

Traveling with Jewish Taste®

The Bridges of Addison County

By Carol Goodman Kaufman



It's a long drive up, but oh, what a beautiful one. Tree-covered mountains, verdant valleys, winding roads, and covered bridges. Vermont in late summer. Last Labor Day, Joel and I traveled to Vermont to visit our daughter, Elana, and her professor husband, Adam, in their new digs in Middlebury. On the way, we passed through little towns with proud plaques boasting of famous residents, such as Grandma Moses and Walt Whitman. The many points of historical interest along the way would have to wait for our next trip – this time, we had children to see and nothing could deter us.

The first outing of our action-packed schedule was a stroll through beautiful downtown Middlebury, weaving among galleries and boutiques selling all manner of Vermont crafts and – of course – maple products. The compact downtown is eminently walkable, flat terrain amidst the mountains. The town's Marble Works District is home to a marble-topped bridge spanning Otter Creek, the state's longest river, from which one can view the Otter Creek Falls. Other worthy stops are the Morgan Horse Farm, a site on the National Register of Historic Places, and Danforth Pewterers, which was originally established as a workshop in Connecticut in 1755 and that was revived in Middlebury in 1975 the founder's great-great-great-great grandson.

On the second day of our visit, Elana brought us to the Middlebury College campus – recently ranked as one of the most beautiful college campuses in the country – where we visited Professor Adam's office and kvelled. The college is right in the center of town, a scene of beautiful, historic homes, a mix of private residences and houses reconfigured for college business.

Town life revolves around Middlebury College, originally established in 1800 as a training ground for young Vermont men to enter the ministry. While Middlebury itself does not boast a historic Jewish presence, fellow members of our tribe established communities in other Vermont towns as far back as the Civil War era. As was the story with so many other places, the Germans arrived first, followed by Eastern European peddlers. Burlington's Jewish community, known as "Little Jerusalem," thrived from the late 1800s until World War II, and Vermont Public



Exhibit at the Morgan Horse Farm



Adirondack chairs on the Middlebury campus



Pulp Mill Bridge crosses Middlebury's Otter Creek



Scenery along the Robert Frost Interpretive Walking Trail



Scenic Middlebury

Baked Macaroni and Cheese

Vermont means cheese, and nothing beats a good mac 'n cheese as comfort food. With the inevitable cold weather coming down the pike, this dish will really hit the spot. Hot and filling, this recipe is the real deal.

Ingredients:

- Nonstick cooking spray
- 2 1/4 cups uncooked casserole-size elbow macaroni
- 3 cups milk
- 5 tablespoons butter
- 3 slices firm white or whole wheat bread, pulsed into crumbs in processor or blender
- 3 tablespoons all-purpose flour

- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon nutmeg
- Three dashes hot pepper sauce
- 16 oz. sharp cheddar cheese, grated and divided into two. (Divide the second pile further into thirds.)

Directions:

- Preheat oven to 375°F.
- Coat a 9-by-13-inch baking dish or coat with cooking spray.
- Cook macaroni in a large pot of boiling salted water for 5 minutes after water returns to boil.
- Drain and rinse under cold water; set aside.
- In saucepan over medium-high heat, heat milk to just below simmer.
- In the pot you used for pasta, melt butter over medium-low heat.
- Pour 2 tablespoons of butter into bowl, add breadcrumbs and blend together thoroughly; set aside.
- Reduce heat to low, add flour to butter remaining in saucepan and whisk over heat for 2 minutes, being careful not to let it color.
- Add milk in small amounts at first, whisking until smooth after each addition; continue stirring until sauce thickens and comes to simmer.

- Cook, stirring often, for about 3 minutes.
- Remove from heat and whisk in salt, pepper, nutmeg, hot sauce and half of cheese.
- Stir in drained pasta.
- Spread one-third of pasta mixture over bottom of prepared baking dish.
- Scatter one-third of remaining cheese on top.
- Spoon another one-third of pasta on top and add another one-third of cheese. Top with remaining pasta.
- Mix remaining cheese into breadcrumbs and scatter evenly over top.
- Bake uncovered for 25 to 30 minutes, or until golden on top and bubbling throughout.
- Let stand for 5 minutes before serving.

Serves 8

Television has produced an award-winning film documenting the rich heritage of the Jews there.

Today, Jews figure prominently in Vermont life. Among those with the greatest name recognition: Ben Cohen and Jerry Greenfield of ice cream fame, Senator Bernie Sanders, and diplomat and former Governor Madeline Kunin.

Jewish activity in Middlebury centers on the Havurah of Addison County, located in a house at 56 North Pleasant Street. The congregation also serves Jews from both Chittenden and Rutland Counties, and bills itself as "an inclusive, non-denominational Jewish community," probably a necessity due to the tiny Jewish population and the wide diversity of backgrounds. (The entire state of Vermont has only about 5,200 Jews.) At the High Holidays, the Havurah co-sponsors services with Middlebury College, whose Hillel director, Rabbi Ira Schiffer, also runs the Havurah's Hebrew School.

For those who keep kosher, the pickings are slim, as most local Jews are secular. However, Vermont Kosher caterers, under supervision of Chabad and located at University of Vermont, provides dinners at the Redstone Campus Center Sunday through Thursday, and provides grab-and-go meals to six other dining halls on campus for the 150 kashrut-observing students.

Eager to show us everything Addison County, the kids took us up into the mountains of the Green Mountain National Forest, where we visited the campus of the Bread Loaf Writers' Conference. Although Bread Loaf had already closed for the season, it was enough to amble among the mustard yellow bungalows, under large shade trees dotting an emerald green expanse – and dreaming of all the Great American Novels written there.

The Forest itself is enormous, covering over 600 square miles. We explored the Robert Frost Walking Trail, with its selection of the poet's works strategically posted along the way, along with

Legacy Giving

Going From Strength to Strength

By Beth Laster-Nathan



Our family is grateful for all the Jewish Federation of the Berkshires has done for us and this community, and our legacy gift to this effective organization is our way of showing our appreciation.

When my husband Michael, daughters Melissa and Andrea, and I moved to this area in 1992 and connected with the local Jewish community, it impressed me that the Federation’s mission was to keep 90% of the money raised through its annual campaign in the Berkshires. Then and now, these funds have been directed toward supporting our seniors with the Older Adult Kosher Lunch program, to putting on adult education programs, and to reaching out to the greater Berkshire County secular community. The Federation has always emphasized the importance of educating our Jewish youth, making sure camp is affordable with generous scholarships and also supporting our religious schools with yearly allocations. I am not sure the schools would survive without these yearly gifts.

As a past president of Hevreh of Southern Berkshire (2005-2009), I participated in the Federation’s presidents and rabbis meetings, which unite our congregations through joint programming, Shabbat Across the Berkshires, Passover seders, a com-

munity calendar, and so much more. This forum allowed local leaders to discuss key issues, such as how to address incidents of anti-Semitism, how local schools can show sensitivity to the Jewish Holiday calendar, and how to address global Jewish news.

More recently, I had the honor of sitting on the Federation Board of Trustees and the Allocations Committee. Again, I was impressed with how decisions were made affecting our local and global Jewish communities. I experienced firsthand the mechanics of allocating the Federation’s yearly budget – every program and initiative was thoughtfully evaluated and debated, and then funded to the best of the Federation’s ability.

I also learned quickly the importance of our yearly pledge supporting the Federation’s work.

I want to reiterate how grateful our family is to the Federation. Our children, Melissa (now living in Brooklyn) and Andrea (a resident of Tel Aviv), benefited from Jewish camp, travel to Israel scholarships, and stipends to their Hebrew school at Hevreh. They both developed a strong Jewish identity in the Berkshires because they were part of a welcoming and caring community that offered joint youth programming and encouraged them to pursue their camp and Israel experiences.

For all these reasons and more, I felt it was important to show my appreciation and guarantee that the Federation remains financially solid for generations to come. My gift alone will not be enough, but I hope to be an example for others to consider making a legacy gift. *May we go from strength to strength...*

Beth Laster-Nathan lives in Stockbridge with her husband, Michael.

As my parents planted for me before I was born, so do I plant for those who come after me. – Talmud



Thank you to these individuals who through their gift to the Legacy Circle will ensure that the Jewish Federation of the Berkshires thrives long into the future. May your name be a Blessing, and may the example you set inspire others to create their own Jewish Legacy.

Anonymous (9)
Ed Abrahams
Norman Avnet
Barbara Bashevkin
Robert Bashevkin
Linda J. L. Becker
Robert Berend
Shelley Berend
Helene Berke
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Michael & Joan Ury
Mark & Judy Usow
Henry & Beate Voremborg, *of blessed memory*
Alexandra Warshaw
Florence Wineberg
Rabbi Deborah Zecher & Rabbi Dennis Ross



Guest Columnist: A Post-Rosh Hashannah Report

By Abigail Pogrebin

Excerpted from the Jewish Daily Forward blog “18 Holidays: 1 Wondering Jew”

I remember, as a kid, feeling that the *Unetanetokef* prayer (“Who will live and who will die”) didn’t apply to me.

“Who by sword” seemed archaic; “Who by water” remote.

But that prayer becomes alarmingly vivid as we get older. This year it felt as if every peril leapt off the page.

“Who shall see ripe age and who shall not...” My childhood friend, Dan, died a few weeks ago while swimming in the ocean.

“Who shall perish by fire...” Six members of a New Jersey family – related to Rhonda, who works the counter where I get breakfast – died in a fire on Father’s Day.

“...and who by water.” *The New York Times* reported five days ago that, left unchecked, global temperatures will ultimately flood coastal cities.

“Who by sword....” Steven Sotloff, James Foley.

“...and who by beast....” Just three days before, a 22-year-old hiker was mauled by a bear.

“Who by earthquake...” Napa last month.

“...and who by plague.” Ebola.

The litany rattled me last week, as I stood with my congregation, Central Synagogue, in Avery Fisher Hall – the massive concert space at Lincoln Center where we hold High Holy Day services to accommodate our numbers.

But I’m also hyper-aware of how comforting it is to look out from my vantage point – from the first tier balcony – upon rows and rows of yarmulkes and familiar faces.

Two self-evident facts are suddenly, atypically moving: 1. We made it here another year. 2. Look how many of us feel it’s important enough to come.

Whatever the Pew Center Report portends about synagogue attrition, there are still glowing pockets of connectivity and attention.

Journalist and television producer Abigail Pogrebin is the author of Stars of David: Prominent Jews Talk about Being Jewish. Her Jewish Daily Forward blog is called 18 Holidays: 1 Wondering Jew (<http://wonderingjew.forward.com/>).

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apple trees, blueberry and huckleberry bushes, and a stunning display of wildflowers. The trail is accessible to wheelchairs, so nobody needs to feel left out of the fun.

On the way back down the mountain, we stopped for dinner at the Waybury Inn. Remember Larry, his brother Darrel, and his other brother Darrel from the 1980s TV sitcom, “The Newhart Show?” Well, the 1810 Waybury Inn, listed on the National Register of Historic Places, is the actual, real-life place, and was used as a location for exterior shots of the fictional Stratford Inn owned by Bob Newhart’s character.

As for those covered bridges, Addison County is home to five of the state’s 100 or so that have survived either modernization or the huge flood in 1927 that destroyed many of these picturesque icons of rural life.

Jewish Federation of the Berkshires Presents

Knosh & Knowledge

Friday, November 7, 10:45 a.m.
Daniel Martin Klein and Freke Vuijst
The Half-Jewish Book: A Celebration

LOCATION: Hevreh of Southern Berkshire 270 State Rd, Great Barrington
COST: \$11, includes program and seasonal farm fresh buffet lunch by Freund Farm Market and Bakery. Program only is \$5.



Advanced Lunch Reservations Required. Contact Nancy Maurice Rogers at (413) 442-4360, ext 15 or jfb.programs@verizon.net.