



Bet Shraga Hebrew Academy of the Capital District

January 13, 2012

Issue Number 45, Volume Number III

UPCOMING EVENTS

January 16th —
NO SCHOOL!
Martin Luther King Day!

January 20th —
School Wide ONEG

January 22nd—
Dance Festival 10:30 @
Temple Israel

Candle Lighting times for January

Friday January 13th — Light 4:26

Friday January 20th — Light 4:34

Friday January 27th —Light 4:43

Saturday January 14th — End 5:31

Saturday January 21st — End 5:39

Saturday January 28th — End 5:47

Dvar Torah on Parashat Shemot, by Rachel Anisfeld

“What doesn’t kill us, makes us stronger.” So goes the popular saying, which traces back originally to Nietzsche.

Or maybe to the Torah. In reference to the Israelites’ suffering in Egypt, the Torah says, “But the more they were oppressed, the more they increased and spread out.” Suffering made them stronger.

Here we are at the start of the book of Shemot, the beginning of a long period of exile and oppression, an oppression planned by God for the people already at the time of Avraham. Why? Why not just go straight to the giving of the Torah?

According to the Sefat Emet, when God says, “I have taken note of you and what is being done to you [*lakhem*] in Egypt,” what He means by *lakhem*, is not “to you”

but “for you,” i.e. “for your benefit” [*lehana’atkhem*]. The process of suffering – while taking its toll on the people in the short run – in the long run had some beneficial outcome, turned them into the kind of nation God had in mind.

New studies show that a moderate amount of adversity actually does make one stronger, makes a person more likely to be happy and satisfied in life, and also more resilient to further difficulties later in life. The key, according to Stephen Joseph, author of *What Doesn’t Kill Us*, is to be able to create a narrative about one’s negative life experiences in which one is not a victim, nor merely a survivor, but a “thriver,” someone who is able to take adversity and actually use it to his own benefit, as a tool of growth and greater life fulfillment.

The Torah models for us just such a narrative. The people begin as victims in Egypt, but ultimately that experience becomes the basis for a thriving religion. *Judaism is a religion built out of the very stuff of this suffering.* The ethical commandments related to the treatment of other people are powered by our memory of our own suffering; we must not hurt the stranger or the widow because we “remember that we, too, were strangers in Egypt.” And the religious commandments which structure our relationship to God are also powered by our memory of both the suffering and the salvation, by our sense of gratitude and by a sense of appreciation for the blessedness of everyday life which only one who remembers otherwise can truly fathom. Out of the straits of Egypt emerges a new nation, a new way of being in the world. We become thrivers, able to celebrate life through our national memory of tragedy.

Nor should the experience in Egypt be thought of as a one-time encounter with adversity, says the Netivot Shalom. The Torah is eternal; it speaks to our own daily personal struggles as well, no matter how small. What sense can we make of whatever suffering comes our way? How do we tell the story of our encounters with adversity? Are we victims? Survivors? Or thrivers? Can we learn to tell a narrative like that of Exodus, where we actually use life’s challenges to help us grow?

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

Partner Agency of
Jewish Federation
OF NORTHEASTERN NEW YORK





COACHES UPDATE!!!

Wow! If you missed today's thrilling 46-45 win at previously unbeaten E. Greenbush, you missed a tremendous game and gutsy effort by the 7/8 Lions. Playing without 3 players (only 6 dressed for action), the Lions came back from a 7 point deficit in the 2nd half and won at the buzzer on a half court to hoop drive by Reed to win it.

This was a huge win for the team. Reed and Ethan each chipped in 16 points apiece. Levi Kovach added 6 points with Ari Ginsburg and Ari Levy adding 4 apiece. Ami Israel played solid minutes and lent some solid defensive play.

Coach Rich Drucker

Upcoming Games

January 15th
HACD @ St. Matts
5:15

January 19th
St. Matts @ HACD
7:15

Practice Schedule

7/8 Boys
Sunday- 9-11
Thursday- 4:30-6 Fridays - 2:30 –
4:00

4/5 Coed
Tuesdays - 3:15 – 4:30
Sundays – TBD (to be determined)

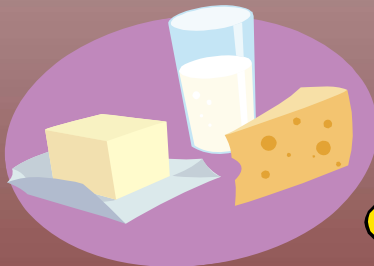
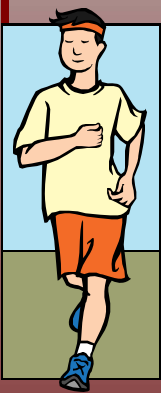
2/3 Coed
Thursdays 3:15 – 4:30
Sundays - TBD

From the Desk of *Coach Ryan Miller*

Hebrew Academy is one of only two schools in the Capital District to offer Health Education to elementary students. We follow the NYS standards and guidelines, which were constructed by hundreds of educational professionals across the state. It is an ongoing work in progress as NYSED and its network of Coordinated School Health Centers continue to look to improve school health education. Their focus is on skills-based health education, diversified assessment, and improving the NYS Learning Standards for Health Education and the National Education Standards.

I have truly enjoyed my first year as the elementary health education teacher. We have covered such topics as Physical Activity and Nutrition, Family Life, Tobacco, Unintentional Injury, Violence Prevention, Stress Management, and Communication. Perhaps my most memorable moment occurred as the 1st grade was discussing nutrition in early October. A student raised his hand and informed the class that, “overindulging in healthy foods can also be harmful to ones well being, as too many calories can lead to increased weight gain”. I believe he may be a future health teacher!

The 5th grade is currently discussing Advocacy and how to apply strategies and skills to enhance personal, family, and community health. They decided that the school needed a safer way to cross the street from the parking lot to the front entrance. The class has written letters to members of the DOT, Town of Colonie, and the Colonie Police Dept. Sergeant Dave Leonardo is helping us create a plan to add blinking yellow lights to our “School” signs that are posted on either end of the building. The class hopes that this will help alert drivers of pedestrians who may be crossing Sand Creek Rd. before and after school hours.



HACD News

Save the Date!!

8th grade basketball
fundraiser
on
March 10th beginning
at 7:30 pm



Save The Date!

Grandparents
and Special
Friends Day
will be held on
the afternoon
of
Friday ~
May 18, 2012
12:00-3:00 PM



SHABBAT SPONSORSHIP

It's with thanks that we acknowledge the Rappaport, Eligberg, Gordis, Earlywine and Bienstock Families for their

Shabbat Sponsorship

For Friday January 13th, 2012.

In Celebration Of

*The Second Grade Teachers
Thank you for all you*



BOOK FAIR VOLUNTEERS NEEDED

THURSDAY, FEBRUARY 9TH!

This year's HACD Book Fair will be held on Thursday, February 9th. 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:

Thursday, February 10, 2010 – Purchase day, 8:00 a.m. to 4:00 p.m.

Thank You!!!!

Hebrew Academy is now offering tutoring for adults in Hebrew Language.

If you are interested,

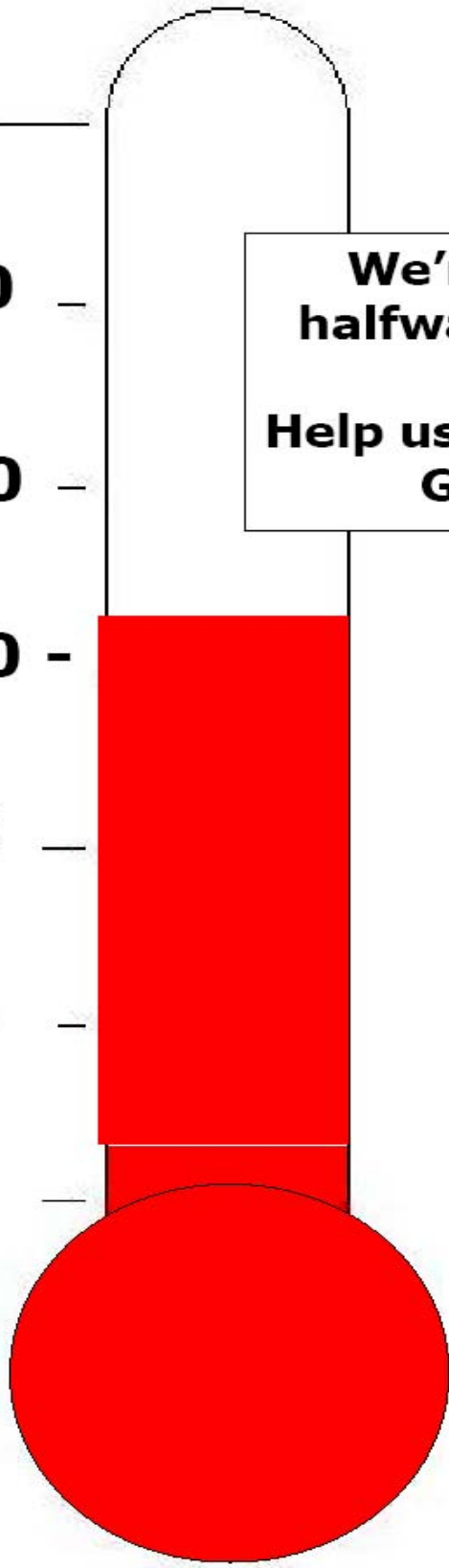
please call **Sharon Strosberg** 377-2510.

2011-2012 Shomray Torah Fall Campaign Fund

GOAL
\$200,000

\$175,000 -
\$150,000 -
\$125,000 -
\$100,000 -
\$75,000 -
\$50,000 -

**We're OVER
halfway there!**
**Help us meet our
Goal!**



SHOMRAY TORAH ANNUAL CAMPAIGN DONORS 2011-2012

Todah Rabah to our extended family for your support. We're over halfway to our goal for the fall campaign! Help us add more names to our list of supporters by sending in your pledge.

Grandparents

Elizabeth and Moshe Anisfeld
Irene Ashery
Mirian Biskin
Malka and Eitan Evan
Sandra and Jerome Goldberg
Felice and David Gordis
Herbert Horwitz
Sedell and Bernard Kamenir
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Ravin Davidoff
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Arthur Fleischner
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Joseph Herd
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Johnny Black, Jr.
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Jill and Howard Goldberg
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Elana and Steven Kamenir
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Rabbi Naomi Manon
Jerald O'Brien
Marian Alexander and
Rabbi Dan Ornstein
Rachel and I. Paul Rappaport
Anna and Jonathan Rosen
Tatyana and Benjamin Schwartz
Laura and Hilton Segal
Jane and Arkady Shurin
Sirafima Rits and Vladimir Vitkin
Chava and Adam Weisstuch

Community

Helene S. Ainspan
Martin Barr
Evalyn and Joseph Basloe
Amy Bloom
Joyce and Sanford Bookstein
Dorice Brickman
Toby and Arnold Elman
Evelyn and Laurence Farbstein
Joanna and Eric Fried
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Neil, Jane, William & Estelle Golub
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Jerald O'Brien
Pardus Family Philanthropic Fund
Lois and Richard Rubin
Phyllis Silverman
Linda Woodward and Frederick Stein
Gene and Howard Tarler
Philip Ziffer

Names listed reflect those whose payments have been received.

8th Grade Trip to Israel Fundraiser!



Second Annual Bagel Brunch (after the Dance Festival, January 22)

Please join the eighth grade for bagels and goodies in the downstairs small social hall at Temple Israel. Purchases will benefit the 8th Grade trip to Israel this spring.



And while you are eating...

Learn about **“The Israel Experience”**—the savings account for your child’s trip to Israel. This great opportunity is made available to us by the Jewish Federation of Northeastern NY and is a fabulous way to save for the trip. Board Members will be present to answer any questions you might have.





Exciting
educational programs for
Preschoolers
And
Little Siblings
Bet Shraga Hebrew Academy
of the Capital District

Join the excitement at the annual
Bet Shraga Hebrew Academy

Song and Dance Festival

Sunday, January 22, 2012
10:30-11:30 AM

Temple Israel ~ Albany



Experience Tu B'Shevat with the
Hebrew Academy kindergarten

Celebrate
the environment and ecology
with guest science teacher
Ela Meir

Monday, February 6, 2012
1:30-2:30 PM

Let us know you're coming. Please email Lorraine Arcus at
Larcus@hacdalbany.com

Parent Org.

Shabbat Sponsorship



DATE: Every Friday

WHERE: Each and every classroom

WHY: To celebrate a birthday, honor a teacher, highlight a special day, or *JUST BECAUSE!!*

WHAT: \$36 covers challah and grape juice for the entire school

HOW: Fill out the Shabbat Sponsorship form and bring to the office

It's 2012!! Do you have a special something coming up to celebrate? Do it at HACD!

Questions? e-mail Jodi Eligberg at abbaeema@nycap.rr.com

Torah Magic!

Kids in grades K-3 from all school schools, and their families, are welcome to be with us for Torah Magic!

Torah Magic is a celebration of being Jewish, that we are beginning this year in honor of the writing of Ohav's new Torah scroll in 5772.

Come join the fun on Shabbat morning, February 4 and May 19, at 10:45 AM in the synagogue chapel or social hall.



Shabbat Shorashim

A Shabbat morning service of songs, stories, prayer & snack for families with children

7 years or younger

Saturday, January 14th

10:45-11:30

Temple Israel

Facilitated by Jodi Eligberg

Special Guests:

*Moshe Moosekowitz
his Family & Friends
and You!*



שַׁבַּת שְׁלוֹם *Shabbat Shalom!*



American Red Cross

The need is constant.
The gratification is instant.
Give blood.™

1-800-GIVE-LIFE | RedCrossBlood.org

Blood Drive

Temple Israel

600 New Scotland Ave. – Large Social Hall

Sunday January 22

8:45AM – 12:45PM

Contact Amy Krenzel @ linomore61@yahoo.com

Give before or after the Dance Festival!

Camp Ramah in New England



Elevate your summer!

Come learn about all that Camp Ramah in New England has to offer, and meet with Josh Edelglass, *Assistant Director*, at the following events on **Wednesday, January 18th**:

11:00-noon -- Bet Shraga Hebrew Academy

Josh will meet with grades K-4 at 11:00 AM and grades 5-8 at 11:30 AM.

5:40-6:00 -- B'Yachad at Congregation Ohav Shalom

Josh will be presenting to the B'yachad students from 5:40-6:00, and will be available to speak with parents before and after.

7:00 -- Informational meeting at the home of

Jodi and Rabbi David Eligberg

298 Hackett Blvd., Albany, NY 12208

Please join us for this in-depth conversation about the Ramah experience!

For more information and to RSVP, please contact:

Josh Edelglass, *Assistant Director*, at joshe@campramahne.org

OR Marci Galinkin at levykins@aol.com

Parents and children are welcome at all events!

www.campramahne.org www.ramahblog.org



FAMILY SERVICE

Welcome Shabbat at Temple Israel
with a family-friendly, musical service.

Sing, clap and have some fun.

Kid-assisted D'var Torah!

Shabbat dinner to please all!

Friday January 27, 2012 at 5:30PM



Adults 13 and over \$12

Children 5-13 \$2

Children under 5 FREE

Vegetarian option upon prior request

RSVP Linda at 438-7858 ext. 117



Partially underwritten by
the Shugar Outreach Fund