

BULLETIN

President: Leon Metlay
Treasurer: Ira Cohen

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Recording Secretary: Nina Klionsky

Second Vice-President: Steve Teitel

January's President's Message

Friends,

BHBI lost a long time member and ex-Board member this month. Herb Spencer was a wise man and he will be missed. See an announcement on p. 3. Also on p. 3 is a special announcement about Britton Road cemetery.

It was good to see so many of you at the Chanukah party. Thank you to Steve Teitel for organizing the party and cooking. Steve's soup is definitely on my list of comfort foods. Cold winter weather makes many of us want to just sit indoors with something warm to eat. Recently, my office had a "International Pot-luck" lunch, asking people to bring food typical of their nationality. I think of myself as Jewish, not Ukrainian or Russian or Polish. What is typical Jewish food? Most Jewish dishes are dishes of the people we live among, adapted for our dietary laws. I brought a loaf of challah to the lunch, but I thought one dish that really doesn't seem to have a non-Jewish equivalent is cholent. Cholent is also a good winter comfort food. It is slow cooked beans, potatoes, and meat, put in a hot oven on Friday afternoon, to cook over night and be ready for Shabbat lunch. There are lots of variations. Here is the Vegetarian Cholent recipe of the late Rabbi Laurence Skopitz of Temple Beth David (from an interview in 2006):

Use a Crock-Pot that has a low setting sufficiently hot enough to cook the ingredients...

You are supposed to turn the Crock-Pot on just before Shabbat. Use a time clock to turn it off just before you want to serve it so as to not violate any Shabbat prohibitions.

Use a mixture of any kind of beans. I always try to include black and kidney beans. Note that lima beans have a distinctive taste that can be domineering if you use too many. Also add in lentils, chickpeas (for good luck), barley and brown rice. DO NOT use split peas or white rice- too mushy. The beans, etc. should be about 2 pounds total. It is not necessary to soak the beans beforehand. Include one or two good-sized potatoes, diced. You can leave the skins on. Add more or less a tablespoon of oil. Olive oil is OK and very good for you. You can throw in one or two packets (two to a box) of Goodman's or Telma onion soup mix (not sodium reduced) if you are in a hurry. Otherwise, cut up one large onion (or more), a couple of garlic cloves, salt and pepper to taste (you can always add more later so don't go too heavy). You can put everything in the Crock-Pot in any order you want and don't bother to mix things until just before serving. Cover with water. Knowing how much water to put in takes time to learn. You may have to add water in the morning if too much gets absorbed. You do not want the cholent to end up too dry or burnt on the bottom.

The ingredients are just ingredients until Chatzot Halilah (midnight). Then a miracle happens. The separate ingredients magically turn into cholent. You will be able to smell the difference throughout the house when this phenomenon occurs.

What foods do you think of as typically "Jewish"? I hope you enjoy this one. Stay warm and have a happy and safe 2026.

Leon

TORAH READERS WANTED!

Would you like to learn how to chant the Torah at services? We have several members who would be happy to tutor you! Why not give it a try? You'd be helping out the Congregation and doing a mitzvah at the same time! Contact the shul at BHBIRochester@gmail.com if you are interested.

BHBI Website: www.BHBIRochester.org

BHBI CALENDAR OF EVENTS – JANUARY 2026

Friday	Jan 2	6:00 PM	Erev Shabbat with Temple Beth El in the TBE chapel and on Zoom – see page 3 for further information (light candles 4:29 PM)
Saturday	Jan 3	9:30 PM	Shabbat Morning Service at BHBI Torah: Vayechi <i>Kiddish with Temple Beth El following service</i>
Sunday	Jan 4	9:00 AM	Service live streamed, visit www.BHBIRochester.org for the Zoom link
Friday	Jan 9	6:00 PM	Erev Shabbat with Temple Beth El in the TBE chapel and on Zoom – see page 3 for further information (light candles 4:36 PM)
Saturday	Jan 10	9:30 AM	Shabbat Morning Service at BHBI Torah: Shemot
Sunday	Jan 11	9:00 AM	Service live streamed, visit www.BHBIRochester.org for the Zoom link
Monday	Jan 12	7:30 PM	BHBI Board of Trustees Meeting on Zoom
Friday	Jan 16	6:00 PM	Erev Shabbat with Temple Beth El in the TBE chapel and on Zoom – see page 3 for further information (light candles 4:44 PM)
Saturday	Jan 17	9:30 AM	Shabbat Morning Service at BHBI Torah: Va'eira <i>Kiddish luncheon following service in BHBI's kiddish room</i>
Sunday	Jan 18	9:00 AM	Service live streamed, visit www.BHBIRochester.org for the Zoom link
Friday	Jan 23	6:00 PM	Erev Shabbat with Temple Beth El in the TBE chapel and on Zoom – see page 3 for further information (light candles 4:53 PM)
Saturday	Jan 24	9:30 AM	Shabbat Morning Service at BHBI Torah: Bo
Sunday	Jan 25	9:00 AM	Service live streamed, visit www.BHBIRochester.org for the Zoom link
Friday	Jan 30	6:00 PM	Erev Shabbat with Temple Beth El in the TBE chapel and on Zoom – see page 3 for further information (light candles 5:02 PM)
Saturday	Jan 31	9:30 AM	Shabbat Morning Service at BHBI Torah: Beshalach

THANK YOU TO OUR DECEMBER KIDDUSH SPONSOR

Jill Clark-Foulkes in memory of Aunt Barbara Bertman

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YAHRZEITS

At the following Shabbat Services we will read the names of our late loved ones whose Yahrzeits will occur on that Shabbat or during the following week.

Jan 2-3	Tevet	Jan 9-10	Tevet	Jan 23-24	Shvat	Jan 30-31	Shvat
Joseph Morris*	14	Anna Buff*	21	Sidney Applebaum*	6	Abraham Newell*	13
Celia Suskind*	14	Benjamin Dvorkin*	21	Jacob Komenski*	6	Anna Sanow*	13
Dora Rogovin*	15	Goldie Simon*	23	Gidda Strauss*	6	Stanley Clark*	16
Nathan Goldberg	16	Leah Keyfetz*	24	Morris Suskind*	7	Morris Gurian*	17
Fannie Sablowsky*	17	Esther Sanzel*	24	Hyman Aaron Nusbaum*	8	Paul Israel	18
Philip Sanzel*	17	Samuel Meilstein*	26	Herman Strauss*	8	Gitla Perkal*	18
Joseph Schiff*	17	Ida Boyarsky*	27	Dvora Brodie*	9	Samuel Spencer	18
Hannah Senzel*	17			Samuel Goldman*	9		
Louis Bernstein*	18	Jan 16-17	Tevet/ Shvat	Daniel Hirsch*	10	*Denotes name memorialized on BHBI Memorial Plaque	
Carl Kleinstein*	18	Jack Glazer	28	Miriam Weinberger	12		
Rose Needler*	18	Joe Lazarus*	28	Joseph Yudelson	12		
Estelle Hirsch*	19	Jean Spencer	1				
Shie Schnidman*	19	Morris Weinstein*	2				
		Etta Levinson*	4				
		Ida Silver*	4				

We pray that our mourners will be comforted among all the mourners of Zion and Jerusalem and that the memory of the deceased continues to be a blessing to all who knew them.

MEMORIAL PLAQUES

You can memorialize a friend or loved one on a BHBI memorial plaque. Our memorial plaques are very reasonably priced. For more information, contact Ira Cohen at BHBIRochester@gmail.com.

BARUCH DAYAN HA'EMET

We note with sadness the passing of long time BHBI member Herbert Spencer on December 13, at age 95. The funeral was private. The obituary may be found [here](#). We similarly note with sadness the passing on December 20 of former BHBI member Kelly Beller. His obituary may be found [here](#).

* * SPECIAL NOTICE RE CEMETERY PLOTS * *

Because we have only a few available plots left in Britton Road Cemetery, a few years back the Board decided to limit new sales to BHBI members or to the families of people already buried in our section. On several occasions we have encouraged any members interested in Britton Road plots to let us know and to make a purchase. At this time the Board has decided to set a **deadline** of February 1st 2026, after which date we will again open sales of plots in Britton Road to the general public. If you are interested in purchasing a plot in BHBI's section of Britton Road Cemetery, please contact the shul before this deadline. We continue to have plots available in Stone Road and Mt. Hope cemeteries.

SHABBAT SERVICES

BHBI has in-person **Shabbat Morning Services**, each Saturday at 9:30 AM. All attendees over 5 years of age must be vaccinated against Covid. All attendees over 3 years of age must wear a face mask, unless sitting in the "unmasking" section of the sanctuary. Masks are available in the sanctuary for those who need.

Temple Beth El has **Shabbat Evening Services** on Fridays at 6 PM. Services are in-person at Temple Beth El, in the TBE Chapel, and live-streamed on Zoom. For the Zoom link and other details, visit the Beth El website: <https://www.tberochester.org/pray/virtual-services/>

OFFICE: The synagogue office is checked regularly for mail and messages. Snail mail must be sent to P.O. Box 20891, Rochester, NY 14602. The synagogue phone is 244-2060. For urgent issues, call Steve Teitel at 473-5741 or Harris Honickman at 271-5145. You can also e-mail us at BHBIRochester@gmail.com

WANT TO REMEMBER OR HONOR SOMEONE OR A SPECIAL OCCASION? *Consider sponsoring a kiddush or making a donation to any one of our funds* (General Fund, Kiddush Fund, Harry Rogachevsky BHBI Building Fund, Torah Fund, Rabbi Aaron Solomon Scholarship Fund, Special Events Fund or the Sam Malina Memorial Fund). Please indicate which fund you would like your donation to go to and we will send out an acknowledgement card as you indicate and print an announcement in this bulletin. A standard sponsored kiddush at BHBI costs just \$40 while a larger enhanced kiddush is just \$50.

BULLETIN CONTENT What do you enjoy reading in the BHBI Bulletin? Is there something that you would like added (or taken out)? If so, please let Steve Teitel know. We always appreciate feedback.

DID YOU MISPLACE YOUR BULLETIN? Don't worry. BHBI Bulletins going back several years can now be found on our web page: www.BHBIRochester.org

WANT TO GET YOUR BULLETIN HOT-OFF-THE-PRESS? Consider having us e-mail it to you! Contact Steve Teitel at: BHBIRochester@gmail.com

Congregation Beth Hamedresh-Beth Israel
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