



Bet Shraga
Hebrew Academy
of the Capital District



January 28, 2011
23 Shevat 5771

SHABBATON

Issue Number 18
Volume Number III

CALENDAR

Monday, January 31

Tuesday, February 1

Wednesday, February 2

Thursday, February 3

Friday, February 4

Candle Lighting times for February 2011

Friday, Jan. 28th - Light 4:45pm

Friday, Feb. 4th - Light 4:54pm

Friday, Feb. 11th - Light 5:03pm

Friday, Feb. 18th - Light 5:12pm

Friday, Feb. 25th - Light 5:21pm

Saturday, Jan. 29th - End 5:48pm

Saturday, Feb. 5th - End 5:57pm

Saturday, Feb. 12th - End 6:05pm

Saturday, Feb. 19th - End 6:14pm

Saturday, Feb. 26th - End 6:22pm

DVAR TORAH BY RACHEL ANISFELD

“When you see the ass of your enemy lying under its burden and you think to refrain from raising it for him, you must nevertheless raise it with him!” (Ex 23:5).

This is one of the many laws – dealing with subjects as far-ranging as slavery, the Sabbath and judicial procedure-- in this week’s parsha, fittingly called *Mishpatim*, “Laws.” This particular law describes a situation in which one comes upon one’s enemy and sees that his beast of burden has col-

lapsed under the weight of its heavy load. The Torah spells out a natural response – not to help one’s hated enemy – and then insists that one nevertheless lend a hand.

The word used here for the “raising” of the burden is *azov*, which also means “to leave behind.” “Leave behind what is in your heart concerning him,” says Targum Onkelos, an ancient translation of the Torah into Aramaic. “Leave behind at that moment the hatred in your heart concerning him and take apart the burden and carry it with him,” says Targum Yonatan, another classical translation.

The ass, then, is not the only one who needs his burden unloaded! This commandment is also intended to help *you* relieve or “leave behind” your own burden, the burden of your hatred of another human being. If you have an enemy, then you, like that donkey, are falling down under a heavy burden. Stop and help relieve your fellow ass’s burden, and you will find that your own burden has also been relieved.

In the children’s book *Zen Shorts*, a panda bear tells a story about two monks who were travelling together. When the older monk stops to help carry an arrogant demanding rich woman across a puddle and receives no thanks for this task, the younger monk becomes angry and remains so for hours. When he finally expresses his anger, the older monk says: “I put that woman down hours ago. Why are you still carrying her?” The question is not whether one is right to feel anger or hatred at another human being, but rather what effect it has on the one who feels the anger or enmity, how such emotions weigh us down.

The point of this Torah law – like many others -- is not only to provide aid for those in need, in this case the animal and its owner, but also to train the person doing the aid, to teach him to act righteously -- despite his hatred-- and thereby to find some relief from that hatred. After all, the Torah could have stated the law more simply: Help your fellow when his animal is collapsing under his burden. The mention of hatred indicates that what is important here to the Torah is not just the net result of aid given but also the state of mind of the giver.

Perhaps it is for this reason that the Torah bothers to tell us the initial thoughts of the one who sees this animal. He first thinks he will refrain *me’azov lo*, “from raising it *for him*.” His first thought is that the action will be solely for the benefit of his enemy. No, says the Torah. *Azov ta’azov imo*. *Imo*, “With him,” not “for him.” With him. Together. You will both be benefiting, you as well as he.

The Hasidic Rebbe of Piaseczno is said to have told his young students every Shabbat eve, between every single course, the same exact message – “The most important thing in the world is to do something good for another person.” And when you do, do not think that the only person who is gaining from this do-gooding is the other. It is you. *Azov ta’azov imo*. Together. When you help another, it changes you, too, lifting both your burdens at the same time.

Heritage Awards Dinner and Auction

Honoring

Ruth and Leo Phaff

Laura Segal

Rodney Margolis

for outstanding service and dedication

Save the Date!

Also to be honored: Bet Shraga Hebrew Academy students and graduate classes
of

1981, 1991 and 2001

Thursday, May 19, 2011

6:00 p.m.

Temple Israel, Albany, New

*****Volunteers Needed*****

Join us in celebrating our honorees and showcasing our school.

Contact Deb Herr (herrgirls1@yahoo.com) or Sherry Ashery (sashery@nycap.rr.com)

Signed contracts accompanied by enrollment deposits are due in the office on Tuesday, February 1, 2011.



School Wide Oneg Rescheduled

School wide Oneg originally scheduled for February 18th has been moved to Feb 11th.

Oneg on Feb 18th will now be held in the classrooms.

Donate outgrown winter cloths!



Please donate your children's outgrown winter clothing to HACD. We are now collecting boots, hats, coats, gloves, and snow pants in all children's sizes.

Our purpose is to assist students who come to school dressed inappropriately to participate in outside recess. Whenever possible, we go outside.

Your donations will help the students tremendously! Thanks so much!

Administrators Corner

Lorraine Arcus



Earlier this month, the world lost a great woman and I lost an old friend. Debbie Friedman and I met during the summer of 1968. We were both members of NFTY (the youth arm of the Reform movement). We both had youth group advisors who recognized our unique talents and encouraged us to hone our skills through a Jewish venue. We both attended NFTY's Kutz Camp in Warwick, NY for the "Song and Dance Leadership Institute". As you have probably guessed, Debbie focused on music while I focused on Israeli dance. NFTY had hired the best teachers in the fields to become our mentors. This program became the springboard for each of our careers.

Debbie began writing music that would change the way we pray and celebrate. "She gave us a gift, a way to express our deepest feelings for our loved ones and our community. Her gift allows us to reach for the heavens. She is a ministering angel singing unto God", says Rabbi Allan Smith, former director of NFTY.

Fast forward 30 years or so, as scores of original songs are being sung in every synagogue and Jewish camp and while groups of Jews of all ages are involved in Israeli dance. In 1996, Debbie was awarded the prestigious Covenant Award for Excellence in Creative Jewish Education. In 2001, I was fortunate to share the very same honor.



To become competent in an art form, sport, or academic pursuit, a student needs the support and encouragement of parents and teachers. The child's efforts need to be validated and nurtured. I believe that our Bet Shraga community is a wonderful example of this environment. In my role as Admissions Director, I am able to enter any room in the school at random moments. Each time I enter a classroom with one of our many visitors, often unnoticed by the teacher, I witness exuberant teachers bringing out the best in each student. At Bet Shraga, we offer challenging classes and a wide variety of extra-curricular activities. Coaching and supervising many of these activities are parents, encouraging not only their own child, but all of the participants. A glance at the successful careers of our alumni and honors they have received speaks volumes about the nurturing and opportunities they were afforded in their formative years. We should all take pride in the legacy of our school community and our graduates.

Debbie Friedman's work is a testament to her passion for "bringing people together" and the power of community united in song. Last week, our school community had the opportunity to be united through song and dance. May we all continue to be blessed and inspired by her memory, her music and her spirit.

Kitah Alef

A Midrash is sometimes defined as a story, legend or commentaries on the Torah. In Kitah Alef we define a Midrash as "filling in the blanks." While discussing the Torah portion of the week, Kitah Alef has many questions that we then turn into "Our Midrash of the Week." Kitah Alef discusses it and tries to explain it.

This week's Midrash:

Why did each person hear the laws four times?

It was so important.

Because everybody needed to hear it and someone may have missed some words.

Because God told Moshe to say it to everyone and you have to listen otherwise you may get killed because of God's powers.

They needed to hear it a lot of times so we won't forget.

So they can talk about it with each other.



We love to read



We love to write.



We love to dress up like Ariot (a friendly lion).



We love to follow along in our books.

Fun in the snow at recess!



Bagel Lunch



Friday Bagel Lunches \$5

- Fresh Kosher Bagel (Plain Bagel)
- Cream Cheese or Butter
- 100% Juice Box
- Fruit
- Dessert

Please send your check (payable to HACD, note: Bagel Lunch) to the office no later than Wednesday, February 2

Child's Name _____ Grade _____

Parental Contact _____ phone _____

Bagel Lunch Dates (circle):

2/4, 2/11, 2/18, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17

circle one: Cream Cheese or Butter

Total Payment Enclosed (\$5 each): _____

For more information please email Paula Binyamin: siennac4@yahoo.com

This is an 8th Grade Israel Trip fundraiser



COACH'S CORNER
Coach Ryan Miller



HACD Lions Boys and Girls Basketball

Come and support our teams Sunday, January 30.

5/6 Bidy Boys - St. Lucy's @ HACD - 10:15
7/8 Jr. Girls - East Greenbush @ HACD - 11:30
7/8 Jr. Boys - East Greenbush @ HACD - 12:45

Team Records to date!

3/4 Girls 1-2
3/4 Boys 0-4
5/6 Boys 2-0
7/8 Girls 1-1
7/8 Boys 2-2



BOOK FAIR VOLUNTEERS NEEDED!

This year's HACD Book Fair will be held on February 9th and 10th. The HACD Book Fair offers a selection of Scholastic Books as well as a number of Judaic titles for both children and adults, and benefits our school library program. The students really look forward to this fun event!

If you can come and help for a couple of hours (or more!), please contact Jane Shurin at jshurin@gmail.com or 783-5744.

PLEASE! The Book Fair depends on adult volunteers to help set up before the fair and to help students select and purchase books during the fair. We need help on the following days and times:

Tuesday, February 8, 2010 – Setting up the fair, 1:00 p.m. to 3:00 p.m.
Thursday, February 10, 2010 – Purchase day, 8:00 a.m. to 3:00 p.m.
Thursday, February 10, 2010 – Breaking down the fair, 3:00 p.m. to 4:00 p.m.

8790

Meet @ the Mikvah!

Open House for Women

Sunday, February 6 • 2:00 PM
340 Whitehall Road • Albany
(In the small building adjacent to Albany JCC)



Come tour the community mikvah and hear inspirational stories. Find out why all kinds of Jewish women keep the tradition alive.

Open to all women. Please bring a friend!

Light refreshments will be served.

For more information please call Beth Gray at 458-8826 or Ilana Kovach at 526-6262.

Don't Miss This Exciting Israel Experience Bonus Opportunity!



The deadline for 2010 deposits into Israel Experience accounts has been extended until **February 25, 2011**, with an exciting bonus opportunity.

For 2010 only, a group of anonymous donors, looking to support both our Israel Experience program and State of Israel Bonds, has offered the following **Israel Bond Bonus**:

An eligible child* with contributions of at least \$200 for 2010, will receive a \$100 match from Federation** and an additional \$100, one time match, from the anonymous group. The \$400 will then be used to purchase an Israel Bond to be held by the Israel Experience program for the benefit of the child.

For more information about the Israel Experience program, please see the program brochure available on the Federation's website at www.jewishfedny.org. or call Chief Financial Officer, Rob Kovach at 783-7800, ext. 233 at the Federation office.

**A minimum family gift of \$50 to the Jewish Federation's annual campaign is required for program eligibility.*

***Jewish Federation will match \$1 for each \$1.75 deposited, for an annual maximum match of \$100 and a lifetime maximum match of \$1,000.*



Jewish Federation
OF NORTHEASTERN NEW YORK

The Golub Center | 184 Washington Ave. Ext. | Albany, NY 12203
(518) 783-7800 | www.jewishfedny.org



Development Corporation for Israel

ISRAEL BONDS

www.israelsbonds.com

Funding available for programs providing Jewish enrichment and inspiring Jewish continuity.

Applications are due on **Friday, March 4, 2011**, for all funding requests for programs that take place from the summer of 2011 through May, 2012.

Please see Federation's website, www.jewishfedny.org, for more information and to download the application.

Decisions will be based on financial need.

Federation directly funds camperships for eligible local Jewish camps. Interested students should apply directly to these camps for camperships.



Jewish Federation
OF NORTHEASTERN NEW YORK

Information available at
www.jewishfedny.org or call
Deborah Goldstein at 783-7800 ext. 230

SHOMRAY TORAH ANNUAL CAMPAIGN DONORS 2010-2011

Todah Rabah to our extended family for your support. We are well on our way to reaching our goal for the fall campaign!

Grandparents

Rosalie and Raymond Alexander
Elizabeth and Moshe Anisfeld
Irene Ashery
Margot and Arthur Bernhardt
Malka and Eitan Evan
Rita Goldstein
Felice and David Gordis
Herbert Horwitz
Sedell and Bernard Kamenir
Lore and Leopold Koppel
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Ravin Davidoff
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Johnny Black, Jr.
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Andrea Juris and Avrum Wacholder
Tammy and Joel Weingarten
Chava and Adam Weisstuch
Ellen and Steve Young
Nini Wu and Ira Zackon

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The Sidney and Beatrice
Albert Foundation
Evalyn and Joseph Basloe
Roberta and Stephen Berk
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Susie and Howard Caplan
Mitchell Eil
Toby and Arnold Elman
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Michael Rosenfeld
Lois and Richard Rubin
Meris and Daniel Ruzow
Beth and Mark Scher
Linda and Bruce Stanger
Lois and Bill Uscher
Lisa Grant and William Weitzer

Names listed reflect
those whose
payments have been
received.



Community Event Calendar

Herman & Libbie Michaelson Early Childhood Center

Enroll Now For 2011-2012— open to the community, toddler time, Nursery school, day care, afternoon care, Hebrew immersion language program, mommy (daddy) & me (12-24 months w/parent), summer fun two 4-week sessions. A warm, nurturing environment where a child's individuality is encouraged and respected. Experienced, certified teachers, new state of the art playground, a balanced program that specializes in music, creative movement, art and readiness skills, field trips and special winter enrichment programs. For more information and a tour please call Pam Smiler at 438-7858, ext 5 or email psmiler@templeisraelalbany.org. Temple Israel, 600 New Scotland Avenue, Albany.

To put a community wide event in our e-shabbaton, please email a text only version to klinehan@hacdalbany.com by Wednesday.

