

# Chai Lights

The Newsletter of Congregation Beth Shalom



PURIMSPEIL AUDITIONS  
ARE COMING!



BE PART OF THE HAPPIEST PURIM ON EARTH

SUNDAY NOVEMBER 13  
12:45 pm

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[rabbincancy@cbshalom.org](mailto:rabbincancy@cbshalom.org)

### Rabbi Emeritus

Rabbi Joseph Melamed

### Director of Education

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[rina@cbshalom.org](mailto:rina@cbshalom.org)

### Temple Administrator

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**Carmichael CA 95608**

**(916)485-4478**

**[www.cbshalom.org](http://www.cbshalom.org)**

## From the Rabbi's Desk



### **Parashat Noach: The Blessing of the Animals**

### **Outdoor Gathering of Gratitude Saturday, 11/5 10:00 a.m.**

We love our pets. Our pets love us. At this time of year, many Jewish congregations schedule blessings of the animals after the High Holy Days, centering their ceremonies around the second weekly Torah portion of the Jewish Year cycle: *Parashat Noach*, the portion about Noah and the ark. Way back then, G-d promised never to destroy the earth again — and both humans and animals were understandably joyful. On this occasion, animals are blessed as creatures, reminding humans how we share that essential quality with our pets.

An important rabbinic figure who loved animals in recent memory is Rav Avraham Yitzchak Ha-Kohen Kook (1864-1935), the first Chief Rabbi of *Eretz Yisrael*. Rav Kook is exceptional for many reasons, but for our purposes here, for his vision of humanity and animals heading toward a relationship of peace. Rav Kook envisioned the Messianic age as a time when all would be vegetarian, and no animal sacrifices would be offered. Especially in his book *Chazon Ha'Tzimchonut V'HaShalom* (The Vision of Vegetarianism and Peace), Kook emphasized how “the suffering of [all] creatures calls out for our compassion... this sensitivity signals a sense of comradeship, sharing another’s pain, and our having entered the borders of their inner world.” He also envisioned our being able to share *Torah* with animals in the world to come. In all, Rav Kook saw a vital symbiosis, both ecologically and theologically, between human and non-human animal.

While we claim Rav Kook as a spokesperson for animals, the tradition of blessing pets is not exactly a Jewish one; it has been based on St. Francis of Assisi, the patron saint of the animals. But even before St. Francis, there was the Biblical Noah; the ultimate animal caregiver whose commitment allowed pairs of each species to survive forty days and forty nights on the Ark.

This November 5, the story of Noah will be read in synagogues around the U.S. for *Shabbat Noach* — and more synagogues than ever before will include an animal blessing in their services that would make a Franciscan feel at home.

If you have a friendly pet, please bring your furry, feathered, reptilian or swimming, crawling member of the family. Bring your pet on leash, in crate, cage or bowl, whatever works best for them along with items needed to pick up after them. We will chant some of our prayers, read from the Torah portion *Noach* and each animal will receive a special blessing.

*(Continued on page 9)*

The following is a reprint of my Yom Kippur speech on Congregation Beth Shalom's history and the Life and Legacy Program.

First I would like to thank everyone who had anything to do with the High Holidays this year; **Rabbi Nancy, Nathan and Angela**, the Choir, **Sylvia, Regina, Peter** and especially **Robyn and Sheree** for making sure we had people where they were supposed to be, when they were supposed to be there. A very heartfelt thanks to all of you.

On to the speech...

Shana Tova! Welcome! I want to personally welcome each of you to Congregation Beth Shalom for Kol Nidre tonight. I hope you were all here for Rosh Hashanah; it was very inspiring. At Rosh Hashanah I spoke about the specific needs of our Synagogue and how you can make a High Holiday pledge to help us with our budget and extra projects. Tonight I'm going to talk to you about the Life and Legacy program, but first, a little history.

Many of you probably don't know that Congregation Beth Shalom started 40 or so years ago, when 35 families attending Synagogue elsewhere, decided they wanted to create their own home of worship. So they banded together and began Congregation Beth Shalom. They started out in people's homes and then were at a former mortuary on Fair Oaks Blvd, which is now the property behind Loehman's Plaza.

Remember last week when I told you about **Brian** coming here to check out Beth Shalom and feeling like it was his grandmother's house? That is the feeling we had for so many years, because we were immediately introduced and embraced by the welcoming elders of the Synagogue, who are mostly gone now. They embraced us with love.

As I said last week, **Maurine and Bob Ziv** were my first friends, **John Bos** and **Marvin Friedman** became very special to Brian and me. Some of you may also remember **Arlene and Irv Toder, Lorraine Babitz, Sylvia Grossman, Rosalie Hessing, Sylvia Jarvis, Lee and Marty Small, Sima and Sol Spector, Mozell Zarit, and Betty Rothchild**; these were just some of the leaders of Beth Shalom .

Many of you probably don't know any of them, but might recognize their names heard during Kaddish, or from their nameplates in the back of the Sanctuary. They volunteered to answer the phone, mow the lawn, fix everything, take care of the oneg, teach our kids and so much more. They are gone now, but they made sure we knew how to carry on. They passed on their Jewish values to us.

Marvin taught me how to run the Food Faire, Sima made sure we had social action projects, Lee and Rosalie made sure our kids were taught, Sylvia taught us to run the oneg program and thank goodness for Betty Rothchild... she paid off our mortgage, for this building.

Without these people there would be no CBS and no any of us. We are now the elders and we were all taught to continue the traditions and programs you love today.

Luckily for us we still have **Joan and Dave Bories, Sue and Carl Miller, Renee Schoch, Ivan Gennis, Jean Rubin, Arnie and Mari Golob** and our beloved **Carry Cohn**, here, to continue to mentor us forward.

Our beloved members, who have gone before us, felt that Beth Shalom was so special; they made sure to convey their commitment for it's future.

They set the Legacy bar high for us. Most of their Legacy was hard work and sweat labor and their own money, but they also acquired this building for us,

## President Jana Uslan



**Congregation Beth Shalom is a member of the Union of Reform Judaism.**

### General Service schedule:

**1st Friday: 6:00 p.m.**

Family Service

**2nd Friday: 7:30 p.m.**

Shabbat Service

**3rd Friday: 7:30 p.m.**

Shabbat With a Beat- CBS Band

**4th Friday: 7:30 p.m.**

Shabbat Service

**5th Friday: 7:30 p.m.**

### **Torah Study:**

Saturdays at 10:00 a.m.

**Office hours** are Monday through Friday, 9:00 a.m. to 3:00 p.m.

**The Gift Shop** is open during Religious School on Sundays and by appointment. Please call the office.

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**Issue: November 2016**

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39TH ANNUAL  
SACRAMENTO

# JEWISH FOOD FAIRE



## **Thank You All - Our Hard Work & Great Team Work Paid Off! Our 39th Annual Jewish Food Faire Was A Great Success!**

What were you doing in 1977? That's when CBS's tradition of creating and hosting the Sacramento Jewish Food Faire started. Just think of all the folks who came before us and what a wonderful tradition this has become for our synagogue.

With this in mind, 39 years later, we are delighted to say that the 2016 CBS Jewish Food Faire, "from Generation to Generation", was wonderfully successful! Our overall goal was to host a delicious, fun, entertaining, artistic, cultural, community-building, financially successful, and memorable event! And we did it! We don't have the final figures in yet, but we do know that we had more visitors, sold more food, and had more revenue than ever before! And we had such FUN doing it all!

Our goals were met because of the volunteerism, contributions, and serious hard work of MANY people and the commitment, dedication, passion, and hard work of some really fantastic folks who chaired the major committees and developed support for major activities:

Activities and Entertainment: Sheila Wolfe  
Bake Shop: Liz Stein and Shelley Smith  
Beverages: Michael, Olga, and Margaret Darter  
Blood Source: Linda Jones  
Books: Mark Nitta  
Building, Grounds, Set up: Marty Berbach  
Budget & Finance: Phil Spielberg, Jenny Jeffrey, Joel Birch  
Canter's Deli Pickup: Sheila Wolfe & Chris Drouin  
Chopped Liver: Mauria Hirning  
Craft Vendors: Wendy Wilson  
Food Vendors: Lydia Inghram  
Frozen/Chilled Foods: Mauria & Dennis Hirning  
Gift Shop: Carry Cohn

Grand Bakery Pickup: Morris Newman  
Kitchen: Jana Uslan, Brian Uslan, and Matt Kurtz  
Layout: Jennie Nitta  
Office Support: Marlo Dewing & Symone Stephens  
Our Teen Volunteers  
Pre-Orders: Katie Braverman  
Publicity: Susan Solarz & Jami Goldstene  
Saul's & Baron's Bagels Pickup: Pamm Shaw  
Signage: Debby Nelson  
Upper Crust Challah Pickup: Alon Vechter  
Volunteers: Shelley Spielberg  
Website: Eddie Appell

And to everyone who helped make the 39th Food Faire THE BEST EVER by baking at home, at baking parties, cooking in the kitchen, serving on committees, setting up on Saturday and working on Sunday...THANK YOU!!!

For all of the hours that you worked, for your great enthusiasm and helpfulness to our visitors, for your commitment to your stations, for your flexibility with last-minute schedule changes, for your help with cleaning up and returning CBS to its original neat condition...for EVERYTHING that went well on Sunday...THANK YOU, THANK YOU, THANK YOU!!!

We are grateful to all of you who shared your precious time to serve our Congregational family and our community.

You all brought positive recognition to Congregation Beth Shalom and to Sacramento's only Jewish Food Faire! And EVERYONE involved had fun while providing Audacious Hospitality.

See you all next year at the 40th Jewish Food Faire!

With love and appreciation,  
Lydia and Sheila  
Food Faire Co-Chairs

On Sunday, October 30th, we did not have Religious School because all of our Educators were participating in an area-wide Jewish Educator’s workshop. I belong to a local group known as SAJE (Sacramento Area Jewish Educators). It is made up of all of the Director’s of Education for our community’s Synagogues and Shalom School. We meet monthly to share ideas and exchange curriculum thoughts. We also create a yearly intensive in-service for all of our Jewish Educators. This year’s rotating program was held at

## Religious School

**Rina Racket**  
**Director of Education**

Congregation B’nai Israel (we hosted it two years ago). Our morning focused on creating engaging and effective lesson plans. Our break-out groups included ways to creatively “hook” a student with a given topic; effectively communicate the main content of the lesson, and evaluate whether the goals of the lesson were met. We called this the “Hook, Line, and Sinkers” model. It was wonderful to see all of our community’s Jewish Educators learning together; it promotes a wealth of valuable ideas and successful cooperative learning.

### Religious School Calendar for November

Wednesday 11/ 2	RS, NO BMP
Friday 11/ 4	BMP followed by 7th graders helping with Family Shabbat Service
Sunday 11/ 6	RS-on site Mitzvah Crew activity Random Acts of Kindness
Wednesday 11/ 9	RS, BMP meets at Food Closet 4pm
Sunday 11/ 13	RS
Wednesday 11/ 16	RS, BMP; Club Kef Dinner & Games 6-7:30 pm
Sunday 11/ 20	NO RS
Wednesday 11/ 23	NO RS, NO BMP
Sunday 11/27	NO RS
Wednesday 11/ 30	RS, NO BMP

I hope you are all ready for another fun-filled month with BSTY! With all the recent Jewish, as well as secular, holidays, we thought it would be nice to have some more low-key events. Our dates for November are not set in stone, so please be on the lookout for update E-mails from myself. Coming up we will be having a movie night to go see “Fantastic Beasts and Where to Find Them”, a Sacramento region board bonding event, and a fundraiser where we work with chipotle, so I hope you are all ready to bring your appetite!

As always, if you or someone you know would like to get more information regarding BSTY, please E-mail me at [KerenSchatz@gmail.com](mailto:KerenSchatz@gmail.com) to be added onto the BSTY E-mail list.

## BSTY

**Keren Schatz**  
**Advisor**



[bsty\\_insta](#)



# Religious Practices

Sheree Meyer  
Vice President



## Audacious Hospitality— What does that look like in Religious Practices?

This year, Congregation Beth Shalom has committed itself to audacious hospitality—to going out to meet the stranger even before he or she approaches the door of our home. So, as each board member commits him or herself to actions that will make all of our members and anyone else who expresses interest in our synagogue feel welcome, I find myself thinking, “So what does audacious hospitality look like in the sanctuary?” What do we do in services to make all members feel at home?

- Our prayer books—*siddurim* and *machzorim*—are gender neutral, so that *all* who are participating in worship, regardless of gender, can feel included.
- We strike a balance between praying in Hebrew and in English, and all our Hebrew prayers are transliterated, so that even if our members or guests do not read Hebrew, they can still chant with us.
- Our services are participatory. We sing together, pray together, and study together.

In the spirit of *t’shuvah*, how can I and the other members of the Religious Practices Committee reach out, both to our continuing members and possible new ones? How can all of us engage more fully in our spiritual relationships with each other and with G-d?

- Each of us can make sure we sit next to new members or guests and assist them in following our service.
- We can encourage each other to accept honors: lighting Shabbat candles, opening the Ark, chanting the blessings before or after a verse from Torah, serve as *hagbah* or *g’lilah*. If you’d like an honor but are unsure of how to perform one, please ask us for assistance. We would be more than happy to work with you beforehand or stand with you or chant with you the first time.
- Consider learning Hebrew or studying with us. Saturday morning services and Torah Study are a wonderful way to learn, and Congregation Beth Shalom also offers other opportunities for Jewish Adult Education.

If you have any questions about religious practices, please don’t be shy. As VP of Religious Practices, I’ll be wearing a name tag, but other members of the Religious Practices Committee—**Robyn Asch, Michael Darter, Mario Giacomoto, Roberta Malkin, Cait Plantaric, Heidi Mathat, and Karen Hull**—will often be at services and are ready to reach out and welcome you.

CBS  
celebrated  
Simchat  
Torah on  
Monday,  
October  
24th by  
dancing with  
the Torah  
Scrolls and  
unrolling a  
full scroll in  
its entirety.





Anonymous  
 Anonymous  
 Anonymous  
 Anonymous  
 Robyn Asch  
 Barbara Beeman &  
 Joseph Domagalski  
 Robert Bennett

Laura & Len Garfinkel  
 Ivan F. Gennis  
 Monica Gershonzon  
 David Ginsburg  
 Karen Hull  
 Jenny Jeffrey  
 Steve Jeffrey  
 Mauria Hirning  
 Holly Ilfeld  
 Lydia Inghram  
 Linda ER Jones  
 Margaret Kane & Rick Frey  
 Neil & Fanny Levy  
 Judy Lewis  
 Steve Lewis  
 Dave & Roberta Malkin

Arika Mills  
 Jonathan Mills  
 Dean Mirtle  
 Deborah Nelson  
 Scott Parrish  
 Jean Rubin  
 Tivon Schardl  
 Andrea Segal  
 Ronald & Miriam Simon  
 Deon Stein  
 Elizabeth Stein  
 Jana & Brian Uslan  
 Rabbi Nancy Wechsler  
 Sheila Wolfe & Chris Drouin  
 Wendy Wilson, Ph.D.  
 Wendy & Saul Zales

Penni Blumberg  
 Jessica Braverman Birch & Joel Birch  
 Katie Braverman  
 Larry Brownston  
 Carry Cohn  
 Marlo Dewing  
 Dana Drukker  
 Alla Gamarnik & Joel Blank

### Counting down the Top 10 Legacy Giving Myths - Myth 6 and Myth 5:

#### 6. I won't get to decide what happens to my gift.

Even though you won't be here to see the impact your legacy gift will be making, you can pre-determine where your dollars will go and stipulate how they should be spent. If you'd like to fund a technology upgrade, purchase books, or make sure extra scholarships are available, just stipulate that as part of your gift. Don't imagine that you have to restrict your gift, though... sometimes general funding is the thing that an organization most needs.

#### 5. If the organization dissolves, so will my money.

It's hard to predict where any of us will be in 10, 20, even 50 years. If you are worried that your organization might not be around when your gift is ready, you can indicate that you'd like it to go to a particular cause (Jewish Education) as a second choice to your favorite organization (CBS Religious School).

*Stay tuned for the rest of the Top Ten Myths in future issues of Chai Lights!*

*Life & Legacy is a program of The Harold Grinspoon foundation.*

I have seen online the November "Thirty Days of Thankfulness" challenge, where one posts on Facebook something that one is thankful for each day during this month of Thanksgiving. I am actually working on limiting my time on social media, but I like the thought of recognizing gratitude every day, and am playing around with the idea of writing down one thing I am thankful for each morning, just for myself. It could be in a journal, or more likely, become a running list in the Notes section on my smart phone.

When I think about a real call for introspection like this, I am torn between listing the obvious, big picture things I am grateful for—family, health, a roof over my head, enough food to

I want to thank our Office Manager, **Symone Stephens**, for her hard work and dedication at this time of year, and throughout the year. Please take a moment to say hello when you see her!



eat, my womanhood, Judaism, being an American, gainful employment—and the smaller things that tend to get overlooked in my day to day existence, such as the beauty of the slow moving clouds, with tones of bright white into grey, against an incredible blue sky, or each and every time my car starts when I turn the key in the ignition.

When I'm not busy doing or going or making or consuming, I tend to be gathering information, and then worrying. I'd like to spend more time appreciating, and loving. Perhaps you'll join me in a few moments of gratitude each day in November. Today is the day to begin.

### CBS Desktop

**Marlo Dewing  
 Administrator**



# THE HAPPIEST



# PURIM ON EARTH

AUDITIONS FOR THE 2017 PURIMSPIEL

Sunday, November 13  
12:45 pm at CBS

All ages needed!

November 4

## Dinner Shabbat

5:30 oneg \* 6:00 service \* dinner follows

Featuring the amazing culinary creations of our chefs  
Matthew Kurtz, Alon Vechter, Red Gobuty, and Joel Tillman.  
Your tastebuds are in for a treat!

### Shanghai Deli

- Corned Beef Fried Rice
- "Pastrami" Tofu
- Chow Mein Kugel
- Sesame Stir Fried Vegetables
- Hot & Sour Mushroom Barley Soup
- Bananas Foster (parve)
- Chocolate Mousse



RSVP needed by  
Wednesday 11/2

- ◆ Adults 13+ \$10
- ◆ Ages 6-12 \$9
- ◆ 5 and under Free

Congregation Beth Shalom

4746 El Camino Ave, Carmichael CA 916-485-4478  
office@cbshalom.org



## CLUB KEF

## DINNER & GAMES

Wednesday, November 16

6:00 pm after Hebrew School

3rd - 6th Graders walk to El Palmar  
Return to CBS to play board games

including Apples to Apples

7:30 pm pick up at CBS

Bring \$12.00 - \$15.00 for dinner

Contact Mr. J for more info at Joshua.rosenblume@gmail.com



## Coffee with the Rabbi

Featuring Boulevard Coffee



Sunday mornings

9:15—10:00 am

When Religious School is in session

Many thanks to the generosity  
of David Meyer  
and Boulevard Coffee  
for making this program possible.  
Boulevard Coffee Roasting Company  
Boulevardcoffeeco.com



*(President, continued from page 3)*

purchased all but one of our Torahs, and set in place so many traditions for us to follow. They expressed their desire for a vibrant and Jewish future at Beth Shalom.

So now let me explain how YOU can all continue the legacy of Congregation Beth Shalom. The Harold Grinspoon Foundation started the Life and Legacy program. Harold Grinspoon felt that Jewish organizations had not fully recognized the possibilities of or sought legacy gifts, despite the knowledge that endowments will have an increasingly important role in sustaining the future of our organizations. Life and Legacy is a partnership of the HGF, the Jewish Community Foundation of the West (which is our Jewish community investment organization) and the Sacramento Jewish Federation, that promotes after-lifetime giving to benefit local Synagogues and other Jewish entities.

The Foundation and Federation are offering each Synagogue and other Jewish organizations incentive funds to reach yearly goals. Those funds are grants for reaching our legacy commitment goals. We have met our commitment each year, including this, being the third year. So far we have received \$7,500 in incentive funds. We are scheduled to receive another \$1,800 this year and next. So far, 45 members of our Congregation have made commitments to be Legacy Givers, or as I like to say, Legacy Leaders.

What does this mean to you? It means you are being asked to make a commitment for a future gift to Congregation Beth Shalom. It means that Beth Shalom will continue on for the next generation, for our children and grandchildren, and any Sacramento Jewish family, just as Marvin, John, Jeannie, Rosalie and Betty made it possible for CBS to be here today for us.

Your legacy commitment can be a percentage of anything—your estate, an annuity, a retirement account, or even a specific dollar amount, which is what Brian and I have done. The amount you commit to is paid to Congregation Beth Shalom as part of your estate. The number one myth of Legacy giving is, “I have to be a millionaire to leave a legacy.” Absolutely NOT! Anyone sitting here in this Sanctuary can become a Legacy Leader.

So, please stand up if you were married at Beth Shalom, if you had a baby naming here, if your child or yourself became a Bar or Bat Mitzvah here, please stand up. If you had our Rabbi conduct a funeral for your family please stand up. If your children go to religious school here, and if you have ever participated in something you enjoyed here please stand up. Don't you want the same for your children and grand children? Thank you; you may sit down.

Please take these High Holidays and consider the legacy you want to leave for those who come after us. Leaving a legacy to Beth Shalom is our way of expressing our values, our hopes, our dreams and our vision for the future. Please consider filling out the form you will receive on your way out tonight and return it tomorrow. If you need any help please let me know.

I'd like to ask all of our Legacy Leaders to please stand and be recognized. Some of our members have chosen to remain anonymous, which you can do. Thank you from the bottom of my heart and so many others who came before us.

Lastly, I also want to remind our members to fill out your green pledge card and turn it in as soon as you can. And if you are a guest and would like to make a donation, there is a place on the pledge card for you as well.

Shana Tova and an easy fast to all of you.

*Reprinted from Kol Nidre October 11, 2016 Jana Uslan*

*(Rabbi, continued from page 2)*



*Blessed are You, Holy Source, Maker of all living creatures.  
On the fifth and sixth days of creation,  
You called forth fish in the sea, birds in the air and animals on the land.  
You inspired us to call all animals brothers and sisters.  
We ask You to bless these animals by the power of Your love,  
enable them to live fully in praise to Your Name.  
May we always praise You for all Your beauty in creation.  
Blessed are You, Adonai our G-d, in all your creatures! Amen.*

Among our six chickens, two dogs, one cat and one bunny, I am smiling thinking about which one will attend. I look forward to sharing this first CBS Blessing of the Animals with you.

Handwritten signature of Rabbi Nancy Wechsler.

Rabbi Nancy Wechsler



Photos courtesy of Bruce Patt



**A most wonderful time was had at the Annual CBS Food Faire, our biggest fundraiser of the year.**

**Thank you Lydia Inghram & Sheila Wolfe, and all of our dedicated and beloved volunteers!**



During Sukkot, **Rabbi Nancy** hosted a group of young adults for dinner in her sukkah, with pizza from Zachary's in Oakland and other refreshments. A good time was had by all.

Mazal Tov to CBS 2016 Sukkah Builders!

- The Darter Family
- The Epstein—Victor Family
- The Racket Family
- The Swatt Family
- The Wechsler Family

Let's keep building. Feel free to ask us how—it's fun!



As my role of Membership Chair, I am now very busy with new members and prospective members thanks mostly to the wonderful welcome you all did during our fabulous Food Faire and subsequent beautiful High Holy Days Services! Everyone has done a splendid job of showing people the genuine family feeling that is Congregation Beth

## Members of the Tribe

**Holly Ilfeld**  
VP Membership

Shalom. I have also found that our new and prospective members are bringing new energy into our community. I would like to welcome as a new member, **Louissette Brown**. She has become a



lovely friend and we enjoy sitting together most Friday nights for worship which she enjoys. Our other new members are **Valerie** and **Eric Gross** and their children, **Berkeley** who is in our fourth grade religious school and **Keaton**, who is in first. Valerie is already involved in our Mitzvah group with **Rina Racket** and **Jeanne Appell**!

We have several more prospective members who are wishing to get involved with our projects and classes. **Barbara Miller**, another recent member, who joined while Roberta was in charge of membership, worked on the Food Faire. Working together not only helps the Synagogue but creates community and helps to form new relationships.

Also, I am forming a committee to help with membership. **Lydia Inghram** and **Wendy Wilson** agreed to be on the committee and **Carry Cohn** has already been a big help as well as the wonderfully committed and helpful **Roberta Malkin**! Thank you all!

# COME HEAR THE CBS TEEN BAND!

1st FRIDAY OF THE MONTH  
BEGINNING IN NOVEMBER  
DURING FAMILY SERVICE  
6:00 PM



 Image shown is an approximation of what you will see at Shabbat services. Actual band may vary.

# This November you have 3 Ways to Give

**SUNDAY, November 20, Noon—4:00 pm**

**Congregation Beth Shalom**  
4746 El Camino Ave, Carmichael

## Mustard Seed School

- Raincoats
- Ponchos
- Underwear
- Gloves
- Combs
- Hair Brushes

**Goal > 40 Items**

## Sierra-Arden Neighborhood Food Closet

- Frozen Turkeys
- Canned Green Beans
- Canned Cranberry Sauce
- Stuffing Mix
- Frozen Pies

**Goal > 61 Turkeys**

## SleepTrain for Foster Youth

- Sports Equipment
- Toys
- Electronics
- Cosmetics
- Hair Products

**Goal > 20 items**

*\*For all, new, unused items only.*



**Can't make it on Sunday? No problem! Drop off items:**  
Wednesday 11/16 \* Thursday 11/17 \* Friday 11/18  
During CBS Office Hours of 9:00 am—3:00 pm

You don't want to miss the Annual CBS Gala!  
Save the date of Sunday, March 26, 2017. Tell your friends!

**Fundraising & Programming**  
Lori Nalangan, VP



Save the Date

# The 2nd Annual Moveable Feast

Benefiting Congregation Beth Shalom

Sunday, March 26, 2017

Antiquité Maison Privée

P & 21st ~ Sacramento

6 pm



## Keep CBS in Mind When Shopping on Amazon!

Amazon contributes to CBS when you connect to them through our link.  
It costs you nothing and benefits the congregation.

Go to [smile.amazon.com](http://smile.amazon.com). The first time you go there, it will ask you to choose your Charity.  
Our Temple Charity name is listed as Sacramento Jewish Fellowship of Carmichael. That's about all!

- ⇒ Select to support Sacramento Jewish Fellowship
- ⇒ Get the Amazon IButton App
- ⇒ Share your support on Facebook or Twitter  
Show your friends how they can support  
CBS (Sacramento Jewish Fellowship)

**Remember:** CBS only benefits when you start at: <http://smile.amazon.com>  
Just copy and paste this URL into your browser  
<https://smile.amazon.com/ch/23-7316431>



### Do you enjoy the sweetness of Shabbat?

Please consider helping with oneg. Oneg duties include preparing Kiddush and Challah; providing and plating sweets; putting everything back in order when it's finished.

**We also accept donations directly to the Oneg Fund, and donations of baked goods.**

Please contact the office if you are able to participate in this mitzvah at any time.

## Brotherhood

Dave Malkin, President

Article by Mario Giacomoto



Our theme of "All are welcome" was just such an invitation for a Poker event sponsored by the Brotherhood at CBS.

Thanks to the organizers for a successful and fun event, **Gene Bagoon** and **David Meyer**. The event was an invitational poker for both pleasure and challenge. All levels of skill were welcome. Beginners through semi pro shuffled, dealt and sweat for that one card or two that would give them a winning hand. Drinks, pizza and cookies insured that the hungry were fed. The serious players sat carefully analyzing the odds for the best play, looking for clues of who had the best hand or bluff.

The players were organized by skill levels at individual tables so that beginners were comfortable asking questions, free to bet when they should have thrown in their hand, or learn the rudiments of the game. Whereas at the serious players table, the tone was of a competitive but friendly banter, cards shuffled, and dealt, poker faces all around the table and the game begins.

I think all who attended have been contributors in one form or another in our CBS community and continue to support events of fun, food and frolic.

So the next time we announce a Poker event, you will want to come and sit at a table with friends, eat, drink and just enjoy being together perhaps making new friends or to sit with experienced players who are as competitive as you. Who knows, you might even be one of the winners!

Contact Dave Malkin at [dmalkin52@comcast.net](mailto:dmalkin52@comcast.net) if you are interested in being placed on the Brotherhood e-mail list. We look forward to having you join us at our future events.

Please note: CBS Book Review Group is on hiatus until further notice. Thank you.

Caring too much is what I am good at.

**We need YOU  
on the  
Caring Committee.**

Contact Marlo [marlodewing@cbshalom.org](mailto:marlodewing@cbshalom.org)  
or Symone [office@cbshalom.org](mailto:office@cbshalom.org)  
If you want to help care for our community.

Seasons of Mussar  
Led by Rabbi Nancy Wechsler



As with all Mussar study, the aim of this program is to help individuals find balance and strength in key inner traits that are essential for leading a fulfilling life, in worldly as well as spiritual matters.

Classes will be held on Sundays  
Beginning on October 23 at 10:00 am  
Cost: \$154 for the entire year!  
Sign-up for the class at [office@cbshalom.org](mailto:office@cbshalom.org)  
or (916) 485-4478

Please note that after 26 years, Rabbi Wechsler is changing her day off from Tuesdays to Mondays. Rabbi will be at CBS Tuesday through Sunday. Thank you.



## CONGREGATION BETH SHALOM

4746 EL CAMINO AVENUE  
CARMICHAEL, CA 95608

916.485.4478

WWW.CBSHALOM.ORG  
OFFICE@CBSHALOM.ORG

*In the tradition of our Jewish faith, I wish to share my blessings by declaring my intent to provide for the needs of future generations.*

**It is with deep satisfaction that:**

- I have made a provision to make a Legacy Gift.  
 I intend to make a provision during the next \_\_\_\_\_ months

**With a Legacy Gift established through a:**

- Bequest in my Will or Trust       Undecided  
 Life Insurance Policy               Other \_\_\_\_\_  
 Remainder of Retirement Plan

**I wish to support the following Sacramento area institutions (check all that apply):**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Albert Einstein Residence Center | <input type="checkbox"/> Congregation B'nai Israel      | <input type="checkbox"/> Mosaic Law Congregation |
| <input type="checkbox"/> Chabad of Roseville              | <input type="checkbox"/> Hillel at Davis and Sacramento | <input type="checkbox"/> Shalom School           |
| <input type="checkbox"/> Chabad of Sacramento             | <input type="checkbox"/> Home of Peace                  | <input type="checkbox"/> Temple Or Rishon        |
| <input type="checkbox"/> Congregation Bet Haverim         | <input type="checkbox"/> Jewish Federation of the       | <input type="checkbox"/> Other _____             |
| <input type="checkbox"/> Congregation Beth Shalom         | Sacramento Region                                       |  |

Name(s): \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

To encourage others to commit to the future we occasionally list names in our marketing materials.

- Yes, use the following name in marketing materials \_\_\_\_\_  
 No, I prefer to remain anonymous

I understand that this letter of intent is not a legal obligation and may be changed at my discretion at any time.

X \_\_\_\_\_  
*Signed* \_\_\_\_\_ *Date* \_\_\_\_\_

X \_\_\_\_\_  
*Signed* \_\_\_\_\_ *Date* \_\_\_\_\_



Please deliver completed Letters to:  
 Jewish Community Foundation of the West  
 PO Box 660663 • Sacramento, CA 95866

For more information, please visit our website at [www.JCFWest.org](http://www.JCFWest.org) or call 916-441-1613

# November 2016 - 5777 Tishri/Heshvan

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>RSVP to any event by calling 485-4478 or emailing office@cbsshalom.org</p>		<p><i>1</i> <b>Rosh Hodesh</b> Melton School 6:30 pm-9:15 pm</p>	<p><i>2</i> <b>Rosh Hodesh</b> Religious School 4:30pm-6:00 pm</p>	<p><i>3</i> Jewish Meditation 1:30-2:45pm CBS Board Meeting 7:00 pm</p>	<p><i>4</i> 7th Grade BMP 4:30 pm-6:00 pm 1st Friday Shabbat Service &amp; Dinner 5:30 pm pre-service oneg 6:00 pm service 7:30 pm dinner</p>	<p><i>5</i> Torah Service &amp; Study 10:00 am Parashat Noach: The Blessing of the Animals 10:00 am</p>	
<p><i>6</i> Religious School 9:00 am-12:15 pm Coffee w/ the Rabbi For RS families only 9:15 am-10:00 am Seasons of Mussar 10:00 am</p>	<p><i>7</i> </p>	<p><i>8</i> Melton School 6:30 pm-9:15 pm</p>	<p><i>9</i> Religious School 4:30pm-6:00 pm 7th Grade BMP 6:00 pm-8:00 pm Midrasha @ MLC 6:30 pm-8:00 pm</p>	<p><i>10</i> No Jewish Meditation</p>	<p><i>11</i> Shabbat Service w/ special guest speaker, David McKee 7:30 pm</p>	<p><i>12</i> Torah Service &amp; Study 10:00 am</p>	
<p><i>13</i> Religious School 9:00 am-12:15 pm Brotherhood Meeting 10:00 am No Seasons of Mussar PurimSpiel Auditions 12:45 pm</p>	<p><i>14</i> </p>	<p><i>15</i> Melton School 6:30 pm-9:15 pm</p>	<p><i>16</i> Religious School 4:30pm-6:00 pm 7th Grade BMP 6:00 pm-8:00 pm Midrasha @ MLC 6:30 pm-8:00 pm</p>	<p><i>17</i> Jewish Meditation 1:30-2:45pm</p>	<p><i>18</i> Shabbat with a Beat! 7:30 pm</p>	<p><i>19</i> Torah Service &amp; Study 10:00 am</p>	
<p><i>20</i> No Religious School Seasons of Mussar 10:00 am</p>	<p><i>21</i> </p>	<p><i>22</i> Melton School 6:30 pm-9:15 pm</p>	<p><i>23</i> No Religious School No 7th Grade BMP</p>	<p><i>24</i> <b>Thanksgiving</b> CBS Office Closed</p>	<p><i>25</i> CBS Office Closed Shabbat Service 7:30 pm</p>	<p><i>26</i> Torah Service &amp; Study 10:00 am</p>	
<p><i>27</i> No Religious School No Seasons of Mussar</p>	<p><i>28</i> </p>	<p><i>29</i> Melton School 6:30 pm-9:15 pm</p>	<p><i>30</i> Religious School 4:30pm-6:00 pm</p>	<p><b>During Religious School hours, the CBS building is open only for registered students and their families, and is not otherwise open to congregants or community members. If you need to contact CBS, please do so during Office Hours, Monday – Friday, 9:00 am – 3:00 pm.</b></p>			

spirit  
 budget body home  
 relationships balance  
 RENEWAL

## Want to place someone on the Mi Shebeirach list?

Email the information to Symone at [office@cbshalom.org](mailto:office@cbshalom.org),  
 or call 916-485-4478.

If you would like for the person to receive a phone call from a member of  
 the Caring Committee, please include their contact information.

**We want you for our Caring Committee!**

Contact Marlo at [marlodewing@cbshalom.org](mailto:marlodewing@cbshalom.org)  
 to show that you care!

Chai Lights is published 11  
 times each year with a  
 combined June/July issue.

**Editor:** Marlo Dewing  
**Proofing:** Symone Stephens

Deadline for submissions is  
 the 20th of the month prior to  
 publication. Please send your  
 article to Marlo and Symone at  
[marlodewing@cbshalom.org](mailto:marlodewing@cbshalom.org)  
 and [office@cbshalom.org](mailto:office@cbshalom.org)

To request a copy by snail  
 mail please call (916) 485-  
 4478.

**Advertising is available:**

- ⇒ 1/8 page/business card: \$9
- ⇒ 1/4 page: \$18
- ⇒ 1/2 page: \$25
- ⇒ Full page: \$50

Prices listed are per issue. All  
 ads subject to approval. Please  
 contact [office@cbshalom.org](mailto:office@cbshalom.org)  
 for more information.



**We want YOU on the bimah!**

If you are observing a yahrzeit, anniversary, birthday  
 or just wish to be part of the Friday night service by  
 performing any of the following tasks, please contact  
[office@cbshalom.org](mailto:office@cbshalom.org)

- 1—light the Shabbat candles
- 2—Aliyah to the Torah
- 3—redress the Torah as Hagbah or G'lilah

*All Jewish members ages B'nai Mitzvot and up are welcome.*

**Friday Night Shabbat Services:** 1st Friday: 6:00 p.m. All other Fridays: 7:30 p.m.

**Saturday Morning Torah Study & Service:** 10:00 a.m.

**ALL ARE WELCOME**



I would like to subscribe to receive a paper copy of CBS Chai Lights by mail each  
 month. A donation of \$36.00 for a one-year subscription is enclosed.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Send to:**

CBS  
 4746 El Camino Ave.  
 Carmichael, CA 95864  
 ATTN: Chai Lights

## Happy November Birthday

Brittany Baskerville	Steve Jeffrey	Daniel Jeffrey
Karen Bearson	Matthew Porter	Margaret Kane
Piper Ashlee Aboulafia	Matthew Spielberg	Fifi Paykel
Spencer Cohen	Ellis Dewing	Jana Uslan
Mauria Hirning	Rebecca Hirsch	Estelle Tansey
Brian Korotkin	Albert Cooper	Phyllis Jacobs
Jennifer Davidson	Barbara Kletzman	Patricia Meyers
Jeffrey Glenn	Miri Leaderman-Bray	Mark Kagan
Davis Westover	Zachary Lewin	Casey Robbins
Mark Leibenhaut	Barbara Fine Miller	Lindsey Schiffman
Fanny Levy	Joan Gusinow	Chris Drouin
Gabrielle Ruxin	Joshua Klapow	
Robyn Salter	Elena Frey	
Jenny Berg	Mark Noel	
Zuliema Rodriguez	Adrianna Rodriguez	
Ivy Aboulafia	Ben Vechter	
	Monique Cohen	

## Happy November Anniversary

Michael and Marisa Alcalay  
Meryl Shader and Paul Seave  
Marjorie and Albert Blum  
William "John" and Laura Lawrence

## **Do you have good news to share?**

**Please email or call the office so we can acknowledge your simcha and others can celebrate with you.**



**Please consider honoring or remembering a loved one by making a donation to Congregation Beth Shalom.**

## **October Tributes**

### **To the Rabbi's Discretionary Fund**

- ◆ From the Darter family.
- ◆ From Diane Balter.

### **To the General Fund**

- ◆ From Batia Epstein.
- ◆ From Iris Bachman, in honor of Andrea Segal for her generous hospitality during the Rosh Hashanah luncheon.
- ◆ From Elaine Freedman, in memory of Rosalie Hessing.
- ◆ From Eugene Bagoon, in honor of Dorothy Leonard's yahrzeit.
- ◆ From Eugene Bagoon, in honor of Oswald Leonard's yahrzeit.
- ◆ From Barry and Maxine Jacobsen.
- ◆ From Bea Buder, in memory of Harold Buder's yahrzeit.
- ◆ From Sharon Silver, in memory of Harold Buder's yahrzeit.

### **To the Choir Fund**

- ◆ From Naomi Rice, in memory of Katherine Wilkenfeld.
- ◆ From Naomi Rice, in memory of Steve Robby.
- ◆ From Wendy Wilson, in honor of Carry Cohn, to wish her a full and speedy recovery.

### **To the Education Fund**

- ◆ From Carol Klein, in memory of her aunt Betty's yahrzeit.
- ◆ From Iris Bachman, in honor of Carry Cohn, and to wish her quick improvement and a speedy recovery.

### **To the Oneg Fund**

- ◆ From Cheryl Meyers, in memory of Nicholas Meyers' yahrzeit.

***We appreciate  
our generous donors!  
Thank you for sustaining CBS!***

## November Yahrzeits

Sally Alcalay	Robert Karsh
Alfred Alperin	Esther Labovitz
Stephen R. Blue	Maurice Lipp
Richard P. Blum	Sarah Lord
Clara Wagner Cohn	Harold Mandell
William Frey	Morris (Moe) Marcus
Jack Hyman	Minnie Miller
Janet Jacobs	Robert Isaac Patent
Linda Joseph	Min Silverman
David Kaplan	Izzy Smith
Doris Kirchheim	Charles Sufrin
Peter Meyer	Jennie Green
Lydia Pofcher	Emanuel Lewis
Mary Prince	Joseph Mandez
Jeannette Rosen	Norman Seidenwurm
Carl Richard Rubin	Kathleen Tatum
Bill Thornburg	N. Bryce Zarit
Sophie Wasserman	Lorraine M. Babitz
Rebecca B Weinschenker	Sam Edelstein
Franklin Williams	Isidore Gomberg
Samuel Azen	Ethel Greenstein
Melvin J. Bloom	Esther Anna Kalloff
Irving "Mike" Dickstein	Judy Madieros
Ruth Dushkin	David Malkin
Jessie Fabish	Robert Porter
Lillian Finkle	Ann Rosen
Milton Gennis	
Dorothy Hill	

### Parashot

### Candle Lighting

Friday, November 4/4 Heshvan	<b>5:43 pm</b>
	<b>Noach</b> <b>Genesis 6:9-11:32</b> Haftarah: Isaiah 54:1-55:5
Friday, November 11/ 11 Heshvan	<b>4:37 pm</b>
	<b>Lekh Lekha</b> <b>Genesis 12:1-17:27</b> Haftarah: Isaiah 40:27-41:16
Friday, November 18/18 Heshvan	<b>4:32 pm</b>
	<b>Vayera</b> Genesis 18:1-22:24 Haftarah 11 Kings 4:1-37
Friday, November 25/ 25 Heshvan	<b>4:28 pm</b>
	<b>Chayei Sarah</b> <b>Genesis 23:1-25:18</b> Haftarah: 1 Kings 1:1-31



## Remember a Loved One with a Yahrzeit Plaque

Only \$250.00  
Contact [office@cbshalom.org](mailto:office@cbshalom.org)  
for guidelines and details.



**CBS offers meditation**  
every Thursday from 1:30 – 2:45  
and the second Friday night of every month  
from 6:45 – 7:20.

For more information contact  
Lisa Bertaccini at [lisabertaccini@gmail.com](mailto:lisabertaccini@gmail.com)  
or (916)715-4988.

Postage

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### Beth Shalom Contribution Tribute Donation Form

The enclosed is: ( ) a deposit to my individual tribute account  
( ) a designation of \$\_\_\_\_\_ from my tribute account to \_\_\_\_\_ Fund.  
( ) a contribution to the \_\_\_\_\_ Fund.

In memory/honor (circle one) of \_\_\_\_\_

**Please acknowledge:**

Name: \_\_\_\_\_

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

City, State Zip \_\_\_\_\_

**Donor:**

Name: \_\_\_\_\_

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

City, State Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

- General Support Fund • Rabbis' Discretionary Fund
- Education Program Funds • Catherine Bos Music Fund • Lester Gould Library Fund • Beautification Fund
- Unjericho Fund • Memorial Board • Rachel Melamed Storytelling Fund
- Youth Programs Fund • Religious Practices Fund • Other

Thank you for making a tribute to Congregation Beth Shalom in memory or honor of an individual. To insure proper recognition, please use this tribute form when sending your tribute. Thank you! *CBS Sisterhood Tribute Chair*

**Please return completed form to Temple Office**