



The Menorah

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Notes from the Rabbi: Ethan Seidel Eating Out Kosher/Vegetarian

There are a number of good reasons to keep kosher that, combined together to varying degrees (depending on each of our souls) are enough to bring us to observe this mitzvah. Sanctifying our pleasures, reminding ourselves of our blessings, teaching ourselves (and our children) self-restraint, linking ourselves with our ancestors—these are just a few of the main reasons that inspire us to keep kosher.

But another of the most compelling reasons for those of us who keep kosher is community cohesiveness. Our food restrictions lead us to eat more readily with those familiar with our requirements. As Conservative Jews, we don't take this to the logical extreme, so we do in fact eat

with non-Jews. However, we understand that our community will thrive only if we regularly hang out with other Jews.



This is true especially in our homes, when we invite others to share our festive meals. But it is true also when we eat out. Just this week, Rachel and I went to Baltimore to visit a museum there, and we had dinner at Umami, a relatively new Chinese/Japanese Kosher restaurant in Pikesville.

(Continued on page 2)

Presidentially Speaking: Susan Catler Food for Thought

Passover is coming. My thoughts are on food again. Monday lunch at TI and sharing seder meals.

If you haven't tried our Monday lunch program yet, I encourage you to do so in March. On the 1st, 8th and 15th, and April 19th, Rabbi Seidel will be talking after lunch on Four "Post-Modern" Talmudic Stories.



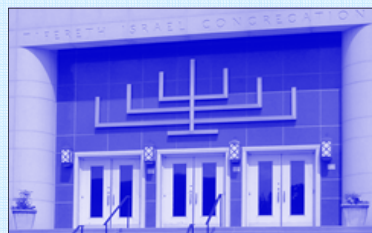
In October we started serving lunch on Mondays and scheduling varied programming before and after lunch.

Some people come before lunch for the Rabbi's *Parashat HaShavuah* discussion or to attend the Job Club and stay for lunch. Others arrive at lunchtime and stay for the program after lunch. Still others just come for lunch. Different people drop in

each week. Monday lunch is providing another opportunity for us to share a meal with, and get to know, other Tiers.

Every year Rabbi Seidel plays matchmaker at Passover. People call or e-mail him to offer places at their seder table or to seek a seder to attend. While hosts are always needed, so are guests. Please, if you will

(Continued on page 9)



Notes from the Rabbi (continued)

It was jammed, but as we waited in line, we struck up a very nice conversation with another couple (who even helped me with the Times Crossword Puzzle!). The whole experience was a pleasant combination of *heimish* and eating-out. And the food wasn't bad, either!

Some of us eat in any restaurant, taking care not to eat out-and-out *treif* (whatever our definition might be). But those of us who are stricter eat out only in Kosher or (like myself) strictly vegetarian restaurants. Now such a standard may be too strict for many in the congregation. "Rabbi, there are so many restaurants to try out there, and you want us to limit ourselves to a handful?"

I take the point, but here's my suggestion nevertheless: why not periodically patronize establishments where you're more likely to meet other Jews? Another reason to patronize the many good Kosher and vegetarian options in the area is that these restaurants are often touch-and-go financially, and are dependent on your patronage.

The Menorah

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I particularly note that one of the nicest vegetarian restaurant in town, Vegetate, closed recently, albeit amidst promises to open again in a better location.

Here are some Kosher and vegetarian restaurants in the area that I recommend:

Kosher Fleishig

Eli's, 20th & N Sts., NW. Not bad.

Max's, 2319 University Blvd., Wheaton, MD. Like a kosher McDonalds, but with very good felafel and excellent schwarma.

Pita Plus, in College Park. I haven't been there under the new ownership but I hear it's good.

The Pomegranate, in Cabin John Mall. Pretty good, though expensive; we go a few times a year to celebrate something.

DCJCC Café, 16th & Q Sts., NW. I haven't been to the place since the new owners took over, but I presume it's as good as the old one was.

Kosher Milchig

Kosher Pastry Oven, in the Kemp Mill Shopping center. Good; not expensive.

Maos, 1817 M St., NW. The newest in this list, almost as good felafel as Max's, and definitely worth a lunch visit if you work downtown.

Vegetarian (but not under Kosher Supervision)

Indian:

Nirvana, 18th & K Sts., downtown. Very nice.

Udupi Palace, 1329 University Blvd., in Langley Park. Good, not expensive.

Woodlands, 8046 New Hampshire Ave, in Langley Park. Also good, even cheaper.

Asian:

Sunflower, now at two locations in Virginia. The original on 2351 Chain Bridge Rd is quite good, while the recently opened branch at 6304 Leesburg Pike seemed almost as good. It is "worth the trip" to eat there.

Vegetable Garden, 11618 Rockville Pike. Good.

Yuan Fu, 798 Rockville Pike, farther up the pike, close to Rockville. Quite good.

Java Green, 1020 19th St., NW. Nice lunch place.

These are my favorites. There are others I have not mentioned. You can find them all on the web. The local Kosher restaurants can be found at: <http://shalomdc.org/page.aspx?id=110705>. The local vegetarian restaurants (you'll be surprised by how many there are!) are listed at: <http://www.vegdc.com/restaurants.php?type=veg>.

Department of Lifelong Learning: Lynn Golub-Rofrano Adult Education

Monday Learning Program

We have a special afternoon program for March. Rabbi Seidel will lead four sessions on Post-Modern Talmudic Stories.

We're tempted to think that our modern philosophies lie outside the imagination of the Talmudists, especially if we study Talmud only in carefully selected anthologies. Actually, the relativism, confusion, acknowledgment of chaos, and distrust of authority that characterize the post-modernist ethos can be found in the unsettling stories we will study in this class.

The class meets after lunch from 1:00-2:00 p.m. on March 1, 8, and 15, and April 19.

Film Presentation

On March 22, after lunch, the movie *Little Traitor* will be shown. This film is a semi-autobiography of author Amos Oz during the time of the British Occupation in Mandatory Palestine.

Mitzvah Knitting

Do you knit or crochet? Would you like to learn? Join us on March 1, 7:00-9:00 p.m., as we share tips and ideas while creating projects for those in need. Last month we worked on projects which we sent to Afghans for Afghans. We will consider new charity recipients when we next meet.

Rosh Hodesh Drumming Circle

This month's session will be held across the street at Ohev Sholom on March 14, 6:00-7:00 p.m. Grab a drum, tambourine, coffee can or any other percussion instrument and join us to welcome in the new month with music! No experience or training is necessary and if you don't have an instrument there are always extras for you to play.

Often we swap instruments so we can try different ones. I guarantee you will have a great time and a unique experience. The last drum circle of the year will be held at TI on May 16. Save the date.

Book Discussion

On April 25 we will discuss *Sarah's Key*, by Tatiana de Rosnay, in commemoration of *Yom Hashoah*. This book fits well into the year's adult education theme of ethics. It tells the story of a journalist who stumbles onto a trail of long-hidden family secrets when asked to write an article on the 60th anniversary of a roundup of Jews in Paris.

I look forward to hearing your thoughts and ideas when we meet next month.

Funeral Practices Committee Always On-Call

Chaverim of the Funeral Practices Committee are on call to provide counsel and services to synagogue members and their dependents. Prior to contacting the funeral home, please contact one of the following chaverim, Rabbi Seidel, or the TI office (202-882-1605).

Shelly Heller h: 301-942-1836
w: 202-242-6698

Jeff Davidson h: 301-593-1335

David (Judy) Cohen h: 301-652-2872

Marcia Goldberg h: 301-589-0352

Department of Lifelong Learning: Lynn Golub-Rofrano Himmelfarb Religious School & Youth Activities

Himmelfarb Happenings

Our second Himmelfarb School Family Service this year will take place on March 13 at 10 a.m. We designed this service to permit **all** children in the congregation to have the chance to lead Shabbat Services.

If your children are in day school and you want them to help lead or participate in the service please contact me or Kim Levone. We will be sure to give them an active role in the service.

On March 14, Kitah Zayin, our 7th grade, is serving dinner at the Luther Place Shelter. This annual *tzedekah* project offers the students the opportunity to provide food and conversation for the women in the shelter.

They learn about the programs there and how they can be involved in future *tzedekah* activities with their families. If you have a 7th grade day

school student who would like to join us please let me know and I will incorporate your child into our program.

Youth Group News

USY and Kadima

On March 20 we are inviting USY and Kadima members to attend services and have Shabbat lunch together. Following lunch and benching we will walk to Rafi's apartment complex and play volleyball. Afterward we will have snacks, play some board games and then return to TI for a ping pong tournament. The program concludes with *Havdalah*.

Parents, pick up the teens at the synagogue. Please watch for the flyer with complete details.

Bonim

Join Bonim (grades K-2) on March 21 from 12:15-2:30 p.m. for a Pre-

Pesach party! We need parents to help drive us to Coldstone Creamery at about 1 p.m., where we will get our fill of *chametz* while taking a tour of the Creamery in Silver Spring.

We will learn how the ice cream is made and stored, where they get the ideas for the fancy flavors, and how to mix in the fixings. We might even get to mix and create our own Ice Cream flavors!

In the spring, Bonim will also be going to see the show *The Red Balloon*, a warm story about a little boy and his special red balloon, at Glen Echo. The date will be either April 18 or May 16. Look out for an email; we will be purchasing tickets soon!

Machar

Machar is scheduled to go bowling on March 21. We will need parents to help with driving. Watch for a flyer with more information.

A Man of Honor Debra Shleien

On March 20, Bernie and I will mark our 50th wedding anniversary at the Kiddush. In celebration, I offer this tribute to Bernie. The text has evolved over the decades in response to the challenges of "A Woman of Valor," as well as the experiences of life with such a remarkable man. Join us, and the other March celebrants, to share our

A Man of Honor, who can find?
For his price is far above emeralds.
The heart of his wife does safely trust in him,
And she has no lack of comfort.
He does her good and not evil all the days of his life,
He gives sustenance to his household,
And a portion beyond his gates.

Strength and humor are his garments,
And he faces the future with courage.
He opens his mouth to speak justly,
And words of compassion come from his heart.
He looks well to the ways of his household,
And knows not of sloth and gluttony.

His children rise up and call him blessed,
His wife also and she praises him:
Many have done faithfully but thou exceedeth them all.

Charm is empty and flesh is fleeting,
But a man that does the work of the Lord
Shall be praised.
Give him of the fruit of his hands,
And let his works praise him in the gates.

March 20, 1960-March 20, 2010

A Simchah in the Snow

Ira Forman

There are so many mixed emotions when you are planning a Bar or Bat Mitzvah. Almost one year ago, when we began preparing for our twins' (Jacob and Hannah) B'nei Mitzvah, we felt confident the process would be easy. After all, we had already organized Reuben's TI Bar Mitzvah just two years before.

In late December 2009 our hearts went out to our twins' JDS classmates who had to cope with the December 19 snowstorm on the day of their B'nei Mitzvah. As our family split up and struggled to get to two sets of services we told ourselves how important it was to show support and attend.

We also secretly felt relief that the snow had come in December. After all, Washington, DC never has two big snow falls in a season.

February 6's Historic Snowfall

As it turns out our B'nei Mitzvah were scheduled for February 6, 2010. This date will go down as the fourth largest snowfall in recorded history at Reagan National Airport and the largest recorded snowfall at Dulles Airport.

As the forecast grew more ominous we postponed the Saturday night party. Then some family and friends from out of town called to say they just couldn't make it.

Initial Family Reactions

Our first reactions were disbelief, annoyance and sadness. How could this happen to Hannah and Jacob after they worked so hard? Why us? I must admit a couple of times I even unfairly thought "why couldn't everyone make a heroic effort to be with us on our *simchah*."

The second reaction was "we can make lemons out of lemonade." We told our twins that this would be an adventure, and that their B'nei Mitzvah were going to be so special because of the storm of a century.

SUV's to the Rescue

Then we searched for four-wheel drive vehicles to chauffeur us, our out-of-town family/friends and our kids' JDS/JPDS friends to *shul*. Yes, it was a bit ironic that our "salvation" required getting rides for people on Shabbat. I rationalized this as particularly appropriate as we are committed members of the Conservative movement, which strives to conserve tradition, yet not reject modern culture.

My wife, Caryn Pass, is the organizer *extraordinaire* in our household. She found the four-wheel drive SUVs and drivers, and then stayed up until all hours setting up pick-ups and informing adults and kids of their pick-up schedules.

The TI Community Responds

However, it was not just our "can do" attitude that saved the day. The TI team pitched in. Roz Kram worked with us to flexibly downsize our Friday night dinner at the *shul* and the Shabbat Kiddush luncheon. Even more importantly, she arranged to stay in the neighborhood on Friday night so there would be a meal on Saturday.

Rabbi Seidel and the TI staff, from David Mackoff to Steve Ross, also went out of their way to make sure the synagogue was accessible and welcoming to congregants and guests on Saturday morning. Our fellow congregants also rose to the occasion.

Rachel Seidel offered up her home to the Forman/Pass clan and she and others helped Roz with the food prep, leaving the service to make sure our Kiddush was a success. People on the TI listserve offered to drive our guests on Saturday morning.

But the biggest heroes in our eyes were our family, friends and fellow congregants who braved the crazy weather to be with us. The extended Pass family, led by Bubbe Cookie, traveled from Baltimore. Bubbe Sylvia is 88 and is having more trouble walking but there was nothing that was going to keep her from coming.

Many Walked to Shul

Stan Dorn walked three miles from his home to lead *Shacharit* for us. The Verschells walked from Takoma Park. Many other regular TI daveners walked to *shul* and JDS/JPDS parents put their children (and in some cases themselves) into our SUVs to drive on one of the worst snow days in history.

By 10 a.m. when the Torah service started there were more than 60 people at TI, and by 11, over 100. Maybe we are prejudiced but it seemed like there was a special spirit present when we davened that morning. And of course, we could not have been more proud of Hannah and Jacob.

Back in Pikesville the following week Bubbe Cookie kept hearing from her friends who told her that they had heard through the Baltimore Jewish grapevine of the wonderful Bar and Bat Mitzvah that were attended by so many in the teeth of the storm. It was truly a day the Forman/Pass clan will never forget.

Tifereth Israel in the Snow



Hadashot Shelanu-Our News

Julie Steinberg

Hadashot is delighted to announce the following births:

Jessica and **Adam Perlmutter** welcomed daughter Abigail Leah on January 25.

Laura Schiavo, Stephen Burd, and sister **Hannah** welcomed daughter **Leah Elena** on January 31. She weighed 8 lbs., 3 oz., and kept her parents especially busy during February's snowbound days.

Pearl and **Larry Schainker** are the proud grandparents of Liav Ranell, born December 23 to Rachel Shanava, her husband, Yossi, and sister, Ella.

Libbey Sussan, sister of **Mollie Berch**, turned 101 on January 21!

Jennifer Kefer, with much logistical help from TI friends, traveled to Kenya and Zanzibar. She visited a home for HIV orphans, stayed in a Luo village without plumbing or electricity, explored the Kakamega rainforest and the beaches of Zanzibar, and went on safari!

Tlars **Barbara** and **Howard White** and **Marcia Goggin** visited Israel this winter.

Rachel Meytin spent eight days at Bar Ilan University in Tel Aviv in late December as part of a fellowship. She also toured with an archaeologist, getting a fascinating lesson on the history of Israel.

Diane Zeller visited Estie Alamu, a former TI member who returned to Israel about two years ago, and attended *shivah* for Estie's mother, with help from Dalit (**Martin Kessel's** daughter). Ethiopian traditions differ from those here; for instance Estie's

family roasted lambs for a large feast on the last day. Estie now works in Israel and Ethiopia, helping the "approved" Falash Mura make Aliyah. She sends sincerest best wishes to all of her friends at TI.

Diane also spent time with **Carolivia Herron**, who autographed her new book for Diane's four grandchildren in Modiin.

Lack of funding for **Paula Tucker's** leadership position at the Gallaudet Hillel is discussed in the article "Gallaudet Roller Coaster? Jewish Students Face Downside-Upside Scenario," published by the *Washington Jewish Week* on December 23.

Ethan Seidel encourages those converting to Judaism to maintain family relationships in the article "OK to Sing Carols? Converts Discuss Navigating First Christmas as Jews," published by *Washington Jewish Week* on December 30. **Sara Goldberg** and Emily Halper were featured in the article.

Caryn Pass, Ira Forman and **Hannah Forman** were quoted in the *Washington Jewish Week* article "Sno(y)w Vey," published February 11. **Jacob Forman's** photo appears at the top.

The article, about *simchahs* occurring in the midst of the Washington-area snowstorm, discussed the family's efforts planning transportation to Jacob and Hannah's b'nei mitzvah.

Howard Gleckman wrote the article "It's Time To Coordinate Care For The Disabled and Frail Elderly," published by *Kaiser Health News* on January 4. This article illustrates the



problems with separate Medicare and Medicaid programs through a story about a potential user of both.

Empower Magazine published "Mission Accomplished: **Carolivia Herron** (African American Jewish Author and Professor)" on February 3. In her interview, Carolivia talks about her ancestors, her books, her work in DC schools, and other topics.

Hadashot is sad to report the following deaths:

Cesia Ratner, mother of **Marcia Goggin**, December 24;

Nathan Landay, father of **Alan Landay**, January 15;

Pauline Natter, age 100, mother of **Ray Natter**, January 21;

Rose Murdock, wife of **Myron Murdock**, January 27; and

Beth Shulman, wife of **Ernie Englander** and mother of 10-year old **Aaron Englander**, February 5.

I look forward to hearing from you about your accomplishments, travel, news, publications, special events, and stories. Send information to me at jsteinberg2@zzapp.org with *Hadashot* as the subject, or give me a call.

Social Action at Tifereth Israel

Claudine Schweber

The Jews of Ethiopia, Part 2

Please join us at 7:00 p.m. on March 7, at the home of Mike and Lisa Kraft (again, our wonderful hosts), for the French film, *Operation Moses*.

It portrays the actual secret transport of approximately 8,000 Beta Israel to Israel from the Sudan, from November 1984 to January 1985. **Princeton Lyman** got a copy of this unique film and will lead the discussion, a follow-up to our very successful event several months ago in which he presented slides of Ethiopian Jewry in the 1980's.

And a special extra attraction: **Johannes Zeleke** will share photos and history of his life in Ethiopia. Please join us!

Passover Food delivery

Every year on the Sunday before Pesach we deliver food packages to the homebound, seniors, immigrants, and others in need in our area. TI members who volunteer for this worthy project pick up a shopping bag of food at TI on Sunday morning, March 28, as well as the address and directions for the recipient. It's a wonderful family opportunity to share with others, and the kids really like it!

Please contact **Ray Natter**, the coordinator, or the TI office if you want to participate.

Frequently Asked Questions

What does it really mean to participate in one or more of our dozen projects?

We frequently get questions about what's really involved. Here is the social action version of *Bintel Brief- Dear Abby* for two projects: the Martha's Table Van Run and Shepherd School tutoring.

Martha's Table

Gene Herman, coordinator (Gene511@aol.com).

Question: I've heard that families can participate at the Martha's Table Van Run. Are there a lot of people waiting for food and do they crowd around the van or stand in line? How does this work? What could my child age 8 really do?

Answer: First, people tend to line themselves up one behind the other as they arrive, and they come to the van to pick up sandwiches, dessert, fruit (side door) and soup (back door).

Second, kids usually get the most popular job—giving out desserts. Your child would sit in the van, and hand out 1-2 desserts to each person from a big basket that may have pie, cookies, muffins, pastry or chocolate brownies (the most popular). This is lots of fun and important, since dessert tends to be a favorite and the person giving this out gets lots of smiles and thank you's. Another job is handing out the fruit to each person on line—this is also very popular, since fresh fruit is very welcome.

Question: Our family would like to participate in the Martha's Table Van Run. Do we have to sign up for every month? I cannot make that kind of commitment since we have soccer, basketball, school projects at different times during the year.



Answer: No, you can identify the month or months you will be available. Just let Gene Herman know.

Question: Can I bring more than one of my children?

Answer: Yes, we'll make sure that there'll be something for each of them to do. Keep in mind that the youngest age that makes sense is 7 or 8. Check with Gene to be sure.

Shepherd Park School Tutoring

Dan Nathan coordinator (dananddori@verizon.net)

Question: I'm really good in math, and I like talking with young kids, and I need community service credits. A friend of mine told me to volunteer as a tutor for the Shepherd Park Elementary School project. I am 14. Is this something I can do? And what would I actually be doing?

Answer: Wow—being good in math is really terrific. The kids at Shepherd Park need that kind of help. Yes, you can be a tutor. Some people do this as part of their bar/bat mitzvah project, others later on. You would tutor a child in grades 2-6 about math facts or times tables or long division, depending on their grade.

Other volunteers have also tutored in reading or homework help. Tutoring is done at TI on Sundays. YES, you can get community service credit.

(Continued on page 9)

Upcoming Friday Night Minyan Assignments

March 5

David & Janice Mehler
 Alexander & Danielle Meitiv
 Jacob Melamed
 Stephen J. & Florence G. Meltzer
 Bruce Melzer & Robyn Urbach
 Ethan Merlin & Joelle Novey
 David & Dana Mermelstein
 Rabbi Sarah & Rachel Meytin
 Josephine Mickelson
 Elaine Miller

March 12

Neile Miller
 Kenneth Morris & Terri Zall
 Philip Abraham & Naomi Morse
 Sammie Moshenberg
 Myron Murdock
 Jonah & Stephanie Murdock
 Beth Naftalin
 Daniel Nathan & Dori Bernstein
 Ray & Adele Natter
 Sheridan & Dana Neimark

March 26

Stephen Nelson & Leslie
 Goodman-Malamuth
 Mark Novak & Renee Brachfeld

Lee & Hedy Ohringer
 Beila Organic
 Sarah Osborne
 Larry Paul & Joye Newman
 Stella Peck
 Fylis Peckham
 Melissa Perera
 Adam & Jessica Perlmutter

April 9

Jeff & Cynthia Peterman
 Michael Pitch & Elaine Weiss
 David Pollock & Judy Kirpich
 Aron & Karen Primack
 David & Laurel Rabin
 Glenn Rapoport
 Jaqueline Ratner
 Marisol Ravicz
 Naomi Reem
 Elnatan Reisner & Lianna Levine
 Reisner

April 16

Jay Renbaum & Shannah Koss
 Arnold & Naomi Revzin
 Ruth Reynolds
 Morris & Judy Rodenstein
 Joseph Rofrano & Lynn Golub-
 Rofrano

Charles Rombro & Pamela Stone
 Elliot Rosen & Sharon Cohen
 Merilee Rosenberg
 Jerome & Shirley Rosenberg
 Aviel Roshwald & Alene Moyer

April 23

Ari Roth & Kate Schecter
 Marc Rothenberg & Ivy Baer
 Robert Rovinsky & Renana Brooks
 David & Stephanie Rubin
 Loretta Vitale Saks
 Georgina Salmon
 Shelby Sanett
 Lawrence & Pearl Schainker
 Eric & Shira Schectman
 Steven Schlesinger

April 30

Michael & Mical Schneider
 Keith Secular & Susan Catler
 Yvonne Shashoua
 Bernard & Debra Shleien
 Richard & Marjorie Siegel
 David Silber & Eileen Rose
 Morton Simon
 David & Rona Siskind
 Audrey Smith
 Frank Solomon

Social Action (continued)

Question: Would I work with the same student all the time? I'd be nervous about changing students each week. And how long is the commitment?

Answer: You would be tutoring the same student so you can develop a good relationship. Since you are working with someone continuously, it's expected that you will do this for

a semester or school year. Talk with Dan Nathan if problems come up.

Do you have questions about the reality of participating in any of our projects? Just call or email Gene Herman, Claudine Schweber or the project coordinator. Next month, more questions and answers.

President (continued)

not be with family or friends for Pesach, join with another TI family for seder.

We have gotten to know really interesting people when we included them at our seders, people whom we otherwise might not have met. And our seders are more interesting when new people participate.

Kol Nashim

Paula Flicker



Thank you to all the Kol Nashim members who participated in the service on January 16. Everyone did a beautiful job, from Margie Odle, floor gabbai, to our Torah and Haftorah readers and service leaders. Adele Natter not only lined up participants, but also read a Torah portion.

On January 24, Kol Nashim hosted Galit Baram, Counselor for Public, Cultural, and Academic Affairs at the Embassy of Israel. Ms. Baram gave an excellent, presentation on "Israeli Women and Women's Rights."

Kol Nashim Mourns the Passing of

ROSE MURDOCK

Kol Nashim Board member, fellow congregant, *Me'ah* student, inspiration and friend. We will miss her good nature, her kindness, her calm, and her willing hands.

May her memory be for a blessing.

We thank Shirley Rosenberg, who arranged this program.

Upcoming Programs

On March 7, from 10:30 a.m. to 12:30 p.m., Kol Nashim presents Sheilah Kaufman, cooking teacher and writer, who specializes in easy cooking drawn from cuisines around the world. She will speak on "Taking the Fear out of Cooking and Entertaining" and share her know-how, demonstrating how to prepare several appetizers and desserts. And there will be tasting!

Take this opportunity to learn new techniques and recipes for kosher, vegetarian, freezable, healthful foods. Some of Ms. Kaufman's books will be available for sale.

Looking ahead, in May Ben Fassberg from the Jewish Genealogy Society of Greater Washington will discuss "Are there horse thieves in your family tree? Or how to find out." You do not have to have a burning desire to track your family tree to come.

Tifereth Israel Highlights in March

- | | |
|--------------------------|---|
| March 1 | Post-Modern Talmudic Stories, 1:00-2:00 p.m.
(continues on March 8 and 15 and April 19) |
| March 1 | Mitzvah Knitting, 7:00-9:00 p.m. |
| March 7 | Operation Moses Film, 7:00 p.m. (at Krafts' home) |
| March 7 | Kol Nashim Cooking Demonstration, 10:30 a.m.-12:30 p.m. |
| March 13 | Himmelfarb School Family Service, 10:00 a.m. |
| March 14 | Rosh Hodesh Drum Circle, 6:00-7:00 p.m. (at Ohev Sholom) |
| March 20 | USY/Kadima Volleyball, after services and lunch |
| March 21 | Bonim Pesach Party, 12:15-2:30 p.m. |
| March 21 | Machar Bowling, time to be determined |
| March 21 & 28 | Sale of <i>Hametz</i>, after morning minyan |
| March 22 | <i>Little Traitor</i> Film, after lunch |
| March 28 | Pesach Food Delivery, in morning |

Tifereth Israel Rabbinical Guide for Pesach

The following guide is adapted from a guide prepared for the Rabbinical Assembly Committee on Jewish Law and Standards by Rabbi Mayer Rabinowitz. I have made a few changes, eliminating a few of the recent leniencies (which permitted some packaged milk products without a hechsher.) If you'd like to see the original, you can find it on the the Rabbinical Assembly Website, <http://www.rabbinicalassembly.org/docs/Pesah%20Guide%202005.rtf>. Have a happy and kosher Pesach! —Rabbi Seidel

The Torah prohibits the ownership of *hametz* (leaven) during Pesach. Therefore, we arrange for the sale of the *hametz* to a non-Jew. The transfer, *mekhirat hametz*, is accomplished by appointing an agent, usually the rabbi, to handle the sale. I will assist congregants in the sale of their *hametz* after minyan on March 21 and 28, the two Sundays before Pesach.

This is a valid and legal transfer of ownership. At the end of the holiday, I will arrange for the reversion of ownership of the now-permitted *hametz*. If ownership of the *hametz* was not transferred before the holiday, the use of this *hametz* is prohibited after the holiday as well (*hametz she-avar alav ha-Pesach*).

Rules Governing *Hametz*

Since the Torah prohibits the eating of *hametz* during Pesach, and since many common foods contain some admixture of *hametz*, guidance is necessary when shopping and preparing for Pesach.

During the eight days of Pesach, *hametz* cannot lose its identity in an admixture. Therefore, the minutest amount of *hametz* renders the whole

admixture *hametz* and its use on Pesach is prohibited.

However, during the rest of the year, *hametz* follows the normal rules of admixture, i.e. it loses its identity in an admixture of one part *hametz* and sixty parts of non-*hametz* (*batel beshishim*). This affords us the opportunity to differentiate between foods purchased before and during Pesach.

What follows is a general guideline. However, feel free to consult me when any doubt arises. *Kosher le-Pesach* labels that do not bear the name of a rabbi or one of the recognized symbols of rabbinic supervision, or which are not integral to the package, should not be used without consulting me.

Prohibited Foods

Prohibited foods include the following: leavened bread, cakes, biscuits, crackers, cereal, coffees containing cereal derivatives, wheat, barley, oats, spelt, rye, and all liquids containing ingredients or flavors made from grain alcohol.

Most Ashkenazic authorities have added the following foods (*kitniyot*) to the above list: rice, corn, millet, legumes (beans and peas; however, string beans are permitted). The Committee on Jewish Law and Standards has ruled unanimously that peanuts and peanut oil are permissible.

Some Ashkenazic authorities permit, while others forbid, the use of legumes in a form other than their natural state, for example, corn sweeteners, corn oil, soy oil. Sephardic authorities permit the use of all of the above. Consult me for guidance in the use of these products.

Permitted Foods

A. Foods requiring no KP label if purchased before Pesach. The following foods require no *kosher le-Pesach* label if purchased prior to Pesach: unopened packages or containers of natural coffee without cereal additives (however, be aware that coffees produced by General Foods are not kosher for Passover unless marked KP), sugar, pure tea (not herbal tea), salt (not iodized), pepper, natural spices, frozen fruit juices with no additives, frozen (uncooked) vegetables (for legumes see above), milk, frozen (uncooked) fruit (with no additives), baking soda.

B. Foods requiring no label whether purchased before or during Pesach. The following foods require no *kosher le-Pesach* label if purchased before or during Pesach: Fresh fruits and vegetables (for legumes see above), eggs, fresh fish and fresh meat.

C. Foods requiring label whether purchased before or during Pesach. The following foods require a *kosher le-Pesach* label if purchased before or during Pesach:

All baked products (matzah, cakes, matzah flour, farfel, matzah meal, and any products containing matzah);

Canned or bottled fruit juices. These juices are often clarified with *kitniyot* which are not listed among the ingredients. However, if one knows there are no such agents, the juice may be purchased prior to Pesach without a *kosher le-Pesach* label;

Canned tuna since tuna, even when packed in water, has often been processed in vegetable broth and/or hydrolyzed protein. However,

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Tifereth Israel Rabbinical Guide for Pesach (continued)

if it is known that the tuna is packed exclusively in water, without any additional ingredients or additives, it may be purchased without a *kosher le-Pesach* label;

Wine, vinegar, liquor. Oils. dried fruits, candy, chocolate flavored milk, and butter;

Cottage cheese; cream cheese; ripened cheeses such as cheddar (hard), muenster (semi-soft) and Camembert (soft);

Ice cream; yogurt and soda.

D. Foods requiring label if purchased during Pesach. The following processed foods (canned, bottled or frozen) require a *kosher le-Pesach* label if purchased during Pesach: milk, juices, vegetables, fruit, spices, coffee, tea, and fish, as well as all foods listed in category C.

Detergents. If permitted during the year, powdered and liquid detergents do not require a *kosher le-Pesach* label.

Medicine. Since *hametz* binders are used in many pills, the following guidelines should be followed: If the medicine is required for life sustaining therapy, it may be used on Pesach. If it is not for life sustaining therapy, some authorities permit, while others prohibit. Consult me. In all cases, capsules are preferable to pills.

Kashering of Utensils

The process of kashering utensils depends on how the utensils are used. According to *Halakhah*, leaven can be purged from a utensil by the same process in which it was absorbed in the utensil (*ke-voleo kakh poleto*). Therefore, utensils used in cooking are kashered by boiling, those used in broiling are

kashered by fire and heat, and those used only for cold food are kashered by rinsing.

A. Earthenware. China, pottery, etc., may not be kashered. However, fine translucent chinaware which has not been used for over a year may be used if scoured and cleaned in hot water.

B. Metal (wholly made of metal). Utensils used in fire (spit, broiler) must first be thoroughly scrubbed and cleansed and then made as hot as possible. Utensils used for cooking or eating (silverware, pots) must be thoroughly scrubbed and cleaned and completely immersed in boiling water. Pots should not be used for a period of at least 24 hours between the cleaning and the immersion in boiling water. Metal baking utensils cannot be kashered.

C. Ovens and ranges. Every part that comes in contact with food must be thoroughly scrubbed and cleaned. Then, oven and range should be heated as hot as possible for a half hour. If there is a broil setting, use it. Self-cleaning ovens should be scrubbed and cleaned and then put through the self-cleaning cycle. Continuous cleaning ovens must be kashered in the same manner as regular ovens.

Microwave ovens, which do not cook the food by means of heat, should be cleaned, and then a cup of water should be placed inside. Then the oven should be turned on until the water disappears. A microwave oven that has a browning element cannot be kashered for Pesach.

D. Glassware. Authorities disagree as to the method for kashering drinking utensils. One opinion requires soaking in water for three days, changing the water every 24 hours. The other opinion (and I agree with this leniency) requires

only a thorough scrubbing before Pesach, or putting them through a dishwasher.

E. Glass Cookware. There is a difference of opinion as to whether it is to be kashered. One opinion is that it must be kashered. After a thorough cleansing, there should be water boiled in it which will overflow the rim. The other opinion is that only a thorough cleansing is required.

F. Glass Bakeware. Like metal bakeware, it may not be kashered.

G. Dishwasher. After not using the machine for a period of 24 hours, a full cycle with detergent should be run.

H. Electrical Appliances. If the parts that come into contact with *hametz* are removable, they can be kashered in the appropriate way. If metal, follow the rules for metal utensils. All exposed parts should be thoroughly cleaned. If the parts are not removable, the appliance cannot be kashered.

I. Tables, Closets and Counters. If used with *hametz*, they should be thoroughly cleaned and covered, and then they may be used.

J. Kitchen Sink. A metal sink can be kashered by thoroughly cleaning and then pouring boiling water over it. A porcelain sink should be cleaned and a sink rack used. If, however, dishes are to be soaked in a porcelain sink, a dish basin must be used.

K. Hametz and Non-Passover Utensils. Non-Passover dishes, pots and *hametz* whose ownership has been transferred, should be separated, locked up or covered, and marked in order to prevent accidental use.

Tifereth Israel Passover Schedule

Date	Holiday	Activities	Services & Dinners	Time
Sunday, March 21		Hametz Sales - after minyan		10:00 AM
Sunday, March 28		Hametz Sales - after minyan		10:00 AM
Monday, March 29		Office Open until noon	Service & Siyyum for First Born	7:00 AM
Tuesday, March 30	Pesach I	Office Closed	Morning Holiday Service	9:00 AM
Wednesday, March 31	Pesach II	Office Closed	Morning Holiday Service	9:00 AM
Thursday, April 1	Pesach III	Office Open		
Friday, April 2	Pesach IV	Office Open	Carlebach Service & Dinner	6:30 PM
Saturday, April 3	Pesach V		Shabbat Services Youth Services: Shul- time only	9:00 AM 10:00 AM 11:10 AM
Sunday, April 4	Pesach VI		Tot Shabbat	9:00 AM
Monday, April 5	Pesach VII	Office Closed	Morning Minyan	9:00 AM
Tuesday, April 6	Pesach VIII	Office Closed	Morning Service	9:00 AM
Wednesday, April 7		Office Open	Morning Service and Yizkor Service (at 11am)	9:00 AM

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