
the Shofar



Etz Chayim Conservative Synagogue's Monthly Newsletter

SEPTEMBER, 2019

ELUL/TISHREI, 5779-5780

Friday evening services begin at 7:30 p.m.
Saturday morning services begin at 9:30 a.m.

RABBI'S MESSAGE

Don't Look Back

A man once complained to chassidic master Rabbi Simcha Bunim of Peshischa: "The sages of the Talmud say, 'One who runs away from greatness, greatness pursues him.' Well, I've been running away from greatness all my life, yet greatness has not pursued me!"

Answered Rabbi Bunim: "I'm sure that greatness is indeed pursuing you, as our sages promise. The problem is that when you turn around to check if it is running after you, you frighten it away."

What a wonderful story! The disciple studied a Talmudic thought but he missed the point. Greatness pursues people who

do their jobs and perform their mitzvot without being self-absorbed. They focus on what God wants of them and not on the reward or recognition or 'greatness' that is their due. The moral is to keep your eye on what you need to do. Don't look back to see who or what is coming to applaud you.

I would add another lesson onto the story. It's not inherent in what Reb Simcha said. Rather, I tie it to the season. We are about to enter a new year. We might have regrets about one or another of our missteps in the year that now fades away. Some amount of regret is human. Some guilt feelings are natural. But maybe it's best that we determine not to look back *more than necessary* in order to visit the mistakes that are now behind us. We will perform our *teshuvah* on Rosh Hashanah and Yom Kippur. We will seek forgiveness for that which we did wrong. But for the most part, I find it refreshing to determine for my new year that I will keep my eyes on the present and the future. No, I don't mind it if greatness wants to pursue me.

But I want to pursue a year of service to others, of learning, and of spiritual growth.

Shanah tovah,

Stephen Listfield

SISTERHOOD: ETZ CHAYIM'S KOSHER BUILDING

We have been lucky enough in the last few years to welcome several new members, so I thought this would be a good time to remind everyone of the Kosher rules for our building and kitchen.

All food prepared in our kitchen or **eaten in our building** must be kosher.

All whole fresh fruits and vegetables are considered kosher. All animal products must be kosher. Cheese produced in the US (not just packaged in the US) is considered kosher. Our kitchen is set up for meat or dairy, but most of the time dairy or pareve is the easiest to prepare. If you don't know what is kosher, please ask Shirley Roberts or Brenda Liles. The rest of the board should also be able to advise you.

If you have a kosher home kitchen, you may bring food prepared at home. If your home kitchen is not kosher, but you maintain a completely separate set of pots, mixing bowls and utensils that are kosher, you may use them. However, anything you prepare at home must be opened new so that the only thing that has touched it are the kosher items. Example, if you bake a cake, you must open a new bag of flour and baking

powder/soda so that un-kosher utensils have not been used in them. Using kosher products with your usual kitchen utensils does not constitute kosher. Sometimes, it is easier if you just come to the Synagogue and use our kitchen.

Cakes and breads prepared in the Publix stores in Huntsville are kosher, as are the cakes prepared (but not shipped in) in the Costco bakery. Target has lots of kosher products in their bakery, but not the ones prepared locally. Most grocery stores have prepackaged bakery items that have a hechshere on them. If you call ahead and order bagels from Bruegger's, specify that you want the first run in the morning, which are kosher. Those baked after the first run are not kosher.

Natha Hancock

BOOK CLUB MEMBERS ARE READING LETTERS TO PALESTINIANS

The book club had another lively discussion on August 15 when we discussed "The Gifts of the Jews: How a Tribe of Desert Nomads Changed the Way Everyone Thinks and Feels" by Thomas Cahill. One of the gifts of the Jews of three thousand years ago was to completely change the way the world thought, and every member of the club came away with new knowledge and a deeper perspective.

Our next book will be "Letters to my Palestinian Neighbor" by Yossi Klein Halevi. In this powerful series of letters, published in 2018, Dr. Halevi endeavors to untangle the ideological and emotional knot that has defined the Israeli-

Palestinian conflict for nearly a century. (The 2019 paperback printing of the book includes an extensive epilogue of Palestinian responses.) We'll get together to discuss this book at 11:30 am on Thursday, October 17, at the synagogue, so there's plenty of time for new members to join in.

For more information contact Jon Berger by phone or text at 256-457-0277 or email him at jonaberger@gmail.com

ONEGS

Aug 30 Rosenthal
Sep 06 Hirsch
Sep 13 Camenker/Smith
Sep 20 Goodman
Sep 27 Lapidus
Oct 04 Reece/Schindler

If you're looking for an opportunity to make a donation, consider the High Holiday flowers. The lovely arrangements Sisterhood purchases for Rosh Hashanna and Yom Kippur are a yearly enhancement to our synagogue. Thank you to those of you who've donated already.

DONATIONS

Sisterhood

From: Diana & Howard Polin
To: David Rush – You are in our thoughts for a speedy recovery.

From: Diana & Howard Polin
For: High Holiday Flowers

Rabbi Fund

From: Linda & Fred Kolchin

Sacks Family Fund

From: Linda & Fred Kolchin

Outdoor Lighting Fund

In Memory of Gertrude & Perry Schlein from their daughters Natha Hancock & Robin Slomka and their families.

UPCOMING EVENTS

Sep 05 Holocaust Remembrance with Hershel Greenblatt, Randolph School
Sep 08 High Holiday Grounds & Facility Clean-Up Day, 8:30 AM
Sep 16 Sisterhood Lunch Bunch at Kona Grill at 11:30. Vote on changing the start date of our fiscal year
Sep 29 Rabbi Reception & Services, bring a kosher dairy/pareve dessert for sharing
Sep 29-Oct 01 Rosh HaShanah, Rabbi Listfield visit, Sunday evening-Tuesday
Oct 06 Come help build the structure of the sukkah (to be completed later)
Oct 08-Oct 09 Yom Kippur, Rabbi Listfield visit, Tuesday evening-Wednesday, Break the Fast Wednesday PM after Services

**Global Perspectives Institute
"Holocaust Remembrance"**



HERSHEL GREENBLAT

"It is because of my father's strong will that I, my sisters, and my mother were able to escape the horror of the Holocaust. I want everyone to remember, and that it never happens again."

Originally named Grischa, Ukraine native Hershel Greenblat was born in Kremenchuk, Ukraine in 1941. At this time, World War II was raging and Jews living in the Ukraine were being targeted mercilessly. Grischa's parents fled with him to the Ukraine's extensive cave system.

After spending about 10 years in a displaced persons (DP) camp, the family moved to America. Hershel tells his family's story not only to keep alive the memory of his family, but also the memory of 6 million of his fellow Jews who perished. Mr. Greenblat is a speaker for the Breman Museum's Weinberg Center for Holocaust Education.

6:30 pm **September 5, 2019**

Randolph School, 4915 Garth Rd SE Huntsville, AL



YAHARZEITS**

Sep 03	Elul 03	Belle D'Acosta*
Sep 05	Elul 05	Adolph Goldstein*
Sep 06	Elul 06	Caryl Hollenberg
Sep 06	Elul 06	Grete Goldstein*
Sep 06	Elul 06	Milton Levitt
Sep 06	Elul 06	Roland Jordan Krantz
Sep 11	Elul 11	Milton Baum*
Sep 12	Elul 12	June Rothfeder
Sep 12	Elul 12	Leonard Flank*
Sep 14	Elul 14	Albert Goldner*
Sep 15	Elul 15	John Goldstein*
Sep 17	Elul 17	Molly Silver Rodkin*
Sep 18	Elul 18	Edward Kahn*
Sep 21	Elul 21	Phil Wiederecht*
Sep 22	Elul 22	William Karmiol*
Sep 22	Elul 22	Beatrice Sainker*
Sep 23	Elul 23	Alfred Freeman, MD
Sep 24	Elul 24	Abe Goldberg
Sep 25	Elul 25	Percy Sacks*
Sep 27	Elul 27	Nannie Ford

* Plaque

**Light Memorial candle sunset of previous evening

BIRTHDAYS

- Aug 05 Amy Gavzy (belated, editor's error!)
- Sep 06 Janet Schindler
- Sep 08 Arlene Polin White
- Sep 14 Robin Slomka
- Sep 15 Larisa Thomason
- Sep 18 Sara Brigadier
- Sep 18 Rudy Sainker
- Sep 19 Russell Roberts
- Sep 23 Jesse Kalachman
- Sep 24 Lydia Honan
- Sep 26 Molly Lapidus

ANNIVERSARIES

- Sep 03 Sandy & Marvin Kalachman
- Sep 17 Sandy Pepper & Fernando Cerezo

JOSEPH GOLDBERGER AND HIS GIFT TO THE SOUTHLAND

By Ted Roberts

I wasn't surprised the other day to see a list of the hundred greatest Synagogue Garbage Committee Chairmen of the millennium. (I was 59th.)

Around the turn of the last century, there were millennium lists of everything. The Rochester Jewish Ledger, as well as other Jewish papers, ran a list of one hundred acclaimed Jews picked by the readers of the Jerusalem Report. Among significant notables like Einstein, Salk, and the Baal Shem Tov, there were minor leaguers like Danny Kaye, Sid Caesar,

Abbie Hoffman, and Marilyn Monroe (remember, she converted when she married Arthur Miller?). Small potatoes among the giants of Judaism, I say. Nowhere on the list was Dr. Joseph Goldberger.

Who was Joseph Goldberger, do I hear you ask?

Oh, only the medical researcher who cured Pellagra in the South. Today, when we preach that less is better, gastronomically, it's hard to remember that just over our shoulder in time - two generations ago - our parents and grandparents suffered from under consumption. Victims of poverty, they were harvested prematurely due to under consumption. Diet deficiencies like Scurvy and Pellagra were death weapons, especially in the rural South.

But Goldberger's fame was a victim of his victory. Like a wound that heals without a scar - who remembers Pellagra? It is yesterday's banished assassin - thanks to the good doctor.

So, don't feel bad that you recognize Sid Caesar, but not Joseph Goldberger. Nobody else, outside of medical historians, has any idea of his gift to undernourished, poor people everywhere - but especially the rural South. He did most of his work in the 20's - not a great economic decade for maintaining a balanced diet if you were a maid or sharecropper in Mississippi or laid around your room all day and thumbed through the classified ads because you were unemployed.

Paul DeKruif, the famous historian and

popularizer of medical science, tells of Goldberger in his 1926 book - "The Hunger Fighters".

Goldberger was born in Austria, Hungary and came to New York with his family in 1881. After his medical education at Bellevue Hospital Medical College, he joined the Public Health Service - basically a band of "microbe hunters" as they were called. It was an exhilarating era in public health history. Syphilis, Typhoid Fever, and Tuberculosis were under siege. "Identify the bug and kill it" was their modus operandi.

In 1912, the Surgeon General took note of soldier Goldberger who was battling infectious diseases around the U.S. and the Caribbean. He assigned him to Pellagra, the "Scourge of the South," which flourished like the Boll Weevil in Dixie's cotton fields. It was a killer of the poor. Gout was for rich folks, Pellagra fed on poor folks. And it fed well in those years. In 1915, thousands died in Mississippi alone.

The good doctor took a long look around the South before he unpacked his laboratory test tubes. Pellagra stalked the land hand-in-hand with poverty. Its host was poor folks whose diet had three major elements; cornbread, cornmeal, and corn on the cob. Maybe sweetened up with molasses for Sunday dinner - or an entree of white lard. So, contrary to his "microbe hunter" philosophy, the Jewish researcher decided that there was no bug - no infectious side to this malady. You didn't catch it by sharing a bologna sandwich with Betty Lou McElhaney. It was a failure of nutrition. He noted that eating cornbread, molasses, and pork fat

practically invited the disease into your ill-nourished frame. And, with a keen Talmudic eye he registered that institutionalized orphans fell victim, but the staff who had a separate dining room, was as healthy as a show cow at the County Fair.

In 1915, with the permission of the governor of Mississippi, he conducted a landmark experiment at Rankin Prison Farm down in Mississippi. The control group were fed the typical diet of the Southern poor, while the experimental group lapped up meat, fresh vegetables, and milk. As he suspected, the malnourished inmates came down with Pellagra.

More experiments followed at orphanages, prisons, and mental institutions; facilities where large numbers of people were fed under controlled conditions. It was always the same. No milk and meat resulted in first, sore mouth and red rash. Then the rash crusted and reddened into flaming sores. And stomach pain wracked the victims. The Red Death, they called it. Of those afflicted, 40% laid down their cares and woes.

Goldberger announced his discovery - the linkage of diet and disease. The medical community, obsessed with infectious diseases, snickered. He didn't spend much time debating the issue. Instead, he injected himself, his wife, and assistants with Pellagra-tainted blood. In all, he played Russian roulette seven times with self-induced Pellagra. But it never took. He and his staff thrived on a balanced diet. Finally, Goldberger discovered that a daily yeast tablet -

cheap enough for the poorest of the poor - would defeat Pellagra. After his death in 1929, it was found that the missing nutritional element was Niacin; both a prevention and cure. A nice gift to the Southland from a Jewish doctor.

If I made up a Jewish millennium list, after placing my wife around 20th, I'd put Dr. Joseph Goldberger somewhere after Einstein, but stratospherically above Abbie Hoffman, Marilyn Monroe, and that crowd. (Besides, my wife's maiden name is Goldberger, and she claims they are kinfolks.)

The syndicated humor of Ted Roberts, the Scribbler on the Roof, appears in newspapers around the US, on National Public Radio, and numerous web sites. He is a longtime member of our Synagogue, and you may buy Ted's collected works at Amazon.com or the Sisterhood Gift Shop. Ted welcomes your comment and/or critique and can be emailed at: shirlr@hiwaay.net

Huntsville Conservative Synagogue

Etz Chayim Congregation
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L'ShanahTovah! High Holy Day Services 2019 -5780

Rosh Hashanah

Evening Services & Welcome Rabbi Listfield	Sun	Sept. 29	7:30 p.m.
Morning & Shofar Services	Mon	Sept. 30	9:45 a.m.
Tashlich Service (weather permitting)	Mon	Sept. 30	1:30 p.m.
Evening Services	Mon	Sept. 30	7:30 p.m.
Morning & Shofar Services	Tues	Oct. 1	9:45 a.m.

Shabbat Shuvah

Evening Services	Fri.	Oct. 4	7:30 p.m.
Morning Services	Sat.	Oct. 5	9:45 a.m.

Yom Kippur

KolNidre Service	Tues.	Oct. 8	6:15 p.m.
Morning Services	Wed.	Oct. 9	9:45 a.m.
Torah Services (approximately at)			10:30 a.m.
Mincha, Yizkor & N'ilah Services			5:00 p.m.
Maariv & Final Shofar Blast			7:00 p.m.
Break the Fast Dinner			7:20 p.m.

Sukkot

Build Sukkah Frame at Etz Chayim	Sun.	Oct. 6	10:00 a.m.
Complete & Decorate Sukkah at Etz Chayim	Sun.	Oct.13	10:00 a.m.
Morning Services	Mon-Fri	Oct 14-21	9:45 a.m.
Evening Services	Fri.	Oct.18	7:30 p.m.
Morning Services	Sat.	Oct.19	9:45 a.m.
Hoshanah Rabah Morning Services	Sun	Oct.20	9:45 a.m.
Sukkot Huntsville String Concert & Food Donations	Sun	Oct.20	3:30 p.m.
Kiddush in Etz Chayim Sukkah daily at noon			

Shemini Atzeret

Morning Services	Mon	Oct. 21	9:45 a.m.
Yizkor (approximately at)			11:00 a.m.

Simchat Torah

Evening Congregation Pot Luck Dairy Dinner	Mon.	Oct. 21	5:45 p.m.
Evening Hakafot Services	Mon.	Oct. 21	6:30 p.m.

"IT IS A TREE OF LIFE TO THEM THAT HOLD FAST TO IT "

2019-2020 (5780) Etz Chayim Calendar

Tisha B'Av 10 Aug PM, 11 Aug, 2019 (Saturday PM, Sunday) ; Services Saturday, 8 PM at Etz Chayim

Annual High Holiday Facility Grounds & Building Cleanup; 8 Sept 2019, 0800, Refreshments

Selichot: (Havdalah, movie & service) 21 September 2019 (Saturday, 8 PM)

IMS 50th Anniversary & Awards Donor Dinner, Tuesday, 24 Sept 2019@ 6: PM, UAH Exhibit Center

Rosh HaShanah: 29 Sept-1 October 2019 (Sun. PM, Mon, Tue.) Rabbi Listfield Visit

Yom Kippur: 8, 9 October 2019(Tue. PM, Wed.) *Break-Fast Wed PM, Rabbi Listfield Visit*

Build Sukkah structure Sun. 6 Oct ; Add roof and Decorate Sukkah 13 Oct. Sunday

Sukkot (13 Oct PM- 20 Oct) Services: 14 Oct- 20 Oct 2019 (Monday – Sunday)

Sukkot Concert (Sun,20 Oct @3:30 PM) Harvest Celebration & support for Huntsville Food Pantries

Shemini Atzeret (20 OctPM-21 Oct.): Services & Yizkor on 21October 2019 (Monday Morning)

Simhat Torah (21 OctPM-22Oct.): Hakafot Services, 21 October PM, 2019 (Monday Evening)

Rabbi Listfield Shabbaton Nov. 15-17, 2019 (Shabbat Week End)

Rabbi Listfield Shabbaton, Dec. 6-8, 2019 (Shabbat Week End)

Hanukkah (Dec. 22 PM- Dec. 30, 2019) (Sun.PM- Monday) Latke Party 15 Dec (Sunday Morning)

Rabbi Listfield Shabbaton, Jan.10-12, 2020 (Shabbat Week End)

Tu Bishvat: 10 February 2020 (Monday)

Rabbi Listfield Shabbaton, Feb.21-23, 2020 (Shabbat Week End)

Purim, 9 March PM, 10 March 2019,(Mon, Tue) BBYO Megilah & Shpiel (Monday Evening)

Rabbi Listfield Shabbaton, March 20-22, 2020 (Shabbat Week End)

Passover (8 April PM- 16April, 2020), Seders April 8, 9, 2020 (Wed,Thu) Yizkor on 16April ,Thu.Morning.

Rabbi Listfield Shabbaton, April 17-19, 2020, (Shabbat Week End)

Holocaust Remembrance Day (Yom HaShoah) April 21, 2020 (Tue)(JFHNA Observe ?)

Israel Independence Day (Yom HaAtzmaut) April 29, 2020 (Wed)(JFHNA Observe May?)

Lag B'Omer: May 12, 2020 (Tuesday)

Rabbi Listfield Shabbaton, May 15-17, 2020, (Shabbat Week End)

Memorial Day, Monday, May 25, 2020

Shavuot: 28 May PM-30 June, 2020, Services (Fri, Sat); Yizkor Saturday Morning

Etz Chayim Synagogue Picnic, June 7, 2020, Sunday Morning

Tisha B'Av: 29 July PM, 30 July 2020 (Wednesday PM, Thursday) ; Joint Services Wednesday Eve. @ EC?