



CALENDAR

Monday, November 1

Tuesday, November 2
School Picture Day

Wednesday, November 3
3:15 Band

Thursday, November 4

Friday, November 5

Candle Lighting times for November 2010

Friday, Oct. 29th - Light 5:35pm
Friday, Nov. 5th - Light 5:26pm
Friday, Nov. 12th - Light 4:18pm
Friday, Nov. 19th - Light 4:12pm
Friday, Nov. 26th - Light 4:07pm

Saturday, Oct. 30th - End 6:35pm
Saturday, Nov. 6th - End 6:26pm
Saturday, Nov. 13th - End 5:20pm
Saturday, Nov. 20th - End 5:14pm
Saturday, Nov. 27th - End 5:10pm

DVAR TORAH BY RACHEL ANISFELD

Last week's parsha ends with the *akedah*, the binding of Isaac. This week's parsha begins with the death of Sarah. There is a famous midrash that connects these two events, saying that Sarah died from the *tza'ar* -- the emotional distress -- of thinking her son was being killed.

No one was actually killed at the *akedah*, but the event was still a tragedy for Avraham and his family. Not only does he lose his wife, but in some ways, he loses his son Yitzhak as well. Before the event, on the way up the mountain, the text tells us twice, *vayelchu shneyhem yachdav*. "The two of them walked together." After the *akedah*, though, after Yitzhak experienced his father raising a knife against him, we hear only of Avraham walking "together" with his servants. Intimacy with his son is no longer possible.

And yet, in a way, through this tragedy, Avraham learns something. The *akedah* forces him to take a certain natural tendency he had to an extreme and test it. Is it necessary, in order to have faith in God, in order to maintain complete focus in an intimate relationship with God, is it necessary to sacrifice one's family? Are God and family mutually exclusive? God answers this question with a resounding no -- Please do not sacrifice your child, your family for My sake.

And so, after the *akedah*, Avraham acts differently. Avraham performs two acts in this week's parsha. He buries Sarah and he sends his servant off to find a wife for his son Yitzhak. Through these acts, he is trying to repair the imbalance of the *akedah*, to throw his efforts whole-heartedly back into his family.

After the *akedah*, after Sarah's death and burial, the Torah suddenly informs us that Avraham was "old." Wasn't he already old -- 100 at the birth of Yitzhak? Yes. But now he feels it, realizes his time on this earth -- his time with those other beloved people around him -- is limited. If he wants to be a part of their lives, he must act now.

What about God? Where is God in all this shift of focus to Avraham's family? Avraham and God have become partners in taking care of Avraham's family. Yes, there is some loss of intimacy here. After the *akedah*, God never speaks to Avraham again directly, but only through angels. There are no more of the awesome fiery visions of the previous parshiyot. On the other hand, there is a new, more sustainable model for divine-human partnership. Both of the tasks Avraham occupies himself with in this parsha -- taking care of the dead and bringing people together in marriage -- are tasks that the rabbis say God considers His own occupation. Indeed, after the burial of Sarah, the midrash says that God made Avraham look "old" -- *like God* -- because He had adopted God's burial occupation. And, concerning marriage, there is a famous story about a Roman matron who questioned a certain rabbi about God. Okay, she said, God created the world in 6 days, but what has He been doing ever since? The rabbi's response? Ever since creation, God has been occupied with the making of matches.

This is what Avraham finally understood, after the *akedah*. If we want to participate in God's work, if we want to be God's partners in this world, we do not need to sacrifice and abandon those around us, but on the contrary, we need to join God In caring for them and helping to bring them together.



Administrators Corner

Lorraine Arcus Director of Admissions and Community Outreach

This past summer, I was asked by a Bet Shraga parent, “Would you please tell me about the accomplishments of some of our graduates, so I can have a sense of my tuition being money well spent?” I could easily produce a list of distinguished alumni in very impressive professions. However, these students could have attended public school and pursued these very same career choices. The more important question though, is, “What type of person are we helping to shape at Bet Shraga?”

In July, I attended the 40th anniversary celebration of the Tikvah program at Camp Ramah in New England. This very unique program provides a full summer camp experience for children and young adults with a wide variety of disabilities. Invited to this celebration were past campers and their families, former staff members, and supporters of the program. As the former counselors lined up for pictures, I realized that a large portion of the staff members were not only from the Albany area, but were Bet Shraga alumni. Furthermore, all but the youngest member of the group had held leadership positions in the program.

It is well known at Camp Ramah that the expectations and job description for Tikvah counselors far exceeds that of counselors in the bunks of “typical” children. The beauty of this program is that, for two months, the Tikvah campers are part of a large and loving Jewish community. They also have their own smaller community of young Jewish people with unique and special needs. As they become young adults, they are given jobs and a coach. Some Tikvah graduates become camp employees as well.

Bet Shraga students are encouraged from a very young age to be concerned with “Kol Yisrael Arayvim Zeh La Zeh”. We are all responsible for one another. Our middle school students are involved in Tikun Olam projects such as volunteering at Daughters of Sarah, reading to young children in inner city schools, or being kindergarten buddy.



Our 8th graders also have opportunities to teach the younger children for the dance festival. By providing our students with ample opportunities to bring out their *mensch*-like qualities, and exemplary role models, we are then able to measure our graduates' successes by watching them go out into the world to make it a better place.

L to R: Meredith Hochman Weprin '97, Joseph Ornstein '05, Joshua Arcus '99, David Kieval '96, Shira Arcus '97, Tina Avellino '96 (not shown)

A WIN-WIN (WIN) SITUATION

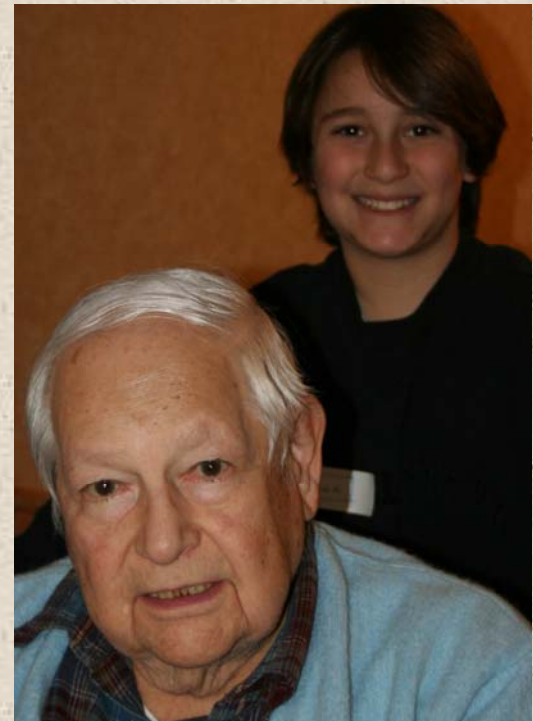
Keren Zilberberg

Last year when Rabbi Rami approached me about chaperoning our 6th graders on a bi-weekly visit to the Daughters of Sarah Nursing home, I was very excited to be given this opportunity. However, I had several concerns. How I was to prepare the students for working with the elderly? Did they have the skills and sensitivity necessary to work with the elderly? What kinds of programs were we to prepare and how were we to implement them?

My concerns were put to rest immediately once we arrived. The students comfortably and quite naturally interacted with the residents. They showed compassion and kindness. They were calm and gentle. They were sincerely interested in getting to know the residents, they wanted to hear their stories, they were eager to help them with activities and they took to their role of entertainers quite naturally.

On a very personal level I am very impressed with my 6th grade students. They give so much of themselves, they are so enthusiastic about our visits and are very excited about seeing their newly found friends. I am touched when I overhear the students converse about their positive experiences and excitement about this new learning experience in their lives. I realize that in this situation I win, the students win and the residents win!

I would like to thank Hebrew Academy for giving me this opportunity, for Liz for her wonderful pictures, and for the coordinator from Daughters of Sarah who works with us on creating opportunities for our kids from which they can learn, enjoy and grow.



TEVA

The sixth graders arrived safely at TEVA.



Looks like the trip was rough on them!



But not for long!





Alumni Corner

Pamela Becker ~ Class of '84

Pam Becker lives in Tel Aviv, Israel. Several years ago, with three young children, her husband, Jeremy, was diagnosed with stomach cancer. Using their skills in marketing, she, her husband and his two sisters formed an organization called “Jeremy’s Circle” to provide support for children living with cancer in the family.

“Cancer hits the entire family hard, and there are no existing programs today in Israel to provide support to the young members of families living with cancer or coping with a cancer loss. We would like to show the children that they are not alone, and to help them have fun with other kids like them. Cancer does not discriminate and neither do we. We invite all children, teens and their parents anywhere in Israel (or who plan to visit) – who have been touched by cancer – to join our circle of community and support.”



Pam’s parents, Jean and Martin Becker live in Loudonville and have taken an active role in building support for Jeremy’s circle. You are invited to join their cause at the

Election Day Party on Behalf of Jeremy’s Circle

Hosts: Jean and Martin Becker, Beth and Mark Scher
Location: Golub Center
184 Washington Avenue Extension, Albany, NY
When: Election Day, November 2, 7-10 P.M.
RSVP: Jean at 427-1967 or beckermartin@hotmail.com

Join us for a Beth Scher art show, “Perspectives on Israeli Soldiers,” music, Israeli café-style food and to root for your favorite candidates, all for a good cause. Jeremy’s Circle (www.jeremyscircle.org) helps Israeli children of all faiths with cancer in their families. Suggested minimum contribution is \$36. Donations should be made out to Good People Fund/Jeremy’s Circle.

First PALS Program a SWEET Success

Did you know that honey is one of the oldest and purest foods? There are many references to honey in the Bible! These are some of the things we learned from beekeeper Nissa Armstrong-Poll at Bet Shraga's first PALS program (Preschoolers and Little Siblings) on October 19. Seven preschoolers and little siblings joined the kindergarten class for a demonstration of the process of extracting honey from the hives. Everyone was able to try on the protective clothing that makes beekeeping safe and had an opportunity to taste the yummy honey. The next PALS program on Thursday, November 18, 2010 at 1:30 pm will feature Bet Shraga teacher, Terry Frazer, of the Oneida and Cayuga tribes. She will tell stories of her people and lead activities to experience aspects of this beautiful culture. Community preschool students are invited to all PALS events.



PALS participant, Dov Kovach and Nissa Armstrong-Poll in her beekeeping clothes

Basketball Reminder!!!!

Basketball registration forms and payment must be received by November 1st in order to be placed on a team.



HACD Soccer



We ended our soccer season with an 11-1 victory over Parker. We only had 9 boys. They all played the entire game with no substitutions. They loved that. Everyone played very well: they should be very proud of themselves.

In addition to their good play, they were extremely sportsmanlike and respectful. Our school should be proud.

**Grandparents and Special Friends Day
will be held in May 2011.**

Stay tuned for details!



049x0009pm fotosearch.com

LOST BRACELET

A sterling silver bracelet, with other details was found outside the HACD building ... someone must be missing it...

Please contact Paula Binyamin directly. We want to return it to the rightful owner.



Capital Region Friendship Circle to hold their first Extraordinary Friends and Heroes Event!

On November 17th, 2010 at 6 p.m. the Friendship Circle will be holding their first ever Extraordinary Friends and Heroes Event. The fundraiser will be held at the College of Nanoscale Science and Engineering. The Friendship Circle will be honoring several very deserving individuals, based on their commitment to the community. The honorees include:

John Mason & Karen Cavanagh

- CEO of the Sabre Companies and Co-Founder of Play for Power - The Water Project
- General Counsel of the Sabre Companies and Co-Founder of Play for Power - The Water Project

Bob & Susan Neudel

- Teacher at the Albany Academies and Owner/Operator of Bob Neudel Photography
- Community Volunteer and Retired Teacher

Jonathan Phillips — President and Owner of Phillips Hardware

Mary Ellen Whitney — CEO & founder of STRIDE Adaptive Sports, Inc.

- Lavish Hors d'oeuvres
- Silent Auction

Tours will be given of the NanoFab North Viewing Corridor

For more information about reservations for this event or joining the Friendship Circle as a participant, volunteer or supporter please contact DALE KATZ at 518-765-5772, 518-441-6341 or RKATZ@NYCAP.RR.COM

PLEASE JOIN US TO FIND OUT MORE ABOUT CAMP RAMAH!

On Wednesday, Nov. 3, David Rosen, the Assistant Director of Camp Ramah New England, will be making a presentation about camp at 4 pm to all of the community. The program is being organized by the B'Yachad collaborative religious school program of Ohav Shalom and Temple Israel. All students, parents and grandparents are invited to attend this engaging 30 minute presentation. David will have time to meet with any parents or grandparents who want to chat after the presentation. This program will take place in the small social hall at Congregation Ohav Shalom.

Camp Ramah is the award winning international summer camping program run by the Conservative movement. For over fifty years, it has provided thousands of Jewish children with amazing Jewish summer experiences. Camp Ramah New England is located in Palmer, MA, about ninety minutes from Albany.

Grants and financial aid: A \$1,000 incentive grant is available to all new campers attending Camp Ramah in New England for 4 or 8 week sessions. Camp Ramah in New England is committed to helping find financial aid for all families; please do not allow finances to stop you from thinking about the experience of a lifetime for your child.



Dates to Remember

Tuesday, November 2nd is School Picture Day

Entertainment Books coming soon!!

The Hebrew Academy of the Capital District
Is once again supporting the...



41st Annual
Equinox Thanksgiving Day
Community Dinner

**We are collecting cups of
mixed fruit**
**Our goal is to collect 300 cups by
November 12th**

Please drop off to the collection box at the main office.

Thanks to our school's help, the Equinox volunteers
will be able to serve

Thanksgiving meals to 3,000 of our homeless, homebound and needy neighbors!

THANK YOU!!!!

Thanksgiving School Lunch



On Wednesday, November 24th
The school will be offering a
Special Thanksgiving lunch

The cost of each lunch will be \$2.00 each
*(Parent Org. has generously donated
for additional costs)*

It will include:
Turkey Sandwich on whole wheat bread
(With or without mayonnaise)
Chips, cranberry sauce, dessert and a drink

**NO OTHER LUNCH OPTION WILL BE OFFERED ON
THIS DAY**

**All orders must be in to main office by Wednesday,
November 10th.**

Thanksgiving Lunch Order

Child's name _____ Grade _____

Turkey sandwich with mayo _____ without mayo _____



COMMUNITY-WIDE
CHANUKAH
SHOPPING BAZAAR
SUNDAY, NOVEMBER 21,
4-6PM



Looking for the perfect gift for family & friends on your Holiday List?

Look no further than the Mifgash Chanukah Bazaar.

Temple Israel, 600 New Scotland Avenue, Albany,

Mifgash community-wide Hebrew high school will host their first annual Chanukah Bazaar to help you find the perfect gifts. From jewelry, toys and crafts, to electronics and unique gifts, Chanukah shopping will be in full swing for the whole family. Great prices and selection!

Beautiful local & internationally crafted gifts will be plentiful just in time for your Thanksgiving family travel where many celebrate the holiday season.

Chanukah may be early this year, but, you'll be completely ready with this opportunity for one stop shopping and early Chanukah spirit.

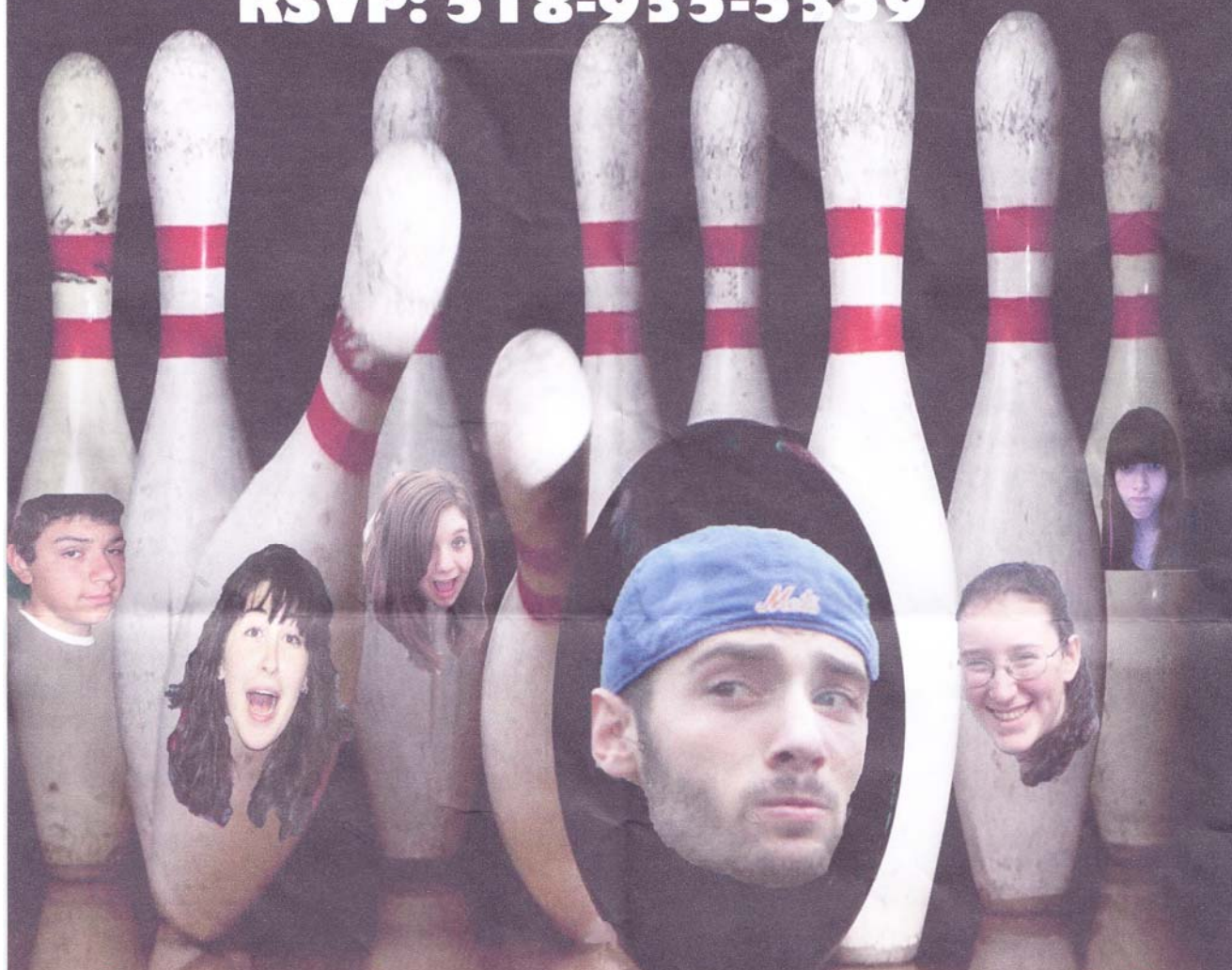
Mifgash community-wide high school is sponsoring this wonderful afternoon filled with Chanukah treats as well delicious potato latkes, falafel and more with all the trimmings.

Vendor booths are still available. Vendors interested in participating in this event who sell: toys, bags, electronics and games, crafts and gift cards are welcome. Please contact Wendy Schaffer @ hwschaffer@aol.com or call 439-4765 if you would like to participate or have questions.



Junior NESY Bowling!

RSVP: 518-935-5359



Come bowl with your favorite people!

**5-7th Graders
Del Lanes**

**7:30-9:00 p.m. October 30th
\$9.00 a kid**

REMEMBERING YITZHAK RABIN

NOVEMBER 4, 2010

7:30PM



SCREENING OF "REMEMBERING RABIN"

A short documentary about the life of the fifth Prime Minister of Israel

PANEL DISCUSSION:

LET THERE BE PEACE: THOUGHTS AND ACTIONS ON PEACE IN THE MIDDLE EAST

Facilitated by special guest presenter Rabbi Aaron Leibowitz from Jerusalem

Guest panelists:

Ethan Bloch, Professor of Mathematics at Bard College

Zach Marcus, University at Albany student

Dr. Igal Zuravicky, MD, Cardiologist



THE ISRAEL CENTER, 199 NEW SCOTLAND AVENUE, ALBANY NY

\$5 suggested donation. Handicap accessible. Please use the rear parking lot entrance.

For more information go to www.theIsraelCenter.org, email emunah18@aol.com or call 459.0065x204



The Israel Center
Nurturing Positive Connections with Israel
www.JERNY.org www.theIsraelCenter.org

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Supported by
Jewish Federation
of the Capital Region 

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Community Event Calendar

November 4, 2010

Remembering Yitzhak Rabin. A screening of "Remembering Rabin" a short documentary about the life of the fifth prime minister of Israel. Facilitated by special guest presenter Rabbi Aaron Leibowitz from Jerusalem. The Israel Center at 7:30 p.m. For more information go to www.theIsraelCenter.org.

November 13, 2010

The Daughters of Sarah Mystery Challenge is a whimsical and adventurous 'night at the museum' that will challenge your mind with exhilarating, friendly, team-based contests of wit and imagination, all while enjoying elaborate hors d'oeuvres, delectable desserts and a fabulous silent auction on at 7:30PM at The NYS Museum. All proceeds benefit Daughters of Sarah Senior Community, offering adult day care, assisted living, and award-winning skilled nursing. Tickets are \$85, or \$50 for persons under 40. To register, call Kim at (518) 724-3261, email her at pappk@daughtersofsarah.org or respond online at www.daughtersofsarah.org.

November 21, 2010

LIGHT UP THE NIGHT , Star Show at the Henry Hudson Planetarium—for more information visit www.JewishGirlsUnite.com



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

