



## CALENDAR

**Monday, Oct. 10**  
Bring a Jewish Friend to  
School Day

**Tuesday, October 11th**

**Wednesday, October 12th**

**Thursday, October 13th**

No School  
Sukkot

**Friday, October 14th**

No School  
Sukkot

### Candle Lighting times for September/October 2011

Friday October 7th —Light 6:10

Wednesday October 12th—Light 6:01

Friday October 14th—Light 5:58

Saturday October 8th —End 7:08

Thursday October 13th— Light 6:59

Saturday October 15th—End 6:56

*Hashem, Hashem, Kel Rahum Vehanun.* “O God, O God, compassionate and gracious, slow to anger, and abundant in kindness and truth, preserver of kindness for thousands of generations, forgiver of iniquity, willful sin and error, and One who cleanses.”

We say – or sing – these words countless times during the Yom Kippur service. They are a list of the 13 attributes which God revealed to Moshe as part of the forgiveness and healing process after the sin of the Golden Calf.

What are we doing when we recite these attributes? On the one hand, we are describing God, reminding God on this day of judgment that it is His basic nature to be compassionate and forgiving, that, as He sits on His throne of Judgment, He should judge us kindly. I wonder, though, if we aren’t also describing ourselves, or rather, setting up for ourselves a model of the virtues we should strive to attain. God is not the only one involved in judgment. We as humans are constantly evaluating and judging ourselves and others. Perhaps

on this day of judgment, when we ask God to take a kind approach, we are also asking this of ourselves, in imitation of Him.

This is where Jonah went wrong. God asked him to be an instrument of divine compassion in the world, to reflect the tenderness God feels toward His creatures, but Jonah wanted only to be an instrument of divine judgment. It is particularly on the Day of Judgment that we are asked, like Jonah, to learn to feel --- as God does -- tenderly and compassionately toward our fellows.

The task is not an easy one. We are all like the priest Eli – from the haftarah of the first day of Rosh HaShanah—who looked at Hannah standing in the sanctuary moving her lips but not making a sound, and presumed the worst, that she was drunk, when she was in fact fervently crying out to God in pain. We – like Eli – stand on the outside judging others, when maybe what looks bad is really not, when maybe – usually – we don’t know the whole story, don’t know the inner woes of our fellows’ hearts.

The key is to be, like God, *raham*, compassionate or sympathetic. Our fellows’ offenses are often a sign of some inner disturbance or insecurity. Instead of taking offense and becoming angry and judgmental, we can ask ourselves why the offense was made, what troubled thought must have preceded it, and thus, like God, learn to move from “the throne of judgment” to “the throne of sympathy.”

Good judgment begins at home, in how we treat ourselves. Rav Nachman says that we need to learn to look in others as well as in ourselves for the *nekudah tovah*, the “good point,” the single good thing inside us. Yes, maybe we are full of faults and shortcomings, errors and misdeeds. But to focus on those is to give free reign to the waiting evil of sadness and depression. Instead, we should -- like God – look to the good, not to the Accuser, and find within us those points of good. O God, O God, compassionate and gracious. O human, O human, be compassionate and gracious as well.

Rachel Ansfeld

## Administrators Corner Lorraine Arcus, Admissions Director

During this past Labor Day Weekend, the Bet Shraga family had good cause to celebrate. The wedding of Sarah Koblenz and Jonathan Huz was a gathering of their Bet Shraga classmates and friends, teachers, principals, and lay leaders. ALL of us had played some role in their growing and developing. There's nothing like watching two of your former kindergarten students marry each other! It takes a village to raise a mensch and our community does a wonderful job. Here's a short list of reasons to kvell from this occasion:



- The bride and groom had over 20 years of shared experiences, including membership in Temple Israel's dance group for young children, (see above) attendance at Bet Shraga, and as campers at Camp Givah
- Three out of four of Sarah and Jon's parents are Past-Presidents of Bet Shraga
- The Rabbi officiating at the ceremony, was Rabbi Rami Strosberg from the class of '94. He was also the band leader! Sarah's classmate, Josh Strosberg, played in the band as well.
- Each of the Bet Shraga alumni knew the importance of the mitzvah of celebrating with the bride and groom...not to mention their excellent dancing skills!

**I hope the Bet Shraga community has many more simchas to celebrate together!**



### **First Row:**

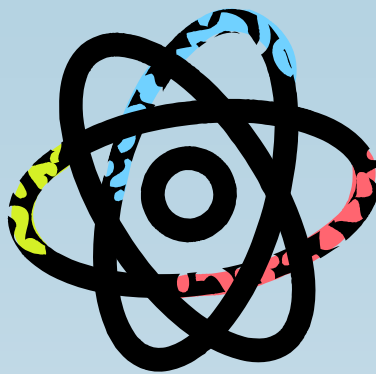
Davia Rabinoff-Goldman '00, Joshua Arcus '99, Jason Kay '96, Shayna Malsan '21, Mya Malsan '19, Marilyn Cohen-Former Teacher, Sarah Koblenz Huz '98, Jonathan Huz '00, Judy Arian-Former Teacher, Josh Kugler '04, Ilana Huz '04, Josh Schwartz '00, Lorraine Arcus-Former Teacher, Admissions Director, Rena Kieval- Former Teacher

### **Second Row:**

Chaim Picker-Former Teacher, Julie Segel '98, Marta Koblenz-Past President, Dania Zalen '99, Nancy Eson-Current Librarian, Shira Arcus '97, Jessica Tayler (Levine) '98, Jana Peckage '98, Arielle Kay (Koblenz) '95, Sarah Kay '98, Allie Kugler '08, Heather Malsan (Rockwood) '82, Rami Strosberg '94, Deb Strosberg (Greene) '96, Lisa Jacobs '95, Debbie Flancman (Biskin) '72, Stephanie Kugler (Rockwood) '78, Hope Rosenbaum (Rockwood) '77, Talia Segal '11, Ariella Segal '05, Laura Segal-Past President, Chana Israel-Current Teacher, Linda Ginsburg (Sanders) '78-Former Teacher, David Ginsburg '72-Past President, Don Cashman-Former Teacher, Stephen Justa-Former Teacher, Ira Zackon-Current President

### **Last Row:**

Steve Huz-Past President, Ed Jacobs-Past President, Mark Koblenz-Past President, Joe Kay-Past President, Malka Almog-Former Principal, David Farber '00, Jacob Middleton '00, Josh Strosberg '96, Michael Kay '93, Rob Kovach '81, Nate Seitelman '00, Matthew Rosenbaum '77, Mark Kovach '79, Benjamin Segal '09, Mark Israel '82

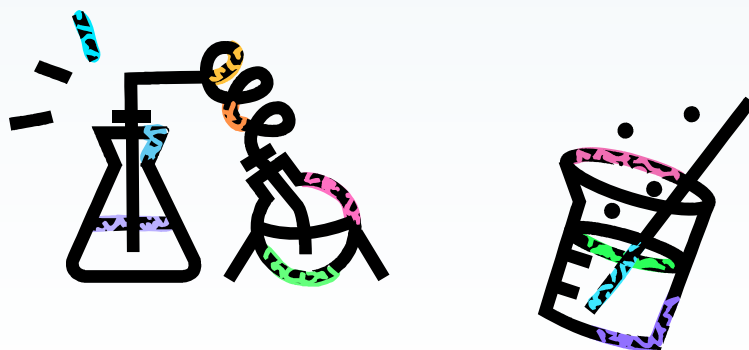


**AMAZING**

**SCIENCE**

The different Science classes have been busy getting accustomed to the skills necessary in order to be successful at the course they are taking. Life Science is working on their 1<sup>st</sup> quarter project and have done a mini experiment in which they have extracted the pigment from various types of leaves. They were very excited the next day when they came to class and saw that they could actually see the different colors of pigment on the filter paper. 7<sup>th</sup> grade is working on the various tools that are used in Science like the triple beam balance. They have learned various ways in which a substance can be measured. We are now studying what Matter is and how it is classified. 8<sup>th</sup> Grade has plunged right into their Earth Science course. Presently, they are very close to being able to read a topographical map and discern all the information that such a map conveys.

**TERRY FRAZER**  
**MIDDLE SCHOOL SCIENCE TEACHER**



*Featured in the Albany Times Union*

**Bet Shraga in the News**

**"First grader Max Ginsburg blows the  
Shofar for Rabbi Rami during a class discussion of Rosh Hashanah"**



First grader Max Ginsburg blows a shofar for Principal Rami Strosberg during a class discussion of Rosh Hashanah at Bet Shraga Hebrew Academy of the Capital District in Albany Sept. 27, 2011. (John Carl D'Annibale / Times Union)

Visit our website [www.hacdalbany.org](http://www.hacdalbany.org) for more  
exciting  
HACD News!!

Click on the Bulletin Board tab!!!



## ***Library Volunteer Needed!***

One of our wonderful library volunteers is unexpectedly unavailable. We need someone to help out, especially with shelving books. If you can give us a couple of hours a week.

Please contact Nancy Eson at [neson@hacdalbany.com](mailto:neson@hacdalbany.com) or 482-0464, ext. 130.

No experience necessary!

*Come study at the new*

## ***Open Bet Midrash of Albany***

Fun, meaningful, creative communal Torah study in an honest, open environment.

No previous knowledge required. Both men and women welcome.

Meeting time: 7:30-9:30 PM once a week, day to be determined.

Facilitator: Dr. Rachel Anisfeld, who writes the weekly parsha blog “[Parsha Thoughts & More.](#)”

**Pilot Session:** Come try it out! Tuesday, October 4 at 8:00 PM at my home, 148 Milner Ave, Albany. Please let me know if you plan to attend: [ranisfeld@nycap.rr.com](mailto:ranisfeld@nycap.rr.com), 489-5756

Cost: \$275 for the school year

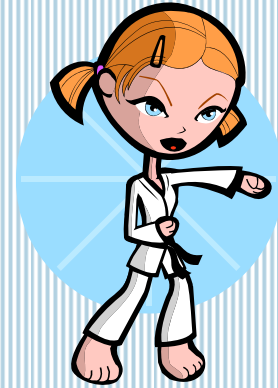
The program is affiliated with the [Elul Bet Midrash program](#) based in Jerusalem, a Torah institute dedicated to the study of classical texts and creative responses to Torah.

## **Community Event Calendar**

**To put a community wide event in our e-shabbaton, please email a text only version to [apiroli@hacdalbany.com](mailto:apiroli@hacdalbany.com) by Wednesday.**

**Look in the coming weeks for our Community News Bulletin featured on our new website!**





## **KARATE KIDZ**

**With Master Lou Papa  
15 years US Budokai  
3 Years with PAL Program in Albany Schools**

**For Ages 6 to 12 years old**

**September 11-October 24 – Fall Session 1  
(Continues through 2011-12 School Year)**

**Sundays and Mondays**

**4:45 to 5:45 pm**

**JCC Auditorium (Fitness Studio, backup)**

**Program will consist of Competition in the following skills:  
Sparring, Various Forms, Self-Defense Moves, and Bo techniques**

**Participants should come dressed in  
Sneakers, Sweatpants or Shorts, and T-Shirt or choose to purchase Karate Uniform (gi)  
Belts will be supplied**

**Cost: \$95 per child**

**To Register:  
Contact Andrew Katz, Director of Youth Services  
518-438-6651 x 113 or AndrewK@saajcc.org  
www.saajcc.org**