



Beth Israel Bulletin

ADAR-NISAN 5785



Upcoming Events: MARCH

Special Events

- **03/02:** 9:00 am **Hamantaschen Baking**
- **03/02:** 2:00 pm Gilas Skolnick "**Food Insecurity in Israel**" Join via Zoom (see below for Zoom address)
- **03/09:** 11:00am: "**Esther and the Wonderful Kingdom of AZ**" Presented by the Rabin Religious School. Children's Purim Carnival to follow
- **03/09:** 1:00-4:00 pm **Adults Afternoon Game Day**
- **03/28:** 12-2:00 pm **HILLEL "Navigating Antisemitism on Campus and Beyond"** presented by Cheryl Kabeli. SUNY Plattsburgh TBA

Shabbat Services

- **03/08: 10:00 am:** Shabbat T'filah
 - Oneg by Stephen Cahill in celebration of his 65th birthday
- **03/14: 7:00 pm:** Shabbat T'filah
- **03/22: 10:00 am:** Shabbat T'filah
 - Oneg by Jerry and Janet Davis in celebration of Jerry's 92nd birthday
- **03/28: 7:00 pm:** Shabbat T'filah

MARCH SHAMUS: Leonard Zelkowitz

[View Full Calendar](#)

[Join Via Zoom](#)

FROM THE RABBI

Happy March/Chodesh Tov Temple Beth Israel,

After the seemingly endless frigid winter, I am more than ready to enjoy sunsets after 6pm, sunrises before 7am, spring-training baseball, and the sound of chirping birds. I venture to say that nearly every North Country resident is ready for this season, which has felt more like a year of winter, to reach its final and abrupt conclusion. Yet, let's not be so foolish to prematurely write Mother Nature's obituary. While March 1st marks the beginning of meteorological spring, Father Time laughs at us.

In some years, it's a season of tremendously wild transitions; from the winter snow pack to the spring thaw, we can experience 60-degree days or dangerous Nor'easters. Once, during a field trip to Fenway Park in early April, I watched the Red Sox maintenance crew shovel snow from the bleachers. How could anyone forget the April Fool's Day Blizzard of 1997? In NH, I lost power for two days! Only the novice among us in the North Country foolishly removes the snow plough sticks from their driveway on March 1st.

This should not surprise us. The heart can want what the heart wants, but the head shouldn't be fooled. As hope springs eternal, we can't lower our guard from winter's wrath. For even after the Israelites tasted the sweet air of victorious freedom on the other side of the Red Sea, in reality, the difficult journey had only begun. Freed from the bonds of slavery, liberation no doubt allowed for new found pleasures in life, yet it also offered serious character defining obstacles, brought on by an expanding understanding of one's relationship and responsibility to God, Torah, and humanity. As the Israelites slowly learned only after they departed the tough Egyptian winter, the other three seasons in the desert indeed provide plenty of opportunity for misadventure.

A change of scenery and seasons creates only new challenges. While time progresses in a mostly forward, predictable fashion, human progress is less linear. We have ups and downs. Sometimes we take two steps forward, one step back. Occasionally, two feet of snow falls on your head in late March. Believe me; I am an optimist, just a cautious one. I fully understand and accept that spring, a real spring with graduation parties, weddings, and baseball, will arrive. In the meantime, we can't let our guard down. Please, don't take your snow sticks out of the driveway too soon!!

As we turn the calendar to March, we usher in the Hebrew month of Adar; a time according to our rabbis, when we increase our joy each day. Both March and Adar are no-doubt topsy, twisty months; in like a lion, out like a lamb. It's the most appropriate time to celebrate Purim; a story chalk-filled with wild, unpredictable plot-twists. In Adar, we turn our hearts to revelry and jubilation as we prepare our souls for the raucous celebration known as Purim, which we will celebrate with carnival on Sunday, March 9th . Please consider dressing-up in costume; this year's theme is The Wizard of Oz. We will continue the party with adult games, starting at 1pm.

Chag Purim Samaech,
Rabbi David Joslin

rabbi@plattsburghtbi.org



Join us on March 2nd at 2 PM to hear Gilad Skolnick, from Israel's National Food Bank, talk about Food Insecurity in Israel

- Go beyond the headlines to learn how the war has impacted the food crises
- Learn about incredible innovations in food rescue coming out of Israel
- Find out about the unique challenges facing Israel's various populations, such as Holocaust survivors, Arabs, Evacuees, and more, and how we address them



Join here:

<https://us02web.zoom.us/j/83430400352>

Join Zoom

From the President

Letting go is hard. Change is hard. Getting decently priced eggs right now is hard. Sometimes, it can feel like a world filled with sadness, fear, tragedy, and unhappiness. The TV and media are filled with horror stories, conflict, and hate...antisemitism, bigotry, and division. It is easy to find ourselves fixated on the negatives in the world to say nothing of our own personal challenges, loss, and difficulties. We struggle at times to find rays of sunshine, glimmers of hope and reasons to be optimistic.

Finding optimism in a negative world can be challenging, but it's possible. Here are a few strategies:

1. **Practice Gratitude:** Focus on what you are grateful for, no matter how small. It can shift your perspective and help you see the positives amidst the negatives.
2. **Limit Negative Input:** Reduce exposure to negative news or social media content that brings you down. Instead, seek out uplifting stories or information.
3. **Surround Yourself with Positive People:** Spend time with family and friends who uplift and support you. Positive social connections can boost your mood and outlook.
4. **Focus on Solutions:** Rather than dwelling on problems, focus on finding solutions or taking positive actions, no matter how small.
5. **Mindfulness and Meditation:** Practicing mindfulness and meditation can help you stay present, reduce stress, and cultivate a more optimistic mindset.
6. **Set realistic Goals:** Setting achievable goals and working towards them can give you a sense of purpose and accomplishment, fostering optimism.
7. **Seek Professional Help:** If negativity persists and affects your daily life, consider seeking support to provide guidance and coping strategies.

TBI is a major source of positive energy. We are a Temple that fosters and nurtures friendships. Our service are uplifting and filled with positive, motivational messages. TBI is not a building. It is a spirit which allows us to be mindful, experience the gratitude for G-d's many blessings, pull together as a community towards our common goal and find comfort in our faith. TBI is a wonderful place, and we are grateful that you are an important part of the community.

Cheryl Kabeli, President
tbipresident1@gmail.com

JOIN THE RABIN RELIGIOUS SCHOOL FOR OUR PURIM PLAY



Esther and the Wonderful
Kingdom of AZ

March 9, 2025 @ 11 am

Our story has no witches or wizards, but does indeed have a very evil man by
the name of Haman!

Children's carnival to follow!

JOIN US FOR AN
ADULTS ONLY

GAME NIGHT

Various board games will
be available or bring
your favorite



MARCH



SUNDAY

9

1-4 PM

TEMPLE BETH ISRAEL

BRING AN APPETIZER TO SHARE
BYOB

COSTUMES OPTIONAL

NON-ALCOHOLIC
DRINKS PROVIDED





G-D GAVE US SHABBAT TO BE MADE A SWEET DELIGHT,
 Perform a Mitzvah - Sponsor an Oneg
 Add some delight sweetness to Shabbat

Sponsor an Oneg in honor of an anniversary, engagement, birthday, birth of child or grandchild or a yahrzeit. Ask a friend to co-sponsor with you: many hands make light work.

Contact Stephen Cahill at 518-570-0927 or at wscahill99@yahoo.com. Place "Oneg" in the subject line.

March 08: Saturday 10 am - in celebration of Stephen Cahill's 65th birthday and Medicare enrollment

March 14: Friday 7 pm

March 22: Saturday 10 am - Janet and Jerry Davis in celebration of Jerry's 92nd birthday

March 28: Friday 7 pm

Yahrzeits

It is customary to honor the anniversary of the death of a loved one by lighting a memorial candle, reciting Kaddish at a congregational service and making a donation. We hope you will do all. A donation can be made to the [Temple Beth Israel Fund of your choice.](#)

MARCH 8, 2025

Fanny Levites
 Leo F. Schiff
 Louis Cohen
 Pearl Lichtig Kaplan
 Rachel Harrison
 Samuel Kobel
 Samuel Mendelsohn
 Samuel B. Michaelson
 Jakob Lifshitz
 Christopher Haley
 David Schreiber
 Mark Steven Lichtig
 Caroline Scheier
 Michael Ratner
 David Merkel, Sr.

MARCH 14, 2025

Emanuel Goldenberg
 Irving Abrams
 Irving D. Bernstein
 Samuel Luria
 H. Leonard Schlesinger
 Pearl Liebowitz
 Hannah Sorscher
 Donald H. Burrell
 Edna Salzberg
 Isaias Scheier
 Carol Gross

MARCH 22, 2025

Joseph Merkel
 Jack Davis
 Abraham Merkel
 Herbert L. Lewis
 Peter Kriff

MARCH 28, 2025

Dorothy Weisburgh
 Lottie Hartoch
 Jack (Jacob) Lipshultz
 Dr. Philip Livingston
 Samuel S. Goldman
 Shirley Gordon
 Jacob London
 Ann Kennedy
 Frances Oberman
 George Allen Duskes
 Kenneth Sarnow
 George Allen Duskes

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 information



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We Gratefully Acknowledge Gifts to Our Temple Funds

✨ GENERAL FUND

- Sharon Ratner in honor of the Cao-Ba's new great granddaughter
- Sharon Ratner to thank Carol Staves for her kindness and support

✨ RABBI'S DISCRETIONARY FUND

- Janet and Jerry Davis
- Sharon Ratner
- Nancy Person thanking Rabbi David for his leadership at our Synagogue

✨ MARTIN M. GOLDMAN AND FAMILY FUND

- Sue and Howard Meyerson, Alan and Mark Goldman and families in memory of Clara Goldman and Ethel Goldman

✨ 21st CENTURY FUND

- Stacey Mascia

✨ Charles E. and Regina L. Slatkin Lecture Fund

- Stacey Mascia

 **Take a Moment & Make a Difference**

It is easy to honor or remember friends and family with a contribution to any Temple Fund.
No donation is too small.

[Make a Donation](#)



SUNY Plattsburgh Interfaith Alliance Webinar and Discussion

Topic: Navigating Antisemitism on Campus and Beyond
Friday, March 28, 2025
12 to 2 pm
Cardinal Lounge

Kosher Snacks will be provided

Join the SUNY Plattsburgh Interfaith Alliance, Hillel, and the Office of Diversity, Equity and Inclusion for this timely discussion on understanding antisemitism and what we can do to prevent it. In addition, you can find out additional information about the Jewish Sabbath and other traditions. If you would like to learn more about the SUNY Plattsburgh Interfaith Alliance, please attend an upcoming event or email diversity@plattsburgh.edu



STATE UNIVERSITY OF NEW YORK
PLATTSBURGH
DIVISION OF DIVERSITY,
EQUITY AND INCLUSION

♥ Templegrams: MARCH AND APRIL

MARCH

3 Janet & Jerry Davis
 3 Shari Stern
 5 Camden Sperlingo
 6 Elle Berger
 7 Tom Dufore
 12 Sabi Kabeli
 13 Joey Reif III
 13 Miriam & Tom Worthington
 14 Rachel Sanders
 16 Henry Goldenberg
 16 Cody Sanders
 17 Julia Levy
 17 Jeff Resnick
 17 Dana Malseptic
 19 Jerry Davis
 29 Steve Leighton
 30 Linda Leighton

APRIL

3 Charles Lack
 4 Jeanot Cao-Ba
 8 Lynn Schlesinger
 9 Sarah Hurwitz
 20 Sandra Ghelman
 21 Noa Sanders
 26 Wendy Spargo
 27 Rebecca & Sonja Brown

You can send greeting to anyone on this list for only \$.50 per name. Send your list of names and a check made out to Temple Beth Israel to Carol Staves, 26 Tom Miller Road, Plattsburgh, NY 12901.

Please be sure to indicate how you would like the card signed.



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