

TEMPLE BETH SHALOM

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Temple Beth Shalom
P.O. Box 9142
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www.hickoryjewishcenter.com



From the Bimah

Rabbi Dr. Janet B Liss

Grace and I had the privilege of being on a Jewish Heritage trip on the Rhine focusing on Jewish History in the Middle Ages. We saw where Meyer Rothschild's home was in Frankfurt; I led kaddish near his grave in the Frankfurt cemetery; we stood in Rashi's synagogue in Worms and saw the oldest mikveh in that part of the world in Koln, dating back to the 8th century. Each day we had lectures from two historians, which put what we were seeing in context. We went to Jewish museums, cemeteries, saw where Jews used to live prior to World War II, saw beautiful modern new synagogues, and met representatives from different Jewish communities. We went to the Jewish center at Heidelberg University and listened to a discussion about Jewish Studies and Jewish life from three students majoring in Jewish Studies: 2 were Jewish and 1 was not. In Basel, Switzerland, we went to the building where the first World Zionist Congress was convened in 1897. That was very powerful for me, to be in that room, having been a World Zionist Congress delegate for the Reform Movement twice. The Congress convenes every 5 years. Today, they control a \$5 billion budget, and they allocate seats in the major Jewish Institutions in Israel commensurate with the number of delegates each faction has in the WZC. These positions are very powerful and important. In 1897, the discussions and budget were very different. They debated where the Jewish state would be located and what it meant to have a Jewish State. They debated how to get people to move to a Jewish Homeland. Having been offered Uganda, Theodore Herzl had to wrestle with whether Uganda was a viable option for a Jewish Homeland. It was exciting to touch the wood in the room and know that the earliest Zionists had met there.

The last day we went to Colmar, France. After a Jewish tour of the town, we went to the synagogue that had not been destroyed during the war. Because of the expense of keeping it open and the lack of regular attendance, it is used only on the High Holy Days and other holidays. The rest of the year, the community goes to a small synagogue in the Jewish Community Center. In most of the synagogues we have been in on these trips, the raised platform from which the rabbi speaks and leads services is in the center of the room. I have ascended the Bima in many synagogues throughout Europe and the Middle East, and I have pictures of myself doing so. When I went up, I found a scroll on the lectern, long and very narrow. I explained to our Orthodox female guide that I was a rabbi and asked for permission to open the scroll, as I expected it was a Haftarah scroll. They are rare, and I've only seen them in museums. When I opened it, I was amazed by what I found. Each portion was delineated by the name of the torah portion, the scroll had vowels and cantillation marks, and the writing was impeccable. Seeing the beauty of this scroll was one of the highlights of the trip for me. My friend Dr. David Mendelsohn who was one of the scholars on the trip was equally bowled over by the beauty of the scroll and he took pictures of the writing to try and find out how old it is. The scroll predates the war. The scroll survived intact. The scroll, like the community, still survives, and it becomes a living piece of Jewish history.

Our ancient teachings still have meaning for us today and they are what has kept our people together for thousands of years. To be part of this ancient chain linking us back to the beginning is an incredible privilege that we cannot take for granted.

Please join me this weekend for Services, Adult Ed Saturday night, where I will attempt again to share a film that is a comedy dealing with Jewish family issues, Havdalah or family ed at 10:00 am on Sunday. Come and be counted on to help our little Jewish corner of the universe do our part to keep Judaism alive and present for future generations.

The President's Message

Susan J Goldstein, President

Dear TBS Friends and Family,

I hope everyone is enjoying the summer. It doesn't seem possible that we're halfway through the secular year and just a couple of months away from Rosh Hashanah!

Our **next services** will be Friday evening, July 10, at 7:00 and Saturday morning, July 11, at 10:00. We'll meet again on Saturday evening at 6:00 for potluck dinner, adult learning, and Havdalah service. On Sunday morning, July 12, we invite all kids and their parents to join Rabbi Liss at 10:00 for some learning and socializing.

Stay tuned for information about the **Meet & Greet** we're planning on **Saturday afternoon, August 29, from 3:00 to 5:00**. We are delighted to have prospective members whom we are looking forward to welcoming to TBS ahead of the High Holy Days, and we hope that many of our TBS family will want to greet them! And be sure to mark your calendars for our **Rabbi Weekend, August 14-16**.

Thank you to all who continue to bring donations of cans or boxes of food to help fight food insecurity in our local communities. This is a **year-round project**, so please continue to bring a can or box of food every time you come to TBS -- and please make sure that the expiry date is at least six months out since your donation may be on the shelf that long. Remember that only 5% of donations for food insecurity come from the private sector! Let's continue to take "leaps of action" by donating our cans/boxes to be distributed by the Hickory Soup Kitchen.

I look forward to seeing you, in person or via Zoom, on **July 10 and 11**.

B'Shalom,

Susan



TBS Sisterhood

Alexis Sweazy, Sisterhood President

Hello everyone!

Try to stay cool and hydrated until we meet again in the Fall.

As always, please reach out to me if you have any questions or suggestions for Sisterhood activities at alexismazamoody@gmail.com, or if you would like to join our email list.



The Harriet Sederholm Scholarship Fund

The Harriet Sederholm Scholarship Fund (HSSF) was established by a long-time Temple member and past President, Burt Sederholm z"l (may his memory be a blessing), to honor his late wife Harriet, who died shortly after she retired from 25 years with the Catawba County Department of Social Services. The scholarship committee is a sub-committee of the Temple Beth Shalom Board. The committee manages funds invested to

award **one-time** scholarships with the earnings from the invested funds. These awards honor the memory of Harriet Sederholm and her efforts to improve the lives of many impoverished adults and children in Catawba County.

The HSSF scholarship is available to students. Candidates will submit an essay to any one of the committee members. The essay will explain who the candidate is, what they are doing currently, their plans for the future, how the scholarship funds will be used, and, if applicable, what the connection may be to Jewish life.

The committee will make decisions based on the following preferences but not absolutes:

- Is the applicant a temple member or related to a temple member?
- Is the applicant Jewish?
- Will the funds be used for educational needs?
- Will the funds make a difference regarding the applicant’s ability to benefit from the activity?
- Is the activity something deemed to be of value by the committee?

Interested students should submit their essays by April 30th. The scholarship season runs from May 1-April 30. All applicants will be notified in writing if their application has been approved or declined by May 15th. Awards should be mailed to recipients by May 31st.

The essay should be emailed to any of the committee members: Lin Gentry, Jane Mandle, or Karen Ferguson. Naturally, the committee encourages everyone to make a tax-deductible donation to the Scholarship Fund at any time.

Temple Board



Our next meeting is TBD. Board meetings are open to all temple members. Contact Susan Goldstein if you wish to attend a scheduled monthly meeting.

Board members are:

Officers:

- Susan Goldstein, President
- Lin Gentry, Vice President
- Mary Lee Tosky, Secretary
- Susan Rieder, Treasurer

Members at Large:

- Amanda Garrick
- Karen Ferguson
- James Norwood
- Alexis Sweazy
- Patrick Rowan
- Pam Jones
- Jane Mandle
- Seth Cohn



Your board thanks you for your donations

General donations

- In memory of Arnold Kramish from Pam Jones*
- In memory of Maria Rieder from Susan Rieder*
- In memory of Madeleine Guy from Lin Gentry, Susan Rieder*
- In memory of Connie Hiller from Lin Gentry*
- In honor of birth of Juniper Maeve Magill, parents Rachel Igdal and Clinton Magill, granddaughter of Susan Rieder from Susan Goldstein*
- In honor of Rabbi Dennis Jones from Pam & David Jones*



Please consider pairing with a board member(s) to host a Shabbat or Holiday at Temple Beth Shalom. When members contribute to the life of our synagogue in this way, we all feel a part of our Jewish community and an active participant in assuring its well-being. A sign-up sheet is posted in the synagogue foyer, or you can sign up online. Here's the link: [TBS Hosting Sign-ups - Google Sheets](#)

1. View the [spreadsheet](#) to see what dates are free
2. Submit your choice using the [Google Form](#).
3. MaryLee will type in any form *submissions*, but **any board member can enter host names** on the spreadsheet for themselves or other members *by request*. Several of you have successfully done so!

There is still a great need for donations in food-insecure areas around us.

Please bring non-perishable food items to the temple whenever you come for services or other events. You will be helping fulfill the mitzvah of feeding the hungry and setting a good example for our youngsters.



Keep up with the amazing things happening at Hickory Soup Kitchen on Facebook

TBS Member Business Directory

Let us know if you would like to list your business here in the Bulletin. It is a free benefit of TBS membership

Gabe Almaza-Moody
Piedmont Herbals

Email: piedmontherbals@gmail.com

Website: <https://www.piedmontherbals.com/>

Facebook: <https://www.facebook.com/piedmontherbals/>

Instagram: https://www.instagram.com/piedmont_herbals/

Jack and Hannah Levy
Druzy Dreams Crystals

<http://www.etsy.com/shop/druzydreamscrystals>

Dr. David Peltzer
Newton Family Physicians

767 West First Street
Newton, NC 28658
828 465-3928

www.newtonfamilyphysicians.com

The Natural Olive
216 Union Square
Hickory

828-256-1950

www.NaturalOliveHickory.com

*A listing in this business directory is a benefit of TBS membership. If you are a TBS member and wish to be listed please send your business name, address, phone number and email address to:
karen.sederholm@gmail.com*



June

Landen Baumfeld 6/5
Susan Jarvis Goldstein 6/10
Connie Tosky 6/14
Heidi Jones 6/14
Esther Greene 6/16
Ron DuBow 6/20
Sandy Guttler 6/22
Ashley Brooke Cohn 6/30
Rhett Tompkins 6/30

Anniversaries

Solomon and Stephanie Zerden 6/6
Dennis and Kathy Jones 6/9
Rich and Debbie Engelmann 6/10
Lin and Frank Gentry 6/14
Karen and Clyde Ferguson 7/9

Yahrzeits

Harry Leifer 6/1
Tessie Lederer 6/1
David Baum 6/2
Saul Kallman 6/2
Isador Lebowitz 6/3
Roy Bowen 6/5
Noemi Ban 6/7
Martin Kallman 6/8
Maria Rieder 6/9
Mazzie Hull 6/11
Harris Sederholm 6/14
Arnold Kramish 6/15
Irene David Gabriel 6/18
Morris Siminoff 6/20
Dorothy Cohen 6/21
Stephen Schonberg 6/24
Dorothy Rubinstein 6/24
Augusta Cheslock 6/26
Lore Fanny Cohn 6/26
Harris Yelin 6/27
Anne Siminoff 6/29

Birthdays

July

Emily Tosky 7/3
Lin Gentry 7/7
Karen Ferguson 7/9
Daniel Jones 7/16
Tiffany Hull 7/17
David Peltzer 7/18
Eric Igdal 7/19
Seth Cohn 7/19
Mitch Weatherly 7/19
Alison Weatherly 7/20
Arleen Gold 7/20
Alexis Cangemi 7/23
Debra Engelmann 7/24

Nathan Miller 7/1
Elaine S Rockstein 7/5
Sylvia Hilda Kaufman 7/6
Soloman Friedman 7/10
Carole Bowers 7/16
Rose Klein Solomon 7/18
Leo John Maciejewski 7/19
Bernice Fedder 7/20
Marvin Yelton 7/20
Florentine Liffman Loeb 7/21
David F Goldberg 7/25
Henry Charles Bauer 7/26
Rachel Gillette 7/27
Moshe Goldman 7/27
Deanne Griffin 7/28
Chris Christenbury 7/30
Blanche Solomon Morgan 7/30

Local and Regional Events

Center for Judaic, Holocaust, and Peace Studies

Digital Archive of Lectures and Testimonials

The Center maintains an archive of recorded lectures, testimonials of genocide survivors, and panel discussions that take place at App State or during affiliated events.

THE HICKORY FARMER'S MARKET Main Season (April–October): Wednesdays: 10am–1pm Saturdays: 8am–1pm

Winter Market ~ November 1st - March 28th
Saturdays 10am-1pm



America's Clogging Hall of Fame Extreme Workshop and Competition

📍 Hickory Metro Convention Center and Visitors Bureau



CSC Members Night at the Crawdads

📍 Hickory Crawdads



House of Hair 80's Metal

📍 The Hickory Premier



SPARK-A STEM Career Showcase

📍 Catawba Science Center & Millholland Planetarium



Your Local Card Show: Hub City Clash

Hickory Metro Convention Center and Visitors Bureau



Pauly Shore Live at The Premier

The Hickory Premier



Bourbon Sons

The Hickory Premier



Furniture Festival and Clearance Sale

Hickory Furniture Mart



Catch My Drift at Hickory Motor Speedway

Hickory Motor Speedway



Josh Baldwin Post-Game Concert

Hickory Crawdads



Lunch and Learn: Rendezvous Mountain

Fort Defiance



Neon Dream Dance Party

The Hickory Premier



Repticon Hickory

Hickory Metro Convention Center and Visitors Bureau



'LightChasers' Exhibition Artist Q+A at NoCo ARTS

NoCo Arts



David's Home Entertainment Spa & Hot Tub Expo

Hickory Metro Convention Center and Visitors Bureau



On the Border - The Ultimate Eagles Tribute

The Hickory Premier

2026- 2027 Schedule for Rabbi Services and Sunday School

Date	Event	Newsletter deadline
August	14 Friday night service 7pm	June 23
	15 Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	
	16 Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
September	11 Erev Rosh Hashana 7 pm	August 23
	12 Rosh Hashana service 10 am followed by Kiddush lunch, then Tashlich service	
	21 Erev Yom Kippur (Kol Nidre) 7 pm	
	22 Yom Kippur service Shacharit and Yiskor 10 am; Yom Kippur Ma'ariv and Neilah 5 pm followed by Break Fast	
October	2 Friday night service (Shemini Atzeret) 7 pm	September 23
	3 (Simchat Torah) Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	
	4 Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
November	6 Friday night service 7pm	October 23
	7 Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	

(November)	8	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
December	4	Friday night service 7pm (Chanukah)	November 23
	5	Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm Hanukkah Party TBD	
	6	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
January	8	Friday night service 7pm	December 23
	9	Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	
	10	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
February	5	Friday night service 7pm	January 23
	6	Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	
	7	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
March	5	Friday night service 7pm	February 23
	6	Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	
	7	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
April	22	Pesach 2 nd night TBS Seder 6pm	March 23
	23	Friday night service 7pm	
	24	Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring	

		a parve or dairy dish to share), Adult learning and Havdalah 6 pm TBD	
(April)	25	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
May	21	Friday night service 7pm	April 23
	22	Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	
	23	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	
June	18	Friday night service 7pm	May 23
	19	Shacharit service 10 am followed by Kiddush lunch; Seudah Shlishit (bring a parve or dairy dish to share), Adult learning and Havdalah 6 pm	
	20	Young family gathering with Rabbi Liss 10am; Adult Bar or Bat Mitzvah group with Rabbi Liss 11am	

Tips for Staying Hydrated

- **Drink Water Regularly:** Don't wait until you're thirsty to drink water. Carry a reusable water bottle and sip throughout the day, especially when outdoors.
- **Hydrate Before Activity:** Drink a glass of water 30 minutes before heading outside or engaging in physical activity.
- **Consume Electrolytes:** When sweating heavily, you lose electrolytes like sodium and potassium. Replenish them with low-sugar sports drinks or coconut water.
- **Eat Hydrating Foods:** Incorporate fruits and vegetables with high water content, such as watermelon, cucumbers, berries, and citrus fruits, into your diet.
- **Avoid Alcohol and Caffeine:** These can contribute to dehydration. Opt for water or electrolyte-rich beverages instead.
- **Set Reminders:** Use phone alarms or hydration apps to prompt regular water breaks during busy days.

Want to contribute to The TBS Bulletin? Send your request to karen.sederholm@gmail.com.
All entries are reviewed by the TBS Board before publication.