

Meichels

By Norma Barach
(JTA, Inc.)

ROSH HASHANAH

The high holidays are coming and it is a time when families and friends get together, and we oftentimes do not know what to serve. A typical menu for the Rosh Hashanah holiday meal is:

- | | |
|----------------------------------|-------------|
| Wine | Honey cake |
| Apples & honey | Mints |
| Challah & honey | Coffee, tea |
| Fried chicken livers with onions | |
| Sweet noodle kugel | |
| Broccoli almondine | |
| Roast brisket with baby carrots | |



After returning from lengthy Rosh Hashanah services, a ready-to-serve meal is necessary, since no one wants to wait for lunch. It is advisable to have a fruit cup prepared ahead of time as an appetizer, while the food that needs reheating is heated quickly. A suggested Rosh Hashanah lunch menu:

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|----------------------------|------------------|
| Apples & honey | Tzimmes |
| Challah & honey | Macaroni salad |
| Fresh fruit salad in wine | Cranberry mold |
| Chicken soup with noodles | Chip & Date Bars |
| Cold sliced tongue/chicken | Coffee, tea |

BEFORE THE FAST

A suggestion for your pre-Yom Kippur meal:

- ½ cantaloupe filled with canned pineapple spears and frozen strawberries
- | | |
|------------------------------|-------------|
| Chicken soup with kreplach** | Green salad |
| Roast chicken | Apple pie |
| Baked potatoes | Tea, coffee |

KREPLACH**

Dough:

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|---------------|--------------|
| 1½ cups flour | 1 tsp. water |
| 3 eggs | ½ tsp. salt |

Filling:

- | | |
|-----------------------|-------------|
| 1 lb. chopped meat | 1 egg |
| 1 small onion, diced | 2 tbsp. oil |
| Salt, pepper to taste | |

Filling: Brown meat and onion in oil. Cool. Add egg, salt, and pepper.

Dough: Beat eggs and water in bowl. Add flour and salt. If too sticky, add a little more flour. Roll out very thin on a floured board. Cut into 2-inch circles. Place a tsp. of meat in center of circle. Fold to make a triangle. Seal edges firmly. Cook in boiling salt water for 20 minutes. Drain. Freeze or refrigerate or reheat immediately in hot soup. If kreplach are frozen, place them in cold water and bring to a boil.

NOTE: Never freeze or refrigerate kreplach without boiling first or they will stick together.

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לשנה טובה תכתבו

Lemmon Named President of New Int'l Peace Park

Taking a "long day's journey" into peace, the distinguished actor Jack Lemmon has been named honorary president of the world's first International Peace Park, it was announced by Alan Friedberg, executive director of the Jewish National Fund of Greater New York, sponsors of the project.

The International Peace Park will be situated in the Israel-Egypt border area of Ezuz and commemorates the Camp David Accord. The nations of the world are sending flora and fauna to "The Garden of the Nations," one of the major sections of the Park to be "greened" out of the Negev desert.

Jack Lemmon, a two-time Academy Award winner and Tony nominee for his Broadway performance in "Long Day's Journey Into Night," plans to tour the play in London, Tel Aviv and Jerusalem, at which time he will participate in ground-breaking ceremonies for the International Peace Park.

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Community Calendar

Courtesy of Charlotte Chapter BBW

SEPTEMBER

- 7 - Club 45
- 8 - Chai-Lites
"J" Board Meeting
- 9 - HaLailah BBW Board Meeting
Federation Executive Committee
- 10 - Hadassah Board Meeting
- 11 - HaLailah BBW, "Moms and Mavens" Program
B'nai B'rith Lodge Board Meeting
Jewish Social Services
- 14 - "J" Club 68
"J" Special Women's Program
- 15 - Chai-Lites
Federation Board Meeting
- 16 - HaLailah BBW Personal Giving Event
- 17 - Hadassah Meeting
Hebrew Academy Board Meeting
Evening Hadassah Group Meeting
- 18 - "J" Health and P.E. Committee
- 19 - Foundation Dedication Weekend (thru 9/21)
- 22 - Chai-Lites
Foundation Board Meeting
President's Council
- 23 - "J" Mindworks Program
Community Relations Committee
- 24 - Charlotte BBW Special Program
B'nai B'rith Lodge Meeting
"J" Mindworks Program
Shalom Y'all Party
- 25 - "J" Mindworks Program
BBW Avodah Council
- 27 - "J" Active Seniors Party
- 28 - Women's Division Mini-Mission
"J" Club 23
- 29 - Chai-Lites

OCTOBER

- 1 - Charlotte BBW Evening with John Rosemond
- 6 - Chai-Lites
Hadassah Board Meeting
- 8 - Yiddish Vinkl
- 9 - HaLailah BBW "Moms and Mavens" Program
B'nai B'rith Lodge Board Meeting
Jewish Social Services

To ensure that all of our organizations have maximum participation at monthly meetings and special events use the Community Calendar to clear your dates. To place your events on the Community Calendar call Vicki Hopkins, 554-1324.

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