoration of Tu B'Av was that the prayer services did not include the penitence prayer Tachanun. In addition, if a couple married on this

holiday, they didn't have to fast.

Today in modern Israel, bouquets of roses are sent to loved ones, romantic music is played on the radio, and there are festivals of song and dance.

We celebrated Tu B'Av in the tradition of the JWC - sharing a delicious brunch of baked kugels, fruit, and muffins (we love food).

In remembrance of days past, we wore white clothes. And with our thoughts to the future, we expressed hopes and blessings for the new year, as we exchanged personal items of jewelry, scarves, and books.

