

may/june 2018



Chocolate Cookie Crust 2¹/₂ cups crushed chocolate tea cookies 1¹/₂ Tbsp brown sugar ²/₃ cup of butter (melted)

Chocolate Cheesecake Filling

10 oz dark chocolate 32 oz cream cheese (room temperature) ½ cup sour cream 1¼ cups sugar ¼ cup + 1 Tbsp unsweetened cocoa powder Pinch espresso powder ¼ tsp salt 4 large eggs

Coffee Whipped Cream ^{3/4} cup whipping cream 1 Tbsp sugar ^{1/2} tsp espresso powder ^{1/8} tsp allspice

Garnish Cocoa powder Preheat oven to 350. Combine cookie crumbs, brown sugar & melted butter in medium sized bowl. Spray large spring form pan with oil and press mixture against sides & bottom. Bake for 15 minutes.

5778

For filling, melt chocolate. In large bowl beat cream cheese, sour cream, sugar, cocoa powder, espresso powder, & salt. Mix in eggs, one at a time. Fold in melted chocolate. Fill crust with filling.

Bake 70 minutes or until middle is not wobbly. Turn off oven & open oven door to prevent it from collapsing. After cooling, place in refrigerator.

For Coffee Whipped Cream topping, beat whipping cream with sugar until desired consistency. Add espresso powder & spices. Mix another minute. Spread Coffee Whipped Cream on top of cheesecake. Sprinkle with cocoa power. Refrigerate 4 hours, or overnight, before serving.

Courtesy of http://www.aish.com/h/sh/r/Chocolate-Cheesecake--Challah.html?s=rab

Congregation Beth Ami

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Office and Gift Shop Hours

Mon.–Thurs. 10 a.m.–4:30 p.m. Fri. 10 a.m.–2 p.m.

Mission Statement

Congregation Beth Ami enriches our lives, transforms our hearts, helps heal the world and sustains our Jewish heritage. We are deeply rooted in Jewish tradition and welcome all to our community through celebration, learning, education, and prayer.

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Deadline for July/Aug. 2018 Shofar is June 15



It happened quite co-incidentally. We were singing Adon Olam in the chapel at the very beginning of morning services when this thought struck me. The words and ideas conveyed in the language of this song are touch-

ing in their simplicity and depth. They were composed centuries ago and preserved only because they were written on a page. From here they were introduced into a Siddur (Prayer Book) and, in the course of the centuries, copied into tens of

thousands of prayer books in Jewish communities spanning the globe.

Unopened, left on the printed page, the words would be buried; perhaps, even forgotten; no longer capable of touching the minds and hearts of so many individuals scattered around the world.

However, every time a person opens the book, turns to that page and sings out those words, they spring back to life! Using our learning, our sight and our vocal apparatus, we're able to take those lifeless words as they appear simply on an unopened, printed page and give them an audible, physical presence in the here and now.

We have accomplished an act of resurrection! A human being has the power to bring the "dead" back to living reality! degree—to have power over mortality is a rare gift indeed! As the modern philosopher, Heidegger, put it, "We are beings unto death."

True. We can try to ignore our mortality. We can distract ourselves in a thousand different

"We are beings unto death." —Heidegger ways so as to avoid facing it and try to discover happiness. We can also obsess on it and live in fear. But, we can also use this awareness to seek depth and meaning to our brief sojourn on this planet.

For me, any religion—not just Ju-

daism—is an attempt to make sense of mortality: to answer the most fundamental question a human being can ask; "Why, i.e. for what purpose, was I brought to conscious existence into this world I presently, and briefly, occupy? Of what significance is Life, with its moments of triumph and tragedy?"

Taking a few moments in the course of every day to take words that have endured centuries, if not millennia; to bring them back to life; to take ideas that give expression to appreciation, respect, thanksgiving apology and forgiveness; ideas that are as significant as long as human beings have walked the earth, can fill one with a sense of joy, if not exaltation.

As Rabbi Nachman of Bratslav is known to have said: "It is a great mitzvah to experience a sense of joy!"

To have the ability-no matter to what minor

Xthe best breakfast & ב ALEF isn't enough lunch joint around." Jeff Cox, Santa Rosa Magazine **BET** isn't tough 2 Study Hebrew from the source with a ٦ native Israeli. DIERK'S PARKSIDE CAFE 1 All levels. The easy way. 404 Santa Rosa Avenue Prayers, Chanting Torah Tropes ٦ Santa Rosa, CA 95404 contact Ahuva Simon-Sa'ar at 707/573-5955 7 (707)545-2454 or Ahuva@sonic.net Mark Dierkhising and Karen Brodsky, Owners Π

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Services at Beth Ami

Please join us for services. For additional information call the office at (707) 360-3000.

May Shabbat and other Services

May 2 (Wed.)—Lag B'Omer

May 4 (Fri.)—6 p.m. Shabbat evening service led by Reb Judith Goleman, 6:30-7:15 p.m. dinner (No cost but reservations necessary*), 7:15-8:15 Program led by Manaar Azreik

May 5 (Sat.)—9:30 a.m. Shabbat morning service followed by dairy potluck

May 11 (Fri.)—6:30p.m. Shabbat evening service

May 12 (Sat.)—9:30 a.m. Shabbat morning service followed by dairy potluck

May 13 (Sun.)—Yom Yerushalayim

May 15 (Wed.)-Rosh Chodesh Sivan

May 18 (Fri.)—6:30 p.m. Shabbat evening service

May 19 (Sat.)—9:30 a.m. Shabbat BaMidbar Brian Niestat Bar Mitzvah followed by hosted luncheon

May 19 (Sat.)—10:00 p.m. Tikkun Leil Shavuot at Rabbi Miller's home, (No cost but reservations necessary*)see below.

May 20 (Sun.)—10:30 a.m. Shavuot Day 1 morning & Festival service, see details below.

May 25 (Fri.)—6:30 p.m. Shabbat evening service

May 26 (Sat.)—9:30 a.m. Shabbat morning service followed by dairy potluck

June Shabbat and other Services

June 1 (Fri.)—6 p.m. Shabbat evening service 6:30-7:15 p.m. dinner (No cost but reservations necessary*) 7:15-8:15 p.m. program

June 2 (Sat.)—9:30 a.m. Shabbat morning service

June 8 (Fri.)-6:30 p.m. Shabbat evening service

June 9 (Sat.)—9:30 a.m. Shabbat morning service Miriam Landau-Camarillo Bat Mitzvah, hosted lunch

June 13 (Wed.)—Rosh Chodesh Tammuz Day 1

June 14 (Thurs.)—Rosh Chodesh Tammuz Day 2

June 15 (Fri.)—6:30 p.m. Shabbat evening service

June 16 (Sat.)—9:30 a.m. Shabbat morning service followed by dairy potluck

June 22 (Fri.)—6:30 p.m. Shabbat evening service

June 23 (Sat.)—9:30 a.m. Shabbat morning service followed by dairy potluck

June 29 (Fri.)—6:30 p.m. Shabbat evening service

June 30 (Sat.)—9:30 a.m. Shabbat morning service followed by dairy potluck

July 1 (Sun.)—Fast of 17 Tammuz

Daily Daven

Sundays and National Holidays—8:30 a.m. Morning Minyan in the Chapel followed by a light breakfast on the 1st and 3rd Sunday.

Mon.–Fri.—7 a.m. Daily Daven in the Chapel, except for Jewish and Secular holidays.

Sun.--Thurs.--7 p.m. Evening Daily Daven in the Chapel, except for Jewish and Secular holidays

Shavuot Schedule-- Chag Sameach!

May 19, Tikkun Leil Shavuot at the home of Rabbi and Susan Miller. 4312 Brookshire Circle. A traditional "all-nighter" study and discussion, but anyone is welcome to leave earlier if they choose. Snacks and a "Midnight Feast" at, well, midnight. (No cost but reservations necessary*)

10:00 p.m. Gather for Maariv - Kabbalat Yom Tov, motz'i Shabbat Havdalah on the deck

10:30 p.m. We'll start the Tikkun - Book of Ruth

11:00 p.m. - 12:00 midnight: Presentations and discussions

12 midnight: "Midnight Feast"

Sunday May 20 4:30 a.m. P'sukei through Shacharit at Rabbi Miller's home up to Torah Service -

10:30 a.m. Continue festival services at Beth Ami, followed by Shavuot lunch

Sunday May 20, 6:00 p.m. Mincha - Maariv at Beth Ami

Monday May 21 Second Day Yom Tov: 9:30 a.m. regular yom tov services Note: YIZKOR prayers recited

8:45 p.m. Monday evening (Motz'ei Yom Tov) - Mincha-Maariv

*Reservations necessary by noon the preceding Wednesday. Call the office at (707) 360-3000 or email office@BethAmiSR.org to make your reservation.



Mazel Tov to the Families of:

Vivian and Irvin Klein welcomed their 1st granddaughter, Agam Nir

Adina Fleming Simonetti, daughter of Nancy and Andy Fleming, gave birth to Gabriel Elliot

Refuah Shlema

Barbara Boren, Henry Cohn, Ruth Rosenberg, Judy Dzik, Ahuva Simon Saar, Andy Goodman, Susy Raful, Anna and Dennis Judd, Arnold Drake, Esther Herskovic have been added to our Misheberach prayers.

Healing Retreat for Survivors of the North Bay Fires

A community healing retreat for people affected by the recent fires will be held by *Transformation by Fire* on Sunday, May 20th, from 10:30 a.m.–5:30 p.m. at Congregation Beth Ami. These retreats support members of the Jewish community affected by the fires and other losses. They assist people in rising from the ashes by helping them heal the invisible wounds of loss and trauma. There will be time for sharing, meditation, grief rituals, trauma release work, sound and movement therapy, drumming, and community rebuilding.

Another retreat for anyone in Sonoma County affected by the fires will be held on Saturday, May 26th, from 10:30 a.m.–5:30 p.m., at Sonoma Horticultural Nursery, 3970 Azalea Lane, Sebastopol, and every fourth Saturday of the month thereafter.

These retreats, which include a light lunch and beverages, are offered on a donation basis (suggested donation \$36). Space is limited, so please register at https://bethamievents.eventbrite.com.

Transformation by Fire, a non-profit organization, has held over 28 retreats in Lake County since the 2015 fires. Manaar Azreik, a Palestinian-American musician, healer, and teacher, who landed at Beth Ami after a harrowing escape during Lake County's devastating Valley Fire, developed it with her colleagues John Freedom and Rachel Eyrn Kalish. www.transformationbyfire.org

Jewish Teens Love Chaverim

A big thanks for Congregations Beth Ami, Shomrei Torah, and all of our Sonoma County synagogues, Rabbis Miller, Gittleman, Kramer and and all the parents and students of Chaverim for your participation in this JCC-SOCO countywide Jewish educational program we are all so proud of. Once again, our post Bnai Mitzvah retention in Sonoma County is one of the highest percentages in the country for such a small community.

We have another great year of new Chaverim incoming 8th graders coming up and we want to encourage any Jewish teen in Sonoma County, grades 8–12 to join Chaverim. No previous experience necessary!

Just go to jccsoco.org and follow the Teen



tab and register today!

Israeli Dance

Register at the Person Center, 2060 West College Avenue, Santa Rosa. You can also just show up and register later.

Israeli Folk Dance-86522

Link to this page https://econnect.ci.santa-rosa. ca.us/Activities/ActivitiesAdvSearch.asp#top

18 Yrs. & over. 7 p.m.–9:30 p.m.

Resident \$33 / Non-resident \$43

Class meets the following Wednesdays, Rm 3 in Finley Person Senior Wing:

03-07	04-25	06-06	07-25
03-21	05-09	06-20	08-08
04-11	05-23	07-11	•

Call 707-543-3737 to register





Brian Niestat Bar Mitzvah May 19, 2018

Please join Brian Niestat and his family in celebrating as he is called to the Torah as a Bar Mitzvah!

Miriam Landau-Camarillo June 9, 2018



Hi, my name is Miriam Landau-Camarillo. I am 12 years old and in 7th grade at Herbert Slater Middle School. I have lived in Santa Rosa my whole life, and I have been and am

a part of a couple different congregations in Sonoma County. However, I feel most close to Beth Ami and its congregants. I went to preschool and religious school here. It has been a fun and unique experience to get the chance to study my Torah portion with Rabbi Miller who has also helped me with my D'var Torah. Judaism plays a key role in my life, and I try to hold on to its values and principles as I am going through my daily life. My friends and family, sports, and art also deeply affect who I am as an individual. Currently, I'm on my school's Track and Field team, and in the Fall I was on the Cross Country team with my friends. Art is a huge creative outlet for me to channel my feelings into. My favorite type of medium to use is probably pastel or pencil. I can always count on my big sister Noa-who I love very much-to support me on whatever I do. I'd also like to thank my mother, Tamar Landau, and Patty Bernstein for helping me with my Torah, Haftorah, and prayers. Without their help, I would not be as prepared as I am. I have worked long and hard for my Bat Mitzvah, and I hope to see you all on June 9th.

The New Anti-Semitism talks

2 p.m., May 13 & 27. No Charge

Don't miss the last two talks in the series of presentations by Jewish organizations responding to the New Anti-Semitism. Hear how the organizations devoted to keeping us safe are putting out the fires of the New Anti-Semitism on campuses, in cities, and in the nations around the world.

Everyone is welcome, invite your friends. Sundays at 2 at Congregation Beth Ami, 707-360-3000, office@BethAmiSR.org, 4676 Mayette Avenue, Santa Rosa. Sponsored by the Beth Ami Israel and Adult Education Committees.

May 13—Tammi Rossman-Benjamin will speak on faculty boycots of Israel and campus anti-Semitism. She is a lecturer at the University of California, Santa Cruz and the cofounder and director of AMCHA Initiative https://amchainitiative.org/, a nonprofit organization dedicated to investigating, documenting, educating about, and combating anti-Semitism at institutions of higher education in America. She was nominated for Jewish Hero of the Year by the Jewish Federation of North America in 2011



Seth Brysk, Central Pacific Regional Director of the Anti Defamation League spoke at Beth Ami on April 8, as part of The New Anti-Semitism Series. Left to right: Rabbi Mordecai Miller; Seth Brysk; Eli Cohen, Chair of The Israel Committee; Betty Boyd, Co-Chair of The Israel Committee.



and was named one of 2013's Bright Pro-Israel Lights on U.S. Campuses by the Jewish Press.

May 27—Thor Gold from CAMERA will speak on countering media bias and on anti-Semitism in textbooks.

Thor Gold is the Director of Development for the Western Region of the Committee for Accuracy in Middle East Reporting in America (CAMERA) http://www.camera.org, a mediamonitoring and research organization devoted to promoting accurate, balanced, and complete coverage of Israel and the Middle East.

Save These Dates:

June 10, Sun., 10 a.m.—Beth Ami's yearly congregational general meeting. Immediately followed by a Thank You Brunch for the Capital Campaign leaders and donors. June 13, 14 and 15—Three lectures by Yiscah Smith, a Jerusalem-based Jewish educator, spiritual activist and author. As someone who transitioned from a Chabad man to an observant woman, she is in constant dialogue with the question of authentic living and its spiritual

dimension. Yiscah teaches at the Pardes Institute of Jewish Studies and at the Conservative Yeshiva, both in Jerusalem.

June 13, Wed. 7 p.m.— Congregation Ner Shalom

June 14 Thurs. 7 p.m.— Congregation Beth Ami

June 15, Fri. 1:30 p.m.— Bnei Israel







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May 2 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

May 2 (Weds) 10:00 a.m. Social Action at the Redwood Food Bank

May 3 (Thurs) Lag B'Omer

May 4 (Fri) 6 p.m. services with Rabbi Judith Goleman, followed by dinner and Transformation by Fire speakers

May 5 (Sat) HaLayla HaGadol dinner

May 8 (Tues) 6:30 p.m.Fall Festival planning meeting

May 9 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

May 9 (Weds) 7:30 – 9:00 p.m. Midrash class with Rabbi Miller

May 9 (Weds) 7:00 – 9:30 p.m. Israeli dancing in the Person Center

May 13 (Sun) 2:00 p.m. Tammi Rossman-Benjamin speaking on campus anti-Semitism

May 16 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

May 18 (Fri) Last day of Religious School

May 19 (Sat) 10:00 p.m. Tikkun Leil Shavuot at the home of Rabbi Miller

May 20 (Sun) 10:30 a.m. Shavuot First Day Services

May 21 (Mon) 9:30 a.m. Shavuot Second Day Services

May 23 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

May 23 (Weds) 7:30 – 9:00 p.m. Midrash class with Rabbi Miller

May 23 (Weds) 7:00 – 9:30 p.m. Israeli dancing in the Person Center

May 27 (Sun) 2:00 p.m. speaker from CAMERA Countering Media Bias **May 28** (Mon) office closed Memorial Day

May 30 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

June 3 (Sun) 12 noon Pride Parade in Santa Rosa

June 6 (Weds) 10:00 a.m. Social Action at the Redwood Food Bank

June 6 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

June 6 (Weds) 7:30 – 9:00 p.m. Midrash class with Rabbi Miller

June 6 (Weds) 7:00 – 9:30 p.m. Israeli dancing in the Person Center

June 10 (Sun) 10:00 a.m. Congregational General meeting

June 10 (Sun) 11:00 a.m. Thanks a Bunch Brunch

June 13 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

June 13 (Weds) Social Action cooks and serves dinner at The Palms

June 13 (Weds) 7:00 p.m. Yiscah Smith lecture at Congregation Ner Shalom

June 14 (Thurs) 7:00 p.m. Yiscah Smith lecture at Congregation Beth Ami

June 15 (Fri) 1:30 p.m. Yiscah Smith lecture at Bnei Israel

June 20 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

June 20 (Weds) 7:00 – 9:30 p.m. Israeli dancing in the Person Center

June 20 (Weds) 7:30 – 9:00 p.m. Midrash class with Rabbi Miller

June 27 (Weds) 11:00 a.m. Parsha of the week class and discussion with Rabbi Miller

ist YISCAH SMITH

Spirit, Gender and the Quest for Authentic Living

sponsored by Congregation Ner Shalom, Congregation Beth Ami, and B'nai Israel Jewish Center.

Yiscah Smith is a Jerusalem-based Jewish educator. spiritual activist and author. As someone who transitioned from a Chabad man to an observant woman, she is in constant dialogue with the question of authentic living and its spiritual dimension. Yiscah teaches at the Pardes Institute of Jewish Studies and at the **Conservative Yeshiva.** both in Jerusalem. She produces podcasts on Jewish spirituality, and offers individual spiritual guidance for authentic living.

Forty Years in the Wilderness: My Journey to Authentic Living Congregation Ner Shalom, 85 La Plaza in Cotati Wednesday, June 13— 7-8:30 PM

Yiscah will share the joys and struggles of facing her own spirituality, gender identity, and commitment to living true to herself. The story she tells is one of a man, facing his truth, embracing the woman she was always meant to be, and returning to her faith with wholeness and authenticity. Free, contributions welcome.

Jewish Living as the Cultivation of a Spiritual Practice Congregation Beth Ami, 4676 Mayette in Santa Rosa Thursday, June 14— 7-8:30 PM

Yiscah will teach the inspiring and progressive ideas of Rabbi Kalonymous Kalman Shapira, the Piaseczna Rebbe (d. 1943). She will discuss our inherent spiritual nature, how we awaken to the Divine within us, and how we can integrate this awareness into a fuller mind, body and soul experience in our lives. Free, contributions welcome.

Lech Lecha— Go to Yourself: Moving from One Self to Another Self B'nai Israel Jewish Center, 640 Western in Petaluma Friday, June 15— 1:30-3; followed by yoga 3-4:30 PM

Yiscah will share a teaching on encountering the Divine presence within and heeding her "still small voice." This session on moving away from a finite sense of self toward a sense of self that is limitless and beyond-ego self will be followed by a yoga session continuing these themes, led by Helaine Sheias. Sliding scale.

shalomevents.org

bethamisr.org https://bnaiisrael.net/



RELIGIOUS SCHOOL

Judy Kupfer, Director

Focus On USY And Kadima For Youth 6th–12th Grades

Parents of a bar or bat mitzvah—here are a few hints in successfully getting through your very special Simcha:

The Week Before:

Put out all the clothing for all of your children on some non-floor surface, ideally in your room. This includes belts, socks, tights, underwear, and shoes. Have children try on all items so that you don't have a situation the day of, which you will be completely unprepared to handle like a rational human.

Listen to the bar or bat mitzvah kid practice every night. Listen. Be kind. Use this as your *Moment of Zen.*

Make a list of everything. Get a brief sense of satisfaction when you cross something out.

The Day Before:

Go to the synagogue to bring all the stuff you need to bring: water bottle for your kid to hide under bimah, handouts, and kippot.

If you must sob or cry or yell, please try to do so in your car alone. Definitely do not do so in front of bar or bat mitzvah child, as you will freak them out even more than they are already freaked out.

The Night Before:

Take a Tylenol PM (nothing stronger please) to go to sleep. Otherwise you will spend the night singing *Sunrise, Sunset* to yourself, wondering how you got to the point of having a teenage child when only seconds ago, you had bangs, braces, and were chanting your own haftorah.

The Morning Of:

Don't even blink. Watch the whole thing with awe and wonder. Try not to cry if you are in an eye makeup situation.

Hug and kiss your child and make sure you tell them how much you love them and are proud of them.

If You Are Hosting A Kiddush Luncheon Situation:

Talking to your guests is more important than eating...but maybe ask a friend to make a plate of food for you at the very beginning and get you a glass of wine just so that you can eat some of the best things before they vanish! Bring a pair of flats.

The Days After:

You all did it! Now it's time to eat the leftovers and rejoice. You will find that the real world, with its annoying problems like bills, work, and parenting demands, will soon be pounding on your doors.

Write thank you notes. Obviously, the bar or bat mitzvah kid needs to write thank you notes, whether for presents or presence (I know many people who don't make their kids write thank you notes. Agree to disagree). Use a spreadsheet of addresses from invitations, with a satisfying box the kid can check after they have written the note and sealed the

Larry Gregg Bujinkan Santa Rosa Dojo

Traditional Martial Arts -Self Defense phone: 707 481-7370 email: <u>srbd@att.net</u> web: santarosabujinkan.com







envelope. Not only that, but I have other arguably unreasonable requirements of said thank you notes: Namely, they need to be real.

You write thank you notes. Caterer, Rabbi Synagogue Administrator, etc. etc. The act of writing these thank you—rather than just calling—isn't just nice because the person on the other end will be very happy you took the time to write them. Write a note to your bar or bat mitzvah kid.

Make a scrapbook. Put his/her practice book to some loose photos to cards and emails.

Mazel Tov to the following B'nai Mitzvah students and Families!

- May 19th—Brian Niestat
- June 9th—Marian Landau-Camarillo
- September 29th—Isaac Matzner

Mazel Tov to our graduating high school Seniors! We wish you all the best as you begin your next adventure. Sonoma County & New Frontier USY will miss you all so much!!!



Yom HaAtzmaut (Israel Independence Day) was celebrated at Beth Ami on Sunday, April 22 with a USY overnight for our teens, an Israel Faire for the children and a musical sing-along-long, history lesson and performance by Achi Ben Shalom and Noa Levy. Over 100 people attended these Beth Ami events. In photo, from left to right: Israel Committee leaders Eli Cohen and Betty Boyd,

- Nick Alexander
- Max Cohen
- Noa Landau-Camarillo
- Daniel Sherman
- Josh Simkovitz



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Well it's finally happening! Thanks to all the rain and sunshine, plants and trees that live in our playground are once again blooming, and we are so appreciative of the shade they provide us from the sun, and the shelter they give us from the remaining Spring showers.

The children are also taking notice that our grape vines are in bloom as well. By mid-Summer, the grape vines will be overflowing with juicy and delicious grapes for us all to enjoy!

All these natural wonders have come just in time for Earth Day! As we celebrate and appreciate the beauty and wonder of our natural environment, the children are hearing about Earth Day and connecting this to the Jewish Value of Tikkun Olam, taking care of and repairing the World. There are recycling projects about now, and a special attention being paid to one of our most important Jewish Values.

Also very exciting, the Nursery School is proud to be the new home for a rescue bunny named Robyn! Tza'ar ba'alei chayim, literally translated as "the suffering of living beings," which in Judaism refers to that of the treatment of animals and the Mitzvah of taking care of animals when they are suffering. This is another mitzvah we are living each day at BACNS. Robyn was a known neglected rabbit by one of our NS teachers. She approached the owners of the bunny and offered to take the bunny off their hands. We took Robyn in, cleaned her, cared for her and rehabilitated her. She is now an official part of our community! Nursery School families take turns caring for her on the weekends and the children all enjoy bringing her fresh fruits and veggies, spending time with her on the grass, and caring for her throughout the day.

While the children have been busy with the important business of play and exploration, the office has been busy as well, processing applications as we are currently enrolling for Summer and Fall. There are still a few spots left for Fall and space is available for our exciting Summer Program, so please visit our website or come by the NS office to learn more about our program and pick up and application. You can also call the Nursery School office to set up a tour at 360-3030.

Simcha Board Tree of Life

Honor thy mother ...also thy aunt, uncle, cousin, child, best friend, teacher with an engraved leaf on our Simcha Board, commemorating any joyous occasion, bestowal of an bonor, or cause for thanksgiving.

Leaf—\$360 Small Stone—\$1000 Large Stone—\$2500 We also provide the opportunity for you to memorialize loved ones. Yahrzeit Board

Plaque—\$450



Amid all the political turmoil (like corruption and investigations) and military attacks and counter attacks (like Gaza), it helps the spirit to turn to one of our favorite web sites —https://www.israel21c.org—to read news which does *not* make the headlines. Here are some recent examples:

Almost ten years ago, there was a best seller called—*Start-Up Nation: The Story of Israel's Economic Miracle,* which shed light on Israel's implausibly successful startup ecosystem.

On March 1st, Gefen Publishing House, released a new book, *Thou Shalt Innovate*, by Avi Jorisch, which provides 15 case studies of how Israelis of all faiths are making life better for billions of people around the world and how Israeli ingenuity is helping to feed the hungry, cure the sick, and provide shelter for the homeless.

The idea for this new book germinated in 2014 after Jorisch returned from Israel (and the war with Hamas in Gaza) which depressed the diminishing prospects for peace in his lifetime.

"I suddenly realized there is an amazing story to be told not only about the Israeli technology described in *Start Up Nation* but about what Israel does with this technology to improve lives around the globe."

"Israel is not a nation of saints but it has been seeking a higher meaning for 3,000 years," says Jorisch. "We are fulfilling, in a very powerful way, the call of our prophets to feed the hungry and help the needy. Israel's founding fathers were inspired by these teachings and baked it into the fabric of the society they were building. That is the essence of modern Israel."

At the same time, he adds, improving the world is not an exclusively Jewish compulsion. He also included Israeli Christians and Muslims who similarly "believe we're partners with God in social justice to make the world a better place."

Jorisch began a circuit of author talks with several appearances at the AIPAC Policy Conference, March 4-6 in Washington. The other Israel21c story, in the most recent newsletter (I think you can still find it in print as you read this) is *A Timeline Of 70 Years Of Israeli Achievement*—a special multi-media package to record how Israel has become one of the most creative and innovative countries in the world.

My suggestion: enjoy the Spring and rejoice that we are alive to witness what our Jewish family has done to make this a better world. *And* pray for peace.







Social Action Committee is very excited about our mitzvah project serving dinner at The Palms. The Palms is subsidized, HUD housing for veterans and clients from Catholic Charities. We have served dinner twice and plan to do this every other month . The next meal will be on Wednesday, June 13th. We have served a simple, yet hot meal. The response has been very positive from the residents and the SAC. We are hoping that we can get others from Beth Ami to help. There are many opportunities to participate by serving, cooking or baking, providing paper goods etc.

I interviewed Judi Hyman about her experience in this worthwhile mitzvah. Here are excerpts from our conversation.

Lyla: "Why are you volunteering at The Palms?"

Judi: "I would like to share with others the bounty that I have in my life."

Lyla: "What do you like about this project?" Judi: "I like helping people who are experiencing difficult times and sharing food is a good way to do it."

Lyla: "How does this project relate to your Judaism?"

Judi: "We are taught to be compassionate and practice Tikun Olam"

Lyla: "What is it like serving at the Palms?"

Judi: "It has been very comfortable. The residents are friendly and very appreciative."

Lyla: "What have you made?"

Judi: "A crockpot of chili"

Lyla: "How does this project build community?"

Judi: "Many people don't know any Jews. It shows a very personal side of our community."

Lyla: "Why is it important to do this now?"

Judi: "After the fires the most vulnerable in our community are having a very difficult time. It is extremely important not to forget them now."

Lyla: "Will you continue serving at the Palms?"

Judi: "Definitely yes! If it were up to me, I would do it once a month."

Lyla: "Thanks."

Judi: "Thanks back."

So please consider joining our group and helping in any way.



THE KITCHEN CORNER

Janet Stein-Larson

From Congregation Beth Ami's Mission Statement we are "A kehilla that is open, where relationships matter—Congregation Beth Ami enriches our lives, transforms our hearts, helps heal the world and sustains our Jewish heritage. We are deeply rooted in Jewish tradition and welcome all to our community for celebration, learning, education and prayer."

One way to be welcoming to all of our community is to keep a kosher kitchen. We maintain a kosher kitchen to make it possible for any Jew to be able to dine with us. In order to be able to open the kitchen for member or community uses, the Kitchen Committee (a sub-committee of the Religious Practices Committee) was formed.

It's been requested that the role of Mashgiach be explained.

What does a Mashgiach do? To start with, here are a couple of definitions. From dictionary.com: "an inspector appointed by a board of Orthodox rabbis to guard against any violation of the Jewish dietary laws in food processing plants, meat markets, etc., where food presumed to be kosher is prepared or served for public consumption." From en.oxforddictionaries.com: "A person authorized to inspect or supervise premises where food is kept or prepared, in order to ensure compliance with Jewish dietary laws."

What do we do at Beth Ami? The Kitchen Committee was formed so we could find a way for members to be able to use our kitchen (and it's powerful appliances) and ensure that the kitchen maintains it's Kosher status. To that end, we developed the policies and procedures on training the volunteer Mashgichim. We also developed information pamphlets to help members understand what foods could be brought for Shabbat Potlucks (Food and Potluck Guidelines); kitchen guidelines if you wish to cook in the CBA Kitchen (Guidelines for Kitchen Use); or a general guideline on how to plan for an event (big or small) that will involve the kitchen (Special Events, Use of the Kitchen). The Committee also works to maintain the kitchen (cleaning and organizing the kitchen and supply area, making certain the major appliances are in good shape and clean, and developing protocols to keep everything in good working order) and develop standards for food safety.

At Congregation Beth Ami, we have volunteer Mashgichim to ensure that the kitchen maintains its kosher status., make certain that things are done safely (food preparation as well as appliance usage) and security is maintained in the kitchen. The responsibilities of a Mashgiach are to make certain that your event volunteers follow the kosher standards necessary, to maintain the Kashruit standards of Beth Ami.



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THE KITCHEN CORNER

This involves:

- 1. Inspection of food that is to be used for your event. If stored or prepared in the kitchen, your food items need to be kosher pareve or dairy. This is ensured with inspections of all that is brought into the kitchen. If there is a question on an item the Rabbi will be contacted.
- 2. Supervision in the kitchen of your event: making sure volunteer food preparers, servers, and clean-up crew are in compliance with the Kosher dietary laws and food safety standards; that the appliances and equipment are used safely; and that when your event is done everything is cleaned and back where it belongs, and the kitchen is locked and secure.

What does this mean for your event? When you are going to use the kitchen for an event, large or small, you will need to have a Mashgiach on hand and anytime you are going into the kitchen. They will be there for opening and locking up the kitchen each time you need to use it. They will be there to check your food purchases before you use them and let you know if you may or may not be able to use those items. They will be observing you and your volunteers prepare, serve, and cleanup the kitchen for your event. If necessary, they will offer suggestions and techniques on preparation of food to maintain Kosher dietary laws and/or for safety concerns.

Can you ask the volunteer Mashgichim to help with the event? Ideally, the Mashgiach is only an observer, offering direction when needed. If our volunteer Mashgiach chooses, (s)he may also volunteer to assist. However, the major responsibility of the Mashgiach is to maintain the Kashrut standards of Beth Ami Kitchen (eg food preparation), ensure the safety of the people using it, maintain health standards, and keeping the kitchen secure.

Concerns About Using Plastic Crock-Pot Liners For The Soup On Shabbat *By Tish Levee*

Some people have expressed concern about our use of plastic Crock-Pot liners for soup, so Betty Boyd did some research. The most common plastic Crock-Pot liners are made from heat-resistant nylon resins. While there are a few studies about the migration of chemicals from nylon resin liners to food, at the current time there're no health risk warnings associated with the use of Crock-Pot liners.

According to the Food and Drug administration (FDA), a minute amount of chemicals from Crock-Pot liners may migrate to food if exposed to high temperatures for a long period of time, but it has determined, based on current data, this poses no health risk. As we don't actually cook in the liner and the temperature of the Crock-Pot is quite low, there appears to be no risk in using them.

There is an addition to the Food and Potluck Guidelines, coming soon:

A change to the potluck guidelines was approved by the Religious Practices Committee.

"You may bring a main dairy or parve dish that is entirely prepared and baked in a single pan. The baking process cooks the noodles, rice, potatoes or vegetables. This dish would need to be able to be served cold or at room temperature for Shabbat meals.

The dish should be prepared in a disposable aluminum baking pan, using uncooked (e.g., vegetables, potatoes, rice, noodles) and kosher ingredients (e.g., mayonnaise, relish) and baked in the oven. Any utensils (knives, spoons, etc.) used to prepare this should not have been used in the preparation of non-kosher or meat food.

Important: Please do not hesitate to ask the Rabbi regarding the kashrut of any of the ingredients you plan to use in your recipe."

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GENEROUS CONTRIBUTIONS TO OUR CONGREGATION

The next time you are looking for a meaningful way to celebrate a joyous occasion, remember a loved one, or comfort a mourner, please consider a donation to Congregation Beth Ami. When you make a gift, a card is send to the honoree or the family and your donation is proudly acknowledged in the Shofar. The minimum donation for each occasion is \$7.50. Congregation Beth Ami truly appreciates your support.

Children's Education Fund

In memory of Barbara Garam —Jonathan & Rose Batzdorff

General Fund

In memory of Henry Herskovic —*Arnold & Karen Herskovic*

Speedy recovery to Susy Raful —Barbara Boren

Speedy recovery to Edith Newman —Dave & Marge Ballo

Mazal Tov to Irvin & Vivian Klein upon the birth of their granddaughter *—Dave & Marge Ballo*

Congratulations to Leanne Schy and the Spielers!

—David & Margorie Ballo

Shabbat Dinners —Dr. Eli Cohen & Elizabeth Boyd

In memory of Elizafeta Gaiger, mother of Marina —Iosif & Marina Voulfson

In honor of being called to the bimah—*Ivan Barta*

A generous donation —Joseph & Barbara Lerman

Get well soon to Barbara Boren —Juli Scherer

In honor of April Miller's Bat Mitzvah—*Linda Emblen*

In honor of my dear godmother, Faye Tannenbaum—*Marla Allentoff*

In memory of Rachel Jones, mother of Maury and grandmother of Ross—*Maurice Jones*

In honor of a great spiel! —*Michael & Lauren Newman*

In memory of Ira Rosenberg —Paul & Michelle Zygielbaum

In honor of Raynore Paule's 95th birthday—*Raynore Paule*

In honor of Arnie Herskovic, on the occasion of the 55th anniversary of his Bar Mitzvah

—Richard & Marilyn Dornhelm

In memory of Richard's grandmother, Bessie Uday

-Richard Kahn & Anne Brown

In memory of Richard's father, Edward Kahn

-Richard Kahn & Anne Brown

In memory of Sylvia & Phil Feingold —Roz Edelson & Stan Feingold

Mazel Tov to the Sherman family upon Aaron's engagement *—Stuart & Ethel Schy*

Mazel To to Ruth Rosenberg on becoming a greatgrandmother *—Stuart & Ethel Schy*

In memory of Abraham Schy, father of Stu and grandfather of Leanne— *Stuart & Ethel Schy*

In memory of Frieda Goldman, mother of Ethel—Stuart & Ethel Schy

General Fund Shabbat Lunch

In honor of David's birthday —Dave & Marge Ballo

A thoughtful donation-Ivan Barta

A generous donation—Jeffrey Sheff

Harris Jewish Youth Program Fund

In honor of the engagement of Aaron Sherman & Rachel Quint *—Barbara Tomin*

Thank you to Sarah Miller, Barb McGee, and all the others who made the Kadema weekend a rousing success—*Betty Boyd & Eli Cohen*

Mazel Tov to the Sherman family upon Aaron & Rachel's engagement—*Judy Gunnar* Mazal Tov to Aaron Sherman & Rachel Quint upon their engagement —*Phil Weil & Bonnie Boren*

Malk Fund

In Memory of Marvin Malk —Barry Sovel & Carol Newman

Happy Birthday to Phyllis Shapiro —*Edith Newman*

In memory of Marvin Malk, brother of Phyllis Shapiro—*Edith Newman*

In memory of Philip Feingold —Irvin & Vivian Klein

In memory of my husband, Everett Shapiro—*Phyllis Shapiro*

Nursery School Donations

In honor of Vivian & Irvin Klein's first grandchild—*Barbara Tomin*

Continuing better health to Jan Harris—David & Margorie Ballo

Rabbi's Discretionary Fund

In honor of Brian Niestat's Bar Mitzvah—*Debra Niestat*

In memory of Julius Schlesinger —*Erik & Lorraine Abo*

In memory of my mother, Sabina Pelta—*Esther Pilch*

A thoughtful donation-Ivan Barta

In memory of our son, Justin Sommers—*Jeffrey & Karen Sommers*

In memory of Sylvia Kupperberg— Michael Kupperberg

In memory of Sylvia Shelan —*Ronald & Lillian Shelan*



May Yahrzeits

Secular dates correspond to Hebrew date of death. Observance of yahrzeit begins at sundown the previous day. All yahrzeits observed at Beth Ami.

Announced on May 4 & 5

May 6	Joseph Friedman, Brother of Harry Friedman & Uncle of Bill Friedman
May 6	William Friedman, Father of Harry Friedman & Grandfather of Bill Friedman
May 6	Herbert Klapow, Father of Larry Klapow
May 7	Miriam Backman, Mother of Roslyn Edelson
May 7	Dalia Sheff Wife of Jeffrey Sheff
May 7	William Spiegelman, Grandfather of
May 8	Ronit Glickman Lilly Zeamans, Grandmother of
May 10	Judith Helman Frieda Bell, Grandmother of Sue Bell
Announc	ed on May 11 & 12
May 12	Kay Simon, Mother of Lyla Nathan
May 13	Marlene Jones, Wife of Maurice Jones & Mother of Ross Jones
May 13	Lucille Lachman, Mother of Vivian Salmon
/	

- May 14 Sidney Baba, Father of William Cordell May 14 Lillian Judd,
- May 14 Lillian Judd, Mother of Dennis Judd
- May 14 Robert Paul, Brother of Jane Paul
- May 15 Bernice Perlman, Sister of Harry Friedman & Aunt of Bill Friedman

May 15	Stanley Williams, Father of
	Bonnie Gee &
	Lenore Holloway
May 16	Anna Stein,
	Aunt of Robert Raful
May 18	Israel Senzer,
	Father of Adrea Moss
May 18	George Conklin,
	Father of Ruth Rosenberg
May 18	Selma Drachenberg,
	Mother of Arnold Drake
May 18	Ann Stern, Mother of
	Myrna Thomas-Stern
Announced on May 18 & 19	
May 19	Sam Keller,
	Father of Ruth Weiss
May 22	Morris Hartzman,
	Uncle of Cheryle Miller
May 22	Jon Simkovitz, Former
	Husband of Julie Simkovitz
	& Father of Joshua
	& Rachel Simkovitz
Announced on May 25 & 26	
May 27	John Hess,
-	Father of Barbara Tomin

- May 27 Lena Liverman, Grandmother of Marc Bernstein
- May 27 Nisel Pekker, Father of Semyon Pekker
- May 27 Alice Rapkin, Great Aunt of Susan Miller
- May 27 Ben Rogan, Father of Jane Rogan
- May 29 Joel Brodsky, Brother of Karen Brodsky
- May 29 Richard Hyman, Father of Judi Hyman

May Birthdays

- 2 David Kahn
- 2 Bill Leeb
- 3 Mark Stoelting
- 4 Judith Helman
- 7 Anne Brown
- 8 Janet SteinLarson
- 10 Iosif Voulfson
- 14 Richard Goldberg
- 14 Edith Newman
- 15 Evelyn Gurevitch
- 16 Edward Sherman
- 16 Marina Voulfson
- 18 Jennifer LevineSmith
- 22 Nancy Dotti
- 22 Irvin Klein
- 31 Jo Anne Bressick

May Anniversaries

- 12 Barb & Mitchell McGee
- 17 Asher & Lyla Nathan
- 19 Dave & Marge Ballo
- 21 Allan & Marge Brody
- 23 Simone & Aaron Ravel
- 27 Jon & Rose Batzdorff
- 27 Tad & Debbie Shapiro
- 28 Richard Kahn & Anne Brown
- 30 Janet & Jeffrey SteinLarson
- May 29 Bertha Schy, Mother of Stuart Schy May 30 Sandor Garam,
- Father of Rose Batzdorff
- May 31 Albert Hirschman, Grandfather of Abraham Alexander



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June Yahrzeits

Secular dates correspond to Hebrew date of death. Observance of yahrzeit begins at sundown the previous day. All yahrzeits observed at Beth Ami.

Father-in-Law

Announced on June 1 & 2

Ainoune	eu on june 1 & 2	
June 2	Robert Shotkin, Father of Dr. Alan Shotkin	
June 3	Thomas Cordill, Father of Kim Cordell	
June 3	Harry Hankin, Husband of Gussie Levine	
June 3	Louis Stein, Uncle of Robert Raful	
June 4	Oscar Mann, Father of Margorie Ballo	
June 4	Betty Mann, Mother of Margorie Ballo	
June 4	Myer Zittin, Father of Charlene Bornstein	
June 6	Barnabas Kovacs, Husband of Esther Pilch	
June 6	Mies Rijnveldt, Mother of Mieneke Drake	
Announced on June 8 & 9		
June 11	Stephen Bernstein, Brother of Marc Bernstein	
June 13	Hyman Golemb, Father of Sherrill Golemb	
June 14	Steven Freistadt, Cousin of Jane Rogan	
June 14	Bluma Rudnitskaya, Sister of Iosif Voulfson	
Announc	ed on June 15 & 16	
June 16	Hannah Brisgel, Grandmother of Sue Bell	
June 16	Anna Seldowitz, Grandmother of Susan Miller	
June 18	Tom Fleming, Brother of Andy Fleming	
June 18	Benny Friedman, Father of Debra Chapman & Bill Friedman & Brother of Harry Friedman	
June 18	Eugene Leeb, Brother of Bill Leeb	
June 18	Irwin Levy, Father of Janice Sternfeld	

June 18	Tom Fleming, Brother of Andy Fleming
June 18	Benny Friedman, Father of Debra Chapman & Bill Friedman & Brother of Harry Friedman
June 18	Eugene Leeb, Brother of Bill Leeb
June 18	Irwin Levy, Father of Janice Sternfeld
June 19	Irving Streitfeld,

	Father-in-Law of Ricki Streitfeld
June 21	
	Sister of Betty Franks
Announc	ed on June 22 & 23
June 24	Bessie Hartzman,
	Grandmother of
	Cheryle Miller
June 24	Jean Inman, Mother of Lee Feinstein
June 26	
June 26	Isaac Bell, Grandfather of Sue Bell
June 26	Lillian Cohen,
5	Mother of Leonard Cohen
June 26	Ellen Jane Rosenthal,
	Mother of
	Bobbie Rosenthal
June 29	Barney Abrams,
	Father of Patty Bernstein
	ed on June 29 & 30
June 30	Samuel Weiss.
r 1 - 1	Grandfather of Dan Weiss
July 1	Esther Morse, Sister-in-law of Myrna Morse
July 1	Joseph Robinson,
July 1	Father of Myrna Morse
July 3	Leon Pelta,
	Father of Esther Pilch
July 5	Itzak Pelta,
	Uncle of Esther Pilch
July 6	Joseph Leeb,
- • /	Father of Bill Leeb
July 6	Bella Levine,
	Mother-in-law of Gussie Levine

June Birthdays

- 2 Roz Frommer
- 8 Linda Emblen
- 8 Andrea Goodman
- 8 Michelle Zygielbaum
- 9 David Matzner
- 12 Ruth Rosenberg
- 15 Joslyn Metzger
- 16 Roberta Rosenthal
- 17 Charlene Bornstein
- 17 Jeffrey Sternfeld
- 21 Marjorie Gordon
- 27 Juli Scherer
- 27 Lillian Shelan
- 28 Shirley Klapow
- 30 Jane Paul

June Anniversaries

- 2 Gayle & Abe Farkas
- 13 Larry & Shirley Klapow
- 18 Randy & Sherri Weinstein
- 20 Sherrill & Elaine Golemb
- 20 Bob & Susy Raful
- 25 Charlene & Art Bornstein
- 26 Nancy & Andy Fleming
- 26 Binese & Earl Goldberg

Jewish Community Contacts

Hillel of Sonoma County Ilana Stoelting, (707) 795-5464 www.sonomahillel.org

JCC, Sonoma County Beth Goodman, 528-4222, www.jccsoco.org

Jewish Community Federation Barbara Levinson, 568-6207, www.sfjcf.org

Jewish Community Free Clinic Donna Waldman, 585-7780, www.jewishfreeclinic.org

Jewish Community Relations Council

Suzan Berns, 415/957-1551, www.jcrc.org

Jewish Family & Children's Services

Diana Klein, 571-8131, www.jfcs.org/sonoma-county



Address service requested

May Shabbatot

May 5 Emor Candle Lighting—7:47 p.m. Havdalah—8:50 p.m.

May 12 Behar-Bechukotai Candle Lighting—7:54 p.m. Havdalah—8:57 p.m.

May 19 Bamidbar Candle Lighting—8:00 p.m. Havdalah—9:02 p.m.

May 20 See Chumash—1st Day Shavuot Candle Lighting—9:04 p.m.

May 21 See Chumash—2nd Day Shavuot Candle Lighting—9:05 p.m.

May 26 Naso Candle Lighting—8:06 p.m. Havdalah—9:11 p.m.

June Shabbatot

June 2 *Bechalot'cha* Candle Lighting—8:11 p.m. Havdalah—9:17 p.m.

June 9

Shelach Candle Lighting—8:15 p.m. Havdalah—9:21 p.m.

June 7 See Chumash—8th Day Pessach Candle Lighting—7:21 p.m. Havdalah—8:20 p.m.

June 16 *Korach* Candle Lighting—8:18 p.m. Havdalah—9:25 p.m.

June 23 *Chukat* Candle Lighting—8:20 p.m. Havdalah—9:26 p.m.

June 30 *Balak* Candle Lighting—8:21 p.m. Havdalah—9:26 p.m.