



Bet Shraga
Hebrew Academy
of the Capital District



October 1, 2009
13 Tishrei 5770

SHABBATON

Issue Number 3
Volume Number II

CALENDAR

Monday, October 5

Tuesday, October 6

3:15 PM Drama Kids

6:30 PM Cub Scout Meeting

Wednesday, October 7

4:15 PM Cross County
Track Meet

Thursday, October 8

Friday, October 9

10:30 AM Grandparents and
Special Friends Day
1:40 PM School Wide ONEG

Candle Lighting times for October 2009

Friday, Oct. 2nd—Light 6:18pm

Friday, Oct. 9th —Light 6:06pm

Friday, Oct. 16th—Light 5:55pm

Friday, Oct. 23rd—Light 5:44pm

Saturday, Oct. 3rd —End 7:16pm

Saturday, Oct. 10th—End 7:04pm

Saturday, Oct. 17th—End 6:53pm

Saturday, Oct. 24th—End 6:43pm

DVAR TORAH BY RACHEL ANISFELD

The Kotzker rebbe is reported to have said that one of the three things we should learn from a child is how to be happy.

Sukkot would be a good time to learn. For Sukkot is called *zeman simkhatenu*, “the time of our joy.” The Torah does not just say to rejoice on Sukkot, as on other holidays, but *Vehayita akh sameakh*. “And you shall be *only* joyful.” (Deut 16:15).

What can children and Sukkot teach us about the nature of *simchah*, joy? Children are happy partly because everything is new to them. They enjoy the world in a way we can’t anymore with our bored, jaded eyes; they are seeing and experiencing everything for the first time, and it is a great love affair. No wonder they don’t want to go to sleep!

We are too old to enjoy the world in this fresh, excited way. But the fall holiday season gives us an opportunity to experience our own version of that kind of joy. On Rosh Hashanah and Yom Kippur we are intensely aware of our mortality. God is sealing all of our fates; we could die or we could live. Maimonides says that, in order to facilitate repentance, it is proper during this time to consider each day to be your very last. Going through the High Holidays is like surviving an intense hospital experience or a serious illness. It makes you aware of how lucky you are to be alive and well. And it is this knowledge that leads to a kind of joy, the joy of appreciating life’s preciousness, of living it to its fullest. For children the joy comes from the perspective of a first day of life, but for us, it is the specter of the last day which can make us enjoy life to its fullest.

Sukkot, coming on the heels of these other holidays, only further emphasizes this sense of our vulnerability and mortality. We leave our permanent homes and live outside, exposed to the elements, in a flimsy temporary shed which, by design, must have a faulty roof! The sukkah is meant to make us feel how very vulnerable and temporary we are in this world. And that feeling, oddly enough, leads to joy. It leads to joy because there is no other choice; if we are not joyful today, we may miss our opportunity. Life is too short, and we are too frail, not to enjoy every second of life granted to us. For seven days we give up the illusion of our permanence and security, and, like children, we throw caution to the wind and experience the true joy of the moment. Hag Sameah.

Happy Sukkot.

For a more complete version of this dvar torah, see my blog, <http://parshathoughtsmore.blogspot.com>

Bet Shraga Hebrew Academy Of The
Capital District Receives Substantial
Support From





Kindergarten Class in Search of their Gingerbread Man!



Bet Shraga Hebrew Academy Open Houses

Monday, October 12, 2009 from 9:00 - 11:00am
Sunday, November 22, 2009 from 9:30 - 11:00am
Tuesday, December 15, 2009 from 9:00 - 11:00am

This year, give your child a gift that lasts a lifetime
— an *education* at Bet Shraga

HACD
A unique school that
combines
general studies with
strong
Jewish values
for all
Jewish affiliations



Parents and
children come spend a
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Special and separate
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parents and children
Meet Faculty and
School Families

RSVP to Lorraine Arcus at 482-0464 or larcus@hacdalbany.com



54 Sand Creek Road Albany, NY 12205 Phone 518-482-0464 Fax 518-482-0129

"ACADEMIC EXCELLENCE ROOTED IN TRADITION"



PARENT ORGANIZATION

PARENT ORG: Fun & EZ ways to get involved and make a difference...

SCHOOL PICTURE DAY(s): URGENT -

We need a Coordinator for our school picture day in November. We also would like a few more volunteers to help the teachers and children coordinate trips to the camera room. We offer a fall and spring photo op, and retakes for each, for a total of 4 days.

Email for more info. EMGold@nycap.rr.com

HANUKAH DINNER:

Looking for a FUN way to get involved at HACD? Want to MEET other Members? This may be your ticket! Our annual Hanukah dinner is a great way for our members to socialize and enjoy a festive meal together. We need a Coordinator (or 2) and lots of volunteers.

Email for more info. HACD.ParentOrg@nycap.rr.com.

MENTOR:

We need some volunteers to help us reach out to our newest members – help them feel welcome and included. Email for more info. HACD.ParentOrg@nycap.rr.com.

CAMPBELL's "LABELS for EDUCATION":

Minimal time commitment – collect labels, tally and mail – maybe once a month or a few times a year. Email to learn more: HACD.ParentOrg@nycap.rr.com.

RETURNABLES:

Coordinator for our Returnable Can & Bottle Recycling Program. Parent Org would like to restart the collection of returnable cans & bottles. We need a volunteer to set-up collection bins and, more importantly, coordinate the returns, as the bins fill up – maybe once a month.

Email HACD.ParentOrg@nycap.rr.com to learn more!

SPIRIT WEAR:

Need 1-2 parents – maybe an hour once a month - help Liz Goldstein coordinate orders and distribute spirit wear items at school. Email for more info. EMGold@nycap.rr.com

HACD Parent Org HOT LUNCH COMMITTEE - Requests your feedback

Do you participate in our new hot lunch program? Please talk to your child about the lunch experience and give us some feedback. Likes and dislikes, etc.

Do you NOT participate? What changes would you like to see that would allow you to participate?

Please email your comments, concerns, etc.: Reemiviv@Verizon.net



COMMUNITY CALENDAR

October 4

Congregation OHAV Shalom.

Scrumptious Sukkot Family Education Program 10:30-12:30 pm. Join us for a fantastic program including interactive learners' service led by Rabbi Rose Durbin, involvement in the congregational Sukkot service and more.

October 11

Congregation OHAV Shalom—Simchat Torah Roll: A Personal Torah Celebration 10:00am-12:30 pm. Lively music, dance and hands on Hakafot. (Torah Procession) with Rabbi Rena Kieval.

October 18

Israel Dance Program. Temple Israel has an award winning Israeli dance program for youth, open to the Jewish community. When children begin to learn at an early age, Israeli dance can enhance the development of motor skills, teamwork, and the love and enjoyment of Israeli music, dance, and culture. And don't forget that it is just plain fun!! On Sunday mornings, the dance groups Garinim (K, 1st and 2nd) and Shoreshim (3rd, 4th, and 5th) meet from 8:45 AM until 9:30 AM. The program is under the direction of Eve Cameron, who mentors teen teachers from our community as they hone their skills in teaching the younger dancers. You might also recognize Eve as the Director of the Israeli dance segment of HACD's Annual Song and Dance Festival.

Both Garinim and Shoreshim will have the opportunity to perform at Temple Israel's Dance Festival, which will take place this year on Sunday, April 18th and for community groups from time to time.

Registration and first class will take place on Sunday, October 18. I encourage you to involve your children in this wonderful activity and I hope you will also encourage their friends to join them.

Please call me for cost, further information, or any questions at 438-7858 ext 126.

October 18

Mifgash, the Albany Troy Community Hebrew High School, is selling tickets for the upcoming Knicks v. Maccabi Tel Aviv basketball game at Madison Square Garden to be held on Sunday, October 18th. Fee for the tickets and round-trip chartered bus will be \$75. The bus will leave Ohav Shalom parking lot promptly at 9 AM and will be returning approx. 6 PM.

Proceeds from the game will go to Migdal Ohr youth village, which provides a nurturing home and education to 7,000 orphaned, impoverished, underprivileged and new immigrant children in Israel. For information about Migdal Ohr or about the basketball game, please open www.MigdalOhrUSA.org.

Seats are limited, so reserve yours today! Reservations will be accepted on a first come-first served basis. Your check is your reservation.

Send your check to **Mifgash, POB 5, Slingerlands, NY, 12159**. Be sure to include the names of all participants. No unchaperoned minors will be allowed to participate.

For more information, contact Ruth Malka at mifgashalbany@gmail.com.

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