A Helping Hand

Is it charity to donate clothes to families trying to legally seek asylum in our country or is it supporting a cause you believe in? Is there a difference? Does it matter? Perhaps it matters more to the recipient than the giver. Either way, I think people in our community are seeking out ways to offer service, be it time, money or contributions. I believe in this age of mass media it is hard to ignore the needs of others around us.

Fortunately, there are so many avenues to get involved. Synagogues and churches always have programs running to support people in our community and those suffering from disasters around the world. We have multiple agencies representing a plethora of causes in the city as well as schools in need of tutors and mentors. There are so many ways to give back here. I think the hardest part, as is usually the case, is getting started. With all the needs out there, it can be overwhelming to know where to begin.

I suggest talking with your friends or family members about causes they support. You can always join them at a meeting to see if the organization’s work is in line with your physical, financial and time limits. Remember, money is not the only thing an organization needs. There is so much more you can do to support them. After a lifetime of experience, you are a wealth of knowledge and expertise. A few hours of that per week is so valuable to organizations working on a tight budget.

For my part, I promise to bring more opportunities to the JCC to offer your time and support to causes that are meaningful to us. I’m wide open to suggestions, so feel free to email me or stop by with ideas. Together, let’s make a difference!

Remember to live, love, laugh and enjoy!

[Signature]
Tour of New Orleans Culinary & Hospitality Institute (NOCHI)
Thursday, February 20 | 12:00 - 2:00 PM
There is no charge for the tour | Lunch is dutch treat
Join your friends for a tour of the new NOCHI building. The tour will show guests their full campus, from the culinary and pastry teaching kitchens, to event spaces. We will learn about NOCHI’s many programs and offerings along the way.
We will meet for lunch downstairs at the cafe’ at noon and then start our tour at 1:00 PM. **RSVP by Monday, February 17**

**Movie Day - Lincoln**
Thursday, February 27 | 12:00 - 2:30 PM
No charge members and non-members
Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln’s cabinet regarding the war and abolition. Daniel Day-Lewis won an Academy Award for his portrayal of Abraham Lincoln in this film. Movie snacks will be served. **RSVP by Monday, February 24**

**Rachel’s Recipe Corner**

**Chicken and Avocado Soup**

**Ingredients**
- 2 tsp olive oil
- 1-1/2 cups scallions (chopped fine)
- 2 cloves garlic (minced)
- 1 medium tomato (diced)
- 5 cups reduced sodium chicken broth
- 2 cups shredded chicken breast (12 oz)
- 8 ounces from 2 small ripe Hass avocados, diced
- 1/3 cup chopped cilantro
- 4 lime wedges
- kosher salt and fresh pepper (to taste)
- 1/8 teaspoon cumin
- pinch chipotle chile powder (optional)

**Directions**
Heat a large pot over medium heat.
Add the oil, 1 cup of scallions and garlic. Sauté about 2 to 3 minutes until soft then add the tomatoes and sauté another minute, until soft.
Add chicken stock, cumin and chile powder and bring to a boil. Simmer, covered on low for about 15 minutes.
In four bowls, fill each with 1/2 cup chicken, 1/2 avocado, remainder of the scallions, and cilantro. Ladle 1 cup chicken broth over the chicken and serve with a lime wedge.
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Happy Birthday
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Puzzle and Trivia Answers

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Lokshen

A man was having an affair with a Jewish woman. One night, she confided in him that she was pregnant.

Not wanting to ruin his reputation or his marriage, he said he would pay her a large sum of money if she would go to Israel to secretly have the child.

If she stayed in Israel to raise the child, he would also provide child support until the child turned 18.

She agreed, but asked how he would know when the baby was born.

To keep it discreet, he told her to simply mail him a postcard, and write “Lokshen” (noodles) on the back. He would then arrange for the child support to begin.

One day, about 7 months later, he came home to his confused wife. “Honey,” she said, “you received a very strange postcard today.”

“Oh, just give it to me and I’ll explain it later,” he said. The wife gave him the card. He turned white, and fainted.

On the card was written: Lokshen, Lokshen, Lokshen, one with kneidlach, two without. Send extra soup.

One liners...

My ability to remember song lyrics from the past far exceeds my ability to remember why I walked into the kitchen.

As I watched the dog chasing his tail, I thought dogs are easily amused. Then I realized I was watching the dog chase his tail.

Sometimes I shock myself with the smart stuff I say and do. Other times I try to get out of the car with my seat belt on.

Bees teach us an important lesson. You may be small, you may be tiny. But when you’re chasing someone with a sharp object...people will still run from you.

Perks of being my friend; you’ll be the normal one.
Kindness Matters

There is now such a thing as Kindness Day—it was February 17. Children across the country celebrate this day in school, making posters and cards for others. Our camp has a Kindness March every year. The children second line around the block, sharing the message that kindness matters. Kindness does matter and it is an important lesson to drill into children. It is also important to remind adults.

“Please” and “thank you” go a long way for everyone. It goes hand-in-hand with showing respect and acknowledging that you think everyone has value and that you appreciate them. Isn’t that why we teach it to children? And yet, as we get older many people forget to use those words themselves. Trust me, it is noticed when you use those words just as it is noticed when you omit them. People are more willing to help you and support you when they know you appreciate them and would do the same for them. As I said in my last newsletter, we all have our limitations and that is fine. But you can always say “please” and “thank you.”

As we mature, differences become more pronounced but we must still interact with each other, be it in a work context or social setting. As adults we are expected to just get along, yet some people make that more difficult than others. Personally, in those situations I try to avoid the conversations that I know will cause conflict and focus on the issues we have in common. I try to recognize circumstances that may have brought an individual to being in a more defensive stance and focus on compassion instead. That helps me to be kind.

Compassion is a key ingredient to kindness, just like being respectful and polite. Don’t you appreciate kindness in your life? Challenge yourself to do two kind acts each day. Now that’s a New Year’s resolution I can abide by.

Remember to live, love, laugh and enjoy!
RSVP by date listed for each event to Rachel Ruth at 504.897.0143 or rachel@nojcc.org, unless otherwise stated.

Lunch & Learn
Thursday, March 5 | 12:00 - 1:30 PM
$3 members / $5 non-members
Join us for our monthly lunch and learn as we discuss interesting topics with a local Jewish professional. This month it’s Rabbi Pernick from Beth Israel. A light lunch will be served. RSVP by Monday, March 2

Morris Bart, Sr. Lecture Series
The Hands That Rocked the Creole Cradle: Louisiana’s Early Inhabitants and Their Contributions to Our Creole Heritage
Monday, March 9 | 11:45 AM - 1:30 PM
No charge members / $10 non-members
Dianne “Gumbo Marie” Honore’ is a New Orleans native and founder of the Black Storyville Baby Dolls, the Amazons Benevolent Society and Unheard Voices of Louisiana. Dianne has dedicated her life to truthful story telling. Her discussion will include marginalized groups such as the indigenous population prior to Louisiana’s founding, German Acadians, gens de couleur libres, and more. Her talk will focus on the enslaved people of Louisiana, their religious practices (which include Voodoo), and the role of music in cultural development. Lunch will be served. RSVP by Thursday, March 5

Commander’s Palace Luncheon
Tuesday, March 10 | 12:00 - 2:00 PM
No charge / members only
For many years Robert Kohlmann sponsored an elegant luncheon at Commander’s Palace for the JCC senior community. We will continue to honor his memory at this year’s luncheon. Reservations are limited and required by Tuesday, March 3

JCC Book Club - Bittersweet Brooklyn: A Novel by Thelma Adams
Tuesday, March 17 | 1:30 - 3:00 PM
No charge members and non-members
In turn-of-the century New York, a mobster rises—and his favorite sister struggles between loyalty and life itself. Bittersweet Brooklyn explores the shattering impact of mob violence on the women expected to mop up the mess. Winding its way over decades, this haunting family saga plunges readers into a dangerous past—revealed through the perspective of a forgotten yet vibrant woman. Reviewed by Janice Meer, retired English Literature and Creative Writing Professor from the University of Maryland.

NOMA - Buddha and Shiva, Lotus and Dragon: Masterworks from The Mr. and Mrs. John D. Rockefeller, III Collection at Asia Society
Wednesday, March 18 | 12:00 - 2:00 PM
Museum entrance is free for Louisiana residents on Wednesday | Lunch is dutch treat
Nearly seventy of the finest examples of Asian art in the United States, collected by John D. Rockefeller, III and his wife Blanchette Hooker Rockefeller between the 1940s and 1970s, will be showcased in an exhibition on loan from the Asia Society Museum. The extraordinary range of bronzes, ceramics, and metalwork reveals great achievements in Asian art spanning more than two millennia.
Join your friends for lunch at Cafe’ NOMA in the museum at noon, then enjoy this new exhibit with the guidance of Jillian Richman, our favorite museum docent. RSVP by Monday, March 16

**Movie Day - Roman J. Israel, Esq.**
Thursday, March 26 | 12:00 - 2:15 PM
No charge members and non-members
*Roman J. Israel, Esq.* is a dramatic thriller set in the overburdened Los Angeles criminal court system. Denzel Washington stars as a driven, idealistic defense attorney whose life is suddenly disrupted. When he is recruited to join a firm led by ambitious lawyer George Pierce (Colin Farrell), and begins a friendship with a young champion for equal rights (Carmen Ejogo), a turbulent series of events ensues, which will put the activism that has defined Roman’s career to the test. Movie snacks will be served. RSVP by Monday, March 23

**Jazz Brunch with the Gary Negbaur Group**
Sunday, March 29 | 11:00 AM - 12:30 PM
$5 members and non-members
Join your friends for a delicious New York style brunch while enjoying some fantastic live music. New York pianist/singer/song writer Gary Negbaur will join us with his band for a fun-filled concert featuring the Rodgers & Hammerstein classic, “You’ve Got to Be Carefully Taught.” The performance includes a mix of jazz, blues and New Orleans R&B, exploring the themes of passion, prejudice and patriotism. This event is generously underwritten by the Feil Foundation. RSVP by Monday, March 23

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### Rachel’s Recipe Corner

#### Bittersweet Brownie Shortbread

**Ingredients for the shortbread**
- 1 1/2 cups cold unsalted butter (3 sticks), cut into 1/2-inch pieces, plus more for greasing the pan
- 3 cups all-purpose flour
- 3/4 cup granulated sugar
- 1 1/4 teaspoons fine sea salt

**Directions**
Heat oven to 350°. Grease a 9-by-13-inch baking dish, and line with parchment paper so that there is a 2-inch overhang on the two long sides.

Prepare the shortbread: In the bowl of an electric mixer mix together flour, sugar and salt. Beat in butter on low speed until dough just comes together but is still a little crumbly. (Or pulse together ingredients in a food processor.)

Press dough into prepared pan. Prick dough all over with a fork. Bake until golden, 30 to 35 minutes. Remove from oven. Raise oven temperature to 375°.

As shortbread bakes, prepare the brownie: Place butter and chocolate in a large bowl. Melt in the microwave in 30-second bursts, stirring after each burst, until smooth. (Alternatively, place bowl over a pot of simmering water, and heat chocolate and butter, stirring until smooth and melted.) Whisk in sugars and cocoa powder until smooth, then whisk in eggs and vanilla.

In a medium bowl, whisk together flour and sea salt. Whisk into chocolate mixture until no streaks of flour remain. Fold in nuts, if using. Spread mixture onto the warm shortbread base. Sprinkle lightly but evenly with flaky sea salt.

Bake until the top is set, the center is soft, and the edges start pulling away from the pan, 23 to 28 minutes. (A toothpick inserted into the center will come out gooey.) Transfer to a wire rack to cool completely.
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<td>10</td>
<td>11</td>
<td>Book Club 1:30 - 3:00</td>
<td>NOMA</td>
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<td>Exercise</td>
<td>Mah Jongg-Met</td>
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<td>15</td>
<td>16</td>
<td>Exercise 10:30 - 11:30</td>
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<td>Games Day</td>
<td>Mah Jongg-Met</td>
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<td>22</td>
<td>23</td>
<td>Exercise 10:30 - 11:30</td>
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<td>29</td>
<td>30</td>
<td>Jazz Brunch with the Gary Negbaur Group 11:00 - 12:30</td>
<td>Exercise</td>
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<td>RSVP by March 23</td>
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<tr>
<td>31</td>
<td></td>
<td>Exercise</td>
<td>Mah Jongg-Met</td>
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</table>
Happy Birthday

March 3
Renee Spratt

March 9
Joyce Giordano

March 15
Shirley Goldman
Larry Schlueter

March 17
Thaia Pick

b. Paul Anka - “Johnny’s Theme” is an instrumental jazz song played as the opening theme of The Tonight Show Starring Johnny Carson from the show’s inception in 1962 through its finale in 1992. The piece was composed by Paul Anka, who estimated that “Johnny’s Theme” was played more than 1.4 million times over the course of 30 years. As its original composer, Paul Anka also was paid each time the piece was broadcast, earning him an average of about $200,000 per year. “Johnny’s Theme” earned a Grammy Award nomination in 1987.

Movie Day
12:00 - 2:15
RSVP by March 23

Exercise
10:30 - 11:30

Lunch and Learn
12:00 - 1:30
RSVP by March 2

Exercise
10:30 - 11:30

Games Day
11:00 - 3:00

Exercise
10:30 - 11:30

Exercise
10:30 - 11:30

Movie Day
12:00 - 2:15
RSVP by March 23

Exercise
10:30 - 11:30

Exercise
10:30 - 11:30

Lunch and Learn
12:00 - 1:30
RSVP by March 2

Exercise
10:30 - 11:30

Exercise
10:30 - 11:30
**ACTIVE ADULT DONATIONS**
A donation to the Active Adult program is a beautiful way to let someone know that you have remembered them or a loved one, and in turn you help defray the costs of our programs. Acknowledgements of your rememberance are sent to whom you choose along with a tax deductible confirmation to you. Donations can be made online at www.nojcc.org, called in, mailed in or dropped off at the reception desk.

**Krieger Senior Citizens Transportation Fund**
*In memory of Sandy Heller*
Beth A. Orgeron
Mrs. Tiki Axelrod

---

**What can you say...**

**SNAKE!!!**

Because true friends hang out with you when you’re not feeling well.

---

**Finances**
This conversation is between a man and his wife. Please note that she asks seven questions, which he answers quite simply, but then she is speechless after answering only one question from him.

**Woman:** “Do you drink beer?”
**Man:** “Yes.”
**Woman:** “How many beers a day?”
**Man:** “Usually about three.”
**Woman:** “How much do you pay per beer?”
**Man:** “$5 which includes a tip.”
**Woman:** “How long have you been drinking?”
**Man:** “About 20 years, I suppose.”
**Woman:** “So a beer costs $5 and you have three beers a day, which puts your spending each month at $450. In one year, it would be approximately $5,400, correct?”
**Man:** “Correct.”
**Woman:** “If in one year you spend $5,400, not accounting for inflation, the past 20 years puts your spending at $108,000, correct?”
**Man:** “Correct.”
**Woman:** “Do you know that if you didn’t drink so much beer, that money could have been put in an interest savings account and after accounting for compound interest for the past 20 years, you could have now bought an airplane?”
**Man:** “Do you drink beer?”
**Woman:** “No.”
**Man:** “Where is your airplane?”

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**TRIVIA CORNER**
Who wrote “Johnny’s Theme,” the signature music of *The Tonight Show Starring Johnny Carson*?

a. Neil Diamond  
b. Paul Anka  
c. Frank Sinatra  
d. Barry Manilow

*answer and info on page 5*
Across
1. Broom Hilda, e.g.
6. Reese of "Touched by an Angel"
11. Comment by Scrooge
14. Boring
15. An archangel
16. Actress Gardner
17. "You're ___ talk!"
18. Ace Ventura portrayer
20. Cass Elliot, once
21. French impressionist
22. Grimm character
23. French farewell
25. Capsizes
27. Famed tenor
31. Examine
32. Folk singer Burl
33. Morning moisture
36. Highlander
37. Summoned, in a way
39. Golfer's target
40. Part of CBS (Abbr.)
41. Star of "Elephant Boy"
42. Hangman's knot
43. Author of "Lord Jim"
46. Learned scholar
49. Extra charge
50. Federal Reserve chief Greenspan
51. Infuse
54. Blow from a cat-o'-nine-tails
57. He played a Corleone
59. Completely
60. It's for the Byrds
61. "Keep your ___ on!"
62. Actress Burstyn
63. Stats for Oscar de la Hoya
64. Whip marks
65. Sprinkles powder

Down
1. "To ___ it may concern"
2. Hebrides island
3. Common people
4. Come to an agreement
5. Medical plan (Abbr.)
6. Word after soup
7. Emerald Isle
8. Gimlet sweetener
9. Remonstrated
10. ___ king
11. Flat-bottomed vessel
12. Prevent
13. 19th U.S. president
19. "Friends" character
21. ___ culpa
24. Glacial
26. Faux ___
27. Sharp projections
28. "___ can you see..."
29. Construct haphazardly
30. Second of all?
33. Entranceway fasteners
34. Lanchester of "The Bride of Frankenstein"
35. Garden intruder
37. Incongruous composition
38. Lincolnesque nickname
39. Aloha State capital
41. Cain was the first
42. Sign of approval
43. Tarzan's mate
44. Former hangouts
45. Alphabet trio
46. Host of "Wheel of Fortune"
47. It fell in 1836
48. Improvised musical accompaniments
52. Camelot coat
53. Simpson lad
55. Editor's notation
56. Old biddies
58. Wind dir.
The Temple Sinai Sisterhood cordially invites you to

The Robert L. Kohlmann Senior Outreach Luncheon

“Popular American Songs”

Wednesday, April 1, 2020
12:00 - 1:30 PM

Temple Sinai
6227 St. Charles Avenue

Entertainment by
Meryl Zimmerman and Marcus St. Julien

RSVP by March 13, 2020
Judith Custer - (504) 269-9228
or judithrcuster@aol.com