

**Temple  
Beth  
Abraham** the

**Omer**

Volume 44, Number 4

February & March, SHEVAT/ADAR 5784



WTBA & Men's Club - MacArthur Blvd Cleanup Day



*Judaism and the Environment*

**GENERAL INFORMATION:**

All phone numbers use (510) prefix unless noted.

Mailing Address	336 Euclid Ave. Oakland, CA 94610
Hours	Monday-Thursday 9am - 4pm Friday 9am - 1pm
Office Phone	510-832-0936
E-Mail	info@tbaoakland.org

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Omer	see page 9
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**Monday & Thursday Morning Minyan**

Chapel, 8:00 a.m.

**Friday Afternoon**

Gan Shabbat, 12:40 p.m.

**Friday Evening (Kabbalat Shabbat)**

Sanctuary and YouTube, 6:15 p.m.

**February Candle Lighting Times**

February 2	5:16pm
February 9	5:23pm
February 16	5:31pm
February 23	5:38pm

**Shabbat Morning**

Sanctuary and YouTube, 9:30 a.m..

February Torah Portions & Havdalah

February 3

Parashat Yitro

6:17pm Havdalah

Bat Mitzvah of Eden Maidenberg

February 10

Parashat

Mishpatim

6:25pm Havdalah

Gan Shabbat

Baby naming for parents

Isaac Bleaman & Reyna Schaechter

February 17

Parashat

Terumah

6:33pm Havdalah

February 24

Parashat

Tetzaveh

6:40pm Havdalah

Bar Mitzvah of Mattan Pincas

**March Friday Candle Lighting**

March 1	5:45pm
March 8	5:52pm
March 15	6:59pm
March 22	7:06pm
March 29	7:12pm

## March Torah Portions & Havdalah

March 2	Parashat Ki Tisa
	6:47pm Havdalah
	Bat Mitzvah of Evie Luskin
March 9	Parashat Vayakhel
	6:54pm Havdalah
	Bat Mitzvah of Naomi Levy
March 16	Parashat Pekudei
	8:00pm Havdalah
	Bat Mitzvah of Daphne Gordon
March 23	Parashat Vayikra
	8:07pm Havdalah
	Baby Naming for Camila Cohen
	Parents Daniel Cohen & Maya Guendelman
	Purim Rock'n Roll Family Service
March 30	Parashat Tzav
	8:13pm Havdalah
	Men's Club Shabbat

**CLARIFICATION:** An opinion piece in the last Omer discussed a TBA member's feelings at the Oakland Symphony. The symphony has taken no official position on the Israel-Hamas war.

## The Omer

We are always looking for help and contributions, whether it be first-person articles, poems, art, photos and anything that aligns with our theme of positive, Jewish community.

We are also always in need of copy editors.

The Omer is run by volunteer editors, TBA members Lisa Fernandez and Rachel Dornhelm, and assembled visually by graphic designer [Alden F. Cohen](#).

### WE WOULD LOVE TO SEE MORE COMMUNITY MEMBERS JOIN OUR TINY STAFF.

Please email [Omer@tbaokland.org](mailto:Omer@tbaokland.org) if you'd like to help out and contribute.

We accept member submissions. Deadline for articles and letters is the 12th of the month preceding publication.

Editors in Chief	Lisa Fernandez & Rachel Dornhelm
Layout & Design	Alden F. Cohen
Calendar	Virginia Tiger
B'nai Mitzvah Editor	Susan Simon
Help From	People like you!
Cover	WTBA & Men's Club - page 7

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## Jewish Texts About The Environment

For this month’s column, I thought I would share some of my favorite Jewish texts about the importance of taking care of the earth. It begins with Genesis 2:15, where it says that “Hashem (God) took and placed the human being in the garden of Eden to work it and watch over it.” We are not to conquer it, but to tend it. Our very task as human beings is to take care of the earth. Everything else flows from that.

**Psalm 104:** How many are the things You have made, Hashem. You have made them all with wisdom; the earth is full of Your creations. There is the sea, vast and wide, with its creatures beyond number, living things, small and great.

**Genesis Rabba 13:3:** Rabbi Shimeon bar Yochai said: “Three things are equal in importance: earth (אֶרֶץ), humans (אָדָם), and rain (גֶּשֶׁם). Rabbi Levi ben Hiyya said: “And each of these consist of three Hebrew letters, to teach that without earth there is no rain, and without rain, earth cannot endure; while without either, humans cannot exist.”

**Midrash Tanhuma Kedoshim:** The Holy One said to Israel: “Even if you find the land full of all good things, you should not say, ‘We will sit and not plant’ rather, be diligent in planting! Just as you came and found trees planted by others, you must plant for your children. A person must not say, ‘I am old, how many years will I live? Why should I get up and exert myself for others? I’m going to die tomorrow.’ You must not excuse yourself from planting. As you found trees, plant more, even if you are old.”

**Maimonides, The Preservation of Youth:** The quality of urban air compared to the air in the deserts and forests is like thick and turbulent water compared to pure and light water. In the cities with their tall buildings and narrow roads, the pollution that comes from their residents, their waste, makes their entire air reeking and thick, although no one is aware of it... “Because we grow up in cities and become used to them, we can at least choose a city with an open horizon. And if you cannot move out of the city, try at least to let the house be tall and the court wide enough to permit the northern wind and the sun to come through, because the sun thins out the pollution of the air.”

**Zohar 1:34a:** Every blade of grass below has a guardian officially above.”

**Esser Orot (Chasidic Text):** Said Rabbi Dov Baer of Mezhirech: “Your kind deeds are used by God as seed for the planting of trees in the garden of Eden; thus each of you creates your own Paradise.”



**MORNING MINYAN**  
 Monday and Thursdays at 8 am\*  
 in the TBA Chapel.  
 No RSVP - just join the group  
**\*One Exception on Start Time:**  
 9:30 AM on Federal Holidays

## Reuben Goldberg - February 19th, 2024

Bar Mitzvah

My name is Reuben Goldberg, a 7th grader at the Academy of Alameda. I live in Alameda with my parents and brother, Asa and our dog, Matthew. I enjoy playing baritone sax in my school's jazz band and wind ensemble, as well as playing soccer. I spend my summers in Wisconsin at Camp Young Judea and then sailing in the San Francisco Bay. My parsha, Tetzvah, comes from the book of Exodus, Chapters 27 and 28, and is about the Ner Tamid or eternal light, as well as what the priests are required to wear when doing rituals. I look forward to seeing you at my bar mitzvah at Temple Beth Abraham.



## TBA Members Exemplify Tenets of Judaism

By Stuart Zangwill

Inspired by the tenets of Judaism, members of our community have assumed leadership roles in orchestrating two environmentally focused initiatives supported by Temple Beth Abraham: the annual Tu B'Shevat Wetlands Restoration Day, and our quarterly MacArthur Blvd Clean-up initiative.

Jody London initiated the Tu B'Shevat Wetlands Restoration Day in collaboration with Save the Bay 22 years ago, marking an annual event dedicated to environmental conservation. With her profound passion for the environment shaping her professional journey, Jody presently serves as the Sustainability Coordinator for Contra Costa County. Growing up in Tempe, Ariz., she developed an early affinity for the desert's beauty and vividly remembers embarking with her father on a quest for the perfect location to host a "Seder in the Desert." Jody's extensive experience, including involvement with the EPA's superfund program and her tenure as President of the Oakland School Board, brought to light how impoverished communities disproportionately experience environmental pollutants and toxins. Guided by Judaism's fundamental principles of justice and fairness for all, Jody has dedicated her career to addressing these imbalances and advocating for a more equitable and sustainable future.

The TBA MacArthur Blvd Cleanup initiative was launched through the dedicated efforts of our member Shayna Hirshfield. This project is proudly sponsored by Women of TBA, the TBA Men's Club, and the TBA Sustainability Committee, working in partnership with the City of Oakland's Adopt-a-Spot program.

Similar to Jody, Shayna was inspired from her Jewish upbringing to dedicate her career to improving the environment and also works in local government. She has been the Climate Change Program manager for the city of Oakland for over 9 years. Shayna tackles the challenges of climate change with passion and resilience by drawing from one of her favorite quotes, "It's not up to you to complete the task, but nor are you free to turn away from it" (Rabbi Tarfon's Pirkei Avot 2:16). Raised in a family that instilled the principles of "Tikkun Olam" (repairing the world), Shayna learned to respect all of creation and embrace the responsibility of caring for both humanity and the Earth. Her upbringing emphasized the mutual interdependence of all living beings and the planet. Shayna too recognizes the environmental injustices faced by disadvantaged communities who often reside in more polluted areas. Viewing this as an issue of justice and fairness, she draws inspiration from her Jewish values, which compel her to address these inequities. Shayna sees her commitment to environmental advocacy as an integral part of fulfilling her duty to correct imbalances and contribute to a more just and sustainable world.

Both Jody and Shayna exemplify how Judaism can inspire positive change. Their commitment to environmental justice echoes our shared responsibility to care for all of creation and rectify imbalances that affect our world.

While the visionaries behind these initiatives were inspired by their Jewish values, the impact would be incomplete without the invaluable support of our volunteers. Innumerable members of Temple Beth Abraham contribute to the success of these programs, and we extend our heartfelt gratitude to each and every one of you. Yasher Koach to all the volunteers who participated in Tikkun Olam and worked hard to clean up MacArthur Blvd and restore the San Francisco Bay Wetlands.



## Superbowl Hosted Watch Party at TBA

The TBA men's club is sponsoring the annual Superbowl viewing/party @ the Baum Center on Sunday Feb 11. Kickoff is at 3:30PM and there will be food, snacks, drinks and merriment provided by the Men's club. This is a free event and all are welcome (not just men) to watch the game in a group setting. In past years there have also been a few spontaneous poker games occurring in the background as well so bring a few bucks along if you want a seat at the table.

Please RSVP so we can order enough snacks and pizza. <https://forms.gle/vYWH5hSHNiC44yBQ6>

Joshua Polston

Executive Superbowl Logistics  
Coordinator

510.761.5422

## Shomrei Adamah - Gan's Guardians of the Earth

By Rachel Fenyves

Infused into our shared language at Gan, is the word kavod, respect. We talk daily about the importance of showing respect to each other, our materials, our school, and the natural environment - the Earth. Each day there are opportunities to learn about the importance of caring for our planet. Whether that's watering the plants in the classroom or the yard, or bringing a reusable water bottle to school each day. In each classroom, we have separate bins for trash, recycling, and compost; helping the children understand various ways we can help keep our planet healthy. When outside, children love searching for insects in the yard and we have conversations about

showing kavod to the bugs and being sure to return them to their home safely. We do a lot of water play at Gan, and we also discuss the importance of taking a break from the water to help conserve this precious resource. Showing kavod for our environment allows us to gain an appreciation for it as well. Even at ages two to five, our youngest TBA members are experienced observers keen to notice the wonders of our natural world. They spend time watching the clouds and discussing the various shapes and fluffiness. We lookout for rainbows when we see the sun breakthrough the rain. They notice the leaves changing, the trees and plants growing, the birds, squirrels, and critters running around our campus. We are hopeful this generation will continue to be guardians of the Earth as they grow up as they have started with a solid foundation.



## WTBA

WTBA has continued the momentum from last year, with January featuring our third MacArthur Blvd cleanup day, a Tippy Putt miniature golfing event and a Tu B'Shevat Seder. Our cleanup days are great examples of how we, as Jews and responsible citizens, take care of the environment. Up next is our Jewelry and Accessory Exchange in February and a special Girls Night Out focused on Jewish grandparenting in March. Please join us for fun, enrichment and community building!



## Cooking with the Environment in Mind

By Faith Kramer

Bringing Jewish precepts of supporting the environment and the natural world into the kitchen and to the dinner table can help save energy, prevent food waste, and promote sustainable choices.

What you decide to cook and how you decide to cook has a big impact. Here are some examples of how what you do that can make a big difference. (Plus guidelines how to make your own Waste Nothing Soup.)

Pick a few of the action items below and start your own Kitchen Tikkun Olam practice. Have other suggestions you'd like to share? Email me at [fjkramer@msn.com](mailto:fjkramer@msn.com) and I'll include them in a future column.

### Save Energy, Help Save the World (and Some Money)

A lifetime ago I was a spokeswoman for a major utility. I worked closely with the conservation specialists in the test kitchen to promote ways to trim energy use. True, covering your pot won't save you as much as replacing inefficient appliances (yes, it is time to replace that old energy-guzzling refrigerator in the garage), but every little bit helps.

**Don't Preheat** – Most things will only take a few more minutes to cook if you don't preheat your oven. Put casseroles, lasagnas and other non-finicky bakes in a cold oven and take advantage of all the preheating time and energy.

**If You are Using the Oven, Go All the Way** – Why turn on your stove top, too? Make a whole meal in your oven. Roast vegetables and potatoes to go along with that chicken. Make a dessert in there, too. Or cook several meals at once to take advantage of all that heat. If you can't bake multiple items at once, bake or roast them sequentially adjusting temperature as needed to take advantage of the already hot oven.

**Grill Friend** – All those little kitchen helper appliances could be bad news for the environment or your best energy-saving friends. You just need to use to match them to the job. Use them in place of other cooking resources. If your countertop grill saves you from having to preheat your range's broiler, that's great. But if you have the oven on anyway, maybe you should bake that chicken breast instead of grilling it. I prefer to bake, broil, or roast small batches in my countertop toaster oven rather than my full-sized oven. Air fryers, rice cookers, slow cookers and multicookers (Instant Pots) fall into this category, too.

**Home on the Range (Top)** – Work those burners. If you are using your range top or stove top, make the whole meal "on top." Consider using a multilevel steamer. Boiling water on the bottom, your main course in the middle and some tasty vegetables up top. Don't forget to use the lid. Putting a lid on it is a good idea. Water will boil faster if you can't see it. Honest. Only put enough water in the tea kettle for what you need at the time. I know people who fill it up to the whistle every time. It takes forever to come to a boil and tea really needs fresh water every time to taste its best. A personal favorite of mine is the pressure cooker. Stove top (or electric) pressure cookers create stews and soups in a fraction of the time but with that slow-cooked flavor and texture.

**Magic Box** – Microwave use has more than doubled since I last preached energy conservation in the kitchen, which is great, since it is one of the most efficient appliances in our kitchen arsenal, especially if you work it right. It's a whiz at quick cooking vegetables, steaming fish, and melting chocolate. It's also great for a "baking" a potato or two. But a family's worth is better being cooked in the oven with yesterday's dinner and just warmed in the microwave. Planning to have traditionally cooked leftovers or "precooks" you can reheat later in the microwave not only saves energy but saves you time.

### Preventing Food Waste – A Little Saved Does a Lot of Good

Wasting food means wasting energy, water and other natural resources, and money. Thinking ahead and fully utilizing the ingredients you buy can help make a difference.

**Nose-to-Tail Vegetables** – Use the whole vegetable. Save peelings, scraps, and trimmings in the freezer to make stock. Store up mushroom stems for a mushroom broth that will make mushroom barley soup sing. Try a carrot top pesto. Sautéed beet greens are delicious and taste like chard. Chop extra peppers, onion, and garlic and freeze in useable batches for future meal prep. You are paying for the whole vegetable, so use it.

**Blue Plate Specials** – Plan out a few meals at one time and buy for them. Something different and tempting in the market? Make a note for the future or change your menu idea – a fabulous food find is just future compost if you don't have a plan.

**Leftovers are Gold** – Your menu plan should take into account how to use up the odds and ends leftover from dinner or other meals. Turn leftover grilled fish or cooked veggies into a luncheon salad. Extra rice can be combined with other leftovers for fried rice or fritters. Turn leftover potatoes and vegetables in casseroles. Add leftover vegetables to soups or stews. Or just cook once for several meals. Invest in quality, reusable storage containers to keep your leftovers fresh and palatable in the refrigerator or freezer.

**Don't Get Freezer Burned** – Make sure the freezer is working for you. Label and date frozen ingredients and leftovers and rotate, bringing oldest to the front. Go "freezer shopping" periodically to use up your stash and make room for more. Do the same (but much more frequently) for your refrigerator. Clean out your vegetable bin and make soup for now or to freeze for later.

### Go Big Impact – Make Sustainable Food Choices

A few years ago I researched how much difference just a Meatless Monday or Tofu Tuesday could make. The results these individual actions save surprised me.

**The Difference a Plant-Based Day Makes** -- If every American ate a plant-based diet one day a week we could save 100 million gallons of water, 1.5 billion pounds of crops, and 70 million gallons of natural gas every year.

Plus eating meat creates seven times more greenhouse gases than consuming a plant-based diet. Switching even one day a week helps end deforestation, cuts water use (processed beef requires 2,500 gallons a pound but soybeans require only 250 gallons per pound) and reduces carbon emissions.

**Beyond Plant-Based Foods** – Make sustainable choices when eating meat, fish, chicken, eggs and dairy to make a difference.

**Meat** – Choose grass pastured, organic or non-hormone treated meats from animals not fed animal byproducts. Look for free range chicken.

**Fish** – Check that the fish you are buying is not endangered and was harvested in a sustainable way. If buying farmed fish check for ecological, health and sustainability certification. Limit consumption of large fishes that store mercury and other contaminants in their flesh (such as tuna). Check [seafoodwatch.org](http://seafoodwatch.org) for more information and guidelines.

**Dairy** – Choose milk from cows that have not been treated with hormones, are not fed animal byproducts, and are humanely treated.

**Eggs** – Eat them straight (scrambled for example) and look to use egg substitutes in cooking and baking when you can. Choose eggs from free-range chickens.

More at [www.faithkramer.com](http://www.faithkramer.com) | Contact her at [fjkramer@msn.com](mailto:fjkramer@msn.com)

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Charity is equal in importance to all the other commandments combined.

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 in memory of Morris Leavitt  
 Barry Barnes & Samantha Spielman  
 Gabriel Benabou  
 Jon & Andi Berlin  
 Cynthia Berrol  
 Joshua & Heidi Bersin  
 David Blumenthal & Jennifer Ellis  
 Abigail Bornstein  
 Marc & Eden Bruner  
 Jeffrey & Susan Callen, in honor of  
 Amy Maidenberg and family  
 Jon Golding & Carla Itzkowich, in  
 memory of Abraham Kreimerman &  
 Moises Itzkowich  
 Morey Greenstein, in memory of  
 Morey Greenstein  
 Ari Haber & Beryl Sanders, in memo-  
 ry of Aaron Simon Belkin  
 Ytzhack & Etta Heber  
 Naomi Igra  
 Sheldon Kahn & Sarah Liron, in  
 memory of Maxine Ribakow Miller  
 Alice & Leslie Foundation & Jan &  
 Randy Kessler, in honor of Alice and  
 Leslie Kessler  
 Randall & Jan Kessler  
 Robert Klein & Doreen Alper  
 Judith Klinger,  
 in memory of Susan Ames Klinger  
 Stuart & Jeanne Korn  
 Phillip & Andrea LaMar  
 Seth Mazow  
 David & Stephanie Mendelsohn  
 Mark & Valerie Milner,  
 in memory of Stacey Lebowitz  
 Mark & Maribel Mogill,  
 in memory of Minette Mogill  
 Trish Musick,  
 in memory of Betty Ann Polse  
 Jeanne Ormsby,  
 in memory of Davie Ormsby  
 David Paulson & Debra Weinstein  
 David Rapson,  
 in memory of Ann Rapson  
 Jacob Raskin  
 Mitchell Richman  
 Alan S. & Eve O. Rosenfeld,  
 in appreciation to Outi Gould

## SEPTEMBER & OCTOBER DONATIONS CONT.

Continued from page 9

Sheldon & Barbara Rothblatt,  
in memory of Rabbi Joel Goor

Barry & Hana Rotman,  
in memory of Paula Rotman

Sally Shore

Molly Singer

Marvin & Wendy Siver

Karen Stepko, Belated Rosh Hashana  
& Yom Kippur

Helen Sweet,  
in memory of Sarah Liron's mother

Murray & Flora Toas,  
in memory of Samuel Toas

Freya Turchen

Andy & Marcia Wasserman

### **Prayerbook**

Joan Solomon, in memory of Blanche  
Roth Neuman

### **Burton Polse Kiddush**

Isaac Bleaman & Reyna Schaechter  
Steven & Jayne Cohen, in honor of  
Megan Chartier's conversion

Ronald Friedman, in honor of  
Rebekah Wildman

David Allan & Zepporah Glass

Jeff Gutkin & Helene Blatter

Hennie Hecht-Zilverberg,  
in memory of Frieda Zilverberg

Malaquias & Michelle Pacheco

David Paulson & Debra Weinstein

Betty Ann Polse

Tsutomu Satomi & Hildie Spritzer

Sally Shore,  
in memory of Albert Shore

### **Jack & Jeanette Jeger Kitchen**

Norman & Jo Budman, in memory of  
Edith Budman

Richard & Edie Mills, in memory  
of Jack & Jeanette Jeger, David &  
Marian Migdal, Misia, Harold &  
Harry Nudler

Barbara Oseroff,  
in memory Nathan Denenberg

Betty Ann Polse

### **Minyan Fund**

Daniel & Anne Bookin,  
in memory of Sonia Greenberg

Norman & Jo Budman,  
in honor of Ann Levine

Roma & Thomas Lascano,

in memory of Rabbi Hayim Goren  
Perelmuter

Michael & Barbara Rose,  
in memory of Michael Stevens

David & Jessica Sarber

Lisa Strongin & Maxine Epperson, in  
memory of Samuel D. Strongin

Freya Turchen,  
in memory of Max Turchen

### **TBA Building Fund**

Joseph & Judith Epstein,  
in memory of Rebecca Epstein

### **Yom Ha Shoa**

Hennie Hecht-Zilverberg,  
in memory of Martha Zilverberg

### **Rabbi DeKoven Camp Ramah Scholarship**

Elinor DeKoven, in memory of  
Ezekiel DeKoven, Esther DeKoven  
& Rabbi Ralph DeKoven

Elinor DeKoven, in memory of  
Harvey Blatter, Nissan Saidian, and  
to the losses of Misha Nudler;  
Pola Silvaz'el

Joseph & Judith Epstein, in memory  
of Helen Tessler & Mervin Tessler

### **Rabbi Discretionary**

Rami & Daphne Albert, in honor of  
Arielle & Omir's marriage

Harriet Bloom,  
in memory of Ben Nathan

Norman & Jo Budman, in memory of  
Josh Mailman's sister, Joanne

Glenn & Amy Friedman, in memory  
of Robert S. Wallerstein

Marianne Friedman, in memory of  
Sidney Levee, Beatrice Kaufman  
Levee, Sidney Levee Jr

Tedd & Susan Goldstein,  
in memory of my parents,  
Ellen and Herb Goldstein

Fifi Goodfellow, in memory of Alan  
I Cupples, Becky Singer, Esther  
Naggar, Raymond Naggar

Lisa Greenberg, TBA reaching out on  
her father's 1st yearzeit

Jeff Gutkin & Helene Blatter

Laurie Harbert

Ytzhack & Etta Heber

Edward & Miriam Landesman

Jerrold & Anne Levine,  
in memory of Charlene Eberhart

Jacqueline Palchik,  
in honor of David Goodwin's  
service as president

Betty Ann Polse

David Rapson, in memory of  
Ann Goodman Rapson

Garret & Helen Romain

Max & Tory Roman, in memory of  
Michael & Kathy Roman

Richard & Joan Rubin, with utmost  
gratitude for all your support (Rabbi  
Bloom)

Mark & Lori Spiegel, in memory of  
Masao Kishi & Josef Spiegel

Freya Turchen, in memory of  
Geraldine Turchen

Andy & Marcia Wasserman

Stuart & Abby Zangwill

Steven & Victoria Zatin,  
in memory of Irving Kingston,  
Joseph Zatin

### **Silver Library Fund**

Sharon E. Fogelson,  
in memory of Lily Mary Fogelson

### **Endowment**

Barry Barnes & Samantha Spielman  
Leon & Judy Bloomfield

Fifi Goodfellow, in memory of  
Herbert A. Goodfellow

Angelina Levy

David & Stephanie Mendelsohn

Jeffrey & Judith Quittman,  
in memory of Leonard Quittman

Freya Turchen

### **Hertz - Israel Scholarship**

Gerald & Ruby Hertz,  
in memory of Sally Simon

Elan & Roberta Masliyah, in memory  
of Abba Sadok Masliyah

### **Mollie Hertz Interfaith**

Gerald & Ruby Hertz, in memory of  
Harry Morofsky

Gerald & Ruby Hertz, in memory of  
Sam Morow

Gerald & Ruby Hertz, in memory of  
William (Wolfe) Morofsky

Jeri & Marvin Schechtman, in memo-  
ry of Stanely Schechtman

### **Pola Silver Fund**

Betty Ann Polse

**המקום ינחם ינתם אתכם בתוך שאר אבלי ציון וירושלים**

May God comfort you among all the mourners of Zion and Jerusalem

**FEBRUARY 1 - 2**

**Shevat 22 & 23**

Joel Carey  
Jack Coulter  
Joseph Grutman  
Ann Rapson  
Lawrence A. "Sonny"  
Singerman  
Irwin Barany  
Etty Bernstein  
Eleanore Leon  
Isaac Shatzkin  
Lucille Tama

**FEBRUARY 3 - 9**

**Shevat 24 - 30**

Mark Evan Cyprus  
Harold Tott Frankel  
Arlene Gillette  
Ethel Engel  
Gertrude Kingston  
Betty Mosko  
Charles Somers  
Irwin Weintraub  
Sidney Backer  
Jean Charlesworth  
Alexis Falquier  
Fernando Garcia  
Al Rothman  
Allan Stone  
Julian Wolf  
Samuel Bandel  
Elizabeth Bernstein  
Frieda Blatter  
Hyman Brodke  
Joseph Gould  
Samuel Aaron Grinberg  
Rose Hillman  
Bernard Pollack  
Milton Weiner  
Leonard Wolf  
Irving Goronkin  
Shirley Gould  
Samuel Jackson  
Harvey Jacobs  
Rose Kotz  
Sam Wolf  
Joseph Zuckerberg  
Dorothy Glasser

Shirley Goldberg  
Joseph G. Kay  
Joseph Kvint  
Melissa Anne Powers  
Irma Robinson  
Lillian Adler  
Helen Aldeff  
Eric Baum  
Avraham Elbert  
Paul Gildea  
Kalman Gluck  
Helen Golden  
Pearl S. Goodman

**FEBRUARY 10 - 16**

**I Adar 1 - 7**

Goldine Jacobs  
Julius Kohn  
Joel LaLone  
Simon Lerch  
Ruth Roth  
Raymond Chun  
Marion Morris  
Benjamin Ottovich  
Jerome Turchin  
Robert Burnstein  
Philip Samuel Frucht  
Celia Goldstein  
Sylvia Hertz  
Sigmund Kaplan

**FEBRUARY 17 - 23**

**I Adar 8 - 14**

Harry Goldenhar  
Erwin Don Katz  
Regina Weiss  
Nancy von Kugelgen  
Milt Weiner  
Shirley Abrams  
Phyllis Goldberg  
Mike Carrillo  
Jennie Coopersmith  
Patricia Kepler  
Celia Kessler  
Morrey Ranzer  
Susanne Spritzer  
Minnie Isenberg  
Martin Polon

**FEB. 24 - MARCH 1**

**I Adar 15 - 21**

Emily G. Friedman  
Esther Gershenson  
Lillian Levine  
Arnold Shuster  
Goldie Weisbrod  
Latifa Naggar  
Ury Rath  
William Tenery  
Ben Barnett  
Goldie Brody  
Mary Gross  
Max Lutz  
John Daniel Rego  
Robert Selvidge  
Regina Singer  
Francisco Martinez, Sr.  
Neil Boorstyn  
Theodor Finkelstein  
Harry Jaffe  
Sam Pachefsky  
Esther Segal

**MARCH 2 - 8**

**I Adar 22 - 28**

Robert Barnett  
Richard Bersin  
Sophie Breslov  
Max Clar  
Kate M. Berkovitz  
Mildred Davis  
Morris Davis  
Anna Dietz  
Bernard Polston  
David Rosenfeld  
Maury Polse  
Goldie Alper  
Leonard Fixler  
Edythe Zuckerberg  
Melvin Klein  
Abraham Louis Schneider

**MARCH 9 - 15**

**I Adar 29 - II Adar 5**

Tom Miller  
Judy Berkowitz  
Rose Bruder  
Cora Coulter

Irving Selig Goldman  
Cassel Gulinson  
Anna Jacobs  
Moses Seligson  
Denise David  
Marjorie Kauffman  
Celia Kessler  
Sheldon Messinger  
Sydney Sylvia Ross  
Mabel Stevens  
Mary Berger  
Roberta Blasenstein  
Violet Cook  
Annie Finkelstein  
Matilda Bloom Holzman  
Helen Katzburg  
Flora Boston Bordelon  
Jules Kohn  
Louis Rothenberg  
Daniel Shuster  
Milton Weintraub  
Irving Braaf  
Ruth Eisenman  
Marge London  
Judy Masliyah  
Max Pearl  
Clara Ramo

**MARCH 16 - 22**

**II Adar 6 - 12**

Dianne Kleinmann  
Harry David Levine  
Bernice Lobel  
Harry Simon  
Frederick Harland Spector  
Abraham Baim  
Anna Cohen  
Tille Cohen  
Sara Schmulowitz  
Arthur Yarman  
Louis Adler  
Rachel Aelion  
Philip Bakar  
Charles Bernard Bernstein  
Arnold Liss  
Henry Ramek  
Beatrice Toas  
Phyllis Zangwill  
Avram Mendel Goldberg

Continued on page 12

Continued from page 11  
 Sue Kraft  
 Edythe Schultz  
 Harry Tessel  
 Gail Dorter  
 Edward Gordon  
 Willliam Miller  
 Susan Moore  
 Samson Nour-Omid  
 Ida Puro  
 Lilly Shoehalter  
 Nathan Feldman  
 Jacob Saidian  
 Daniel Wasserman  
 Mollie Forkos  
 Eleanor Goldberg  
 Sara Goldberg  
 James Jonas  
 Nathan Polse

Jacob Rubin  
 Lloyd Silver  
 Howard Morse Spector  
  
**MARCH 23 - 29**  
**II Adar 13 - 19**  
 Sheba Widlan Bookin  
 Becky Chun  
 Ruth Miriam Cowan  
 Ella Soss Davis  
 Ernest Harvey  
 Friedman  
 William Groskopf  
 Kurt Kleinmann  
 Ira Kurtz  
 Shirley Langfeld  
 Lawrence Rothstein  
 Dorothy Sarver

Sidney Jerome  
 Zywtow  
 Isaac Biederman  
 Ziesel Friedman  
 Daniel A. King  
 Richard Reinman  
 Eli Schwartz  
 Olga Banks  
 Moses Frankel  
 Shirley Handloff  
 Leon Jaffe  
 Phyllis Kaizer  
 Isador Margolin  
 Rachael Rutter  
 Helen Goldberg  
 Jules Saxe  
 Harold Usef  
 J. Leon Bloch  
 Charles Marcus

Debbie Simon  
 Dora Spellman  
 Ida B. Edelson Riskind  
 Martin Howard  
 Semendoff  
 Florence Brettler  
 Harvey Casson  
 Audrey Cohen  
 Sarah Riva Goldberg  
 Louis Schwartz  
  
**MARCH 30 & 31**  
**II Adar 20 & 21**  
 Natalie Berg  
 Marlene Mae Seifer  
 Allen Silver  
 Abraham Silverman  
 David Galant  
 Carol Kirsch

**Recent Deaths in Our Community**

**Betty Ann Polse**  
**Marge London & Arnold London**, mother and father of  
**Jody London (Mike Aronson)**  
**Adele Mendelsohn**  
**Steve "Fanny" Fankuchen**



*May their memory be for a blessing*

**Nichum Aveilim**

Just over one year ago, TBA announced a new committee, Nichum Aveilim (Comforting the Mourners), a group of congregants who volunteer to reach out to those in our community who are mourning the loss of a family member. Our efforts begin after shloshim, a time when the rituals of mourning change, and we continue to work with our grieving members through the first yearzeit.

For each mourner, a committee member reaches out by email, phone, or with a visit – offering presence at a time when words may fall short, community at a time which may otherwise feel solitary.

To date, committee members have reached out to 39 mourners to offer support and resources. During this time, we have found that mourners in our community have varying needs. For some, meeting for coffee, a meal, a walk, or at shul for services, has been helpful. At times, a mourner may be looking for resources on dealing with a loss. For many, just the act of having someone reach out on behalf of TBA has been sufficient. We have also found that some of our grieving members have sufficient support of their own and do not want the committee’s assistance. This is fine as well. We want mourners to feel free to express their needs.

In addition, we maintain a list of names of congregants who are willing to be contacted to attend a shiva or funeral minyan, if needed. Often an email goes out to the congregation with this request, but having a list of potential volunteers helps ensure that a minyan will be present. If you are willing to be added to this list please e mail Sandy Schwarcz at: [sandyschwarcz@pacbell.net](mailto:sandyschwarcz@pacbell.net) with your name, email address and preferred phone number.

If you are interested in being a part of this group, or know someone who can use our support, please contact Joan Rubin, TBA Board Member, at: [rubinbens@sbcglobal.net](mailto:rubinbens@sbcglobal.net). New committee members are welcome to join in the fall.

Thank you for your support of Nichum Aveilim.



*Mazel Tov to:*



**Alison & Matt Schindel** on the birth of their son, **Ezra**  
**Sarah Marder-Eppstein & David Friedkin** on the birth of their daughter, **Galia Rose Friedkin**  
**Adam Eliath & Lauren Wilner** on the birth of their son

*Welcome New Members*

**Ross & Marina Genower.** Children **Noemi & Orli**  
**Ari & Theresia Oklan.** Sons **Zakai and Maayan**  
**Joseph Gindi & Miranda Meyerson.** Son **Reuben**  
**Allia & Kyle DeLand**  
**Shaaltiel Hunte.** Sons **Tristian, Immanuel & ZaKhai**  
**Edward & Anna Oklan**  
**Isaac Bleaman & Reyna Schaechter.** Infant **Lina**

**A LEGACY GIFT LASTS FOREVER**

Include TBA in your Estate Planning so that your message to your family is loud and clear:

“The existence of Temple Beth Abraham is important to me and for the future of Jews in Oakland.”

Contact TBA’s Executive Director  
 Rayna Arnold for further details  
 (510) 832-0936 or [rayna@tbaoakland.org](mailto:rayna@tbaoakland.org).

You are never too young to plan for the future!

**MEMORIAL PLAQUE**

Anyone wishing to purchase a memorial plaque, please contact the synagogue office at (510) 832-0936. If you do not know the location of a Memorial Plaque for your loved one, simply find the Memorial Plaque binder located on the back table in the Sanctuary. This book lists all Plaques in alphabetical order by the last name of the deceased and will be updated as new Plaques are hung. Please do not remove the binder from the Sanctuary.

It is a Jewish tradition to give contributions to commemorate life cycle events and other occasions. These tax-deductible donations are greatly appreciated and are a vital financial supplement to support the variety of programs and activities that we offer. Thanks again for your support! We could not do it without you!

**FUND CONTRIBUTION FORM**

This contribution of \$ \_\_\_\_\_ is  
 (check one) \_\_\_ in Memory of \_\_\_ in Honor of:  
 (Name) \_\_\_\_\_

Acknowledge \_\_\_\_\_

From: \_\_\_\_\_

To: \_\_\_\_\_


Address: \_\_\_\_\_

Address: \_\_\_\_\_

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- Rabbi Bloom Discretionary Fund
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- Gan Avraham Discretionary Fund
- Burton Polse Kiddush Fund
- Minyan Fund
- Yom HaShoah Fund
- Jack and Jeanette Jeger Kitchen Fund
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- Prayer Book Fund
- Rabbi Ralph DeKoven Camp Ramah Scholarship Fund
- Stevens Landscape and Maintenance Fund
- Safety and Security
- Jack and Mary Berger Fund
- Herman Hertz Israel Scholarship Fund
- Mollie Hertz Interfaith Outreach Fund
- Danielle and Deren Rehr-Davis Teen Fund
- Harold Rubel Memorial Music Fund
- Rosebud and Ben Silver Library Fund
- Sam and Shirley Silver Playground Fund
- Pola Silver Teen Holocaust Education Trip Fund
- Leo and Helen Wasserman Education/Cultural Fund

# FEBRUARY CALENDAR

FEBRUARY 2024			22 SHEVAT - 20 ADAR I 5784			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 (22 Shevat)	2 (23 Shevat)	3 (24 Shevat) <b>Shabbat Mevarchim Chodesh Adar I Parashat Yitrot</b> 9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Eden Maidenberg Childcare available 10:00am T'fillat Y'ladim 10:30am Shabbat Mishpacha 12:45pm Mah Jongg 5:16 Candle lighting 6:17p Havdalah
4 (25 Shevat)  Kav Maga class 11:00am	5 (26 Shevat)  8:00am Morning Minyan	6 (27 Shevat)  4:00pm Bet Sefer	7 (28 Shevat)  9:00am Weekly Text Study 10:00am Kindergym 1:00pm WTBA Bingo at Reutlinger 6:00pm Tlichon Bet Avraham 7:15pm Adult Trope Class 7:00pm BBYO meetings 7:30om Intro to Judaism 7:30pm Nova Music Festival Survivor Eden Shmuel	8 (29 Shevat)  8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer 7:30pm TBA Book Club	9 (30 Shevat) <b>Rosh Chodesh Adar I</b>  9:30 & 10:45am Kindergym 6:15pm Bet Sefer Gimmel & Dalet Share a Shabbat Kabbalat Shabbat Service 5:23p Candle lighting	10 (1 Adar I) <b>Rosh Chodesh Adar I Parashat Mishpatim</b>  9:00am A Taste of Text Study via zoom 9:30am Gan Shabbat Services Baby naming for Reyna Schaechter & Isaac Bleaman Childcare available 10:00am Junior Congregation 6:25p Havdalah
11 (2 Adar I)  3:00pm Men's Club Super Bowl Party 	12 (3 Adar I)  8:00am Morning Minyan	13 (4 Adar I)  4:00pm Bet Sefer	14 (5 Adar I)  9:00am Weekly Text Study 10:00am Kindergym 7:00pm BBYO meetings	15 (6 Adar I)  8:00am Morning Minyan 10:00am Kindergym NO Bet Sefer 7:00pm WTBA Girls Night Out	16 (7 Adar I) <b>Gan closed for Staff Development</b> 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat 5:31p Candle lighting	17 (8 Adar I) <b>Parashat Terumah</b>  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Childcare available 12:45pm Mah Jongg 6:33p Havdalah
18 (9 Adar I)	19 (10 Adar I) <b>Gan &amp; Office closed for Presidents Day</b>  9:30am Morning Minyan with the Bar Mitzvah of Reuben Goldberg	20 (11 Adar I)  NO Bet Sefer	21 (12 Adar I)  9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tlichon Bet Avraham 7:15pm Adult Trope Class 7:00pm BBYO meetings 7:30om Intro to Judaism	22 (13 Adar I)  8:00am Morning Minyan NO Bet Sefer	23 (14 Adar I)  9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat 5:38p Candle lighting	24 (15 Adar I) <b>Parashat Tetzaveh</b>  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bar Mitzvah of Mattan Pincas Childcare available 6:40p Havdalah
25 (16 Adar I)	26 (17 Adar I)  8:00am Morning Minyan 7:30pm Rosh Chodesh	27 (18 Adar I)  4:00pm Bet Sefer 7:30pm TBA Board Meeeting	28 (19 Adar I)  9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tlichon Bet Avraham 7:15pm Adult Trope Class 7:00pm BBYO meetings 7:30om Intro to Judaism	29 (20 Adar I)  8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer		

MARCH 2024			21 ADAR I - 20 ADAR II 5784			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1 (21 Adar I)</b>  9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat  5:45 Candle lighting	<b>2 (22 Adar I)</b> <b>Parashat Ki Tisa</b>  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Evie Luskin 10:30am Shabbat Mishpacha 12:45pm Mah Jongg  6:47p Havdalah
<b>3 (23 Adar I)</b>	<b>4 (24 Adar I)</b>  8:00am Morning Minyan	<b>5 (25 Adar I)</b>  4:00pm Bet Sefer	<b>6 (26 Adar I)</b>  9:00am Weekly Text Study 10:00am Kindergym 1:00pm WTBA Bingo at Reutlinger 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	<b>7 (27 Adar I)</b>  8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer 7:30pm WTBA Girls Night Out	<b>8 (28 Adar I)</b>  9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat Service  5:52p Candle lighting	<b>9 (29 Adar I)</b> <b>Shabbat Shekalim</b> <b>Mevarchim Chodesh Adar II</b> <b>Parashat Vayakhel</b>  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Naomi Levy
<b>10 (30 Adar I)</b>  Daylight Saving Time Begins – CLOCKS AHEAD 1 HR  WTBA Pre-Purim Celebration	<b>11 (1Adar II)</b> <b>Rosh Chodesh Adar II</b>  8:00am Morning Minyan	<b>12 (2 Adar II)</b>  4:00pm Bet Sefer	<b>13 (3 Adar II)</b>  9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	<b>14 (4 Adar II)</b>  8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer	<b>15 (5 Adar II)</b>  9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat  6:59p Candle lighting	<b>16 (6 Adar II)</b> <b>Parashat Pekudei</b>  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Bat Mitzvah of Daphne Gordon 12:45pm Mah Jongg  8:00p Havdalah
<b>17 (7 Adar II)</b>  Mishloach Manot Assembly & Delivery	<b>18 (8 Adar II)</b>  8:00am Morning Minyan	<b>19 (9 Adar II)</b>  4:00pm Bet Sefer	<b>20 (10 Adar II)</b>  9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	<b>21 (11 Adar II)</b>  <b>Te'anit Esther</b>  8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer	<b>22 (12 Adar II)</b>  Gan Purim arade & Speil 9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat  7:06p Candle lighting	<b>23 (13 Adar II)</b> <b>Shabbat Zacher Erev Purim</b> <b>Parashat Vayikra</b>  9:00am A Taste of Text Study via zoom 9:30am Shabbat Services Baby naming of Camila Cohen 6:15pm Rock n Roll Family Purim  8:07p Havdalah
<b>24 (14 Adar II)</b>  Purim  2:00pm PJ Library Purim Carnival	<b>25 (15 Adar II)</b> <b>Shushon Purim</b>  8:00am Morning Minyan 7:30pm Rosh Chodesh	<b>26 (16 Adar II)</b>  4:00pm Bet Sefer 7:30pm TBA Board Meeting	<b>27 (17 Adar II)</b>  9:00am Weekly Text Study 10:00am Kindergym 6:00pm Tichon Bet Avraham 7:00pm BBYO meetings 7:15pm Adult Trope Class 7:30om Intro to Judaism	<b>28 (18 Adar II)</b>  8:00am Morning Minyan 10:00am Kindergym 4:00pm Bet Sefer	<b>29 (19 Adar II)</b>  9:30 & 10:45am Kindergym 6:15pm Kabbalat Shabbat  7:12p Candle lighting	<b>30 (20 Adar II)</b> <b>Shabbat Parah</b> <b>Parashat Tzav</b>  9:00am A Taste of Text Study via zoom 9:30am Men's Club Shabbat  8:13p Havdalah
<b>31 (21 Adar II)</b>						

Temple Beth Abraham  
327 MacArthur Boulevard  
Oakland, CA 94610

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**WTBA Pre-Purim**  
March 10th

**Rock'n Roll Family Purim**  
March 23rd @ 6:15pm