

save the Date!

Renowned Israeli
 singer/songwriter,
DAVID
BROZA
 performing LIVE
 for Congregation
 Beth Shalom!

Saturday,
 December 10



High Holidays Schedule at the JCC

Erev Rosh HaShanah - Sunday, October 2

6:30 pm Erev Rosh HaShanah Service White Theatre

1st day of Rosh HaShanah - Monday, October 3

8:30 am Traditional Service White Theatre
 With Rabbi Glickman & Hazzan Ben-Yehuda
 8:30 am K-2nd Grade Programming CDC Common Area
 8:30 am 3rd-5th Grade Programming ASK Room
 9:00 am Family Service – ages infant–pre-K Chapel
 9:30 am Social Hall Service Social Hall
 10:15 am 3rd-5th Grade Service Chapel
 10:15 am Social Hall D'var Torah Social Hall
 11:00 am Traditional Service D'var Torah White Theatre
 11:15 am K-2nd Grade Service Chapel
 4:00 pm Community Tashlikh Service
 Park/Bridge behind Leawood City Hall
 4800 Town Center Drive -- Leawood, KS

6:00 pm Minchah/Ma'ariv Service Social Hall

2nd day of Rosh HaShanah - Tuesday, October 4

8:30 am Traditional service White Theatre
 8:30 am K-5th Grade Programming ASK Room
 9:00 am Family Service, ages infant - pre-K Chapel
 10:00 am Rimom Service Social Hall
 with Rabbi Glickman & Hazzan Ben-Yehuda
 10:30 am K-5th Grade Service Chapel
 11:30 am Traditional Service D'var Torah White Theatre
 6:00 pm Minchah Service Social Hall

Fast of Gedaliah - Wednesday, October 5

7:00 am Shacharit Village Shalom
 6:00 pm Minchah Village Shalom

Shabbat Shuvah - Friday & Saturday, October 7 & 8

6:00 pm Kabbalat Shabbat CBS
 9:30 am Shabbat Services CBS
 6:32 pm Minchah/Ma'ariv/Havdalah CBS

Erev Yom Kippur - Tuesday, October 11

Please plan on arriving early to ensure timely seating.
 6:25 pm Kol Nidrei White Theatre

Yom Kippur - Wednesday, October 12

8:30 am Traditional Service White Theatre
 with Rabbi Glickman & Hazzan Ben-Yehuda
 8:30 am K-2nd Grade Programming CDC Common Area
 8:30 am 3rd-5th Grade Programming ASK Room
 9:00 am Family Service, ages infant to pre-K Chapel
 9:30 am Social Hall Service Social Hall
 10:15 am 3rd-5th Grade Service Chapel
 11:00 am D'var Torah & Yizkor Service White Theatre
 11:15 am K-2nd Grade Service Chapel
 3:30 pm Study Session w/Rabbi Glickman JCC
 4:15 pm Minchah/Ne'ilah JCC
 7:17 pm Sounding of the Shofar, Ma'ariv & Havdalah JCC

Sukkot Schedule at CBS

Adult Services in Goldsmith Hall Unless Otherwise Noted. Youth Services in the Library Reading Area.

Erev Sukkot - Sunday, October 16

6:00 PM Minchah Service

Monday, October 17 - Day 1

9:30 AM Services

11:00 AM Youth Service

Kiddush lunch to follow for adults (catered)

Pizza bagels/cookie decorating in sukkah for youth

6:00 PM Minchah Service

Tuesday, October 18 - Day 2

9:30 AM Services

11:00 AM Youth Service

Kiddush lunch to follow for adults (catered)

Pizza bagels/dessert in sukkah for youth

1:00 PM Kite Flying for all

6:00 PM Minchah

Services Return To Village Shalom For Chol HaMoed

Friday, October 21 - Erev Shabbat/Sukkot Under The Stars

6:00 PM Kabbalat Shabbat Outside (weather permitting)

Kiddush Sukkah

7:10 PM Shabbat dinner Outside (weather permitting)

Sunday, October 23 - Hoshanah Rabah/Erev Shemini Atzeret

6:45 AM Services With Beating of the Willows

8:00 AM Breakfast in memory of Alec Bratt, z"l, sponsored by Anne Bratt.

6:00 PM Minchah Service

Monday, October 24 - Shemini Atzeret/Erev Simchat Torah

7:00 AM Services With Yizkor

9:30 AM 2nd Service With Yizkor

6:30 PM Happy Birthday Sefrei Torah for K-3rd Grade

7:15 PM Ma'ariv followed by Hakafot (1st Hakafa for children) Candy for all!

Tuesday, October 25 - Simchat Torah

9:30 AM Services Honoring Kallah Torah Rickie Haith

and Kallah Bereishit Carol Yarmo

6:00 PM Minchah Service

Children's Festivities for Sukkot

There will be a young-family program on the first two days of Sukkot, Monday and Tuesday, October 17-18, beginning at 11:00 am. On each day Rabbi Glickman will lead services for our young families in the Library Reading Area, to follow with a kid-friendly Kiddush Luncheon in the Sukkah. Along with our world-famous pizza bagels, there will be cookie decorating on Monday and cupcake decorating on Tuesday. New for this year, there will be a separate Sukkot activity for our older youth who will be building Sukkot out of graham crackers, icing, candy and other goodies!

Rabbi Glickman requests that all children bring their favorite stuffed animal to services on Monday. On Tuesday everyone is invited to bring a kite for flying after lunch. Reservations for both days need to be turned in by October 10 to swilliams@bethshalomkc.org. The first 20 people to RSVP for both days of Sukkot will receive their own lulav and etrog to take home after services on the second day. For more information, contact Stef at 913-647-7292.

Our Simchat Torah Honorees



This year Rickie Haith, Kallah Torah, and Carol Yarmo, Kallah Bereishit, will be honored as congregational volunteers on Simchat Torah. Please join us on October 25 as we celebrate with our honorees.

Rickie Haith is the current facilitator of Sisterhood PrayerWorks, which promotes healing and spirituality. She has served on various congregational committees and chaired a number of events. Rickie is a past president of sisterhood and also been president of the former Midwest Branch of Women's league and an International Women's League vice-president. She is a graduate of UMKC with a degree in Education. Rickie has been the recipient of numerous congregational and community awards. She is also a past president of Hadassah and currently president of Friends of Sheffield Cemetery. Rickie has been married to Dr. Edward Haith for 58 years and is the mother of three, grandmother of ten and the great-grandmother of four.

Carol Yarmo has served as Sisterhood Vice President of Community Services where she has spread "Olam" throughout the Jewish and general communities.



She also is the founder of the Sisterhood Banishing Bullying Behavior Project, and she continues to chair the Sisterhood Warm Up America Project. She has been a recipient of the Sisterhood Leadership Award. Carol, who holds a Master's in Curriculum Education from KU and taught in elementary schools for 27 years, has volunteered in many community activities. Among them are Kids on the Block, Youth Friends and Gift of Life. She is also a member of NCJW. Carol and her husband Bob are parents of two daughters and five grandchildren.

From the Rabbi's Study

Don't ask: "How will I be judged"; Ask: "How will I judge?"



When people list the most desirable and least desirable qualities in a friend, it is not uncommon for "judgmental" to be listed near the top of "least desirable" traits.

This is, of course, impossible. We are all judgmental. To a certain degree, we want to hone a certain level of being judgmental both within ourselves and within our children.

After all, how can we be self-critical of our own behavior and improve our own character traits if we are not judgmental of ourselves? Also, if we don't instill a certain amount of judging into the nature of our children, how can we hope for them to make moral and ethical choices in their lives; they need to be able to judge.

There is something we can learn from the way we describe God in our liturgy. We ask for God to inscribe us

in the Book of Life. We ask for God to show us kindness beyond our merits. Most pointedly, in the haunting *une'tanehtokef*, we ask that God allow repentance, prayer and charity to minimize the severity of God's decree.

In our own lives we are rarely as generous in our judging as we pray that the Judge of Judges will be toward us. As we witness the 24/7 news cycle and as we scroll through our Facebook pages, how often do we see people (ourselves included) responding to one another with generosity of spirit?

Pirkei Avot teaches us that we ought to "give everyone the benefit of doubt." This is a much gentler translation than the Hebrew suggests. It says that when we judge, we should tip the scales of judgment toward innocence.

We speak often of all of humanity being "Created in the image of God". This descriptor is often used to describe how we should treat others.

I am suggesting that it should direct how we, ourselves, should strive to behave.

If we are created in the image of God, as a goal for 5777, I suggest that we strive to judge in the manner we want God to judge us on Rosh HaShanah. Our hope on Rosh HaShanah is that God can look over our minor flaws when God judges our behavior and also accept our repentance when we fall short. My suggestion is that when we judge others' behavior and speech - whether in our homes, at work, in our spiritual communities, or on the internet - we take the same approach. Let us strive to assume the best in the other. It might actually bring out the best in ourselves.

Shanah Tovah - May we all be inscribed for a good year.

David M. Glickman

Rabbi David M. Glickman
dglickman@bethshalomkc.org

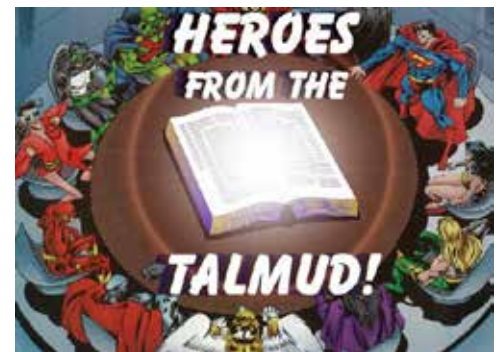
Sarah Peltzman Adult Education Classes Begin Soon

"What Does it Take to Be a Good Person?" Answers to this question will be explored at the 2016-17 Sarah Peltzman Adult Education Classes. Classes begin on Thursday, November 10 and continue until Thursday, May 11, from 10:00 am to 11:30 am. The teachers will be Rabbi David Glickman and Hazzan Tahl Ben-Yehuda. This course, which is sponsored by Sisterhood, is open to the entire congregation at a cost of \$36.00 per person to attend.

One of the greatest contributions the Jewish tradition has given to the world has been a moral code. Every person likes to think of him or herself

"as a good person," and Rabbi Joseph Telushkin's multi-volume work, *A Code of Jewish Ethics*, helps us examine how we can actually be "good" in the world. It is recommended that participants purchase a copy of *A Code of Jewish Ethics*, Volume I. This book can be purchased new, used or electronically. It is also available in your local public library. The registration form may be found online at the CBS Website. Go to the dropdown menu and click on Activities, go to Sisterhood and the Peltzman registration form will be listed. For more information, contact Phyllis Abrams, 913-217-7060 or epabrams25@gmail.com.

Talmud Jam Is Back



Talmud Jam has returned at two locations this year: Downtown Kansas City & Out South in Overland Park. Lunch will be served at both. The topic this year is "Heroes from the Talmud". For more information and to RSVP, please contact Trinity Standridge, the Rabbi's Assistant at tstandridge@bethshalomkc.org or call 913-647-7281.

Executively Speaking

Reflections on the October Holidays



I want to take this opportunity to wish everyone a Happy New Year. This October will be a very busy month, and I'm looking forward to seeing all our congregants during this time. We've also had a great start to the school year at both RFECEC and PRS. I know that our staff has been working hard to get ready, and they have been doing a wonderful job so that everyone will have a great experience. I'm always amazed at the amount of items that need to be completed for school and the holidays,

but our staff and volunteers rise to the occasion to get everything done.

We also have Sukkot and Simchat Torah right after the High Holidays, which are always a lot of fun. I want to relate our family's experience with our sukkah. We've been putting up a sukkah for the last 10 years. We love having the whole family decorate it, as we are always on the lookout for new sukkot decorations during the year. We've also had a lot of joy inviting our friends and family over for a meal in the sukkah. Last year Sukkot occurred during a lunar eclipse and we invited our neighbors over for dessert

while we watched the eclipse. It was a nice way to share our Judaism with them. I'm already looking forward to our sukkah this year. I'm looking forward to Simchat Torah when everyone walks around with the Torahs. I'm also looking forward to continuing our tradition of handing out candy to the kids as they walk around for the Hakafof.

On behalf of Connie, Benjamin, Eliana and myself, I want to wish everyone a very sweet and healthy new year, and I am looking forward to a great year.

Youth & Informal Education

Stefanie Williams, Director | swilliams@bethshalomkc.org | 913-647-7292

Mirra Goldenberg Attends LTI

A few weekends ago, I had the privilege to travel to Minnesota for my first ever LTI (Leadership Training Institute) with EMTZA Region USY. LTI was a fun-filled weekend where the USY boards from all over the Midwest came together for a weekend of leadership training and other activities.

This convention was so much fun because I made friends with lots of other high school students. I also became friends with the freshman



boys and the one other freshman girl, Isabel. I got to stay at a host home with Isabel and that is how we became so close so quickly. Staying with a host family was so much fun and was a great new experience.

I can't wait for my next convention (Kinnus here in Kansas City!) so I can meet even more people and get more of my own friends to come and enjoy themselves, too.

Mirra Goldenberg,
Freshman Representative

Upcoming KCUSY Events:

October 5: Wednesday Night Program
October 12: Passing out Glowsticks at Neilah Service
October 19: Pizza in the Hut Sukkot Program
October 24: Happy Birthday to the Torah/Simchat Torah Party!

From the Desk of the Director of Congregational Learning

Hazzan Tahl Ben-Yehuda, Director of Congregational Learning | hazzantby@bethshalomkc.org

Changing for the Better



At this season many of us consider the idea of self-improvement the next step after achieving forgiveness. Whether you celebrate Rosh HaShanah

and Yom Kippur as the birthday of the world, when God numbers us and writes us into books of life, or not, there is no doubt that most of us feel a certain gravity on these days. If we did not, I wouldn't see so many of you at the High Holiday services!

So I invite you to spend some time this month considering what it is

that YOU want to do differently this year? How will you grow this year? How will this year be different, better than the year that has passed? How will WE be different? How will WE be better than we have been?

There were two moments when my priorities shifted radically; the day my first child was born, and (living in New York City,) September 11. These two days there was fundamental change acting upon me, and I changed fundamentally in response. Changing because of something acting upon you may be uncomfortable or annoying,

but it is far easier than changing for the better when there is no force acting upon you except for the opportunity to become better, and that is our challenge every year.

I hope that this month, you will turn inward to consider what changes you might make to better yourself. What will you do for others? How will you choose to grow? What will you learn? Where will you give your time to others who are in need?

May this year be a year of health, of joy, of plenty, of connection and of self-improvement for all of us.

B'nei Mitzvah Seminar

We will hold the first of three required B'nei Mitzvah Seminars on Sunday morning, October 30, from 10-11:30 am, to help prepare our Sixth grade students and their families. Beatrice Fine who coordinates the B'nei Tzedek Shuk and Taly Friedman

of Jewish Family Services will be the keynote speakers.

All B'nei Mitzvah candidates are required to complete a volunteer activity in fulfillment of the mitzvah of Tikkun Olam (the repairing of the world), a fundamental Jewish princi-

ple. A student's completion of this task encourages a feeling of commitment in his or her new role as a thoughtful, responsible member of the Jewish community.

For more information and to RSVP, contact Jill Goldstein, Ritual/ PRS Coordinator, at 913-647-7286.

Rose Family Early Childhood Education Center

Judy Jacks Berman, Director | jjb@bethshalomkc.org | 913-647-7287

Preschool Has Begun



Every morning during the month of Elul, Rabbi Glickman, Hazzan Ben-Yehuda or Miss Judy have blown the shofar for the students. This year Linda Salvay will lead our

young family service in the upstairs chapel at the JCC at 9:00 am on both days of Rosh HaShanah as well as on Yom Kippur. This service is geared to children 1 year to 5 years old. I hope all young families will join us! Grandparents are welcome to come and *kvell* watching your beautiful grandchildren! Our students are happy and having so much fun. We are taking care of our fall garden and are watching larvae hatch into caterpillars. Soon they will spin their chrysalises and hatch into

beautiful butterflies! The butterfly release is a highlight for us each year!

Steve and I wish everyone a *Shana Tova Umetukah!* A year filled with good health, happiness, joy and sweetness!



Sisterhood

Berenice Haberman, President | shpres@bethshalomkc.org |

Warm Up America! is About Community Service



Warm Up America! (WMA) is a very active and successful Sisterhood Project beginning its seventh year. Individual participants knit or crochet 7 by 9 inch rectangles that are sewn

together to create warm, beautiful and unique afghans. Thirty-six rectangles are color coordinated and designed to complete a quilt that shows that we care about others. We have so far donated 170 of these afghans to the following organizations who then distribute them directly to people in need: SafeHome, Jewish Family Service, Wounded Warriors, Jewish War Veterans, Disabled Veterans, Synergy, Operation Breakthrough, Ronald McDonald Family Room, Jewish Vocational Services and Suitcase to Start in partnership with NCJW. During the past six years, more than 30 people have repeatedly contributed to this worthwhile project.

Funding to purchase most of the yarn is provided by Sisterhood. For people who want to be a part of this group mitzvah but do not knit or crochet, we urge you to become WUA "Underwriters" by donating to this project. A \$5 contribution roughly covers the cost of two rectangles. Checks may be made out to CBS Sisterhood. Please put WUA Project in the memo line. Rectangles can be turned in at optional monthly get-to-gethers (the first Wednesday of the month) or at the desk in the front office.

We will gladly provide instruction to anyone who would like to join us! For more information, please contact project chairman, Carol Yarmo at 913-642-1199 or carolyarmo@kc.rr.com.

Sisterhood Past Presidents



Our SH past presidents recently met to celebrate the special birthdays of Merna Siegler & Dion Lutzk.

Front row (L to R): Gerre Minkin, Liz Bohm, Betty Brand, Toba Maslan, Sarah Small. Second row (L to R): Rhea Salasche, Sandra Rozen, Noreen Greenberg, Beverly Newman, Aletha Simon, Merna Siegler, Dion Lutzk, Alison Heisler, Marcy Rydell, Rickie Haith, Linda Lessner, Arlene Shalinsky, Sue Vile, Berenice Haberman (current president).

Calling All Maj Jongg Players



The 7th annual Sisterhood Bams for Mams Brunch which will raise funds this year for the K.U. Cancer Breast Center will take place Tuesday, November 15 in Goldsmith Hall. The day begins with brunch at 10:30 am with game time to follow. Make your reservation by returning the bottom part of the e-vite that was recently emailed to you along with your two checks and send them to Carol Yarmo,

6212 W 147 St, Overland Park, KS 66223.

For more information contact Dini Freed at 913-469-0021 or dinibeth@kc.rr.com, or Carol Yarmo at 913-642-1199 or carolyarmo@kc.rr.com.



Sisterhood's Annual Nite at the Movies is coming soon. Please save Saturday, December 24 (after Shabbat). More details to follow.

Book Club Meets on Oct. 26

SH Book Club will meet on Wednesday, October 26 at 1:30 pm at the JCC in the Boardroom. The Club will be discussing *The Secret Chord* by Geraldine Brooks.

For more details or to attend, contact Linda Lessner at 913-897-0122 or at llessner@kc.rr.com.

CELEBRATING LIFE CYCLE EVENTS

Ecclesiastes 3:1



Happy ♥ Anniversary

October Anniversaries will be celebrated on October 15.

To sponsor a Kiddush contact Martha, 913-647-7283.

Day		Years
1	Bruce & Ann Luchen	22
2	Jeffrey & Polly Kramer	23
4	Mason & Marianne Kessler	63
4	Stephen & Carla Max	41
5	Martin & Jeannine Fox	48
7	David & Francine Kovel	44
8	Richard & Linda Bell	49
10	Jacob & Jennifer Schlozman	6
10	Gray VonFriedly & Haylee Hammer	6
11	Arthur & Margaret Berger	40
11	Stanley & Judith Samberg	46
12	Michael & Vicki Diamond	36
12	Neal & Elaine Singer	58
13	Harold Kaseff & Rhea Salasche	14
13	David Williams & Rachel Rubin	20
15	Allen & Barbara Lefko	61
15	Edward & Ellen Rose	11
16	Frank & Sondra Friedman	33
16	Neil & Cathy Newman	22
18	Mark & Diane Davidner	41
21	Edward & Sandi Fried	32
26	Alan & Rhonda Becker	14
26	Moti & Suzy Rieber	19
28	Jack & Cynthia Garfinkle	32
30	Jason & Andrea Krakow	23

Mazal Tov to...

Andrea Elyachar upon the engagement of her son, Joseph to Rachel Goldman.

Norman and Alison Heisler upon the birth of their grandson, Justin Eric Heisler.

Steve and Toba Maslan upon the marriage of their daughter, Sarah to Daniel Stras. The grandmother is **Betty Brand**.

Ben and Debra Rubin upon the Bat Mitzvah of their granddaughter, Kaiya Walsh in Tampa, Florida.

Jeff and Linda Sander upon the marriage of their daughter Jenny to Michael Kirschenbaum.

Frances Schlozman upon her 95th Birthday.

Harold and Linda Schlozman upon the promotion of their son, Craig, to the rank of Colonel in the U. S. Army.

Jack Sokolov upon his 101st Birthday.

Dolores Sosnow upon the marriage of her granddaughter, Ariella Cohen to Eitan Fleischman.

Lloyd and Jackie Stahl upon the birth of two grandchildren, Eliana Jacqueline Stahl in Dallas, TX and Benjamin Eli Saskin in Chapel Hill, NC.

From the Scroll Editor



Peter, our children, grandchildren and I would like to take this opportunity to wish the entire congregation a *L'Shanah Tovah Tikatevu*. May everyone be inscribed for a good and healthy year. There will be many opportunities in the new year for our congregants to support both our office staff and clergy through volunteering. If you truly want to feel a part of our congregation, volunteer! Your efforts will be appreciated.

At Beth Shalom



**Wednesday,
November 2**

7:30 - 9:30 am
sign up online or with Martha

Of Blessed Memory

We express condolences to our Beth Shalom Members, their Families and Friends.

Hannah Krumholz, z"l, August 29 - 25 Av

Goldie Riss, z"l, September 4 - 1 Elul

Isak Federman z"l, September 9 - 6 Elul

Unveiling

Elaine Polsky

October 2 at 10:00 am

Yahrtzeits

Join us for morning or evening minyan to say Kaddish for your loved one. See service schedule, page 11.

28 Elul - Oct. 1

Jenny Blum
Morris Cohen
Karl Copelman
Joe M. Dunn
Michael Fingersh
Maurice Horowitz
Harry Kisluk
Blanche Marks
David Parelman
Arnold Parnes
Harry Stevens
Sarah Summers
Esther Weiner

29 Elul - Oct. 2

David Blond
Allene Carroll
Sol E. Dennis
Sidney Erdman
Paul Gilgus
Leon C. Grossman
Rose Kosovitz
Harry J. Oshiver
Samuel I. Oshiver
Ralph Rosenberg
Irving Schoen
Robert Seiffer
Rae Silberman
Mezeh M. Viner

1 Tishrei - Oct. 3

Bessie Berman
Samuel M. Bigus
Daniel Brenner
Berl Chaba
Fayge Chaba
Paul Cohen
Arthur Epstein
Dora Finkelstein
Frances C. Fogel
Akiba Garowitz
Eli Gershon
Harry Gilbert
Arlene Grossman
Pearl P. Hoffman
Lipman Kopinsky
Moses Kopinsky
Sascha Kopinsky
Toibe Kopinsky
Zelig Kopinsky
Mamie Kraft
David Levin
Jeanette K. Levine
J. David Pittell
Hannah Present
Ruben Seigel
Fannie Shapiro
Dora Stanborm
Morton Swartz

2 Tishrei - Oct. 4

Tammie Fingersh
Morris Hans
Paul Jaben
Marjorie R. Kantor
Zelda Kross
Ella Lustig
Milton Malamud
Irving Millstein
Jerry S. Penzner
Thelma Rosenberg
Frank Schlozman
Louis Silberg
Lena Sorkin

3 Tishrei - Oct. 5

Sarah Behrman
Dora S. Dekro
Joseph Dekro
Isaac Ducov
Jennie Gorman
Morris Kort
Samuel Kort
Morris Litvian
Max Navran
Gitla Posmantier
Anna R. Sandhaus
Juliette Seiden
Lazarus Smith
Joe Wolberg

4 Tishrei - Oct. 6

Anne Baum
Max Berman
Ida Devins
Liba Falus
Sol Ginsberg
Cecil Kaminsky
Esther Levine
Myer Lieberman
Etta Magazine
Sidney Magazine
Jean S. Robin
Khaya Schuster
Sylvia L. Traxler

5 Tishrei - Oct. 7

Rita Bayless
Jack Bohm
Philip Herowitz
Jacob Hymen
Herman Koch
Rose Rapaport
Ben Rosenberg
Joseph J. Singmon
Anna L. Stolov
Morris Traxler

6 Tishrei - Oct. 8

Esther Becker
Evelyn S. Brown
Sara Davidow
Rose R. Goldberg

Minnie Gordon
Sarah B. Myron
George B. Newberg
Dorothy A. Novorr
Sadye Rubinfire
Albert Saver
Abraham Steinzeig
Herman Tweed
Isaabel S. Viner

7 Tishrei - Oct. 9

Lisa G. Barash
Nellie F. Coleman
Aida Gilgore
Fannie Karosen
Anna R. Koppel
Sherburne Krieger
William Jack Newton
Frieda Schlein
Jack I. Shear

8 Tishrei - Oct. 10

William B. Berkowitz
Benjamin Brand
Minnie Frischer
Golda House
Flora Pelofsky
Joe Rubin

9 Tishrei - Oct. 11

Esther Gibian
Rebecca L. Grossman
Baruch J. Harding
Miriam G. Harding
Ida R. Katzman
Samuel Kopel
Melba Levine
Sol Lipsey
Sam Marcus
Ethel Markowitz
Jacob Risburd
Louis Rosenberg

10 Tishrei - Oct. 12

Samuel Brockman
Akiba Byers
Velie Dubinsky
Nettie Feinberg
Meyer Finkelstein
Sarah Gardesky
Eli Grossman
Elsa Gundelfinger
Isaak Levine
Harold L. Marks
Joseph Moskowit
Edith Pinsky
Harry Rubenstein
Prywa Salzenstein
Freidel Schwartz
Jacob Schwartz
Nathan Schwartz
Sashe Schwartz
Israel Weinstein

Nessy L. Weinstein

11 Tishrei - Oct. 13

Louis Cumonow
Edith Duni
Edna Ginsberg
Joseph Greenberg
Morris Isenberg
Bernard Kessler
Boris D. Kleiman
Sandra S. Marder
Theresa Meyer
Robert M. Rapaport
Sarah Salkind
Fred Schechter
Morris Shaffer
Abraham B. Starr
Harriette Tivin

12 Tishrei - Oct. 14

Harry Abend
Benjamin Apple
Harry Aven
Wolf Binkowitz
Pesha Hoffman
Leah Mack
Jean Price
Alfred Rafsky
Joe Rose
Rebecca Wexler
Jacob Witschner
Mollye Zinn

13 Tishrei - Oct. 15

Peter Bayzman
Philip Byer
Dora E. Galitzky
Charlotte Gilbert
Samuel Liebershon
Daniel S. Lumian
Sam Nagel
Harry Pack
Dora K. Pakula
Meyer Pilz
Chaim D. Posmantier
Fannie L. Spellman

14 Tishrei - Oct. 16

Samuel Bordy
Louis Goodman
David M. Kantor
Beatrice P. Katz
Mark M. Marks
Harris Naster
Dorothy Orren
Ethel Rogers
Dorothy S. Ross
Samuel Tempofsky
Sam Yagan

15 Tishrei - Oct. 17

Bennie Balter
Bessie Becker

Blanche Bernbaum
Sarah Bisman
Anna Ducov
Blanche S. Lipari
Barnard Marks
Rose Rositsky
Samuel Stein
Jennie Steinberg
Yente Weiner
Hyman Zeldin

16 Tishrei - Oct. 18

Phil Aks
Max Asotsky
Sarah L. Brown
Ida S. Dunn
Bela Falus
Anita S. Goodman
Irene Greenstein
Peretz T. Hershman
Sonya Hershman
Soreh F. Kuzecki
Sam Millman
Israel Mittelman
Isidore Saver

17 Tishrei - Oct. 19

Esther Goldenberg
Michael Goldstein
Abe I. Levine
Dorothy Litwin
Irwin Mushkin
Isaac Nelson
Freda Peltzman
Byron Ross
Fanny Stern
Esther R. Wolfson

18 Tishrei - Oct. 20

Rebecca Bobier
Morris Bobbrecker
Abraham Cohn
Sarah Dennis
Moses M. Eisemann
Samuel L. Hoffman
Martin Jabenis
Daniel Marcuvitz

19 Tishrei - Oct. 21

Edith Caspari
Rae Gold
Ida Schoen
Sam Statland
Lewis White

20 Tishrei - Oct. 22

Rose Goldstein
Sophia D. Steinzeig
Robert H. Wayne

21 Tishrei - Oct. 23

Aleck Bratt
Evan S. Bratt
Helen Kars

Sam Kaufman
Frieda Lachs
Philip Minkin
Simon Penner
Ben Planzer
Sam S. Rogell

22 Tishrei - Oct. 24

Goldie Asner
Joseph Katz
Bessie Katzeff
Sadye Rubenstein
Helen K. Weinstein

23 Tishrei - Oct. 25

Tina Arenson
Elizabeth Cohen
Arthur M. Florman
Rosalind Ginsburg
Sherman Glazer
Al Greenblot
Geraldine Gross
Belle Kaplan
Joe Katz
Paul L. Lerner
Abraham D. Merker
Ruben Mitz
Hanna Sukienik
Max Tonkin

24 Tishrei - Oct. 26

Max H. Kaufman
Joseph Kay
Joseph Krashin
Rachel Leibowitz
Tillie Lerner
Lena Tweed

25 Tishrei - Oct. 27

Sarah Bronstein
Samuel Butler
Jeannette Capito
Ronald H. Chapman
Louis Dann
Morris Davidow
Tina Einhorn
Gerald M. Ginsberg
Lee Greenberg
Mier Horovitz
Susan Kupperstein
Gail Paris
Mortimer W. Rosenthal
Aaron Schultz

26 Tishrei - Oct. 28

Ida Bass
Irving Bloom
Samuel Cohen
Samuel Grinberg
Dinah Hoffman
Reva Kaufman
Morris Kilmnick
Herman Landman

Samuel A. Levitch
Marilyn O. Nierman
George Novorr
Lillian Pfefer
Morris Rosenberg
Louis Sorkin
Morris Tonkin
Leo Wechsler

27 Tishrei - Oct. 29

Arline P. Agron
Harry Azorsky
Hetty Bachus
Chayyah Bigus
Ida Eichenberg
Fannie Fink
Marshall Geller
Isadore J. Gottlieb
Joseph E. Grinpas
Max Hoffman
Jacob Kauffman
Meyer Krug
Morris A. Lerner
David Pfefer
Esther Rapschutz
Thelma K. Reicher
Virginia Schlosberg
Rae Simon
Hy Vile

28 Tishrei - Oct. 30

Harry Brenner
Jake Brenner
Jacob Feingold
Alice Fox
Mayer Greenberg
Henry Holtzer
Malkah Kahan
Mary Kasten
Betsey Marshock
Rebecca Oshiver
JoAnn Smith

29 Tishrei - Oct. 31

Morris Azorsky
Rae Bigus
David Bodker
David H. Copelman
Judith A. Coppaken
Irving Feld
Marvin P. Gibian
Adolf Gray
Flora Harris
Benjamin Killmnick
Morris Levitt
Morris Lieberman
Dora Marcuvitz
Randal Rashkovsky
Anna Rosenstein
Malke Schwartzman
Rose Wayne
Minna Yarowsky

Ada Hoffman Camp Ramah Scholarship Fund

In Memory of
Ada Hoffman
Gary & Debby Cortés

Benjamin Ryweck Torah Fund

In Honor of
Karen Lichterman's
Speedy Recovery
Emma Salle's Bat
Mitzvah
Shirley Gottstein
Arnold & Joan Kort
Bob & Aletha Simon
Richard Silberg's
85th Birthday
Earl & Shirley Unell's
56th Ann
Shirley Gottstein
In Memory of
Jackie Gershon
Norma Shapiro
Shirley Gottstein
Hyman Schere
Ed & Rickie Haith

Beth Shalom Chesed Committee Fund

In Honor of
Merna Siegler's
Birthday
Miles & Sally Ross

Beth Shalom General Fund

In Appreciation of
Victor Wishna
Marc Hammer
& Alana Muller
In Honor of
Jenny Sander's
Wedding
Richard & Patty Stein
Harriet & Mark
Seelig's 70th BDs
Ede Bratt
Hope & Marshall
Talbot
Arlene Shalinsky
& Family
Dave & Judy Jacobs
Arlene Shalinsky's
Grandchildren's
B'nai Mitzvah
Hope & Marshall
Talbot

In Memory of
Marietta Dunn
Harry Shapiro
Serena Tabolsky
Eisman
Hope & Marshall
Talbot
Isak Federman
Stuart Bodker
& Hortensia
Marcos-Bodker
Ted & Jill Goldstein
Scott & Susan Krigel
Mike & Gabrielle
Handler

Milton Forman
Keith & Karen Zeff
Clarice Greenberg
Bob & Evie Grant
Kurt & Stephanie
Kavanaugh
Richard & Patty Stein
Lucy Greenberg
Hannah Krumholz
Serena Grinpas
Leslie Schultz
Sam Hardin
Richard & Beryl
Silberg
William Himmelstein
Ruth Byers

Rae Jacobs
Dave & Judy Jacobs
Sam Kaswan
Louis & Marilyn
Kessler
Seymour Kaufman
Esther Kaufman
Louis Lieberman
David & Rosalyn
Burnstein
David E. Mark
Mark Eisemann
& Leslie Mark

Sanford Molos
Marlene Molos
Paulina F. Muller
Max & Charlene
Muller
Irving Nasaw
David Nasaw
Rose Overbeck
Sonia Kraft
Edith Pinsky
John Goldberg
& Marla Brockman
Joe Posner
Craig Goldstein
Goldie Riss
Mitchell Trope
Rose Waldner
Ruth Byers
Stan Rostov
Judy Belzer-Weitzman

Fred Schramm
Morty & Taena Rock
Leo Shalinsky
Hope & Marshall
Talbot
Sara Lena Shapiro
Sheldon & Jackie
Fleschman
Adam Siegel
H. Arnold Siegel
Morris Singer
Nathan Rosen
Hans & Ruth
Sitzmann
Richard & Patty Stein
Norman Weinstein
Harold Weinstein
Samuel Weinstein

Beverly & Harvey Bodker Endowment Fund

In Memory of
Clarice Greenberg
Fred & Cindy Bodker

Cemetery Maintenance Fund

In Memory of
Frieda Berman
Joe Berman
Morris Berman
Sidney Berman
Rose Mazvinsky
Retha Lisman
Harvey & Cyndi
Zidell
Sherwin Salasche
Harold Kaseff & Rhea
Salasche

Frank Schlozman Scholarship Fund

In Memory of
Rose Alisky
Hymen Sokolov
Fran Schlozman

Hazzan Ben-Yehuda's Discretionary Fund

In Appreciation of
Hazzan Tahl
Ben-Yehuda
Marc Hammer
& Alana Muller
Susan Hammer

In Memory of
Henrietta Katzman
Mike Katzman

Helen Rae & Sydney Cerier Teacher Development Fund

In Memory of
Goldie Riss
Kurt & Stephanie
Kavanaugh

Jacob & Rose Szneler Scholarship Fund

In Honor of
Marvin Szneler's BD
Steve & Diane Azorsky

Jacob H & Rose Levine Teacher Development Fund

In Honor of
Terry Levine's Speedy
Recovery
Peter & Bev Newman
In Memory of
Rose Levine
Fannie Pittell
Peter & Bev Newman

KCUSY

In Memory of
Clairce Greenberg
Stuart Bodker
& Hortensia
Marcos-Bodker
Eric & Miriam Kaseff

Kiddush Fund

In Honor of
Erwin Abrams'
Birthday
Marvin Szneler
Harold Kaseff's
Speedy Recovery
Ben & Debra Rubin
In Memory of
Isak Federman
Harold Kaseff & Rhea
Salasche
Esther Goldstein
Sol Posner
Eugene White
Marvin & Carol
Goldstein

Joe Posner
Marvin & Carol
Goldstein
Scott & Debra
Goldstein
Judy Weinberg
Karty-Silverman
Family

Louis & Edith Pinsky Fund

In Memory of
Edith Pinsky
Louis Pinsky
Deborah Stone

Mallin Childhood Enrichment Fund

In Memory of
Esther Gilgus
Alec Mendelson
Jennie Mendelson
Bertha Newman
Gary Stein
Larry & Beverly
Mallin

Marcia Eveloff Lechem Fund

In Honor of
Harold Klopfer's
90th BD
Phyllis Snitz
Dolores Sosnow
Kriya's Bat Mitzvah
Bob & Aletha Simon
Jenny Sander's
Wedding
Dolores Sosnow
In Memory of
Nina Aks
Noreen Greenberg
Esther Claster
Judy Krug
Clarice Greenberg
Rob & Cindy Daniels
Judy Krug
Jeff & Linda Sander
Norma Shapiro
Herb & Barbara
Simon

Marcus Brand Scholarship Fund

In Honor of
Birth of Magness
Brand Looper
Donna & Bob
Goldfarb

Debbie
Sosland-Edelman
Chanting the Entire
Torah
Milton & Marilyn
Ozar

Morris & Rose Weinberg Endowment Fund for Camp Shabbat

In Honor of
Aaron's Bar Mitzvah
Linda Weinberg
Hammer
In Memory of
Judy Weinberg
Harvey & Ruth
Oxman

Polsky Religious School Fund

In Memory of
Isidor Cohen
Charles Levine
Sanford & Ida Levine

Rabbi Glickman's Discretionary Fund

In Appreciation of
Rabbi David
Glickman
Marc Hammer
& Alana Muller
Susan Hammer
In Honor of
Erwin Abrams' 75th
Birthday
Kip & Andrea Cohen
In Memory of
Isak Federman
Kurt & Stephanie
Kavanaugh
Fred Goldsmith
Ron & Susan
Goldsmith
Goldie Riss
Elizabeth Hennick
Sol Schorr
Steve & Marcia Schorr

Rose Evelyn Sporn Primary Fund

In Memory of
Fannie Kaufman
Inez Kaufman

Rose Family Early Childhood Education Center

In Memory of
Clarice Greenberg
Neil & Cathy
Newman
Goldie Riss
Harold Kaseff & Rhea
Salasche
Judy Weinberg
Joe & Cynthia
Gensheimer
Herb & Barbara
Simon

Shirley S & Albert I Goller Camp Ramah Scholarship Fund

In Honor of
Rita Cortés Joining
the Pembroke Hill
Board
Sharon Goldstein

Stein Family Youth Fund

In Honor of
Hanan Hammer's
70th Birthday
Stewart & Esther Stein
In Memory of
Judy Weinberg
Stewart & Esther Stein

Sylvan Siegler Scholarship Fund for Jewish Camping

In Honor of
Merna Siegler's
90th BD
Jack & Betty Adler
Rabbi Moti Rieber
& Suzy Siegler Rieber
Ben & Debra Rubin
Richard Silberg's
85th BD
Jeff Sosnow's Speedy
Recovery
Ben & Debra Rubin
In Memory of
Elaine Rapaport
Ben & Debra Rubin
Sylvan Siegler
Rabbi Moti Rieber
& Suzy Siegler Rieber
Merna Siegler

We Want You for a Minyan

Have you ever bemoaned the fact that you were different from 90% of the people in the world because you were not a morning person? We have THE solution for you! You can eliminate the guilt and perform a mitzvah at the same time!

The CBS evening minyan (in coordination with Ohev Shalom) which meets at Village Shalom, Sunday through Thursday evening at 6:00 pm, needs your participation to insure that those in mourning or observing a yahrzeit have a minyan in order to say Kaddish. We are looking for evening minyan participants as well as 'minyan mavens' to commit one evening per week to simply attend and keep track of other attendees. That way, those who need a minyan in order to say Kaddish or observe a yahrzeit will be assured of having one. Besides doing this mitzvah for those in need of a minyan, it is an opportunity to expand a sense of community among congregants and anyone else who would like to attend.

We look forward to hearing from those who will come forward and perform this mitzvah for yourself and others in our Jewish community. To sign up go to Minyan Maker on the CBS website.

Mt. Carmel Volunteer Day

Join us Sunday, November 13, 12 - 2 pm, with a rain date of Sunday, November 20, as we paint, clean, weed, rake and more to beautify Mt. Carmel Cemetery. This is a good opportunity for groups to earn community service credit. For more information or to sign up, contact Bruce Luchen at 913-220-7518 or bluchen6297@aol.com.

Steppin' Out Welcomes Coleen & Carmen Dieker

Steppin' Out, a group for congregants and their friends over 60, will be held on Sunday, December 4. The evening begins at 6:00 pm with dinner in Goldsmith Hall followed by entertainment from sisters Coleen and Carmen Dieker, vocalists and instrumentalists.

Coleen Dieker is the Music Director at The Temple, Congregation B'nai Jehudah, and the piano accompanist at Hyman Brand Hebrew Academy. She has studied piano



performance and musical improvisation and is also proficient in other instruments. Since moving back to the area, Coleen has performed with numerous venues and has recorded and performed with many local and national touring artists. In 2011 she joined the Traveling Tefillah Band.



All congregants and their families please join us at CBS for services on Friday evening, October 21, at 6 pm as we continue our celebration of Sukkot! Weather

permitting, we will have services under the stars, followed by dinner. Please RSVP at www.bethshalomkc.org. For more information, contact Stefanie Williams at swilliams@bethshalomkc.org. Reservations are due October 14.

Parashat Hashavua

Parashat Hashavua is an ongoing, monthly program taking place every third Shabbat of the month at 9:00 am in the Conference Room. The goal of this program is to engage its participants in a stimulating discussion of the weekly Torah portion in a welcoming atmosphere, where the difference of opinions is respected, and questions are encouraged. The participants enjoy the deep level of discussion and Kabbalistic insights into the text. The next session will take place on October 15 when *Parashat Ha'Azinu* will be discussed. Everyone is welcome.

For more information, contact Svetlana Sorkin at 913-393-1715 or saraliorasedu@hotmail.com.

Carmen Dieker is the director of the Adult Choir at Congregation Beth Torah. She has also helped with many of the congregation's musical venues. In addition, she has composed original pieces, teaches orchestra and gives private lessons. She has also worked as an accompanist and musician in the Kansas City area.



Your check made payable to Steppin' Out is your reservation. Please mail your check for \$15 per person, along with your contact information, to CBS, Attn.: Steppin' Out, 14200 Lamar, Overland Park, KS 66223. Deadline for reservations is November 21.

For further information, contact Linda Lessner, llessner@kc.rr.com or 913-897-0122.

Congregational-Wide Events - See each department for their activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 28 Elul 7:41 Havdalah Shavuah Tov!
Erev Rosh HaShanah 2 No PRS Classes 29 Elul 6:40 Candle Lighting	Rosh HaShanah 3 No RFECEC CBS Offices Closed 1 Tishrei 7:38 Candle Lighting	Rosh HaShanah 4 No RFECEC CBS Offices Closed 2 Tishrei 7:36 Havdalah Shavuah Tov!	5 No PRS Warm Up America! 3 Tishrei	6 4 Tishrei	7 5 Tishrei 6:32 Candle Lighting	Birthday Shabbat 8 6 Tishrei 7:30 Havdalah Shavuah Tov!
9 PRS Classes Resume Mt Carmel Dedication Ceremony 7 Tishrei	10 8 Tishrei	Erev Yom Kippur 11 RFECEC Noon Dismissal 9 Tishrei 6:26 Candle Lighting	12 No PRS Classes 10 Tishrei 7:24 Havdalah Shavuah Tov!	13 SH to SAFEHOME 11 Tishrei	14 SH to Children's Place 12 Tishrei 6:21 Candle Lighting	Anniversary Shabbat 15 13 Tishrei 7:20 Havdalah Shavuah Tov!
Erev Sukkot 16 PRS Classes Resume 14 Tishrei 6:19 Candle Lighting	Sukkot 17 Offices Closed, No RFECEC Morning Services at CBS, 9:30 am 15 Tishrei 7:17 Candle Lighting	Sukkot 18 Offices Closed, No RFECEC Morning Services at CBS, 9:30 am 16 Tishrei 7:16 Havdalah Shavuah Tov!	Sukkot 19 PrayerWorks Morning Services at CBS, 9:30 am Shake It for SAFEHOME at Maloney's Sports Bar 6:00 pm - 9:00 pm 17 Tishrei Talmud Jam	Sukkot 20 18 Tishrei	Sukkot 21 Sukkot Under the Stars at 6:00 pm 19 Tishrei 6:12 Candle Lighting	Sukkot 22 20 Tishrei 7:10 Havdalah Shavuah Tov!
Erev Shemini Atzeret Sukkot 23 21 Tishrei 6:09 Candle Lighting	Shemini Atzeret Erev Simchat Torah 24 Offices Closed, No RFECEC 22 Tishrei 7:08 Candle Lighting	Simchat Torah 25 Offices Closed, No RFECEC 23 Tishrei 7:07 Havdalah Shavuah Tov!	Talmud Jam 26 CBS Offices Open, RFECEC Resumes SH Board Meeting SH Book Club 24 Tishrei	27 25 Tishrei	28 26 Tishrei 6:03 Candle Lighting	29 27 Tishrei 7:02 Havdalah Shavuah Tov!
6th Grade B'nei Mitzvah Seminar at 10:00 am 28 Tishrei	30 29 Tishrei	31 Lechem 29 Tishrei				

Candle Lighting Blessing

ברוך אתה ה' אלקינו מלך העולם אשר קדשנו במצותיו וצונו להדליק נר של שבת.

Barukh ata Adonai Eloheinu melekh ha'olam, asher kiddeshanu b'mitzvotav vetzivanu lehadlik ner shel Shabbat.

October Service Schedule

Weekdays

Minchah:

Sunday-Thursday
6 pm

Shacharit:

Monday-Friday
7 am

Kabbalat Shabbat:

Main Service:

Library Minyan:

Minchah:

Minchah:

Minchah:

Minchah:

Minchah:

Shacharit:

Shabbat CBS

Friday

6:00 pm

Saturday

9:30 am

Saturday

9:30 am

October 1

6:41 pm

October 8

6:32 pm

October 15

6:21 pm

October 22

6:12 pm

October 29

6:03 pm

Sunday

8:00 am



Shabbat Services and Sunday morning Shacharit will be held at CBS, 14200 Lamar.

Weekday Minyan will be held at Appleman Synagogue, Village Shalom, 5500 W. 123rd St.

*Please Note: On Tuesday, Wednesday and Fridays, Ohev Sholom will join us for the Morning Minyan.



Congregation Beth Shalom

14200 Lamar • Overland Park, KS 66223

www.bethshalomkc.org

Office: 913-647-7279 • Fax: 913-647-7277

CONGREGATION Beth Shalom

David M. Glickman, *Senior Rabbi*

Hazzan Tahl Ben-Yehuda,

Director of Congregational Learning

Bernie Fried,

Interim Executive Director

Alan L. Cohen, *Rabbi Emeritus*

Judy Jacks Berman, *Director, RFEC*

Richard Simon, *President*

Bev Newman, *Scroll Editor*

Dahlia Berger, *Scroll Design*

The Congregation Beth Shalom Scroll (USPS 531-420) is published monthly by Congregation Beth Shalom, 14200 Lamar Ave., Overland Park, KS 66223. Annual Subscription \$24.00. Periodical Postage Paid in Kansas City, MO.
DATED MATERIAL

POSTMASTER: Send address changes to CONGREGATION BETH SHALOM SCROLL, 14200 Lamar, Overland Park, KS 66223. Scroll Deadline: The 1st of the previous month. Submit articles to the Administrative office before the deadline.

Congregation Beth Shalom, an egalitarian Conservative synagogue, is a welcoming community of individuals from diverse backgrounds, strengthening connections with God, Torah and the Jewish people through communal commitment to prayer, study and acts of loving kindness.

Looking Ahead:

Scroll Deadline:
October 5 for November

KCUSY Pre-Kinnus Dinner
November 21

Flu Shots
November 2

No RFECEC
November 23-25

Camp Shabbat for Adults
at Unity Village
November 4-6

Thanksgiving, CBS Offices Closed
November 24 & 25

Confirmation Parents Meeting
November 20

KCUSY Kinnus in Kansas City!
November 24-27

Office Hours:

Monday - Thursday
8:30 am - 5 pm
Friday
8:30 am - 3 pm
Closed on Federal Holidays

Mt. Carmel Cemetery Winter Hours:

Monday, Wednesday 8 am - 4 pm
Tuesday, Thursday Closed
Saturday Closed
Friday & Sunday 8 am - 4 pm
National Holidays 9 am - 4 pm
Exceptions: Thanksgiving, Christmas Day, New Year's Day & Easter
Jewish Holidays Closed
Phone: 816-398-9290

Sisterhood Gift Shop Hours:

Monday-Wed. 10 am - 2:30 pm
Thursday 10 am - 1 pm
Friday 10 am - 12 pm
Sunday 9:30-12 pm PRS Days Only
Other Hours by Appointment Only
913-647-7298

Chicken Fried Rice

Ingredients:

Cooking spray
4 large egg whites
1/2 cup scallions, chopped, green and white parts
2 medium garlic cloves, minced
12 oz boneless skinless chicken breast, cut into 1/2-inch cubes
1/2 cup carrot, diced
2 cups cooked brown rice, kept hot
1/2 cup frozen green peas, thawed
3 tbsp low-sodium soy sauce

Directions:

Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Add egg whites and cook, until scrambled, stirring frequently, about 3 to 5 minutes; remove from pan and set aside.

Turn off heat, recoat skillet with cooking spray and place back over medium-high heat.

Add scallions and garlic; Sauté 2 minutes. Add chicken and carrots; sauté until chicken is golden brown and cooked through, about 5 minutes. Stir in reserved cooked egg whites, cooked brown rice, peas and soy sauce; cook until heated through, stirring once or twice, about 1 minute.

Serves 6

