



# The JSC Newsletter

Newsletter of the Cleveland Jewish Secular Community

[www.jewishsecularcommunity.org](http://www.jewishsecularcommunity.org)

February 2019/5779

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## Shabbat Dinner and Program Friday, Feb. 15, 2019

First Unitarian Church, 21600 Shaker Blvd.

**Speaker:** Laura DeMarco, Plain Dealer arts and culture reporter.

**Topic:** Cleveland Then and Now

Ms. DeMarco will discuss her latest book as well as her prior book, *Lost Cleveland*. Books will be available for sale after the talk. Laura specializes in local history and lost landmarks, an interest that began with teenage adventures through abandoned buildings and Cleveland's industrial wastelands. She covers historical preservation, cultural institutions, immigrant groups, neighborhoods and the forgotten stories of Cleveland's most interesting characters. Her multi-media "Lost Cleveland" features are some of the most popular on Cleveland.com.

Meet and mingle at **6:30 pm**  
Shabbat program at **6:45 pm**  
Potluck dinner at **7:00 pm**  
Speaker **8:00 - 9:00 pm**

**RSVP by Wed. Feb. 13**, to Peg Fishman at (440) 349-1330 or [pegfishman@gmail.com](mailto:pegfishman@gmail.com).

Last names **A-Sh** and **W-Z** bring a side dish or salad for 6 (couples please bring enough for 12); **Sm-V** bring a dessert for 10 (couples please bring enough for 20). Please bring a list of ingredients and pre-cut if possible. The community will provide chicken, challah, wine, drinks, and all serving utensils.

### Upcoming Events

**Sun Feb. 10** — Board Meeting

**Feb. 15**, Laura DeMarco, Cleveland Then and Now

### 2019 Friday Shabbat Programs

**March 22**, Purim, Ed Kraus, Mayor of Solon

**April 12**, Jo Steigerwald, Seeds of Literacy

**May 10**, Jan Ridgeway, Garden Valley Neighborhood Center

### A Message from Marcia

After making reservations for a JSC social event and you have a change of plans and cannot attend, please let Marcia Rosenthal know. You can e-mail Marcia at [sunchoke@sbcglobal.net](mailto:sunchoke@sbcglobal.net). This is especially important when restaurant reservations are made and there are no-shows. The unused space could be used for other customers.

## Community Service

The next Community Service project is scheduled for the Cleveland Food Bank. You would help sort and re-package perishable and non-perishable food that is later distributed to local food pantries, soup kitchens, and shelters. The Food Bank's mission is more important now than ever, so let's pitch in and help out. We have scheduled JSC for Wednesday, February 13, from 2 to 4 p.m. Location: 15500 S. Waterloo Road (parallel to the I. 90 freeway.) To sign-up, contact Sandy Guth, 216-291-5869, or [allenguth@gmail.com](mailto:allenguth@gmail.com)

## The Bookshelf

*Godless Citizens in a Godly Republic: Atheists in American Public Life.* (Norton. 2018) By R. Laurence Moore and Isaac Kramnick

**Professors Kramnick and Moore** are retired professors of history and government respectively at Cornell University. Regarding the topic of atheism in American life, there has been a good deal more heat than light thrown on the subject. This small and readable volume is all about throwing light on the topic.

The book begins in our Colonial Period, with a discussion of the origin of the concept of religious liberty. The authors trace the struggles of atheists in areas such as separation of church and state, compulsory school prayer, and ongoing discrimination against those who do not believe in a god. Of special interest to me was the chapter entitled, "Unequal under God." Here the authors discuss the controversy surrounding the decision to add "under god" to the language of the Pledge of Allegiance (1954) and to add "In God We Trust" to replace "e pluribus unum" on U.S. coins (1956). Most disturbing are efforts by the Evangelical Right, through laws and through court decisions like the Colorado baker case, to provide a basis for religious people to discriminate against some customers over others on the basis of sexual orientation. The book concludes with a useful contemporary survey of the humanist organizations active in the United States.

For those who would like a clearly-written overview of the atheist/humanist/secularist

movement in the United States, this would be a good choice.

-- Mark Weber

## Lord of the Lie

I lied in the morning  
As the term was begun,  
And I lied to the flag,  
And the crowd for fun,  
And I came down from *heaven*  
And I lied on the stage,  
In Washington  
I showed my rage.

I lied in the Tweets  
And on the news TV,  
But some would not lie  
And they wouldn't follow me.  
I'll lie to congress  
For all to see  
Let the lie go on  
As they come for me.

I'll lie then, wherever I may be,  
I am the Lord of the lie you see,  
And I'll lead you all, from wherever you may be,  
And I'll lead you all with the lie, trust me

I lied on the green  
As I wacked the ball,  
The network pundits  
Said I was small not tall  
They'll sue and they'll screw  
And they'll hang me to dry,  
And they'll leave me here  
As they wave good bye.

I'll lie on the last day  
When the sky turns black.  
It's hard to lie  
With the law on your back.  
They'll build my library  
On the eighteenth green  
But I am the lie  
And I'll still be seen.

I'll lie, then, wherever I may be,  
I am the Lord of the lie, you see,  
And I'll lead you all, from wherever you may be,  
And I'll lead you all with the lie, trust me.

-- Jim Mayer

## Education vs Tradition

In January 2019 we went grocery shopping where milk was \$1.98 per gallon but kosher milk \$6.77. When many adjunct college teachers must shop at food pantries, supporting kosher practices is a luxury that I cannot in good conscience enable. So let's talk about the unstated goals of higher education.

**First**, maintain and grow the college endowment.

**Second**, maintain and grow the president's salary.

**Third**, maintain and grow the college ranking in the annual magazine ratings.

**Fourth**, attract enough young PhD students to keep the senior tenured staff paid knowing that there will be few opportunities for the young in higher education.

**Fifth**, generate the maximum number of individual research papers just sufficient in quality for publication. Long papers of significance are not encouraged.

**Sixth**, staff undergraduate education on a just-in-time basis and pay adjuncts less than day laborers. You have no need to pay more or include benefits or job security because you have produced overcapacity.

You can choose from an inexhaustible pool of the over educated to meet the needs of academia. Like the auto industry where parts arrive on a just-in-time basis to be put on the vehicle, so too teachers arrive just-in-time to impart their knowledge/wisdom onto the *vehicle platform*. This *chassis* comes raw to college and leaves hopefully perfectly *assembled*.

In order to make a positive suggestion, let's use our resources to start a network of food banks for college adjuncts. Who will volunteer to be on this committee?

-- Jim Mayer

## Here's the Dirt

The speaker at the January 18<sup>th</sup> Shabbat was asked a question regarding the difference between mulch and compost, which he partially answered, this not being his area of expertise. I offered a little more information since it is a subject I'm very familiar with. After the program I decided my answer wasn't really adequate or complete so I thought I'd give a better answer here, for anyone who might want to know.

As I said at the time, mulch can be anything you apply over and around your plants to conserve moisture, suppress weeds, warm or cool the soil or simply achieve a neater appearance in your beds. It can be wood chips, lawn clippings, straw, leaves or even newspaper or cardboard. Sometimes people use inorganic material (like shredded rubber) that is more permanent. If you use organic material it breaks down eventually (composts) and uses the nitrogen from the soil around your plants in the process. Often plants that are heavily mulched may need additional fertilizer to maintain their health.

Compost is this organic material after it's decomposed. It acts as fertilizer and adds nutrients to your soil. This is the material our speaker's company, Rust Belt Riders, is making.

Gardeners work compost into the soil to improve the fertility and add beneficial microorganisms. They add mulch over garden beds to conserve moisture, suppress weeds, warm or cool the soil.

I hope this clarifies the brief answer I gave at the program. Maybe it's Too Much Information? Gardening is what I do so I guess I can't help myself!

-- Nadelane Joseph

## Some Notes on Sleep

Lori Guth Moffett, daughter of Allen and Sandy Guth, is a healthcare provider at Wexner Heritage Village in Columbus. Lori posted the subject of sleep on her FaceBook page and received the following responses. We all have sleep in common (or the lack thereof), so you might find the following of interest.

*Sleep. Sleep. Sleep. World's greatest medicine. How did you sleep last night? Do you panic when you can't sleep? Do you embrace it? This is a survey for a class I am creating.*

Go.....

My sleep is the most important thing to me!!! ☐ I do get a little panic stricken if I can't sleep because I know my level of being able to function will be low. During the work week I get about 7 hours a night. ☐☐ On the weekends/holidays, it's about 9.5. ♥ **SHP**

I love sleeping after about a decade or more of broken sleep due to parenting young ones. Last night I slept great solid about 7-8 hrs. When the kids were young I had very disrupted sleep and definitely anxiety around it. I am very protective of my sleep now because my mental health and ability to function are compromised when I don't get enough sleep...I wouldn't say panic but I get anxious when I don't get my sleep **HH**

I love to sleep and have also dealt with mild insomnia most of my life. I now embrace it as my body's own weird rhythm and that helps a lot. I am often v productive on the nights I can't sleep or mornings I wake up too early, and I'm lucky that I usually have the flexibility to accommodate the comedown later. I've learned that i can do my best to create good sleep, but in the end resisting the insomnia only makes it worse. Thank goodness for Reiki. **CP**

Depends on the moon phase. I get agitated around the full moon. I have trouble falling and staying asleep and have to keep a sock over my alarm to keep from constantly checking the time. I rarely sleep well for the whole night. **MW**

I have a sleeping disorder called non 24 It's the Kayden rhythm disorder which is common in half of the blind persons in the world so when I can't sleep I do worry some because I want to be awake in the day and have restful sleep at night. My body is all backwards **JL**

I used to be a very poor sleeper and was lucky to get 4 hours/night. I took Ambien for 20 years to get 6 hours. Last year I retired, stopped taking Ambien, and now I sleep like a baby! My blood pressure also dropped 18 points... retirement certainly has its gifts! **NH**

I sleep well if I drink chai tea before bed and take Tylenol, due to chronic back pain that hopefully surgery will correct next month. Otherwise, I by nature am a night owl and do better staying up late and sleeping into mid morning (if not working). **MT**

I have always slept well, and prioritized it (like making sure I'm in bed 8.5-9 hours before I need to be awake). On the rare occasions I can't sleep the things I try in my mind to get to sleep (slow counting, deep breathing, recalling a memory) often make me more anxious instead of more relaxed, and I'm sure it is around the idea of not getting enough sleep and not feeling my best the next morning. Since we've instituted all the "hacks" those nights are even less frequent. (Black out shades, noise machine, blue blocking bulbs, no screens before bed, etc) **ML**

I was having problems waking up in the early mornings. But I started working with a specific sleep formula and focused on nourishing my nervous system. I adopted some new afternoon rituals and also did a review of the lifestyle stress I was enduring. **BS**

## Jottings

Dear friends,

We want to express our sincere gratitude for the outpouring of support we received from you after the recent death of Greg's father. We were so touched by all the people who attended the funeral, visited us during shiva, provided food and sent cards. Your support was a real comfort and we feel truly fortunate to be part of such a caring group.

Greg and Karen

**Please fill out the following food identification label and bring it along with your dish. This will allow members to:**

- determine whether or not they can or want to eat the food that you brought, due to allergies, sensitivities, or general likes/dislikes
- talk to you about the dish you brought
- thank you if they love the dish you brought
- ask you for the recipe

<p>Food Identification</p> <hr/> <p>Name of Food</p> <hr/> <p>Brought by</p> <p><input type="checkbox"/> <b>Gluten Free</b> (contains <b>NO</b> wheat, barley, rye, oats)</p> <p><input type="checkbox"/> <b>Vegetarian</b> (contains <b>NO</b> animal products)</p> <p>Contains other allergens, including: <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Soy</p> <p><input type="checkbox"/> Shellfish <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Other _____</p> <p><i>Please list carefully as those with allergies can have severe and harmful reactions.</i></p>
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**– Lori Berenson**

## The JSC Mission

*The Jewish Secular Community, affiliated with the Congress of Secular Jewish Organizations, is a non-profit cultural and educational organization whose purpose is to:*

- ✧ *Encourage Jewish identification in a non-theistic setting that draws inspiration from the traditional Jewish sources and values*
- ✧ *Educate adults in the history, culture, and tenets of Judaism*
- ✧ *Celebrate and observe Jewish holidays and life cycle events*
- ✧ *Contribute to the betterment of our society through social action and volunteerism*
- ✧ *Provide a link to a world-wide community of secular Jews*

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