



Kol Sholom

The Voice of Temple Beth Sholom

The San Leandro Hebrew Congregation ~ Since 1886

July/August 2009

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D'var haRAV

In this issue

From the Rabbi	3
Do you enjoy cooking?	4
Editorial by Marv Zinn	5
Reinvent Your Body	5
Interview with our Rabbi	6
Library and Learning Center	6
2009 Congregational Directory	6
Board Meeting Brief	7
Sign up for eScrip	9
Pres. Obama's Speech at Buchenwald	10
Sign up for Oneg Shabbat	12
Sisterhood News	14, 16
Sisterhood Calendar	15
Vocolot Concert	17
Gift shop	18
Oneg Procedure	19
Rabbi's Classes	21
Gala Summer Ball	22
Esha L'Esha	24
Automatic Bill Pay	25
Contact Rabbi - Emergency	25
Donations	26



We are pleased to announce that

**Mr. Milton &
Mrs. Gladys Wahlberg**

are life time members
of our congregation.

Just a reminder! The **Yankees**

will be playing our hometown
Athletics on Monday, Tuesday
and Wednesday, August 17,

18 and 19. If there seems
to be an increase in prayer
activity in the East Bay around this time, it
will be completely understandable.



*Best wishes for a relaxing and
peaceful summer for everyone*

- From the Rabbi

It is hard to believe that it is summer time again. The school year is over. The Torah and Hebrew Schools are on summer recess. (The Bar Mitzvah training continues and the cantor and I meet with these young men when they are in town.) I even take a break from my university classes during the summer. So what do I plan to do with all my free time?

Every year at the end of the Torah School year, I give the students the same three mitzvot to fulfill. (In the fall, I will ask each one of them if and how they were able to fulfill these mitzvot.) This summer, I am going to try to take my own advice.

First, everyone should take a long walk. This mitzvah is the mitzvah of observation and the mitzvah of bal tashkit, environmental preservation. When we are out in the world, so rarely do we stop to appreciate God's wonderland, the earth, and all of its creatures. I hope to get out into nature once in a while (I am more of a library kind of guy). Barbara has kindly requested a vegetable garden as a gift celebrating our 35th wedding anniversary. It is just the nudge that I need to get outside and to tend the tomatoes, peppers, zucchini, and corn that I planted for us and for the environment. (I can't believe that I planted zucchini again. The last time we went away for a weekend and came back to baseball bat-sized zucchini. We were eating zucchini morning, noon, and night for a long, long time; and our kids wouldn't touch the stuff.) This is just one of the many ways that we are trying to reduce our carbon footprint. Not only do we eat fresh vegetables, but by eating



locally grown produce, we reduce the need to ship food into our supermarkets.

Once I adjust to the fresh air, I intend to walk outside instead of on the treadmill and the elliptical. Exercise is really important for all of us at any age, and we can use our exercise time to get outdoors and appreciate all that God has put there for us.

The second mitzvah is for everyone to read a good (Jewish) book. I hope to continue and finish writing the novel that I began three or four years ago. In order to compose, I have to do extensive research and this involves delving into Jewish source material from the Talmud and midrash. With all of my new found "free time" I hope to read a book or two just for recreation. (I have heard that people do that. It sounds like fun.) I know that all of you read extensively, so I am recommending that this summer you go out of your way to read a 'Jewish book,' however you define a 'Jewish book.'

The third and last mitzvah that I am recommending to myself and everyone else is the mitzvah of making a new friend.

to be continued...



In many ways our children have an advantage here. They go to camp or summer school programs that usually involve others than their 'everyday' life. But we, adults, will have to work much harder to place ourselves in situations where we can meet and befriend someone new. This is an especially important mitzvah if the person is new to the environment or even more so if the person is lonely. This mitzvah is one that comes relatively easily to me, but I will make a

concerted effort this summer to make a new friend.

Enjoy your summer and we will all gather in September to share our experiences.

Rabbi Harry A. Manhoff, PhD

PS. Come to services during the summer and beat the fall rush!



Do you enjoy cooking?

Would you like to take on cooking for one of our first Friday night Shabbat dinners? There's no need to be intimidated! If you need assistance, it's always available! It is fun, challenging, and a great way to get to know more of your congregation! Menu is up to you and it can be as simple or complex as you like! Please call the office, 510-357-8505 if interested.

Kol Sholom

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Temple Office Hours

Monday – Friday 9am to 3pm
Phone 510-357-8505 Fax 510-357-1375
All articles are due by the 14th of each month
Send submissions to kolsholom@tbssanleandro.org



~ *Mary Zinn, Editor*

This is the month of the year when Americans are reminded of their great heritage created by the Founding Fathers of our Country - the Declaration of Independence and the Constitution. The former reminds us"That all men are created equal..." the latter sets out a scheme on the government of a country. We celebrate the Declaration's importance on July 4.

We live daily with the effects of the Constitution. As Jews living in the United States, we have been given opportunities undreamed of by our ancestors living in the 'shtetls" of Europe. Part of the greatness of these documents lies in the fact that they can be changed, when and if necessary - amendments. We Jews understand this because Torah Judaism is different than Rabbinic Judaism. We've given up animal sacrifice for prayer. Things can be changed! If the current Board of Directors of Temple Beth Sholom disagrees with the Constitution and By-Laws of the synagogue regarding election of officers, it has the opportunity to change the rules. Every member upon assuming an office on the Board is given a copy of the Constitution.

Also, every member of Temple Beth Sholom has a responsibility towards the health and vitality of our synagogue. We need you! We rely on volunteers and every bit of help we can get is greatly appreciated. Get involved. Serve on the Board. Do your part. It's your synagogue!

Thank you.

The Rabbi will be away July 22 – 26 for the annual ComicCon
(comic book convention) in San Diego.

We wish the Rabbi and Eitan happy hunting, and Barbara and Rinat a
restful couple of days in the southern California sun.

"Reinvent Your Body"

Join us for Anna Halprin's Back Care Program, "Movement" at this **new time 2:00pm every Friday in the Little Shul. Make sure you wear comfortable clothes. Bring a mat, a blanket or some other type of soft floor covering.**

This class helps us learn how to take good care of our backs while offering an easy stress reduction series of stretches and muscle release activities while gently helping us to individuate our vertebrae through spinal realignment

The class is taught by Sondra Schwartz and is a great warm-up class for the Hagba'at Ruach (Dyan Qi), which is a Chinese martial arts warm-up and consists of 64 movement series.

Call to register with Sondra. 357-8505. You are always welcome, even if you forget to register.





Library and Learning Center

Hebrew School and Torah School students may be enjoying their summer vacation, but the temple library is undergoing a thorough weeding process--and possibly adding more books. The weeding project will take quite a while, but with Don Colberg's exceptional knowledge and willingness to volunteer his time, I feel certain that when the time comes to move the library back downstairs, we'll be ready.

I'll be attending the Jewish Libraries Association conference in Chicago during July, and I hope to visit the publishers' exhibits and buy new books for both the children's and adult sections. Any suggestions for titles will be very helpful; any donations to the Library Fund will be gratefully accepted.

See you in the library!

Eleanor Tandowsky,
etandowsky@att.net,

(925)846-9121, (or leave a message in the office)

2009 Congregational Directory

The 2009 Congregational Directory has arrived. The fabulous picture on the cover was taken by our very own talented **Erlida Parker**. Each member unit may have one copy of the directory. **Dolores Evans**, our Business Manager, has labeled one directory with your name on it.

Here are your options to claim your directory:

- Wed night 6/17/09 at the Congregational Meeting
- Any Saturday morning after service
- Any Friday night after service
- In the Temple Office

Office Hours

Dolores Evans, Business Manager	
Monday	8:30 a.m. to 12:30 p.m.
Tuesday & Wednesday	8:30 a.m. to 3:30 p.m.
Thursday	2:00 p.m. to 4:00 p.m.
Friday	Closed

- If you are unable to come to the Temple, please call Dolores at 510.357.8505 to discuss other options.

A gigantic **thank you** to the following contributors for making the 2009 Congregational Directory a success.

Thank you to Erlida Parker for the wonderful picture on the cover, Dolores Evans, Eleanor Tandowsky, Heidi Kolden, Rabbi Harry Manhoff, Cantor Linda Hirschhorn, Phyllis Pasternak, Edna Shabetay-Vaknin, Sondra Schwartz, Marvin Zinn, Sophie Miron, Bernice West, Debbie Aitken, Barbara Cullinane at Baywood Court, Paul Dixon at Copymat in Hayward, and everyone who placed an ad, greeting or Yizkor sentiment.

Rita Cohen, 2009 Congregational Directory Editor



6/3/09 Temple Beth Sholom Board Meeting Brief

EVENTS

6/6/09 Vocolot Concert, 6:30 pm
 6/9/09 Sisterhood Board Meeting, 5pm
 6/14/09 Sisterhood General Meeting, 10am
 6/17/09 Congregational Meeting, 7pm
 7/8/09 TBS Board Meeting 7:15 pm
 7/12/09 Garage Sale 9am
 7/18/09 Gala, 6:30 pm (note date change from 6/27/09)
 8/12/09 TBS Board Meeting 7:15 pm
 Date to be determined - TBS Open House

1. Treasurer's Report

Financial Statement reviewed effective 5/31/09. Approved as submitted. (The numbers in parentheses are negative)

	Budget 8/1/08-7/31/09	YTD	Prior YTD
Income	275,150	232,057	274,272
Expenses	311,325	245,709	256,669
Results	(36,175)	(13,652)	17,603

Total Dues Paying Members 124
 Gift Memberships 12
 Total 136

2. Volunteers

More help, input, and support needed from Board members and congregation.

a. Find potential new Board members.

b. All current Board members are encouraged to attend Board meetings, as well as members of the Congregation.

TEMPLE BOARD OF DIRECTORS 8/1/08-7/31/09

President Heidi Kolden
 Vice President Sophie Miron (also serves as Website Administrator)
 Immediate Past President Kat Wellman
 Treasurer Jerry Gardner
 Recording Secretary Rita Cohen (also serves as Sisterhood President as of July 1st)
 Trustees Vicki Hudson
 Bettina Skehan (also serves as Associate Editor of Kol Sholom)
 Sondra Schwartz (also serves as Sisterhood Liaison)
 Molly Larabee (also serves as Preschool Liaison)
 Audray Gardner (shares a vote with Jerry)
 Liaison Jean-Paul Popoff (serves as Emergency Preparedness Chair)
 Lifetime Trustee Al Mooney
 Ex Officio Rabbi Harry Manhoff
 Ex Officio Edna Shabetay-Vaknin, Preschool Program Director

c. Recruiting Volunteers

- Activate telephone tree.
- Solicit volunteers to host Onegs & Shabbat dinners.
- Eleanor Tandowsky has volunteered to co-chair the oneg committee. We are going to ask every member unit to host at least one oneg a year. Sisterhood will host one every 6 weeks or so.



3. Membership
 - a. Bettina and Sophie will work together to update the website, including information about our educational program.
 - b. TBS Board is going to host an OPEN HOUSE on a date to be determined. We'll serve light refreshments. We need a team to work on details.
 - c. Other community events were discussed.
4. CONGREGATION MEETING 6/17/09 at 7pm. We agreed on an agenda. Come to the meeting to participate. We'll serve coffee, tea, and cookies.
5. GRANTS. In order to mitigate our \$45,000 deficit, we need to apply for grants.
 1. Budget Proposal for 8/1/09-7/31/10. Board approved proposal as submitted. To be discussed at Congregational Meeting.
7. Preschool Liaison. Rabbi would like to be more visibly involved with the Preschool.
8. Maintenance
 - a. Concrete path leading from parking lot to Zucker Hall needs rehab.
 - b. Boiler still needs to be repaired because it leaks.
 - c. Electrician called to fix outlets in preschool and kitchen.
9. Rabbi's report. Updated Temple Tracker software installed on new computers. Upgrade has been a nightmare but progress is being made.
10. HHD Preparation. Eleanor and Heidi have started the process. Rinat will contact a florist.
11. Baseball game in summer if someone volunteers to chair event.

Meeting adjourned at 9:50 p.m.

Respectfully submitted,
Rita Cohen
Secretary

Things a Jewish Mother Would Never Say

"Just live with him...You don't have to marry him.....Who needs grandchildren anyway."

"Be a good boy, and for your birthday I'll buy you a motorcycle."

"I think a cluttered bedroom is a sign of creativity."

"Yeah, I used to skip school too."

"Don't bother wearing a jacket. It's quite warm out."

"Just leave all the lights on. It makes the house more cheery."

"Could you turn up the music louder so I can enjoy it, too."

"I don't have a Kleenex with me. Just use your sleeve."

"If she wants you to move back East to live near her family, it's fine with me."





Sign up for eScrip to benefit our Temple today!

- You register any one or all of your existing grocery loyalty, debit, and credit cards for use in the program.
- Participating merchants will make contributions to your chosen group, based on purchases made by you, just by using the cards you have registered.
- Your purchases are tracked and available to you online, allowing you to see just how much you are earning on behalf of our synagogue!

To register, go to <https://secure.escrip.com/jsp/supporter/registration/step1.jsp>
In the “Search for your group” section, select the “Group Name” button and in the “Search” dialogue box, type in Temple Beth Sholom. Then click on the “Search” button. The Group ID number for Temple Beth Sholom is 137105326. There are many Temple Beth Sholom listings.

Please be sure to select us at 642 Dolores Ave, San Leandro.

Kosher Computers

I don't know if you know this, but you can now purchase kosher computers! They are made in Israel by a company called DELL-SHALOM. The price is so low... even with the shipping from Israel! However, before you purchase a kosher computer of your own, you should know that there are some important changes from the typical non-kosher computer you are used to, such as:

1. The 'Start' button has been replaced with a 'Let's go!! I'm not getting any younger!' button.
2. You hear 'Hava Nagila' during startup.
3. The cursor moves from right to left.
4. When Spell-checker finds an error it prompts, 'Is this the best you can do?'
5. When you look at erotic images, your computer says, 'If your mother knew you did this, she would die.'
6. It comes with a 'monitor cleaning solution' from Manischewitz that gets rid of all the 'schmutz und drek.'
7. When running 'Scan Disk' it prompts you with a 'You want I should fix this?' message.
8. After 20 minutes of no activity, your PC goes, 'Schloffen.'
9. The PC shuts down automatically at sundown on Friday evenings.
10. It comes with two hard drives - one for fleyshekik (business software) and one for milchedik (games).
11. Instead of getting a 'General Protection Fault' error, your PC now gets 'Ferklemt.'
12. The multimedia player has been renamed to 'Nu, so play my music already!'
13. When your PC is working too hard, you occasionally hear a loud 'Oy Gevalt!'
14. Computer viruses can now be cured with matzo ball soup!
15. When disconnecting external devices from the PC, you are instructed to 'Remove the cable from the PC's tuchus.'
16. After your computer dies, you have to dispose of it within 24 hours.
17. But best of all, if you have a kosher computer, you can't get SPAM!!



President Obama's speech at his recent official visit to Buchenwald:

Chancellor Merkel and I have just finished our tour here at Buchenwald. I want to thank Dr. Volkhard Knigge, who gave an outstanding account of what we were witnessing. I am particularly grateful to be accompanied by my friend Elie Wiesel, as well as Mr. Bertrand Herz, both of whom are survivors of this place.

We saw the area known as Little Camp where Elie and Bertrand were sent as boys. In fact, at the place that commemorates this camp, there is a photograph in which we can see a 16-year-old Elie in one of the bunks along with the others. We saw the ovens of the crematorium, the guard towers, the barbed wire fences, the foundations of barracks that once held people in the most unimaginable conditions.

We saw the memorial to all the survivors -- a steel plate, as Chancellor Merkel said, that is heated to 37 degrees Celsius, the temperature of the human body; a reminder -- where people were deemed inhuman because of their differences -- of the mark that we all share.

Now these sights have not lost their horror with the passage of time. As we were walking up, Elie said, "If these trees could talk." And there's a certain irony about the beauty of the landscape and the horror that took place here.

More than half a century later, our grief and our outrage over what happened have not diminished. I will not forget what I've seen here today.

I've known about this place since I was a boy, hearing stories about my great uncle, who was a very young man serving in World War II. He was part of the 89th Infantry Division, the first Americans to reach a concentration camp. They liberated Ohrdruf, one of Buchenwald's sub-camps.

And I told this story, he returned from his service in a state of shock saying little and isolating himself for months on end from family and friends, alone with the painful memories that would not leave his head. And as we see -- as we saw some of the images here, it's understandable that someone who witnessed what had taken place here would be in a state of shock.

My great uncle's commander, General Eisenhower, understood this impulse to silence. He had seen the piles of bodies and starving survivors and deplorable conditions that the American soldiers found when they arrived, and he knew that those who witnessed these things might be too stunned to speak about them or be able -- be unable to find the words to describe them; that they might be rendered mute in the way my great uncle had. And he knew that what had happened here was so unthinkable that after the bodies had been taken away, that perhaps no one would believe it.

And that's why he ordered American troops and Germans from the nearby town to tour the camp. He invited congressmen and journalists to bear witness and ordered photographs and films to be made. And he insisted on viewing every corner of these camps so that -- and I quote -- he could "be in a position to give first-hand evidence of these things if ever in the future there develops a tendency to charge these allegations merely to propaganda."

We are here today because we know this work is not yet finished. To this day, there are those who insist that the Holocaust never happened -- a denial of fact and truth that is baseless and ignorant and hateful. This place is the ultimate rebuke to such thoughts; a reminder of our duty to confront those who would tell lies about our history.

Also to this day, there are those who perpetuate every form of intolerance -- racism, anti-Semitism, homophobia, xenophobia, sexism, and more -- hatred that degrades its victims and diminishes us all. In this century, we've seen genocide. We've seen mass graves and the ashes of villages burned to the ground; children used as soldiers and rape used as a weapon of war. This place teaches us that we must be ever vigilant about the spread of evil in our own time, that we must reject the false comfort that others' suffering is not our problem and commit ourselves to resisting those who would subjugate others to serve their own interests.

But as we reflect today on the human capacity for evil and our shared obligation to defy it, we're also reminded of the human capacity for good. For amidst the countless acts of cruelty that took place here, we know that there were many acts of courage and kindness, as well. The Jews who insisted on fasting on Yom Kippur. The camp cook who hid potatoes in the lining of his prison uniform and distributed them to his fellow inmates, risking his own life to help save theirs. The prisoners who organized a special effort to protect the children here, sheltering them from work and giving them extra food. They set up secret classrooms, some of the inmates, and taught history and math and urged the children to think about their future professions. And we were just hearing about the resistance that formed and the irony that the base for the resistance was in the latrine areas because the guards found it so offensive that they wouldn't go there. And so out of the filth, that became a space in which small freedoms could thrive.

When the American GIs arrived they were astonished to find more than 900 children still alive, and the youngest was just three years old. And I'm told that a couple of the prisoners even wrote a Buchenwald song that many here sang. Among the lyrics were these: "...whatever our fate, we will say yes to life, for the day will come when we are free...in our blood we carry the will to live and in our hearts, in our hearts -- faith."

These individuals never could have known the world would one day speak of this place. They could not have known that some of them would live to have children and grandchildren who would grow up hearing their stories and would return here so many years later to find a museum and memorials and the clock tower set permanently to 3:15, the moment of liberation.

They could not have known how the nation of Israel would rise out of the destruction of the Holocaust and the strong, enduring bonds between that great nation and my own. And they could not have known that one day an American President would visit this place and speak of them and that he would do so standing side by side with the German Chancellor in a Germany that is now a vibrant democracy and a valued American ally.



They could not have known these things. But still surrounded by death they willed themselves to hold fast to life. In their hearts they still had faith that evil would not triumph in the end that while history is unknowable it arches towards progress, and that the world would one day remember them. And it is now up to us, the living, in our work, wherever we are, to resist injustice and intolerance and indifference in whatever forms they may take, and ensure that those who were lost here did not go in vain. It is up to us to redeem that faith. It is up to us to bear witness; to ensure that the world continues to note what happened here; to remember all those who survived and all those who perished, and to remember them not just as victims, but also as individuals who hoped and loved and dreamed just like us.

And just as we identify with the victims, it's also important for us I think to remember that the perpetrators of such evil were human, as well, and that we have to guard against cruelty in ourselves. And I want to express particular thanks to Chancellor Merkel and the German people, because it's not easy to look into the past in this way and acknowledge it and make something of it, make a determination that they will stand guard against acts like this happening again.

Rather than have me end with my remarks I thought it was appropriate to have Elie Wiesel provide some reflection and some thought as he returns here so many years later to the place where his father died.

MR. WIESEL: Mr. President, Chancellor Merkel, Bertrand, ladies and gentlemen. As I came here today it was actually a way of coming and visit my father's grave -- but he had no grave. His grave is somewhere in the sky. This has become in those years the largest cemetery of the Jewish people.

The day he died was one of the darkest in my life. He became sick, weak, and I was there. I was there when he suffered. I was there when he asked for help, for water. I was there to receive his last words. But I was not there when he called for me, although we were in the same block; he on the upper bed and I on the lower bed. He called my name, and I was too afraid to move. All of us were. And then he died. I was there, but I was not there.

And I thought one day I will come back and speak to him, and tell him of the world that has become mine. I speak to him of times in which memory has become a sacred duty of all people of good will -- in America, where I live, or in Europe or in Germany, where you, Chancellor Merkel, are a leader with great courage and moral aspirations.

What can I tell him that the world has learned? I am not so sure. Mr. President, we have such high hopes for you because you, with your moral vision of history, will be able and compelled to change this world into a better place, where people will stop waging war -- every war is absurd and meaningless; where people will stop hating one another; where people will hate the otherness of the other rather than respect it.

But the world hasn't learned. When I was liberated in 1945, April 11, by the American army, somehow many of us were convinced that at least one lesson will have been learned -- that never again will there be war; that hatred is not an option, that racism is stupid; and the will to conquer other people's minds or territories or aspirations, that will is meaningless.

I was so hopeful. Paradoxically, I was so hopeful then. Many of us were, although we had the right to give up on humanity, to give up on culture, to give up on education, to give up on the possibility of living one's life with dignity in a world that has no place for dignity.

We rejected that possibility and we said, no, we must continue believing in a future, because the world has learned. But again, the world hasn't. Had the world learned, there would have been no Cambodia and no Rwanda and no Darfur and no Bosnia.

Will the world ever learn? I think that is why Buchenwald is so important -- as important, of course, but differently as Auschwitz. It's important because here the large -- the big camp was a kind of international community. People came there from all horizons -- political, economic, culture. The first globalization essay, experiment, was made in Buchenwald. And all that was meant to diminish the humanity of human beings.

You spoke of humanity, Mr. President. Though unto us, in those times, it was human to be inhuman. And now the world has learned, I hope. And of course this hope includes so many of what now would be your vision for the future, Mr. President. A sense of security for Israel, a sense of security for its neighbors, to bring peace in that place. The time must come. It's enough -- enough to go to cemeteries, enough to weep for oceans. It's enough. There must come a moment -- a moment of bringing people together.

And therefore we say anyone who comes here should go back with that resolution. Memory must bring people together rather than set them apart. Memories here not to sow anger in our hearts, but on the contrary, a sense of solidarity that all those who need us. What else can we do except invoke that memory so that people everywhere who say the 21st century is a century of new beginnings, filled with promise and infinite hope, and at times profound gratitude to all those who believe in our task, which is to improve the human condition.

A great man, Camus, wrote at the end of his marvelous novel, *The Plague*: "After all," he said, "after the tragedy, never the rest...there is more in the human being to celebrate than to denigrate." Even that can be found as truth -- painful as it is -- in Buchenwald.

Thank you, Mr. President, for allowing me to come back to my father's grave, which is still in my heart.



Oneg Shabbat Needs You -- Once A Year!!

Would you like to help with a Friday evening Oneg Shabbat just once a year?
The Sisterhood would like to sign up members to provide refreshments and help with clean-up so that you have a specific date, time to prepare, and aren't asked to take on the responsibility over and over again. (Of course, you may volunteer more than once a year and do multiple mitzvot!!)

Below are the dates available in July, August, and September. Please select a date and:



- email your name and date chosen to etandowsky@att.net, or
- mail it to the temple office – don't forget to write your name next to the date, or
- phone me at (925) 846-9121, or
- let me know when you see me!

- July 31st _____
- August 7th *Family Shabbat Dinner prepared by Molly Larrabee*
- August 14th _____
- August 21st *Sisterhood Ones Shabbat*
- August 28th _____
- September 11th _____
- September 25th _____

There will be someone with directions to help you with the details! The entire Sisterhood will be grateful for your generosity.

Many heartfelt thanks to BJ Borris & Arlene Hazekorn, Roz Weiss, Fran Herts, the Miron-Loeb Family, and Bettina Skehan for either preparing an Oneg Shabbat or volunteering to prepare one during June or July. Thank you, also, to Ilene Weinreb for the delicious Family Shabbat dinner on June 5th and to Molly Larrabee for volunteering to prepare the dinner on August 7th. Your special contributions to our Shabbat celebrations are appreciated more than this article can express in words.

I hope to receive more wonderful emails, notes in the office, or phone calls from those of you who haven't yet signed up for your "Once-a-Year Oneg Shabbat" mitzvah!

Thank you,

Eleanor Tandowsky, etandowsky@att.net, (925)846-9121



You're Invited!

Temple Beth Sholom

proudly invites
you, your neighbors, friends and family
to join us for a magical night of
fun and sparkle at our annual

Gala Summer Ball

Honoring the 30th Anniversary
of the Ordination of

Rabbi Harry A. Manhoff, PhD

When: Saturday, July 18, 2009, 7:00 pm to 10:00 pm

Where: Temple Beth Sholom
642 Dolores Avenue, San Leandro, CA, Zucker Hall

**Dancing, Refreshments, Beverages,
& Wonderful Music to
Delight Your Senses & Move Your Feet**

Suggested donation: \$120 minimum per couple, single, \$60

Please RSVP to the office, 510-357-8505

By Tuesday, July 14, 2009

Evening Attire Please



Temple Beth Shalom Sisterhood News
(July 1, 2009 through June 30, 2010)

The mission of Temple Beth Shalom Sisterhood is to:

1. *Provide educational, spiritual, and social opportunities for Jewish women of all ages.*
2. *Support and strengthen our synagogue and Jewish community.*
3. *Pursue social action to better the world and the community around us.*

We are so blessed with the leadership and membership of Sisterhood. We thank the following officers for their past service. They were discharged from their duties by our Installing Officer, Ursula Batz, at our General Meeting on Sunday, June 14, 2009.

President	Sondra Schwartz
Treasurer	Carol Buchalter
Secretary	Rita Cohen
Torah Fund Chair	Mimi Zinn
Members at Large	Heidi Kolden, Eleanor Tandowsky

We are grateful to the women who have volunteered to lead our organization. Our officers and chairwomen for the incoming year are:

President	Rita Cohen
Treasurer	Ursula Batz
Secretary	Febra Popoff
Membership	Rita Cohen
Fundraising	Volunteers needed
Program	
Program Refreshments	
Public Relations	
Telephone Tree	Bernice West, Merle Manning
Judaica Shop	Sondra Schwartz
Kitchen	Heidi Kolden
Onegs	Eleanor Tandowsky and Kathy Krohn
Mitzvah Cake	
Tzedakah Box	
Installing Officer	Ursula Batz
Sisterhood Shabbat	Rita Cohen, Heidi Kolden, Sondra Schwartz, Sophie Miron, Mimi Zinn
Annual Donor Event	Rita Cohen
Progressive Sukkot Dinner	
Chanukah Bazaar	BJ Borris (vendors) Sondra Schwartz (Judaica Shop, Cantor's CDs), _____ (food, drink for lunch), _____ (Food for the Freezer), _____ (Bake sale), _____ (Gift wrap table), _____ (Cookbooks) Eleanor Tandowsky (Library Book Sale)

We'll name the other officers and chairs at the 6/14/09 General Meeting.

Our new year is beginning and we have lots of wonderful events planned for you. All the events are in Zucker Hall unless otherwise noted. All Sisterhood Board meetings are scheduled for Sunday mornings from 10am to noon, in Zucker Hall unless otherwise noted. All Sisterhood members are welcome.



Sisterhood Calendar

Please note: Dates subject to change



- No July 2009 Sisterhood Board Meeting
 - **No July 2009 Sisterhood GENERAL MEETING**
- Sun, 8/2/09, 10-Noon, Sisterhood Board Meeting
 - **No August 2009 Sisterhood GENERAL MEETING**
 - Fri, 8/21/09 Sisterhood-sponsored oneg
- Tues, 9/8/09, 5pm-6pm, Sisterhood Board Meeting
 - **Sun, 9/13/09, 10-Noon Sisterhood GENERAL MEETING** [Introduce officers and committee chairs; High Holy Day theme, living Jewishly, following *Kashrut*, *heksher tzedek*]
 - Fri, 10/9/09 Sisterhood-sponsored oneg
 - **Sat, 10/17/09, 5:30 pm-10pm, Progressive Sukkot Dinner** (Private homes and Zucker Hall)
- Sun, 10/18/09, 10-Noon, Sisterhood Board Meeting
 - **Sun, 10/25/09, 10-Noon Sisterhood GENERAL MEETING** [League of Women Voters (local Bay Area issues) - open to all; Greening of the Temple]
- Sun, 11/8/09, 10-Noon, Sisterhood Board Meeting
 - **Sun, 11/15/09, Chanukah Bazaar**
 - Fri, 11/20/09 Sisterhood-sponsored oneg
 - **Sun, 11/22/09, 10-Noon Sisterhood GENERAL MEETING** [For Jewish Book Month, discuss Maggie Anton's "Rashi's Daughters, Book I, Yocheved"]
- Sun, 12/13/09, 10-Noon, Sisterhood Board Meeting
 - **Sun, 12/20/09, 10-Noon Sisterhood GENERAL MEETING** [Update on the Remodel Project; Emergency Preparedness at TBS and at home]
- Sun, 1/10/10, 10-Noon, Sisterhood Board Meeting
 - **No January 2010 Sisterhood GENERAL MEETING**
 - **Fri, 1/15/10, 8pm SISTERHOOD SHABBAT** and Sisterhood-sponsored oneg (Sanctuary, Little Shul and Zucker Hall)
 - **Sat, 1/16/10, 10am SISTERHOOD SHABBAT** and Sisterhood-sponsored oneg (Sanctuary, Little Shul and Zucker Hall)
- Sun, 2/7/10, 10-Noon, Sisterhood Board Meeting
 - **Sun 2/14/10 Sisterhood GENERAL MEETING [Film and discussion]**
 - Fri, 2/26/10 Sisterhood-sponsored oneg
- Sun, 3/7/10, 10-Noon, Sisterhood Board Meeting
 - **No March 2010 Sisterhood GENERAL MEETING**
 - **Sat, 3/13/10, 6:30 pm, Annual Donor Event**
- Wed, 3/24/10, 9am Kasher the kitchen for Pesach
- Sun, 4/11/10, 10-Noon, Sisterhood Board Meeting
 - Fri, 4/16/10 Sisterhood-sponsored oneg
 - **Sun 4/18/10 Sisterhood GENERAL MEETING** [Visit to Baywood Court]
- Sun, 5/2/10, 10-Noon, Sisterhood Board Meeting
 - **Sun 5/9/10 Sisterhood GENERAL MEETING** [Panel discussion: Estate Planning for All; Writing an Ethical Will; and Organ Donation]
 - Fri, 5/28/10 Sisterhood-sponsored oneg and Eleanor Tandowsky's birthday
- Sun, 6/6/10, 10-Noon, Sisterhood Board Meeting
 - **Sun 6/13/10 Sisterhood GENERAL MEETING** [Jewish Museum field trip]
- No July 2010 Sisterhood Board Meeting
 - **No July 2010 Sisterhood GENERAL MEETING**
 - Fri, 7/9/10 Sisterhood-sponsored oneg
- Sun, 8/8/10, 10-Noon, Sisterhood Board Meeting
 - **No August 2010 Sisterhood GENERAL MEETING**





Temple Beth Sholom Sisterhood News
(July 1, 2009 through June 30, 2010)

The mission of Temple Beth Sholom Sisterhood is to:

- 3. Provide educational, spiritual, and social opportunities for Jewish women of all ages.
- 4. Support and strengthen our synagogue and Jewish community.
- 3. Pursue social action to better the world and the community around us.

RENEWAL OR NEW MEMBERSHIP FOR TBS SISTERHOOD

It is once again time to renew your Sisterhood membership or join for the first time. Annual dues are \$36.

The Sisterhood is a vital part of the Temple, as well as offering many opportunities for educational and social events. Sisterhood members represent women from every walk of life; we are mothers, daughters, grandmothers, sisters, aunts, homemakers, and career women. Some of us have children in the Torah School or the Preschool, and many don't. We participate in all facets of Temple life and make a variety of contributions (time, effort, goods, services, and money) to the functioning of the Temple. We benefit from Sisterhood membership because we form a strong bond and network of emotional support for each other, we learn from each other, and make friends. Your support brings strength to the Temple family. We hope to see you often at our monthly events. Please renew your membership or join for the first time. Become active in the heart of the Temple community. Together we can make a difference in our congregation and our community.

We have many wonderful events planned for this year as you can see by the calendar on the previous pages.

If you have questions, please contact our Sisterhood President, Rita Cohen at 510.523.5180.

----- print this page and cut coupon here -----

Yes, I want to make a difference. Enclosed is my check for \$36 payable to Temple Beth Sholom Sisterhood. These dues are for the 7/1/09-6/30/10 fiscal year. Please complete this coupon, detach it, and mail it with your check to Temple Beth Sholom Sisterhood, 642 Dolores Avenue, San Leandro, CA 94577.

NAME _____

ADDRESS _____
number street city zip code

TELEPHONE Home () _____ Cell () _____

EMAIL ADDRESS _____

\$____ I enclose \$36 for annual membership

Thank you for your membership.



Vocolot Concert June 6, 2009

Our Temple and Preschool Remodel Project is off to a great start.

What a magical evening. The Sanctuary was packed. The whole evening was flawlessly guided by our MC, **Phyllis Pasternak**. **The Brothers Pasternak** (Daniel and Eddie) warmed us up with a wonderful keyboard and guitar jazz collaboration. Our headliners, **VOCOLOT**, performed their original music for a magical experience. Their music brings a fusion of folk, jazz, and cantorial vocal traditions into the contemporary *a cappella* world. We traveled on wings around the world with their music.

During intermission, we enjoyed a sumptuous buffet in Zucker Hall. **Edna Vaknin**, our Preschool Director, provided a tour of the Preschool. Guests were also able to see the classroom set-up in Zucker Hall.

Thanks to **Edna** and the **preschool teachers** for preparing the preschool for the tour and galvanizing the families to participate in this event. Your efforts are amazing and truly appreciated.

This event was definitely a successful team effort. The list of "thank you"s is long:

- **Cantor Linda Hirschhorn and Vocolot (Liz Stuart, Julia Bordenaro, Shana Levy)** for donating their time for our benefit
- **Daniel and Eddie Pasternak** for donating their time for our benefit
- **Eric Schoen** for recording music
- **Daniel Neumayer** and **Geoff Geiger** videographers for recording the concert
- **Carol Taylor at Adept Printing** for donating the concert tickets (Carol's granddaughter Gracie is a student at the Preschool)
- **Roz Weiss** for serving as ticket taker extraordinaire
- For providing reception delicacies: **Debbie Aitken, BJ Borris and Arlene Hazelkorn, Casquero Family, Rita Cohen, Deepak Family, Aviva Gonzalez, Kim Family, Heidi Kolden, Kathy Krohn, Lyman Family, Febra and JP Popoff, Ramirez-Magee Family, Robin Padilla, Phyllis Pasternak, Leah Rosenbloom, Trader Joe's, Wendy Sachs, Eleanor Tandowsky, Roz Weiss, Kat Wellman, Bernice West, and the Wieser Family**
- Reception Clean up Crew: **Kat Wellman, Heidi Kolden, Lilia Flores, Rita Cohen, Leora Barzell-Weber, Eleanor Tandowsky, and Ruth Haber**
- For providing childcare: **Ernestina Garcia, Juan's Mom and Teacher Lorna Lazaro, and the Preschool for making it happen**

Stay tuned for more fund-raising events to support the Temple and Preschool Remodel Project.

Temple and Preschool Remodel Project Committee
Phyllis Pasternak, Kat Wellman, Edna Vaknin, Rita Cohen, Heidi Kolden, Rabbi Manhoff, Ursula Batz, Bill West, Don Colberg, and Dan Maisler



Gift Shop

Do you need any Judaica supplies? Sabbath candlesticks? Havdalah set? Bar or Bat Mitzvah gifts? Seder plates? Gift-wrap paper? Yahrzeit candles? Children's gifts?

The gift shop has items that would make fantastic gifts for any Jewish celebration, as well as beautiful additions for the home.

We can even special order! Please note our new opening hours:

Tuesdays from 3:30pm to 5:00pm –
Check with Eleanor in the office

FALL Wednesdays 3:30pm to 5:00pm
FALL Fridays 3:30pm to 5:00pm

SUMMER Wednesdays 2:00pm to 4:00pm
SUMMER Fridays 2:00pm to 4:00pm

Sundays from 9:30am to 12:30 pm

Did you know....

..... that the Jews were blamed for the bubonic plague (known as the Black Death) and massacres erupted killing thousands of Jews, especially in Germany, where a major part of the Jewish population was wiped out by crazed mobs?

..... that Maimonides "Guide to the Perplexed" was addressed to scholars and thinkers in order to resolve the conflict between Judaism and science?

..... that in the creation of the Talmud there were about two thousand scholars, whose ideas took six hundred years to develop and crystallize, and whose works took about a hundred years to transcribe?

..... that the Midrash is a literature of stories, legends, and fables that seeks to interpret the Bible through poetry and axioms?

..... that Bar Kochba, aided by Rabbi Akiva, led a rebellion in the year 132 C.E. against the Romans?

Words of Wisdom

"Select a master teacher for yourself; acquire a colleague for study; when you assess people, tip the balance in their favor." - *Joshua ben Perahya*

"Keep far from an evil neighbor; be not a partner with an evil person; never despair of retribution for the wicked." - *Nittai of Arbel*

"Love work; hate positions of domination; do not make yourself known to the authorities." - *Shemayah*

"Be a disciple of Aaron: peace and pursuing peace, loving your fellow creatures and attracting them to the study of Torah." - *Hillel*

"He, who seeks fame, destroys his name; Knowledge not increased is decrease; One who does not study deserves to die; One who exploits Torah will perish." - *Hillel*



Oneg Procedure



Thank you for hosting an *oneg* at Temple, Friday night and possibly the following Saturday morning.

- To simplify the oneg set up and clean up process, we have placed all the items you will need in a see-through plastic bin. It has been placed on the kitchen counter for easy accessibility. The list of contents can be found at the end of this Guide. The bin has supplies for 30 congregants.
- We suggest you allow at least 90 minutes for setting up the Friday night oneg and 60 minutes for clean up.
- Someone will have to let you into the Temple to set up, to unlock the pareve and dairy cabinets, and to unlock the freezer and refrigerator. Please call Heidi Kolden at 510.693.1385 or Rita Cohen at 510.523.5180 to make arrangements.
- We have a *kosher* kitchen and we follow the dietary laws of *Kashrut*.
- We are trying to minimize our impact on the environment. So whenever possible, use disposable biodegradable paper products or our china. If you prefer to use the china, please be prepared to wash, dry, and put them away. A supply of the biodegradable paper products is included in the plastic bin. If you are able to provide your own biodegradable products that would be very much appreciated.
- At the end of this Guide, you will find a list on the contents of the Oneg Supply bin and a sample Shopping List.
- If you have questions, call Heidi at 510.693.1385 or Rita at 510.523.5180.

A. Here is a breakdown of the tasks to setting up the Friday night Oneg:

1. Tables and chairs

- (a) Set up 4 round tables with 8 chairs around each in middle of Zucker Hall in an offset square formation. We found this the most comfortable arrangement.

x x
x x

- (b) Set up 1 rectangle table for refreshments in front of the Tree of Life but not actually touching the protective fencing.

(c) Cover round tables with blue vinyl table covers.

(d) Cover rectangle table with a colorful striped vinyl table cover.

2. Ritual items

- (a) On the left side of the refreshment table (so they are accessible to the Rabbi and Cantor) arrange the challah, wine, and juice.

- 1 challah on the challah platter and covered by the challah cover
- 1 red *Kiddush* cup for Rabbi
- 1 blue *Kiddush* cup for Cantor
- 2 round aluminum trays labeled “wine” and “juice”
- 30 one-ounce plastic Kiddush cups
- Juice for the Rabbi (in the refrigerator and specially marked for the Rabbi)
- Regular grape juice for the Cantor (in the refrigerator)
- Kosher wine and grape juice for the small *Kiddush* cups (in the refrigerator)

- (b) Fill 20 of the *Kiddush* cups with grape juice and 10 with wine and arrange them on the appropriate tray.

3. Beverages

- (a) Arrange beverages on the right side of the table. If the weather is hot, just serve iced water, lemonade or punch. If the weather is comfortable, make hot water for tea, and decaf coffee.

- (b) Use decaf coffee (top right shelf in the refrigerator). The coffee maker is located in the cabinet below the sink, to the far right side, by the alley door. Fill the pot with water up to the 20 cup line; fit the stem into the depression; place the basket on the stem; fill the basket with coffee (1/8 cup of ground coffee makes 4 cups of liquid); cover the basket with the perforated lid. Secure the coffee maker cover by locking it in. Plug the coffee maker in. It takes about 30 minutes. You know it is done when the six lights on the base are lit.

to be continued...



As soon as the service ends, unplug the coffee maker; remove the basket of grounds; and set the coffee maker up on the Kiddush table. It doesn't need to be plugged in. Place the basket of grounds in the sink to cool off.

- (c) Boil water in tea kettles for tea. Pour boiling water into one pump pot (cabinet below the sink, to the far right side, by the alley door). Put in stem. Latch.
 - (d) Pitchers for water and punch (in the refrigerator). Arrange tea bags in a little basket.
 - (e) Set out disposable biodegradable hot cups **or** about 15-20 china cups and saucers (in the dairy cabinet near the door to the classrooms).
 - (f) Set out disposable biodegradable cold cups **or** about 20-30 drinking glasses (in the pareve cabinet over the dishwasher).
 - (g) Set out a basket of packets of sugar, artificial sweeteners, stirrers, and creamer.
4. Food
- (a) Bring your own selection of fresh baked goods and arrange on platters.
 - (b) Bring a selection of fruit or veggies and arrange on platters.
 - (c) Set out paper napkins.
 - (d) Set out disposable biodegradable dessert plates **or** china dessert plates (in the dairy cabinet near the door to the classrooms).

B. Here is a breakdown of the tasks to cleaning up the Friday night Oneg:

1. Recycle, compost, and garbage as appropriate.
2. Wipe down and fold up the round table covers. Put them back in the bin.
3. Wipe down the *Kiddush* table. Leave it in place.
4. Condense the baked goods and wrap in plastic wrap for Saturday *oneg*. Leave these on the *Kiddush* table.
5. Condense fruits and veggies and wrap in plastic wrap for Saturday *oneg*. Place in refrigerator.
6. Place the *challah* platter, new *challah* (still wrapped in cellophane bag), and *challah* cover on the *Kiddush* table.
7. Place the *Kiddush* cup trays with leftover wine and juice in the refrigerator. Saturday morning just make enough for 10 of each, if needed.
8. Wash out the coffee maker and pump pot and put them away. When storing pump pots, leave the stem in, with the hooked part off to the side, so the lid won't latch.
9. Put away accessories for hot beverages.
10. Condense accessories for cold drinks, dessert plates and napkins. Arrange on the *Kiddush* table.
11. Wipe down the counters.
12. Wash, dry and put away china.
13. Clean up Zucker Hall and the kitchen as much as possible so there is little to do for the Saturday morning *oneg*.

C. Here is a breakdown of the tasks to setting up the Saturday morning Oneg:

1. Before services, unwrap the *challah* under the *challah* cover.
2. Refill the Rabbi's cup with his special juice.
3. Refill the Cantor's cup with regular grape juice.
4. Re-set the table with leftovers from the refrigerator.
5. Set out a bottle of grape juice with cold cups.
6. Put out a bottle of grape juice and about 15 biodegradable cold cups.
7. Put out napkins.

D. Here is a breakdown of the tasks to cleaning up the Saturday morning Oneg:

1. Recycle, compost, and garbage as appropriate.
2. Wipe down the *Kiddush* table and fold up the table cover. Put it back in the bin.
3. Condense the baked goods and wrap in plastic freezer bags. Place in freezer.
4. Condense fruits and veggies and wrap in plastic wrap. Place in refrigerator.
5. Wash and dry the *challah* platter; and put it and the *challah* cover away.
6. Put away supplies.
7. Wipe down the counters. Wash and dry china. Put away all china.
8. Heidi or Rita will lock all the cabinets up either Saturday or on Sunday.

to be continued...



Contents of bin

4 Round blue vinyl table covers	2 round trays labeled "juice" and "wine" for the small plastic <i>Kiddush</i> cups used by the congregation
1 Rectangle striped vinyl table cover	30 one-ounce plastic <i>Kiddush</i> cups
<i>Challah</i> cover	Tea bags in a basket
<i>Challah</i> platter	Packets of sugar, sweetener, stirrers, and creamer in baskets
Red <i>Kiddush</i> cup for Rabbi	Biodegradable dessert plates
Blue <i>Kiddush</i> cup for Cantor	Biodegradable hot cups
Biodegradable cold cups	Plastic forks, knives, and spoons in baskets
Paper napkins in a basket	Platters for refreshments

Sample Shopping List

2 *challahs* (one for Friday, one for Saturday)

- ___ cookies
- ___ cake
- ___ celery, carrots, cucumber, etc
- ___ a dip for the veggies such as ranch dressing or hummus
- ___ seasonal fruit for a platter or salad
- ___ lemonade or punch or juice
- ___ real creamer if you prefer

Join Rabbi Manhoff's classes!

All classes are taught in the Little Shul, unless otherwise noted.

Tuesdays – 9:00am:

Maimonides' Guide to the Perplexed

Wednesdays – 1:30pm:

Talmud: Baba Metzia (Civil Law and the responsibilities of guardianship)

Thursdays – 12:00pm:

Lunch & Learn, Mysticism in Western Religions: Judaism

Shabbat morning (Saturdays) – 9:00am:

Torah Study (the *parasha*, portion for the week)

*We are fortunate to have such a scholar and fine teacher for a Rabbi.
There is always room for another chair at the table.*

Join his classes!

See you there!





The 2009 Gala Summer Ball is scheduled for Saturday, July 18, 2009 and will honor the 30th Anniversary of the Ordination of Rabbi Harry A. Manhoff, PhD.

In order to make this evening a success, we need to work together.

There are several things you can do:

- Volunteer to serve on a committee
- Donate goods or offer a service for the Silent Auction
- Collect goods or services from other people
- Donate spectacular goods or services for the Live Auction
- Attend the gala and make merry
- Get your friends and family to attend the gala and make merry

These are some of the committees at this time:

Volunteer Coordinator	Treasurer	Musical Entertainment
Telephone Tree	Auction	Event Program
Advertising (within TBS)	Dinner	Chai Lites (like last year's
Advertising (local organizations & media)	Drinks	Tzedakah Booklet)
Invitations		Cashiers

We will have details about specific job duties at the Congregational Meeting on 6/17/09.

Please get involved. We need you. If you would like to volunteer call Heidi Kolden (510) 693.1385 or Rita Cohen (510) 523.5180.

What, you ask, are ideas for donating services? Great question. Here are some possibilities, but the list is only limited by your imagination:

- Several one-hour dance lessons
- 4 loaves of challah
- 4 hours of babysitting at child's home
- Help with setting up and cleaning up an oneg at the Temple
- One hour legal consultation
- One teeth cleaning
- Two tickets to a ballgame
- Two tickets to the theater
- Two tickets to the opera
- One pedicure
- One hour photography lesson
- Help with resume writing
- 3 dozen home-baked cookies
- One of your famous dishes all ready to heat and eat.



The 2009 Gala Summer Ball Volunteer and Donation Sheet

Your Name _____

The best way to contact you _____ (i.e., telephone number, email address)

I am interested in the following committees:

- Volunteer Coordinator
- Telephone Tree
- Advertising (within TBS)
- Advertising (local organizations & media)
- Invitations
- Treasurer
- Auction
- Dinner
- Drinks
- Musical Entertainment
- Event Program
- Chai Lites (like last year's Tzedakah Booklet)
- Cashiers

I would like to donate the following services for the Silent Auction:

1. _____ Value \$ _____
2. _____ Value \$ _____
3. _____ Value \$ _____
4. _____ Value \$ _____

And if you have goods that are appropriate for the Silent Auction (new), please bring them to the Temple Office. Make sure you label the goods "Gala Auction" otherwise they might be consigned to the Garage Sale on 7/12/09.

Thank you for your continued support.

We hope to see everyone at the Gala.



Aaron Metals	Molly Larabee, Administration
	Buyers of Scrap Metal
www.aaronmetals.com molly_larabee@aaronmetals.com	
750 105 th Avenue Oakland, CA 94603-6304	Phone: 569-6767 Fax: 569-8970

TBS Sisterhood Calendar

- *No July Sisterhood Board Meeting*
- *Tuesday, August 11 at 5pm, Sisterhood Board Meeting*



*Esha L'Esha,
(Woman to Woman)
Join Our Sisterhood*

Join us for brunches, teas, theater, conferences, and fundraisers.

Join our board! We meet on the 2nd Tuesday of the month at 5:00pm in Zucker Hall.

Help revitalize the Sisterhood Shabbat prayer books. The Sisterhood Shabbat prayer book committee will be meeting the first Tuesday of the month at 5:00pm.

*Shalom!
Sondra Schwartz, Sisterhood President*

Hagba'at Ruach Exercise Classes

Hag B'At Ruach (Qi Gong) exercise class is worth joining.

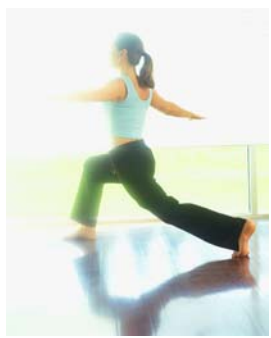
Our new meeting time for the summer is 2:00pm., Wednesday afternoons in the Little Shul.

We warm up together, we do brief self-acupressure for a few minutes, and we meditate for 3-5 minutes. Then we do our practice of 64 movements.

We work together in community towards health and youth and well being, including faster healing from stress and illness, and we always seem to feel better after our 90-minute class. We adapt our movements for those, who have need.

Don't be shy! Qi Gung helps all of us to improve our health.

Join us! Contact Sondra Schwartz if you have any questions.



There is no need to register, just show up!



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mark4259@aol.com
22 years self employed

In Case of Emergency - Our Rabbi is Always Available


In case of emergency, our Rabbi can always be reached by his pager, 510-884-6947. When you call this number, you will hear a beep; please enter your phone number from the keypad of your phone.



DO NOT speak a message as the pager does not recognize voice messages. Leave all voice messages at the Temple, 510-357-8505.

~ Automatic Bill Pay ~

Would you like to pay your mitzvah pledge dues in a less painful way, and even save a stamp?!



Most banking institutions have what is called **Automatic Bill Pay**. Even if you do not have access to the internet, you can still set this up. It saves you a stamp, it's automatic, and the bank sends the check for you – on a steady schedule.

To set it up online, access your account and click on their Bill Pay option, and follow their instructions. If you don't have access to the web, contact your bank and talk with one of their representatives, and they can help you, whether over the phone or in person.

The bank automatically deducts the amount of your mitzvah pledge, the amount of which you set, at whatever schedule you prefer, (monthly, bi-monthly, etc.). The bank then sends it in the mail for you, to the address you

tell them, with no added headache and no additional costs to you or us, as with credit cards. Credit cards do end up costing us finance charges, which are an added expense for us.

Please consider this as a possible way of making your pledge, as it's easy, convenient and you don't have to worry about it!

The summer months tend to be the time that we end up with less people making their pledges on time, which can affect the temple, and add additional incurred expenses and taxes, which can affect you in the long run. So, please consider this as a way of solving this issue, and saving yourself time, energy and a stamp, all at the same time!

Thank you for your support!



Donations to Temple Beth Sholom

General Fund

- ✧ *In blessed memory of Dr. Bob & Helen Hechler, anonymous gift*
- ✧ *To Barbara Manhoff, in memory of your father, Bob King, from Marion Cohen*
- ✧ *Donation, from the Popoff family*
- ✧ *In loving memory of my mother, Gertrude Fertig, from Adrienne Mannis*
- ✧ *To Rita & Sidney Goldhor, mazel tov on your 60th wedding anniversary, from Eleanor Tandowsky*
- ✧ *In loving memory of Richard Tandowsky, from Eleanor Tandowsky & family*
- ✧ *To Rita Cohen & family, mazel tov on the birth of their new son and grandson, from Eleanor Tandowsky*

Rabbi's Tzedakah Fund

- ✧ *In memory of Harriet Wolk, from Stuart & Theresa Wolk*

Ponsky Fund

- ✧ *To Gerry Toorans, congratulations on the good report you received from your doctor this week, from Anita Osofsky & family*

Library Fund

- ✧ *To Mr & Mrs Mark Yarkin and Justin Yarkin, we congratulate our grandson, Justin Yarkin on his Masters Degree in Homeland Security from San Diego State and his upcoming trip to India, from Grandma & grandpa Jagoda*

Temple & PreSchool Remodel Project:

- ✧ *To Anita Osofsky, in honor of our Mother, from Stan Osofsky & Sergio Quintor*

Al Mooney Fund

- ✧ *Congratulations to our grandson, Jakob Edell on his receiving his Masters Degree in Criminal Science from San Jose State, from Ethel & David Slavin*
- ✧ *To Maxine Petroi, condolences on the loss of your husband, Dan, from Ethel & David Slavin*
- ✧ *To Justin Yarkin, congratulations on receiving your Masters Degree in Homeland Security from San Diego State, from Al & Lucille Mooney*

Capital Improvement

- ✧ *Donation, from Adrienne & Don Mannis*



Donations – How to:

For donations made online, please follow the instructions on this page: <http://www.tbssanleandro.org/donate.html>

For donations made by check, please note the designated fund in the memo portion of your check, and please also include any message you wish to accompany your donation.

Below please find an overview of available funds:

- General - For Temple operations.
- Rabbi's Tzedakah - Enables Rabbi to meet the needs of personal & organizational requests.
- Library - Purchase new materials.
- Marvin Weinreb - Enhance Jewish Education.
- Friends of Torah School - Purchase educational supplies.
- Zucker Memorial - Provides for an annual lecture.
- Cantor's Music - Enrichment of musical programming.
- Prayer Book - Appropriately inscribed bookplate is included in prayer book.
- Al Mooney (Little Shul) - Refurbishment and ongoing maintenance.
- Adult Education - To facilitate delivery of Adult Education.
- Sam & Ann Schoenfeld Book Repair - Repairing and preserving our books & bibles.
- Jacob & Lena Ponsky - Helps to subsidize the participation of families in dinners, workshops and various other programs for learning about Jewish heritage.
- Sisterhood - (Mail directly to Sisterhood).
- Sam Weiss - Beautification of TBS landscaping.
- Rena Slavsky Holocaust - Support programs.
- Al Maisler Torah - Repair Torah



Tammuz, 5769 **July 2009** Av, 5769

Put me on your Fridge!

www.tbssanleandro.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 1:30pm> Talmud: Shiur	02 12:00pm> Lunch & Learn	03 10am> Tot Shabbat 2:00pm> Reinvent Your Body 8:15pm> candle lighting 6:30pm> Family Shabbat Worship & Dinner	04 Parashat Hukat- Balak 9am> Torah Study 10am> Morning Services
05	06	07 9am> Maimonides' Guide to the Perplexed	08 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach 7:15pm>Board Meeting	09 12:00pm> Lunch & Learn	10 10am> Tot Shabbat 2:00pm> Reinvent Your Body 8:14pm> candle lighting 8pm> Healing Shabbat	11 Parashat pINHAS 9am> Torah Study 10am> Morning Services
12	13	14 9am> Maimonides' Guide to the Perplexed	15 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach	16 12:00pm> Lunch & Learn	17 10am> Tot Shabbat 2:00pm> Reinvent Your Body 8:14pm> candle lighting 8pm> Musical Shabbat	18 Parashat Mattot- Masei 9am> Torah Study 10am> Morning Services 7:00pm> Gala Summer Ball
19	20	21 9am> Maimonides' Guide to the Perplexed	22 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach	23 12:00pm> Lunch & Learn	24 10am> Tot Shabbat 2:00pm> Reinvent Your Body 8:06pm> candle lighting 8pm> Shabbat Worship	25 Parashat Devarim 9am> Torah Study 10am> Morning Services
26	27	28 9am> Maimonides' Guide to the Perplexed	29 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach	30 12:00pm> Lunch & Learn	31 10am> Tot Shabbat 2:00pm> Reinvent Your Body 8:00pm> candle lighting 8pm> Shabbat Worship	

Red Letter Days for July

Saturday 18, 7:00pm Gala Summer Ball

Av, 5769

August 2009

Elul, 5769

Put me on your Fridge!

www.tbssanleandro.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01 Parashat Va-Ethannan 9am> Torah Study 10am> Morning Services
02	03	04 9am> Maimonides' Guide to the Perplexed	05 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach 7:15pm>Board Meeting	06 12:00pm> Lunch & Learn	07 10am> Tot Shabbat 2:00pm> Reinvent Your Body 7:53pm> candle lighting 6:30pm> Family Shabbat Worship & Dinner	08 Parashat Ekev 9am> Torah Study 10am> Morning Services
09	10	11 9am> Maimonides' Guide to the Perplexed	12 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach	13 12:00pm> Lunch & Learn	14 10am> Tot Shabbat 2:00pm> Reinvent Your Body 7:45pm> candle lighting 8pm> Healing Shabbat	15 Parashat Re'eh 9am> Torah Study 10am> Morning Services
16	17	18 9am> Maimonides' Guide to the Perplexed	19 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach	20 12:00pm> Lunch & Learn	21 10am> Tot Shabbat 2:00pm> Reinvent Your Body 7:36pm> candle lighting 8pm> Musical Worship	22 Parashat Shofetim 9am> Torah Study 10am> Morning Services
23	24	25 9am> Maimonides' Guide to the Perplexed	26 1:30pm> Talmud: Shiur 2:00pm> Hagba'at Ruach	27 12:00pm> Lunch & Learn	28 10am> Tot Shabbat 2:00pm> Reinvent Your Body 7:26pm> candle lighting 8pm> Shabbat Worship	29 Parashat Ki Teze 9am> Torah Study 10am> Morning Services
30	31					

<i>Rates for Newsletter and Yearbook</i>				
<i>Size of ad</i>	<i>1 time in newsletter</i>	<i>Newsletter only/year</i>	<i>Yearbook only</i>	<i>Newsletter/year and Yearbook</i>
<i>1/8 page (bus card size)</i>	<i>36</i>	<i>200</i>	<i>60</i>	<i>250</i>
<i>1/4 page</i>	<i>54</i>	<i>350</i>	<i>100</i>	<i>400</i>
<i>1/2 page</i>	<i>90</i>	<i>500</i>	<i>160</i>	<i>600</i>
<i>Whole page</i>	<i>180</i>	<i>775</i>	<i>300</i>	<i>1,000</i>

*If you wish to advertise in the Kol, or Yearbook,
please contact the office at 510-357-8505.*



*Temple Beth Shalom
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