

# NEWS & VIEWS

חדשנות והשקפות

MARCH 2021 ADAR – NISAN 5781

Happy  
Passover



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SUNDAY THROUGH THURSDAY-7:30 PM MEETING ID: 992 9922 2789 PASSWORD: 609729	
WEEKLY SUNDAY MORNING SERVICES 9:00 AM STARTING FEBRUARY 14TH MEETING 991 2258 1312 PASSWORD 731712	
FRIDAY EVENING KABBALAT SHABBAT- 6:30 PM SHMOOZE TIME AFTER SERVICES	
SHABBAT MORNING SHMOOZE TIME- 9:00 AM SHABBAT- 9:30 AM FOLLOWED BY VIRTUAL KIDDUSH AND SCHMOOZE HAVDALAH AT END OF SHABBAT	
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CANDLELIGHTING	SHABBAT ENDS
MARCH 5	5:34 PM
MARCH 12	5:42 PM
MARCH 19	5:49 PM
MARCH 26	6:57 PM
MARCH 27	7:58 PM (1ST NIGHT OF PASSOVER)
MARCH 28	7:58 PM (2ND NIGHT OF PASSOVER)
MARCH 29	7:59 PM (2ND DAY OF PASSOVER ENDS)

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## COMING UP IN MARCH

MARCH 7-14 PURIM RUN/WALK  
 MARCH 15 REVIEW OF MOVIE 'THE CHOSEN'  
 MARCH 20 FIRST DAY OF SPRING  
 MARCH 21 "ANTISEMITISM IN THE WORLD TODAY"  
 MARCH 25 SIYYUM FOR THE FIRSTBORN  
 MARCH 25 BEDIKAT CHAMETZ  
 MARCH 27 EREV PESACH  
 MARCH 28 FIRST DAY OF PESACH

## DAYLIGHT SAVINGS TIME BEGINS

SUNDAY, MARCH 14, 2021

TURN YOUR CLOCKS AHEAD ONE HOUR,  
BEGINNING AT 2:00 AM.



נַחֲמֹן, נַחֲמֹן עַמִּי

WE NOTE WITH SORROW THE PASSING OF

BAILA SHARGEL, MOTHER OF RABBI DINA SHARGEL

OUR LONG-TIME MEMBER SYLVIA GLAZER,  
WIFE OF BERNARD GLAZER



## RABBINIC REFLECTIONS

### Rabbi Rachel Salston

*B'chol dor va'dor hayav adam lirot et atzmo ke'ilu hu yatza mi'Mitzrayim.* In every generation, every single year that Pesach comes, a person is obligated to regard herself as if she personally left Egypt. Thus we are taught in a famous Mishnah that is quoted as the core text of the Pesach Haggadah. Every year, we must experience living in and leaving Mitzrayim, Egypt, which literally translates as “the narrow places,” referring both to the Nile Straits and our experience of claustrophobic spiritual oppression. This Pesach and last Pesach, the confinement of COVID-19 made it simple to experience the first half of this mitzvah. Experiencing liberation is a lot more of a challenge.

This time a year ago, in the weeks between Purim and Pesach, we were all in the earliest stages of quarantine. I distinctly remember the hope that we would flatten the curve and return to normal life including in-person Sedarim by that Pesach. And yet, we sat around our Seder tables with fewer physical bodies than usual, joining with distanced loved ones across computer screens. It was THE Year of the Zoom Seder. We expected that the pandemic would be over, its pain forgotten, and that we would really sing of our redemption from the Plague in 5781.

And here we are again. It is Pesach and we are not entirely liberated. It can easily feel like we have remained in Egypt this year. Even those of us who have received vaccines know that we must remain cautious and that the world will not reopen as it was. Wearing masks in public is not going to go out of fashion any time in the near future. The numbers are heartbreaking. As I write today, in the last week of February, 500,000 Americans have died of this horrible virus. This year our narrow straits were more suffocating, deeper reaching, and more protracted than any of us could have imagined when this virus began. It is easy to feel despair and say that this was a year of waste, sickness, and death, a year put on hold, a year stuck in Egypt. But the second half of the core mitzvah of Pesach forbids us from doing this. We are obligated to find a way to experience leaving Egypt.

We both did and did not leave Egypt last year. We never fully leave Egypt. We know that the final Redemption has yet to arrive, so, thanks to the cyclical calendrical nature of being Jewish, even when we are not living through a historic year-long pandemic, every Pesach we are obligated to identify our pain and darkness so that we can imagine some form of redemption. Every year we celebrate Pesach again and as the same Mishnah quoted in the Haggadah teaches us, we go from slavery to freedom, from sorrow to joy, from mourning to a Good Day, from darkness to great light, and from subjugation to redemption. The freedom that we found on Pesach last year was one that brought us deeper into unfathomable darkness. This Pesach's redemption will not be the same as last year's redemption. These nights will be different than last year's nights.

At an earlier point in each and every Seder, we remark “Mah nishtanah halailah hazeh mikol haleilot!” “Tonight is so different from every other night!” This Pesach has even more distinguishing features to highlight. In addition to being the second Pandemic Pesach, this year's first Seder takes place on Saturday night after Shabbat has ended. The sequence of events that we are accustomed to in the day preceding the Seder are spread out differently than usual to accommodate Shabbat, which always takes precedence over our observances (fasting on and certain prayers on Yom Kippur are the only exception to this rule). Here is a preliminary series of instructions:

1. On the morning of Thursday, March 25th, I will be leading a Zoom Shaharit service followed by a siyyum (celebration of completion of a section of rabbinic literature) whose celebratory meal (on your own at home!) will exempt all participating first born males from their obligation to fast.
2. On the evening of Thursday, March 25th, perform *bedikat hametz* (searching for leaven). More information and procedures about joining me for this will follow.
3. On the morning of Friday, March 26th, perform *biur hametz* (destruction of hametz) but do NOT recite the formula nullifying the hametz in your possession.

***Continued on Page 4***

4. On Shabbat morning, March 27th, recite on your own, before 10:29 am (or join us for Shabbat morning services as I recite on everyone's behalf) the nullification formula.
5. Begin the First Seder after Shabbat ends at 7:58 PM. I will address the issues surrounding starting the Seder early at my Judaism in the Home session on 3/7.

This extra-special Shabbat HaGadol (the Shabbat before Pesach is always called “The Great Shabbat”) exists in a strange liminal space between the normal year and Pesach. We will have already rid our homes of all hametz and yet, because we may not eat matzah from the 1st of Nisan until the Seder, we cannot eat matzah that day either. It is a Shabbat unlike any other in the year. Ordinarily, we would also eat very lightly during the day before the Seder, but because it is Shabbat we eat three meals mostly as usual (Seudah shlisheet, the third meal in the afternoon should be lighter as it will occur soon before the Seder).

The biggest question is: since we Jews must eat bread at our Shabbat meals and we can't have hallah and we can't have matzah, what are we supposed to do? The answer is that this is the one day of the year when we are obligated to eat egg matzah. Egg matzah may not be used to fulfill one's obligation to eat matzah at the Seder because it is not halakhically (Jewish legally) considered matzah, thus it is permitted to be eaten before the Seder. Motzi is made on Friday night and Shabbat morning over 2 egg matzot.

The purpose of these and the many other strange things we do at the Seder is to arouse the curiosity of the children (and every adult's inner child) that they may ponder and ask, “What is this? What's going on?”. This year would present us with new questions no matter what circumstances Pesach 5781 occurred under; as this year is both a Saturday night and a Pandemic Pesach, these Nights will be even more different than usual.

I have a lot of questions about the immediate future. Where is the redemption of this 2nd Pesach of Pandemic leading us? What can we do to make next year a time to gather together in person?

I will be continuing my Judaism in the Home series on March 7<sup>th</sup> and 14<sup>th</sup> at 11 AM and will be discussing and learning about the questions that this year presents. Please join me and please bring your own questions. May we all take the time to ask more questions of one another. I wish you all a Hag bar'i sameah v'kasher, a healthy, happy, and kosher Pesach.

In preparation for the siyyum I will make on the morning of March 25th, I (and anyone who wishes to join me at my Monday coffee hour from now until then as well as that morning) will be learning the 9 mishnayot of the 10th chapter of Mishnah Pesachim, the section of the Mishnah (one of the earliest rabbinic texts) about Pesach. This year we will study chapter 10, which is about the Seder night. I hope that next year we will learn chapter 9 together, chapter 8 the following year, and so on. Those who are interested in joining can access the text at [https://www.sefaria.org/Mishnah\\_Pesachim.10?lang=bi](https://www.sefaria.org/Mishnah_Pesachim.10?lang=bi)

Here is the text of the final Mishnah that we will learn on 3/25:

פסח אחר חצות, מטמא את הידים. הפגול והפוגר, מטמאין את הידים. ברך ברכות הפסח פטור את של זבח. ברך את של זבח, לא פטור את של פסח, דברי רבי יישמעאל. רבי עקיבא אומר, לא זו פוטרת זו, ולא זו פוטרת זו:

The Sages further said: The Paschal lamb after midnight renders one's hands ritually impure, as it becomes notar, an offering that remained after the time when they may be eaten has expired; and the Sages ruled that both piggul, offerings that were invalidated due to inappropriate intent while being sacrificed, and notar render one's hands ritually impure. If one recited the blessing over the Paschal lamb, which is: Who sanctified us with His mitzvot and commanded us to eat the Paschal lamb, he has also exempted himself from reciting a blessing over the Festival offering. The blessing for the Festival peace-offering of the fourteenth of Nisan is: Who sanctified us with His mitzvot and commanded us to eat the offering. However, if he recited the blessing over the Festival offering, he has not exempted himself from reciting a blessing over the Paschal lamb. This is the statement of Rabbi Yishmael. Rabbi Akiva says: This blessing does not exempt one from reciting a blessing over this one, and that blessing does not exempt that one, as there is a separate blessing for each offering.

-Rabbi Salston

## EXECUTIVE DIRECTOR Abe Adler

I know, I know. Purim was on zoom. And Passover will be on Zoom again for the second year. I miss my grandchildren.

But we can all agree that we are closer to the end than the beginning. Many of us have had the vaccine. Many of us have appointments to get the vaccine (thank you to our own vaccine task force for helping many seniors over age 80 get appointments!). The government expects enough shots to cover all adults by summer (let's pray that this will happen with G-d's help – as we know, G-d always has the cure ready before he sends the sickness so we are grateful for G-d's help!).

How do we make Passover as meaningful as possible this year?

A central point of Passover is the following commandment written in the Torah: v'hegadeta l'vincha (Shemot 13:8) – tell the story over to your children. We are required to transmit to our children the story of how G-d took us out of Egypt and made us a free nation. We are required to share with our children that our faith in G-d is unshakeable, and that G-d's control over the world and protectiveness of Israel is everlasting. The commandment of v'hegadeta l'vincha is the core of Passover and the central part of the Passover Seder.

I feel this charge – to tell the story of our past, to share our traditions and our history – is what makes the Jewish people strong and sees us through every crisis. I feel this charge is a part of our DNA, and it is something we work on even outside of Passover. We are transmitting our history and beliefs to our children every day throughout the year.

I am so glad to see how our children are participating and leading portions of the Shabbat services each week. Our traditions have to be real and tangible for our children if their meaning is to take root in their souls and remain with them as adults.

I invite our adults to share as much as possible with our children, whether it's a part of our services, or in special adult-child programs (which I would like to see happen), or in mentoring or storytelling. Each of us has a story to tell as to how we were brought up, and where our Jewish spark came from. Some of us are Holocaust survivors or children of survivors. Some of us have history going back generations to families from distant places. Some made the choice to become Jewish after their own personal journeys. Each of these stories is important to share with the children in our community.

I invite each adult to volunteer to share these stories in whatever format they are comfortable – article in the News & Views, a special adult-child education program, maybe a guest appearance in our CHSBC Hebrew School. There are many ways to share about ourselves so our children internalize our community story.

Likewise, I invite our children to share in News & Views with our adults what inspires them about being Jewish, what their hopes and dreams are, what their personal successes and interests are. The commandment of v'hegadeta l'vincha is a commandment of each and every one of us at the Passover Seder – to share our stories with one another. This sharing binds us together and collectively motivates us. Feel free to reach out to me to discuss and execute on these ideas.

I wish each and every one of us a sweet and meaningful Passover holiday.

Stay strong. Stay safe. Stay in touch.

Chag Sameach!

*Abe*

## PRESIDENTIAL PONDERING

### Steven Schwimmer

Dear Fellow Congregants,

#### Part IV of The Epic Journey:

To sum up parts I-III of our Epic Journey, and to reflect on my years of experience and perspective at the FLJC/CBI, I have great confidence that the state of our Center is good, notwithstanding declining membership trends and recent COVID-related challenges. Financially, we are on reasonably solid footing. Our building has been cared for. Our Zoom religious services, classes, programs and committee meetings have done a very good job keeping us engaged and feeling like a community, despite the closure of our building. And, with Rabbi Salston, Abe Adler and Marcia Kagedan actively engaged on our behalf, we can look forward to a promising future for our congregation. However, as we cannot change Fair Lawn demographic trends, absent future mergers, our membership will likely never recover to its former glory. And that means we'll need to continually reevaluate the size of our facility relative to our ability to fully utilize it.

But that's not really my greatest concern. More troubling than membership trends is the decline in member engagement we've experienced in recent years. Center activities just don't seem to generate as much enthusiasm as in years past. This is an important challenge we need to face together. We need to rekindle the spirit that made us such an engaged and proactive community. The Board and its committees need to do a better job inspiring and embracing our members and encouraging everyone to become more fully involved. We also need to do a better job reminding our members and the community-at-large why synagogue membership is so important (more on this topic next month). And members need to do a better job responding to these overtures by taking advantage of all we have to offer. We are a committed, traditional, egalitarian Jewish community that has come together to share our way of life. We all need to act that way. I realize we all have daily commitments and responsibilities that consume our time and energy; however, our Center needs and deserves more of your attention. We simply cannot function effectively, nor prosper, without the active involvement, participation and, yes, leadership, of our members in all aspects of synagogue life. I know you've all heard it before, and I won't belabor the point, but our long-term success depends on your involvement, participation and leadership.

On the subject of leadership, remember those visionary elder statesmen who initiated the generational transformation that attracted my contemporaries to the Board and to leadership positions? Well, the time has arrived for the next generational transformation to take hold to lead our congregation forward. Our Board is yearning for new teams of energetic and dedicated individuals to step forward now to assume leadership positions in the future. Succession planning is key to ensuring our congregation's continuity, and relying on past presidents to fill in gaps is not a viable long-term solution.

Synagogue leadership is a unique calling. Few people aspire to it, yet others feel an inner pull. It certainly doesn't pay well, yet the rewards beyond compensation can be enormous. Some characterize it as a thankless job. I beg to differ. I believe each of my predecessors would agree that it has been a personally-fulfilling experience, at least in hindsight. As John Kennedy stated in his acceptance speech as Democratic party nominee for President in 1960, "It is time, in short, for a new generation of leadership... new men (and women) to cope with new problems and new opportunities." While our objective may not be as hard as sending a human to the moon and returning him/her safely by the end of this decade, it is not unambitious. I believe it is our collective responsibility to work together, and to develop the leadership that will inspire us to recreate the excitement and enthusiasm of our founders, and to reestablish the FLJC/CBI as the center of religious, educational .

and social involvement for our members and community. The leaders who take us there will share that vision and will pave the way.

For those of you who eschew Board or committee meetings, or are reluctant to take on long-term commitments, there are many other ways to get involved in Synagogue life and become a leader. For example, it's time for the next young (or not-so-young) couples' club to emerge; it's time to reestablish our Havurot, and to reinvigorate the many social, cultural and educational programs that have been dormant or virtual since the onset of COVID.

But these things can only succeed if driven from the bottom up; they cannot be decreed by the Board. Do you want to form a new couples' club, or arrange a social event? Do it! Do you want to engage a speaker, arrange a trip to the Jewish Museum or attend the Salute to Israel Parade? Do it! Do you want to learn Synagogue skills and learn to lead services, become a Gabbai, chant a Haftarah or read Torah? Do it! We will help you. We will support you in whatever social, educational or religious activities you would like to undertake. Please take a moment to consider how you can carve out some time to attend the daily minyan, Shabbat services, an adult education or social event, or even join a committee to plan an event. There is no shortage of opportunities to get involved and become a leader. You've already made the commitment to join our Center; now join us in making sure it continues to thrive for future generations. The Epic Journey continues ... and it's up to you to help write the next chapters.

B'shalom,

*Steve*

#### *In Tribute to Herb Goodman*

I was saddened to learn of the recent passing of Herb Goodman. Herb was President of the FLJC from 1986 -1988, and his influence extended well beyond those years. Herb exemplified the grace, dignity and statesmanship we admire and expect from the leaders of our congregation. He always demonstrated keen insight and perspective on matters of significance to our Center.

Herb's vision was a key factor in the generational transformation that occurred in FLJC leadership in the late 1980s. He actively encouraged my contemporaries and me to join the Board and ultimately assume leadership positions. He served as a mentor and inspiration to many of us. Herb would often ask me for an "unfiltered" report on the state of the Center, so as to ensure that his Center was in good hands. His thoughtful nod of the head was all I needed to know that we were meeting his expectations.

As a Past President, Herb deserves to be remembered as a distinguished, articulate and well-respected leader of our congregation.

May his family be comforted among the mourners of Zion and Jerusalem.

*Steve*

**RELIGIOUS AFFAIRS COMMITTEE**  
**Steven Montag and Charles Cohen**

**THE MONTH OF PESACH**

Thank you to all the people who helped to make the events of Purim at the end of February such a great success.

I mentioned, in my column last month, that Pesach was among my three favorite childhood family holidays, in series with Hannukah and Purim. Pesach was always the time to gather with family and friends, and my mom *z”l*, would prepare a large Seder meal. My father *z”l*, would lead the recitation of the Haggadah, and the children would ask the four questions and always look forward to finding the Afikomen.

We follow in that tradition in our household, and look forward to the “Spring” cleaning in advance of the Passover food shopping. This year we once again will need to deal with the Covid-19 restrictions for a safe Seder gathering with annual celebrated traditions, and determine if Zoom is our gathering method of choice.

But I get ahead of myself. There is lots to do in March before then.

There are three special Shabbat services to be observed in March before Pesach: Shabbat Parah on March 6<sup>th</sup>, Shabbat Hachodesh on March 13<sup>th</sup> introducing the Jewish month of Nisan, and Shabbat Hagadol on March 27<sup>th</sup>.

On Shabbat Parah we retell the ancient story of purification using the red heifer.

On Shabbat Hachodesh we celebrate the arrival of Nisan, the first month of the Jewish year, and the arrival of the month of Passover.

Lastly, on Shabbat Hagadol we recite a special Haftarah where, based on our efforts of repentance and reconciliation, Elijah will arrive to announce the arrival of the messiah. Shabbat Hagadol also begins the holiday of Passover, with all of its rules and restrictions. We are prohibited to eat hameitz, or even have its presence in our homes.

Watch your email for The Insider information on how to prepare for Pesach, and arrange for “burning hameitz”. The Rabbi will have a series of Judaism in the Home Zoom sessions on preparing for Pesach. The search for hameitz in the house occurs on Thursday evening March 25<sup>th</sup> with special provisions for Shabbat meal preparation and candle lighting for Pesach.

We look forward to celebrating together in the future, and enjoying learning together about these days of March leading up to the holiday of Passover.

We also start the counting of the Omer after the second seder, until Shavuot.

I wish everyone a happy and healthy Passover.

Stay safe and be well.

*Steven Montag*

## ADULT EDUCATION COMMITTEE

### Charles Cohen

Shalom Friends,

I trust everyone is safe and well as the NJ Covid 19 Vaccination Program hopefully will soon overcome shortages, and be able to safely inoculate our members and others to enable us to return to our Synagogue and ensure normalization as early as possible.

During this building closure period we continue to pray, educate and inform our congregation through the thankful use of ZOOM technology, and we are most grateful to our IT volunteers for their great efforts in making this all happen every day of the week.

In March, we celebrate the Holiday of Passover and our people's freedom from slavery. I wish each congregant and family a Happy, Healthy and Joyous Holiday with many blessings.

In regard to our Holocaust educational program spearheaded by our own Neil Garfinkle, Neil has arranged an international live Zoom program on Sunday, March 21 at 10am with two guest speakers, including one from Warsaw, on the topic "A conversation about the state of anti-Semitism in the world today," so we'll get a European perspective on this issue of great importance to all of us. Thanks, Neil, for arranging and hosting this event.

Rabbi Emeritus Ronald Roth continues his popular Tuesday "Nosh & Knowledge" class, continuing to explore and provide Jewish perspectives on the major ethical issues of the day. If you are not able to do so each week, then you can jump in and attend whenever you are able, so please join us. Rabbi Roth's presentation and ensuing dialogue with participants is always stimulating and very informative.

Rabbi Rachel Salston gives a thoughtful weekly Wednesday class on the "Parshah of the Week" that you shouldn't miss. I appeal to you to join us when you can, as it makes the Shabbat Torah reading much more meaningful after our collective study of the text, led by Rabbi Salston during the class. Knowledge of Hebrew is helpful BUT is not required to participate and benefit from the class.

Our March 15 Movie Review is the 1981 gem "The Chosen," starring Rod Steiger, Maximilian Schell and Robbi Benson. It is based on (Conservative Rabbi) Chaim Potok's classic bestselling book dealing with the lives of traditional Jews and Hassidic Jews in 1944-1948 Brooklyn. The film dramatizes that Hassidic sect's attitude about statehood versus the ardent Zionists who advocated for the re-birth of the State of Israel as the British Mandate was ending. Many of the issues and conflicts raised in the film are still relevant to us today. I urge you to watch the film on Prime Video before Rabbi Salston's presentation, and join in the lively discussion after the class.

Stay Well and Stay Safe.

Charlie Cohen

Fair Lawn Jewish Center/Congregation B'nai Israel

**Adult Education Presents**  
~ It's Movie Review Time! ~  
**Monday, March 15th at 8:00 P.M.**

**ROD STEIGER & MAXMILIAN SCHELL**



# **THE CHOSEN**



**AVAILABLE ON PRIME**

Set in Brooklyn in the 1940's, Potok's classic coming of age tale, about two Jewish Boys, Danny, son of the Hassidic Chief Rabbi, and Reuven, whose father is an ardent advocate for Israel's Statehood. The boys' paths cross on the ball field and a bond of friendship evolves as their lives intertwine and destiny is forged as the story unfolds. This 1981 film is a gem that still resonates with strong messages.

**Movie Reviewer: Rabbi Salston • Moderator: Charles Cohen**

**Go to Zoom.Us**  
**Meeting ID 969 6282 1189**

## **RABBI ROTH'S NOSH & KNOWLEDGE SERIES: CONTEMPORARY JEWISH ETHICS**

Tuesdays, 11:30 AM -12:30 PM  
Tuesdays, 8:00 PM - 9:00 PM

March 2, 9, 16, 23,  
(No Class on March 30)

All are welcome

Zoom Meeting ID: 993 3007 5757  
Password: 077431

## **RABBI RACHEL SALSTON'S JUDAISM IN THE HOME**

Sunday, March 7, 11:00 AM  
Pandemic Pesach 2.0  
*The Cup of Elijah and Herd Immunity*

Sunday, March 14, 11:00 AM  
Open Passover Q&A and  
Kashering Demonstrations

Thursday, March 25, 8:00 PM  
Bedikat Chametz with Rabbi Salston  
More details to follow about a  
pre-Pesach scavenger hunt!

**Go to Zoom.US**  
**Meeting ID 991 2258 1312**

THE ADULT EDUCATION COMMITTEE PRESENTS:

# “A CONVERSATION ABOUT THE STATE OF ANTI-SEMITISM IN THE WORLD TODAY”

Featuring: **Elaine Culbertson**

**Waclaw Wojciechowski**

**Elaine Culbertson:**  
Executive Director of the Holocaust and Jewish Resistance Teachers Program, 2<sup>nd</sup> Generation Survivor Teacher, Principal, Superintendent in the Philadelphia Public Schools.



**Waclaw Wojciechowski:**  
Studied at Warsaw School of Economics, Guide and Educator working with Jewish Educators in Poland since the 1970s.

We will hear from Elaine Culbertson, the daughter of survivors, who selects and trains American teachers to travel to Poland and Germany, where they visit concentration camps and learn how to bring the lessons of the Holocaust back to their classrooms. We will also go live to Warsaw, Poland to meet Waclaw Wojciechowski, guide and educator, who has been guiding Jewish educators around Poland for more than 40 years.

**WHEN:** Sunday, March 21<sup>st</sup>, 10:00 a.m.

**HOW:** Go to Zoom.US Meeting ID: 927 1506 1651 Passcode: 149230

**QUESTIONS:** Contact Neil Garfinkle at [finkley@aol.com](mailto:finkley@aol.com)

## FAMILY MATTERS

### REFUAH SHLEMAH

Flora Frank, Judith Levy, Rose Lieberman, Neal Lipshitz, Larry Mandel, Estelle Miller, Esther Oster, Jesse Rosenzweig, Judith Shain-Alvaro, Michael Vorobyov, Annette Wallen, Ilene Wolosin, Roni Zerowin

### MAZEL TOV

Mazel Tov to **Jesse Rosenzweig** on his 88<sup>th</sup> birthday

#### Mazel Tov to our March Birthdays:

Shifra Ansonoff	Lois Meisel
Gary Baskind	Roy Meyrich
Susan Baumstein	Lisa Miller
Anne BenLisa	Judith Pitkowsky
Andrea Breitkopf	Jeffrey Reifman
Merryl Ehrich	Saul Rochman
Ina Fine	Daniel Rosen
Harriet Goldberg	Ritchard Rosen
Neil Goldberg	Michelle Rosenberg
Sheila Granowitz	Robyn Rosenfeld
Ruth Grossberg	Jaye Sauer
George Hiller	Heidi Seigel-Laddy
Alfred Kahn	Susan Seligman
Beth Karetnick	Eddie Shemesh
Harold Kirschenbaum	Naomi Shemesh
Marvin Klein	Rosa Sirota
Barbara Manche	Jessica Tratner
	Arthur Wartenberg

#### Mazel Tov to our March Anniversaries:

Ronnie & Inna Baker  
Phillip & Laurie Fenster  
Gary & Natalie Haar  
Roger & Estelle Haberman  
David & Tracy Kroll  
Mark & Lois Meisel  
Jeffrey & Tobie Reifman  
Eddie & Naomi Shemesh  
Michael & Dara Siegel  
Arthur & Ziona Wartenberg  
Sig & Fran Westerman

### MAY YOU BE COMFORTED

Our condolences to **Rabbi Dina Shargel** on the loss of her mother, Baila Shargel.

Condolences to our former member **Bernard Glazer**, on the loss of his wife Sylvia Glazer.

Wishing you a wonderful Pesach!

## SOCIAL ACTION COMMITTEE

### Michael Baer and Mark Meisel

Happy Almost Spring Everyone. By now, all of you should have realized that the Social Action Committee just spearheaded an exciting project for the Temple. We put together FLJC/CBI Care Packages, which have been delivered to your homes in the past month. The care packages had hot chocolate, tea, cookies, a stress ball, hand sanitizer, and Shabbat candles. It also contained a letter from FLJC/CBI Cares to let members know we recognize these are difficult times, and want to help where we can. In addition, it listed all of the shul's upcoming programs and services, and provided a list of other resources available through other organizations in the area. Please make sure to peruse the letter, as it contains a tremendous amount of information.

We would like to thank the countless numbers of Temple members who assisted in getting this vital project done. Whether or not you provided information, packed bags or made deliveries, we sincerely thank you for your efforts. We could not have done it without you.

In early March, the Social Action Committee will be conducting our Pre-Passover Food Drive. This year, as ever, we need to be there for food-challenged individuals. Please check the Insider and donate either food or gift cards to this important drive.

Finally, on April 8<sup>th</sup>, the FLJC/CBI will be providing dinner for Family Promise in Hackensack. We will be feeding 150 individuals that night. These are residents of the Shelter who were moved out in April to local motels. The meals will be prepared and served in take-out containers. Please check the Insider for the sign up to provide the meals, desserts, water, paper goods or utensils.

As always, we are always looking for new members to participate in our committee, or for those on the committee to become more active. We look forward to seeing you at our next meeting that is always held on the first Wednesday of the month at 8pm.

*Mark and Michael*

## SISTERHOOD

Jennifer Mendelsohn and Ilene Laufer

This winter brought us record snowfall, the start of the COVID-19 vaccination program, and now spring is around the corner!!! Our hope for spring will be more sunshine and more congregants being vaccinated, bringing us closer to being together in person.

Our Sisterhood continues to stay busy. We celebrated Tu B'Shvat together with a virtual sedar, beautifully lead by Tzivya Kraus. It was a wonderful interactive service where we celebrated the fruits of our land with special attention to products also grown in Israel. Everyone in attendance left feeling spiritually uplifted.

We had the next installment of our Book Club, which featured the novel "Florence Adler Swims Forever" by Rachel Beanland. It was BYOB (Bring your own bagels) and all we schmoozed and had a lively discussion on this story, dealing with one family's interesting dynamics in Atlantic City in the 1930's. Thank you to Leslie Frucht for leading and being an excellent moderator.

Our next Book Club will be on April 11<sup>th</sup> and will feature the novel "The Nightingale" by Kristen Hannah, moderated by Susan Seligman. It tells the story of two sisters in France during World War II, and their struggle to survive and resist the German occupation of France.

Sisterhood provided the congregants the opportunity to fulfill the mitzvah of Matanot L'evyonim, giving gifts to the poor, by providing food to those in need to be distributed on Purim Day. This was done through a page created to donate to Leket, Israel's National Food Bank. The response was amazing, and we are so thrilled that so many congregants made donations to help our brothers and sisters in the land of Israel. We exceeded our original \$1,800 goal, and almost immediately increased it to \$2,700. At the time of this publication, we are well on our way to reaching our \$2,700 goal! Thank you to Donna Pasternak and Tzivya Kraus for their collaboration in organizing this project.

Thank you to Siri Horvitz for your incredible creativity and perseverance in designing a Purim Carnival, which was enjoyed by our FLJC/CBI and CHSBC families this year despite the pandemic. Your dedication to our families is much appreciated! Sisterhood is grateful for all of the volunteers who helped to bring this idea to fruition, and we thank all those who participated and attended the event! You all helped to make this Purim festive and fun!

It is also not too late to sign up for, or donate to the Virtual Purim 5K Run/1 Mile Walk. You can walk or run any course you would like, including the treadmill, anytime during the week of March 7<sup>th</sup> to the 14<sup>th</sup>. All the registration proceeds will be donated to Jewish Family and Children's Services of Northern New Jersey specifically for their COVID-19 relief programs. Contact Ilene Laufer at [Rflanzman@aol.com](mailto:Rflanzman@aol.com) with any questions.

With Passover right around the corner, be on the lookout for some special Passover recipes submitted by our members in this issue of News & Views, and to be published in the Insider. It is always nice to try to make something new to make your Passover palate more exciting. Thank you to Shari Toron for organizing the recipes.

On behalf of the Board of the Sisterhood, we want to wish everyone and their families a meaningful, spiritual Passover. It may not be able to be like in years past, but we know you will find a way to make it special. Let us all follow the rules set out by our leaders, in the hope that next year we can be together with our families and friends.

Join the Sisterhood of the  
Fair Lawn Jewish Center/Congregation B'nai Israel  
at the  
**Virtual Purim 5K Run & 1 Mile Walk**

Your run or walk can be completed  
anytime between March 7<sup>th</sup> to March 14<sup>th</sup>  
on any course you would like



Post your time at the provided link  
when you register at Purim 5K Run



Share a picture in a costume  
for a judged costume contest.

All the registration proceeds will be donated to  
Jewish Family and Children's Services of Northern New Jersey (JFCSNNJ)  
which provides much-needed COVID-19 relief, regardless of race or religion.

Prizes will be mailed to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place  
costume contest winners

Questions?

Email Ilene Laufer at [Rflanzman@aol.com](mailto:Rflanzman@aol.com)

## **MEN'S PROGRESS CLUB**

### **Bob Sokol**

The Men's Progress Club will sponsor many upcoming events.

Yom HaShoah will be held on April 11<sup>th</sup> at 11 am via Zoom. We will be using the same format as we've done in years past, with reading of remembrance and prayers, as well as a speaker substituting for our young adults. This year's speaker will be Neil Garfinkle. The MPC is sponsoring the Zoom Seminar.

Charlie Cohen is setting up routes for the Yellow Candle Distribution for the Yom Ha Shoah program. Anyone interested in helping distribute Yellow Candles please email Charlie at charlessara@optonline.net.

Howard Kessel will be leading a Wine Tasting before Passover. Howard's wine tastings are terrific. Look for an upcoming flyer.

We look forward to delivering a new phone directory for the upcoming year. Due to the pandemic we did not produce a 2020-2021 directory. We are pleased to announce that the 2021-2022 directory is in the planning stages. Larry Bach will be leading that effort.

We want to thank Larry for the Worldwide Wrap.

We want to thank Joel Ringer for bringing us CHUCK SOLOMON PROFESSIONAL SPORTS PHOTOGRAPHER in February. Chuck was a prize-winning staff photographer for Sports Illustrated, and his work is included in the "Sports Illustrated 100 Best Sports Photographs". Many of his photographs have graced the cover of the magazine, spanning sports from football to track and field.

In January, the MPC sponsored the "Big Breakfast General Meeting" which gave members a glimpse of the Men's Progress Club's operations. It included finance, fund raising, membership, FJMC and other aspects of the club.

Other past programs included Dr. Bob Benedon, thanks to Joe Schkolnick. Bob is from the Jewish National Fund Speakers' Bureau. He discussed water resources in Israel. He is a member of Makor JNF ambassador group, and has long served his NJ Chapter. He has been on 13 JNF missions, and is a practicing Periodontist and a Clinical Professor at U Penn Dental school

Thanks to David Gotlib we also enjoyed Dan Rosen, NHL Senior Sportswriter. Dan and his family are members of the FLJC/CBI. We enjoyed an interactive discussion about everything related to hockey! We had an opportunity to ask questions about players, teams, arenas and the Stanley Cup, among other topics. Dan has been a writer for the NHL for a number of years, and you have probably seen his columns on NHL.com.

Keep a lookout for our upcoming events and programs. We look forward to meeting together non virtually.

All the best,

*Bob*

# COMMUNITY HEBREW SCHOOL OF BERGEN COUNTY

## Marcia Kagedan

Shalom from the Hebrew School!

February has certainly been full of snow and special activities for all!

Many of our middle school aged kids enjoyed a great afternoon of Bingo and Talent to start the month off right. We had a lot of fun, and it was so nice to be in this relaxed environment together -- yes, it was via zoom.

World Wide Wrap was also attended by many of those same kids, and they look forward to next year, when they can meet for this annual event in person. Larry Bach, we excitedly await the time when we can learn about tefillin with you, and make our own tefillin, especially to wear at World Wide Wrap 2022!

Purim was different this year too, but we made the most of the situation. I do believe that we are all being extremely creative, and not letting covid restrictions dampen our style or enjoyment of this fun holiday. Zoom Megillah reading was great fun, the Bible Players' show was most entertaining and enjoyed by all the Hebrew School families, along with families from eight other congregations. Thank you to Siri Horvitz and her committee for spearheading the CAR-NIVAL Parade in the FLJC parking lot. So many people decorated their cars and showed up for the celebrations.

Neil Garfinkle has started teaching his Holocaust unit to the 5th-7th grade students, and will continue doing so for the next few weeks, culminating in the students participating in the FLJC Yom Hashoah event on Sunday, April 11th at 11 am. Thank you, Neil, for this wonderful opportunity for our students to learn with such an expert and a passionate educator.

And now, we plan for the holiday of the year that takes the most preparation time and energy - Passover!

The CHSBC Board of Education is busy planning for the 2021-2022 school year. We can't wait to be able to greet our students in person, and to once again have in-person classroom learning. It has been a long and challenging year, but we are surviving!!! If you know any families who are beginning to look for a Hebrew School for their families for the next school year, please send them my way ... or give me their contact info, with their permission. We hope to welcome many new families along with our current families in September 2021!

Events this month include:

Sunday, March 7th — Parent coffee and chat at 10 am via zoom

--- Flipper Kadima event for 5th-7th grades, 2:30-4:00 pm, in the Fair Lawn Jewish Center parking lot /zoom if weather is uncooperative

Sunday, March 14th -- Flipper USY for 8th-12th grades, 1:45-3:15 pm in the Temple Israel parking lot / zoom if weather is uncooperative!

Sunday, March 21st -- Passover Family Program -- details to be announced.

School will be closed on March 28th and 30th, and again on April 4th and 6th, for Passover and Spring Break.

Stay healthy everyone,

Have a good month!

Marcia

## MEET OUR YOUTH OF THE MONTH . . . MAXIMILLIAN ANSONOFF!

Maximillian is a graduate of our Religious School. He became a bar mitzvah in 2016 with his twin brother, Sidney. For their bar mitzvah project, he and Sidney volunteered at the JADD home with residents there, playing games and entertaining. They would go monthly during their bar mitzvah year, and continued to volunteer some afterwards. Maximillian also attends the Hebrew High School of Jewish Studies. He has blown the shofar numerous times for our temple, most recently, this past Rosh Hashanah.

Outside of his passion for Jewish life and rituals, his accomplishments in Fair Lawn High School and beyond are equally impressive. He has been selected to participate in the 2021 All-Eastern Band, an extremely competitive program for the most accomplished musicians from 12 states in the Northeast.

The French horn player will participate in master classes, and perform virtually in this year's online program in March and April.

"I was really surprised, because this year we couldn't try out due to COVID-19 restrictions, and my audition was from last year" said Max Ansonoff.

The FLHS Band Director Scott Avidon said Max is committed to leaving a legacy for future musicians at the high school, while being a "humble and outstanding young man and musician."

"While he has established himself to be one of our nation's top high school French horn players, he continues to fully dedicate himself to the music program at Fair Lawn High School. He has led the French Horn section in both Symphonic Band and Wind Ensemble since his freshman year, while being a key member of the Marching Band, Pit Orchestra, and has recently joined the Jazz Band. He has proven to be one of my top students in A.P. Music Theory, and is the Vice President of our chapter of Tri-M Music Honor Society," said Band Director Scott Avidon.

Max comes from a musical family, whom perhaps you know. He credits his mother, Shifra, who plays the piano, for inspiring his brothers and sister. His twin brother, Sid, plays the trombone, and, according to Mr. Avidon, he's the "best trombone student I've ever had." His other brother, Abraham, a freshman, plays the harp, and his sister, Faye, a third-grader, plays the piano.

In addition to the French horn, Max plays the piano, mellophone in marching band, and cymbals in indoor percussion. During remote-learning, he is teaching himself to play the guitar.

In his spare time, he enjoys playing classical solos such as Franz Strauss' "Horn Concerto in C Minor" and music scores from movies. One of his favorites is John Williams' "Binary Sunset" from "Star Wars." As for contemporary music, he likes all genres, but finds himself listening to music from the 1960s, and listens to The Beatles and the Temptations.

As he rounds the corner of his senior year, Max is contemplating a traditional college experience from a liberal arts college, and is leaning toward majoring in psychology and minoring in music.

"When I was younger, the older musicians in school really inspired me to work harder," said Max. "I hope I can inspire younger musicians to work harder too."

*Neil Garfinkle*  
Youth Director

Passover, which celebrates our liberation from bondage in Egypt, is a joyous holiday preceded by a thorough house cleaning and the removal of all *chametz* (leaven), which is scrupulously avoided during Pesach, both at home and away. *Hametz* refers not only to foods, the use of which is prohibited during Pesach, but also to the dishes and utensils used during the year.

### **Shacharit and Siyyum for the Firstborn (via Zoom)**

**Thursday, March 25**

The day before Passover is observed as a fast by the firstborn (both males and females) in each family. The object of this fast is to remind them that the firstborn of the Egyptians were slain at midnight of the first Passover, which brought the Hebrew slaves their release from bondage. However, if the firstborn participates in a mitzvah, s/he may take part in the feast which accompanies it, and need not fast. Such a mitzvah is a *siyyum*, or conclusion of a portion of Talmudic literature. The siyyum, at which we will study an appropriate text releasing all firstborns from their obligation to fast, will be held on Thursday, March 25.

### **Bedikat Hametz: The Search for Leaven**

**Thursday evening, March 25**

*Bedikat Hametz* symbolizes the final removal of any chametz from the home. Since you have already removed the chametz by then, it is customary to place small pieces of bread in various places in the house. Don't forget where you put them. Traditionally, a lit candle is used to find the chametz, and it is scooped into a wooden spoon with a feather. Today some people use a flashlight. The hametz is set aside until the morning, when it is disposed of. The *chol hamira* formula, found in the front of the Haggadah, is recited.

### **Bi'ur Hametz**

**Friday morning, March 26**

We do not say the nullification formula. We eat Kosher for Pesach for Shabbat, but make motzi of egg matzo. The nullification form of *Bitul Hametz* is recited on Shabbat morning, March 27 during Zoom Shabbat Shacharit.

### **Kashering of Kitchen Appliances and Utensils**

It is customary (and easiest) to remove the utensils and dishes used during the year, replacing them with new utensils, or utensils reserved for exclusive use on Pesach.

This is clearly not feasible for major kitchen appliances, and may not even be possible for dishes and utensils. There is a process for kashering a variety of utensils and appliances.

The general principle is that the way the utensil absorbs food is the way it can be purged of that food (*ke-volo kach polto*). Kitchen items used for cold food can be kashered by rinsing, since no substance has been absorbed by the dish or glass. Items used on a stove absorb the food, and must be kashered with boiling water (*hag'alah*). Items used directly on a fire or in an oven require *libun*, which burns away absorbed food.

**To kasher metal pots, silverware and utensils**, thoroughly clean them with soap and water. Following a 24-hour waiting period, during which the item is not used, immerse it in water heated to a rolling boil (*hag'alah*). For pots and pans, clean handles thoroughly. If the handle can be removed it must be removed for a more thorough cleaning. The item must be completely exposed to the boiling water. Pots and pans are either immersed in a larger pot of boiling water (for large items this may be one section at a time), or filled with water brought to a rolling boil, after which a heated stone is dropped into the pot, causing the water to overflow to cover the sides of the pot. In the case of silverware, every part of each piece must be exposed to the boiling water. Following *hag'alah*, each utensil is rinsed in cold water.

**Heavy-duty plastic items**, including dishes, cutlery or serving pieces, provided they can withstand very hot water, and do not permanently stain, may be kashered by *hag'alah*. When in doubt, consult Rabbi Salston.

**Purely metal objects used in fire** must first be thoroughly scrubbed and cleaned, and then subjected to direct fire (*libun*). To accomplish this, place the item in a self-cleaning oven, and run it through the self-cleaning cycle, or use a blowtorch. Using a blowtorch is potentially dangerous, and may result in discoloration or warping of the item. Exercise caution when performing *libun*. Metal baking pans and sheets may warp, resulting in a reluctance to submit the vessel to the required temperature.

**Earthenware** (china, pottery, etc.) may NOT be kashered. However, fine translucent china which has not been used for more than a year may be used after thorough washing. This china is considered pareve, and may be designated for meat or dairy use.

**Ovens and Ranges:** Every part that comes in contact with food must be thoroughly cleaned, including the walls and top and bottom of the oven. It should then be heated to its highest possible temperature. The oven should be heated at maximum heat for an hour. The range top should be heated until the elements turn red and glow. Parts of the range top around the elements that can be covered should be covered (usually with aluminum foil) and carefully heated. After a general and careful cleaning, a self-cleaning oven is put through the full cleaning cycle while empty. Following this, it should be cleaned again to remove any ash. If the oven was very dirty to begin with, two cycles may be needed to assure a thorough cleaning.

**Smooth glass-top electric ranges** require kashering by *libun* and *iruy* - pouring boiling water over the surface of the range top. First clean the top of the range thoroughly; then turn the coils on maximum heat until they are red-hot. Then carefully pour boiling water on the surface area, over and around the burners. The range top may now be used for cooking.

**Microwave ovens** that have no convection option should be thoroughly cleaned. Then place an 8-ounce cup of water inside the oven, and microwave until the water almost disappears. (At least 6 ounces must evaporate.) Do not heat until the water is completely evaporated, as this may damage the oven. Move the cup once so that all services may be traced by the steam. A microwave oven that has a browning element cannot be kashered.

**Convection ovens** are kashered like regular ovens. Be sure to clean thoroughly around the fan.

**Glass dishes** used for eating and serving hot food are to be treated like any dish used for eating and serving hot food. They may be kashered by cleaning, and then immersing in boiling water (*hag'alah*).

**Glass cookware** is kashered in the same method used for a metal pot (see above). Glass bakeware may be koshered like metal bakeware if it can withstand the necessary heat.

**Drinking glasses, or glass dishes used only for cold foods**, may be kashered by a simple rinsing after a 24-hour waiting period.

**Dishwashers** must be cleaned as thoroughly as possible, including the inside area around the drainage and filters. Then run a full cycle with detergent (with racks inserted) while empty. After 24 hours of not being used, the dishwasher is again run empty (with racks inserted), and set on the highest heat for the purpose of kashering. If the sides of the dishwasher are made of enamel or porcelain, the dishwasher cannot be kashered for Pesach.

**Other electrical appliances** can be kashered if the parts that come in contact with chametz are metal and are removable, in which case they may be kashered like all other metal cooking utensils. If the parts are not removable, the appliance cannot be kashered.

**Tables, cabinets and counters** should be thoroughly cleaned and covered. Suitable coverings include contact paper, regular paper, foil, or cloth that does not contain chametz (e.g. treated with starch made of chametz). The covering materials should be made of material that is not easily torn.

Many **countertop surfaces** can be kashered simply by a thorough cleaning, a 24-hour wait, and pouring boiling water over the surfaces (*iruy*). For *iruy* to be effective for kashering, the surface must have no hairline cracks, nicks or scratches that can be seen with the naked eye. Plastic laminates, limestone, soapstone, granite, marble, glass, Corian, Staron, Caesarstone, Swanstone, Surell and Avonite surfaces can be *kashered* by *iruy*. A wood surface that does not contain scratches may be kashered by *iruy*. Ceramic, cement, or porcelain countertops cannot be kashered by *iruy*.

**A metal kitchen sink** can be kashered by thoroughly cleaning and scrubbing the sink (especially the garbage catch), letting it sit for 24 hours, during which only cold water is used, and then pouring boiling water over all the surfaces of the sink, including the lip. A porcelain sink cannot be kashered, but should be thoroughly cleaned and used with Pesach dish basins and dish drains, one each for dairy and for meat.

**Refrigerators and freezers** should be thoroughly cleaned.

**Non-Passover dishes, pots, utensils and chametz foods** that have been sold (see below) should be separated, covered, or locked away to prevent accidental use.

## **Selling of Hametz**

The Torah prohibits the ownership of chametz during Pesach. Ideally, we burn or remove all Hametz from our premises. In some cases, this would cause financial loss. In such cases we arrange for the sale of the Hametz to a non-Jew, and for its subsequent repurchase after Pesach. (See page 22 for form of sale.)

The transfer (*mechirat chametz*) is by appointing an agent, usually the rabbi, to handle the sale. It is a valid and legal transfer of ownership. Thus, the items sold must be separated and stored away from all other foods and supplies. At the end of the holiday, the agent arranges to repurchase the items on behalf of the owner, since the chametz is again permitted at that time. One must wait until certain the repurchase has been transacted. If ownership of the chametz was not transferred before the holiday, its use is prohibited after the holiday as well (*chametz she-avar alav haPesach*) and any such produce should be given away to a non-Jewish food pantry.

## FOODS

An item that is kosher all year round, that is made with no chametz, and is processed on machines used only for that item and nothing else (such as ground coffee) may be used with no special Pesach supervision. Whenever possible, processed foods should have a Kosher l'Pesach hechsher from a reliable source.

Any food that requires a Kosher l'Pesach hechsher must have a label that is integral to the package, and should display the name of a recognizable, living supervising rabbi or creditable kosher supervision agency, if possible. If the label is not integral to the package, or if there are questions regarding the label, the item should not be used without consulting the rabbi.

**Prohibited foods** (chametz) include the following: leavened bread, cakes, biscuits, crackers, cereal, and coffees containing cereal derivatives (wheat, barley, oats, spelt, or rye). Any food containing these grains, or derivatives of these grains, must be certified Kosher for Passover. (See *Kitniyot*, below.) Flavorings in foodstuffs are often derived from alcohol produced from one of these grains, rendering that food chametz. Such products require Pesach supervision.

### Permitted Foods:

The following foods require no Kosher l'Pesach label if purchased before or during *Pesach*: fresh fruits and vegetables, eggs, fresh fish (whole or gutted), and fresh or frozen kosher meat other than chopped meat, whole (unground) spices and nuts, including whole or half pecans (not pieces), pure black, green or white tea leaves or unflavored teabags, unflavored regular coffee, Nestea (regular and decaffeinated), baking soda, and bicarbonate of soda.

The following items may be purchased before Pesach without a Pesach hechsher, but if bought during Pesach require a hechsher: white milk, all pure fruit juices, filleted fish, frozen fruit (with no additives), pure white sugar (with no additives), non-iodized salt, quinoa (with no additional ingredients).

The following foods require a reliable Kosher l'Pesach certification (regular kosher supervision is not sufficient), whether purchased before or during Pesach: all baked goods (matzo, *Pesach* cake, matzo flour, farfel, matzo meal, and any other products containing matzo), butter, herbal teas, canned tuna, wine, vinegar, liquor, oils, decaffeinated coffee and tea, dried fruits, and all frozen processed foods, candy, yogurt, cheeses, ice cream, soda, and chocolate milk.

**Kitniyot:** On December 24, 2015 the Rabbinical Assembly Committee on Jewish Law & Standards adopted two papers (by Rabbis David Golinkin and Rabbis Amy Levin and Avram Reisner) which overturn the 800-year Ashkenazic ban on eating kitniyot on Passover, concluding that the Ashkenazic custom of refraining from eating rice, beans and kitniyot (legumes) on Passover should be eliminated. Fresh corn on the cob and fresh beans may be treated as any other fresh vegetable. Dried legumes, rice and corn may be purchased bagged or boxed, and examined before *Pesach* for any chametz, which should be removed, and then the items may be eaten. Kitniyot in cans must have Pesach certification. Frozen, raw kitniyot (corn, edamame, soy beans, etc. may be purchased without hechsher and inspected for possible chametz, and may be used if any chametz is removed. Processed foods, including tofu, require Pesach certification. Those who continue to abstain from eating kitniyot on Pesach may eat from Pesach dishes, utensils and cooking vessels that have come in contact with kitniyot, and may consume kitniyot derivatives, like oil, that have a Pesach hechsher.

Year-round kosher baby food is acceptable for Pesach. Separate dishes are preferable, and cleanup should be done out of the kitchen.

**Detergents, cleaners, etc.** which are not a foodstuff, and which are not eaten, may be used for Pesach, and do not require a hechsher. These items include isopropyl alcohol, aluminum products, ammonia, coffee filters, baby oil, powder and ointment, bleach, charcoal, candles, contact paper, plastic cutlery, laundry and dish detergent, fabric softener, oven cleaner, paper bags, paper plates with no starch coating, wax paper, plastic wrap, polish, sanitizers, scouring pads, stain remover, and bottled water with no additives.

**Prescription medicines** are permitted. Non-prescription pills and capsules are permitted. For liquids, check with the rabbi.

On the evening of Passover we begin the celebration of our freedom with the Seder (actually, two Sedorim outside of Israel). There are two parts to the Seder, separated by the festive meal.

## THE SEDER TABLE

**The Seder Table** contains several items:

> **A Haggadah** for each participant. The Haggadah (literally 'telling') contains the story of Pesach, read at the Seder in fulfillment of the Biblical command, "And you shall tell your son on that day, saying 'It is because of that which the Lord did for me when I came forth out of Egypt'." There are many excellent Hagadas, and most of them explain the setting of the Passover table and the Seder in detail.

> **Salt Water** to represent the Hebrews' tears.

> **Three matzos** – The top and bottom matzos take the place of the Shabbat and Yom Tov challahs. The middle matzo is the bread of affliction. This matzo is broken in two, and one part, the afikomen, is hidden, to be redeemed later and eaten as dessert. *Afikomen* is a Greek word that originally meant the songs, dances and dessert which followed festive meals.

Though all Passover matzo is manufactured with every ritual care, some people like to use "matzo shmura" for the Seder; this is a "guarded matzo" that has been protected from moisture, and prepared with unusual care.

> **The Cup of Elijah** – It is traditionally believed that Elijah will appear as the messenger bearing word of the coming of the Messiah, who will usher in peace, bring salvation to Israel and all mankind, unite the hearts of parents with the hearts of their children, and comfort and establish God's kingdom on earth. Thus, Elijah's cup led to the custom of opening the door during the Seder for the entrance of this great prophet.

> **A bowl or napkins** for the drops of wine that represent the plagues. *Remember not to lick the wine off your fingers after you enumerate the plagues!*

> **A Seder Plate** containing:

\* **Maror (Bitter Herbs)** – horseradish: a reminder **of** our suffering at the hands of the Egyptians, who made our lives bitter with slavery.

\* **Z'roa (Roasted Shankbone)** – a symbol of the Paschal lamb sacrificed on the eve of Pesach during the days of the Temple. After the Temple was destroyed, and the sacrifice could no longer be offered, it became the custom to end the meal with a bit of matzo, the afikomen.

\* **Baytza (Roasted Egg)** – a symbol of the festival offering, known as *chagiga*.

\* **Charoset** – a mixture of apples, nuts, cinnamon and wine, which reminds us of the clay for making bricks, and the mortar used to build palaces and temples for Pharaoh.

\* **Karpas (Greens)** – usually parsley, celery or lettuce, dipped into the salt water.

**Four cups of wine** are consumed during the Seder. The first cup follows Kiddush, as on other festive days and Shabbat. The second cup is at the end of the first part of the Seder. The third cup follows *Birkat HaMazon*, Grace After the Meal. The fourth cup is drunk at the end of the second part of the Seder. The number four is used because God, when sending Moses to deliver the Hebrews, used four different verbs, all of which signify redemption: "I will bring you out." "I will rescue you." "I will redeem you." "I will take you."

It is customary to recline during the Seder while drinking the wine, eating the first piece of matzo, Hillel's sandwich, and the afikomen, as this was the way free people dined in ancient lands.

### Counting the Omer

At the conclusion of the second Seder we begin counting the 49 days of the Omer, leading to Shavuot on the 50<sup>th</sup> day.

**WISHING YOU A SWEET AND JOYOUS PASSOVER!**

**חג פסח שמח ופישר**



### Authorization of Power of Attorney for the Sale of Leaven

*Note: If possible, all hametz – food not acceptable during Pesah (Passover), or materials containing such unacceptable food should be destroyed or given away before the holiday begins. Should this be impossible, the hametz may be stored in such a way that we are sure not to use it during the holiday and its actual ownership is transferred to a non-Jew until the holiday ends.*

*Please complete the form below and return it no later than 1:00 PM, Friday, March 26, 2021. If emailing, please attach your scanned or digital form and include "Hametz" in the subject line in an email to [rabbi@fljc.com](mailto:rabbi@fljc.com).*

I, the undersigned, fully empower and permit Rabbi Rachel I. Salston to act in my behalf to sell all *hametz* possessed by me – knowingly or unknowingly – as defined by Torah and rabbinic law, and to lease all places wherein *hametz* owned may be found. This transaction will be in effect for the duration of Pesah, which this year begins with the conclusion of Shabbat, March 27, 2021 and runs through Sunday, April 4, 2021.

And to this I hereby affix my signature on this \_\_\_\_\_ day of March, in the year 2021.

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(indicate specific place or area where chametz will be)

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Signature \_\_\_\_\_

Name \_\_\_\_\_

Address:

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## NISAN

Nisan is the post-exilic name of the first month of the year, derived from the Hebrew *nasa*, meaning to start. In the Torah it is called Chodesh HaAviv, the month of Spring. It is also referred to as the month of the ripening ears of barley.

The Mishna calls 1 Nisan the new year for kings and festivals, and the reigns of monarchs in Biblical times were calculated from then.

It was later made the seventh month of the civil calendar. Nisan is a month of 30 days, beginning on April 6, and ending on May 5. Its sign of the Zodiac is Aries.

According to Rabbi Joshua, Nisan is the month during which the world was created and the Patriarchs were born. It was in Nisan that God spoke to Moses from the burning bush, and tradition holds that in Nisan redemption will occur in time to come. The Tabernacle was erected in Nisan, and the princes brought their offerings then. The 1<sup>st</sup> (or 8<sup>th</sup>) of Nisan is regarded as the anniversary of the death of Nadab and Abihu; the 10<sup>th</sup> the anniversary of the death of Miriam; and the 26<sup>th</sup> of the death of Joshua.

Pesach is the first of the festivals of the year, and, from Pesach it is possible to learn on which day of the week other holidays occur. The first day of Pesach can occur only on a Sunday, Tuesday, Thursday or Shabbat.

In the Amidah we mention the Festival of Matzot, the season of our freedom. And why, when the Torah calls it the Festival of Matzot, do we call it Pesach, or Passover? According to Rabbi Levi Itzchak of Berditchev, G-d called it the Festival of Matzot in praise of Israel, who went after Him in the wilderness without waiting for their dough to rise, not even asking where they were being led. Israel, however, called it the Festival of Passover because of G-d's kindness in passing over the houses of the children of Israel when He smote the first-born of the Egyptians.

On the first two days of Pesach we recite the full Hallel, but omit some of the psalms on the other days because God rebuked the people who wanted to rejoice while some of his people, the Egyptians, were drowning in the sea on the seventh day, which is 21 Nisan. According to tradition, it was on that very day, 21 Nisan, eighty-one years earlier, that Moses had been cast into the Nile.

*Ya'aleh v'yavo* is included in each Amidah throughout Pesach. There are five aliyahs to the Torah on the 1<sup>st</sup>, 2<sup>nd</sup>, 7<sup>th</sup> and 8<sup>th</sup> days of Pesach, plus Maftir. On Chol HaMoed, there are four aliyahs plus Maftir. Shir haShirim is read on Shabbat Chol HaMoed. At Musaf on Pesach we stop saying the prayer for rain, and pray instead for dew. The Cantor is dressed in white, as he is on Rosh HaShanah and Yom Kippur, as he begs for mercy for the crops mankind needs. Havdalah is recited at the end of Yom Tov, with variations from the Shabbat Havdalah. At the conclusion of the second Seder we begin counting the 49 days of the Omer, leading to Shavuot on the 50<sup>th</sup> day.

Many tragedies have befallen the Jewish people at this time of the year. Nearly all Rabbi Akiba's 12,000 pairs of students died between Pesach and Shavuot. During the Crusades in Germany in 1096 many communities were destroyed, adults and children massacred and scholars burned alive. During the Chmielnicki era in 1648-1649 a vicious blood libel culminated in the shedding of much Jewish blood. In the week following Pesach we observe Yom HaShoah, Holocaust Remembrance Day. The days of the Omer are considered days of mourning for these tragedies. No weddings are performed, and haircuts are not gotten for the first 33 days of the Omer, with leniency on Lag b'Omer.

Some people form their challahs on the Shabbat following Pesach into the form of a key, sprinkling them with sesame seeds, as a reminder of the manna that fell during the days of the Exodus.

## PASSOVER RECIPES FROM SISTERHOOD MEMBERS

### FLUFFY CHOCOLATE CAKE

Rabbi Rachel Salston

Pareve: Dessert

Prep Time 20 minutes - Serves 16

6 eggs  
1 1/2 cups (300 g.) white sugar  
1 1/2 cups vegetable oil  
3/4 cup (60 g.) Fair Trade cocoa powder  
3/4 cup (144 g.) potato starch  
1 1/2 teaspoons baking soda

Preheat oven to 350 degrees Fahrenheit. Grease and line with parchment paper a 9" x 13" pan.

In a bowl, whisk together cocoa, potato starch and baking soda. Set aside.

In a separate bowl, using a hand mixer (or a stand mixer if you have one for Pesach) beat eggs and sugar until the mixture is pale yellow and fluffy.

Add oil to the egg mixture, and beat for a few seconds to combine.

Add cocoa mixture to the egg-and-oil mixture, and beat for a few seconds to combine.

Pour batter into prepared pan.

Bake for 50 minutes, or until a toothpick inserted in the cake comes out clean.

Frost and decorate as you wish

This cake can also be prepared in round pans.

It doesn't taste Pesadik!

Adapted from <https://pragmaticattic.wordpress.com/2011/03/31/super-easy-super-quick-deep-dark-chocolate-cake-for-Passover/>

### COCOLATE MOUSSE

Lily Shinkar

Pareve or Dairy Dessert, depending on ingredients

Prep Time 20 minutes plus freezing time

6 oz. chocolate chips  
6 eggs, separated  
2 tsp. vanilla  
4 tablespoons sugar  
Dash salt

Melt chocolate chips.

Beat yolks with vanilla

Add melted chocolate

Beat egg whites, adding sugar slowly; fold chocolate

Freeze

Thaw for 20 minutes, or serve frozen

### MATZO BREI

Norma Pollack

Pareve: Breakfast/Lunch/Anytime  
Cooking Time +/- 20 minutes - Serves 2

6 slices matzo, crumbled, or 3 cups matzo farfel  
4 eggs; salt & pepper or cinnamon

Wet matzo and squeeze out extra water.

Scramble eggs in medium-sized bowl.

Add matzo and salt/pepper or cinnamon

Mix well.

Oil 1 large frying pan or 2 small pans

Divide the batter evenly between the 2 pans (if using)

Fry on the lowest flame, approximately 10 minutes.

When browned, turn matzo brei over

Add additional oil to the pan(s) if necessary,

Fry on second side approximately 10 minutes, or until browned.

Serve with pancake syrup or jam.

### PASSOVER ALMOND CAKE

Norma Pollack

Pareve: Dessert

8 eggs, separated  
1 3/4 cups sugar  
3/4 cup matzo meal  
3/4 cup potato starch  
1/2 teaspoon salt  
1 cup orange juice  
1 1/2 cups ground almonds  
1 tablespoon lemon rind (optional)

Preheat oven to 350 degrees

In a large mixing bowl beat egg yolks until frothy

Gradually add sugar, and continue beating until thick

Mix together matzo meal, potato starch and salt, and add it alternately with orange juice into egg yolks, mixing well

In another bowl beat egg whites until stiff, but not dry

Carefully fold egg whites into batter

Fold in almonds

Fold in lemon rind (if using)

Transfer batter to a greased 9" tube pan

Bake 1 hour

Invert and cool before removing cake from pan.

## CHOCOLATE CHIP COOKIES

Dara Siegel

Dairy: Dessert:

Yields 50 Cookies

1 cup matzo cake meal

1/4 cup matzo meal

1/4 cup potato starch

3/4 teaspoon baking soda

1 teaspoon kosher salt

15 tablespoons (2 sticks) unsalted butter, at room temperature

1 cup granulated sugar

2/3 cup (packed) light brown sugar

2 teaspoons vanilla extract

2 large eggs

2 cups chocolate chips

Place a rack in the middle of the oven, and preheat oven to 275 degrees

Line 2 baking sheets with parchment paper

In a small bowl, whisk together the matzo cake meal, matzo meal, potato starch, baking soda and salt

In a stand mixer fitted with the paddle attachment, beat the butter on medium speed until light and fluffy, 1 minute after each, to incorporate.

Reduce the speed to low, and add the dry ingredients in 2 batches.

Fold in the chocolate chips

Using a 1-tablespoon measure, scoop the batter onto the prepared baking sheets, leaving 2 to 3 inches between cookies — they will spread during baking

Bake one sheet at a time until the cookies are evenly golden brown, 8—10 minutes, rotating the sheet after 4 minutes

Remove from the oven, and let the cookies rest on the baking sheet for 1 minute, then transfer to a wire rack to cool

Repeat with the remaining dough, cooling the baking sheets between batches

Once the cookies have fully cooled, store them in an airtight container for up to 2 weeks.



## HONEY FRUIT CAKE

Norma Pollack

Pareve: Dessert

3 cups sifted flour

1/4 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1/8 teaspoon ground cloves

1 teaspoon baking soda

2 cups honey (hint: grease the measuring cup)

1 1/2 cups orange juice

1/2 cup blanched chopped almonds

1/2 cup chopped walnuts

\*1/2 cup white raisins

\*1/2 cup snipped apricots

\*OR 1 cup mixed dried fruit

1/2 cup slivered almonds for garnish

In a large bowl mix together flour, salt, cinnamon, nutmeg, cloves and baking soda

In another bowl mix together honey, orange juice, nuts and fruits

Add the juice/honey mixture to the flour mixture, and mix well with wooden spoon

Oil well or vegetable spray two 9"x5" or three smaller loaf pans. Divide the mixture evenly

Sprinkle the slivered almonds on top of the batter.

Bake in preheated 325 degree oven 1 hour, 45 minutes, or until done. Cool on a rack

If removing from pans, loosen sides with metal spatula. Wrap in foil

## CARROT RING

Elaine Weisfeld

Pareve: Side Dish

Prep Time 15—20 minutes

Cooking Time 1 hour

1 pound raw carrots

1/4 cup pareve margarine

1/2 cup matzo meal

3 tablespoons potato starch

1/2 cup white wine

1/4 cup raisins

1/2 cup sugar

1 teaspoon powdered ginger

Juice and grated rind of 1 lemon

1 egg

1/2 teaspoon salt

Preheat oven to 350 degrees

Grease ring mold with a little margarine

Scrape, wash and grate carrots

Dissolve potato starch in wine, and add to margarine, together with carrots and remaining ingredients

Turn into ring mold

Bake 1 hour

Unmold onto serving platter and enjoy!

# THE GENEROUS HEART WILL BE FULFILLED

## **BUD KESSLER FUND**

### **Mollie Goodman**

In memory of your beloved husband,  
Herbert  
Fran Kessler

### **Judi Margolis**

Wishing you a very Happy Special  
Birthday  
Fran Kessler

### **Ellen & Bert Wertheim**

In honor of your 50<sup>th</sup> wedding  
anniversary  
Fran Kessler

## **EDUCATION FUND**

### **Neil Garfinkle**

Mazel tov for being named Mensch of  
the Year  
Ellen & David Teitelbaum

### **Steven Schwimmer and Family**

In memory of your beloved mother,  
Charlotte  
Debbie and Mark Oppenheimer

## **ELLIE WEINER FUND**

### **Jerry Weiner**

Deepest sympathy on the loss of your  
beloved brother  
Ruth Fridberg

### **Jerry Weiner**

In memory of your beloved brother,  
Jay Weiner  
Ann & Herb Lefkowitz

### **Jerry Weiner**

In memory of your beloved brother,  
Jay Weiner  
Ellen & David Teitelbaum

### **Ellen & Bert Wertheim**

Mazel tov on your 50<sup>th</sup> wedding  
anniversary  
Jerry Weiner

## **GENERAL FUND**

### **Mollie Goodman**

In memory of Hebert Goodman  
Alan Haubenstock

### **Mollie Goodman**

In memory of your beloved husband,  
Herbert  
Carol Hirsh

### **Mollie Goodman**

In memory of your beloved husband,  
Herbert  
Delores Kronemer

### **Mollie Goodman**

With deepest sympathy and love on  
the loss of Herbert  
The Loeb, Bossman and Kirschnbaum  
families

### **Mollie Goodman**

In memory on the sad passing of our  
dear friend and mentor, Herb  
Goodman  
Judi & Len Margolis

### **Mollie Goodman**

In memory of your beloved husband,  
Herbert  
Eileen & Steve Schwimmer

### **Mollie Goodman**

In memory of Herbert Goodman  
Marlene Skarnik

### **Mollie Goodman**

In memory of your beloved husband,  
father and grandfather  
Freida & Bob Wallstein

### **Mollie Goodman**

In memory of our dear friend from  
Brightview, Herbert Goodman  
Lola & Henry Weber

### **The Goodman Family**

In memory of Herb Goodman  
Naomi Cohn

### **Roz Goodman**

In memory on the loss of your beloved  
husband, Larry  
Ellen & David Teitelbaum

### **Leslie Leva and Family**

In honor of your beloved mother,  
Florence  
Beatrice Goldstein

### **Steve Schwimmer**

In memory of Charlotte Schwimmer  
Susan & Bruce Wexler

### **Steven Schwimmer and Family**

In memory of your mother, Charlotte  
Schwimmer  
June & Terry Aranoff

### **Steven Schwimmer and Family**

In memory of your beloved mother,  
Charlotte  
Roz Goodman

### **Bena Weil**

In memory of your beloved husband,  
Steve  
Ellen & David Teitelbaum

### **Ellen & Bert Wertheim**

In honor of your 50<sup>th</sup> wedding  
anniversary  
Judi & Len Margolis

## **HOWARD R. HERMAN FUND**

### **Flora Frank**

In memory of your sister, Joan Cimino  
Arline Herman

### **Mollie Goodman**

In memory of your beloved husband,  
Herbert Goodman  
Arline Herman

## **RABBI'S TZEDAKAH FUND**

### **Paula Berkoff Czirjak**

In memory on the loss of your  
husband, Bill  
Ann & Herb Lefkowitz

### **Flora Frank**

In memory on the loss of your sister,  
Joan Cimino  
Roz Goodman

### **Neil Garfinkle**

Mazal tov on being named Mensch of  
the Year  
Ann & Herb Lefkowitz

### **Mollie Goodman**

In memory on the loss of your  
husband, Herbert Goodman  
Roz Goodman

### **Roni Zerowin**

Wishing you a speedy recovery from  
surgery  
Ann & Herb Lefkowitz

## **THALER SCHOLARSHIP FUND**

### **Robert Thaler**

Sending good wishes to my friend for  
a speedy recovery  
Ruth Fridberg

### **Steven Schwimmer**

In memory on the loss of your mother  
Marsha, Robert and Florence Thaler

## **YAHRZEITS**

### **Yehuda Amar**

Marcus Amar

### **Amalia Atlas**

Robert Atlas

<b>Hanna Bellehsen</b> Jeannette Amar	<b>Sadie Kessler</b> Fran Kessler	<b>Robert Shapiro</b> David Shapiro
<b>Jack Belkin</b> Carol Bosehans	<b>Theodore Klein</b> Evelyn Klein-Schwartz	<b>Ida Skobel Feinblum</b> Norma & Irv Pollack
<b>Lewis Blackin</b> Jack Blackin	<b>Robert Kronemer</b> Deborah Kessler	<b>Mary Sloves</b> Vera Selman
<b>Terry Breindel</b> Eileen & Steve Schwimmer	<b>Robert Kronemer</b> Delores Kronemer	<b>Rebecca Smoliansky</b> Aida Melamud
<b>Flora Brown</b> Judith Brown	<b>Khaya Kustanovich</b> Gesya Leybson	<b>Seymour Malovany</b> Gregg Malovany
<b>Bella Cohen</b> Harriet Goldberg	<b>Morton Lakin</b> Patti & Bryan Lakin	<b>Terrie Malovany</b> Gregg Malovany
<b>Jack Cohen</b> Harriet Goldberg	<b>Ruth Lempert</b> Frank Lempert	<b>Joseph Schwartz</b> Susan Seligman
<b>Marilyn Cohen</b> Harriet Goldberg	<b>Harry Loeb</b> Bossman, Kirshenbaum and Loeb Families	<b>William Stenchever</b> Carole Feingold
<b>Joseph Benjamin Cooper</b> Norman Cooper	<b>Harry Lowenstein</b> Linda Herrmann	<b>Anne Stollar</b> Mitchell Stollar
<b>Anna Crausman Nissel</b> Judith Shain-Alvaro	<b>Rose Manketo</b> Bill Weiss	<b>Elsa Susman</b> Miriam Parkinson
<b>Jeanne Crausman Goldstein</b> Judith Shain-Alvaro	<b>William Manketo</b> Bill Weiss	<b>Horst Winter</b> Renee B. Paget
<b>Minnie Cutaia</b> Carol Bosehans	<b>Bryan Metzker</b> Frank Lempert	<b>Benjamin Yarkoni</b> Paula Yarkoni
<b>David Diner</b> Marvin, Leslie and Jeffrey Diner	<b>Adella Mirchin</b> Phyllis Mirchin	<b>Daniel Yarkoni</b> Paula Yarkoni
<b>Magda Dorogi</b> Ann & George Rasko	<b>Joseph Mirchin</b> Phyllis Mirchin	<b>Abraham Zdanowitz</b> Milton Zdanowitz
<b>Gilbert Goldenberg</b> Gwendolyn Goldenberg	<b>Joseph Mirchin</b> Edith & Charles Sobel	<b>Beatrice Zisblatt</b> Phyllis Mirchin
<b>Clare Green</b> Donna Pasternak, Arlene Green and Family	<b>Rose Nathanson</b> Susan Moskowitz	<b>Samuel Zisblatt</b> Phyllis Mirchin
<b>Esther Greenbaum</b> Eva Greenbaum	<b>Ethel Pine</b> Ken Pine	<i>May their memories be for a blessing</i>
<b>Sara Heskins</b> Randi Paul-Heskins	<b>Seth Rosenthal</b> Loren Rosenthal	
<b>Bertha Herman</b> Janet Lynn Herman	<b>Leonard Sanders</b> Stanley Sanders	
<b>David B. Kaufmann</b> Marian & Leonard Kaufmann	<b>Regina Schwartz</b> Sheldon O. Schwartz	
<b>Ray J. Kaufmann</b> Marian & Leonard Kaufmann	<b>Minnie Seeman</b> Sara Falk	

**OuCH!**  
I can't wait till she  
switches back to our  
regular bread crumbs!

