

AGUDATH ACHIM SYNAGOGUE

THE SHOFAR

APRIL
2015

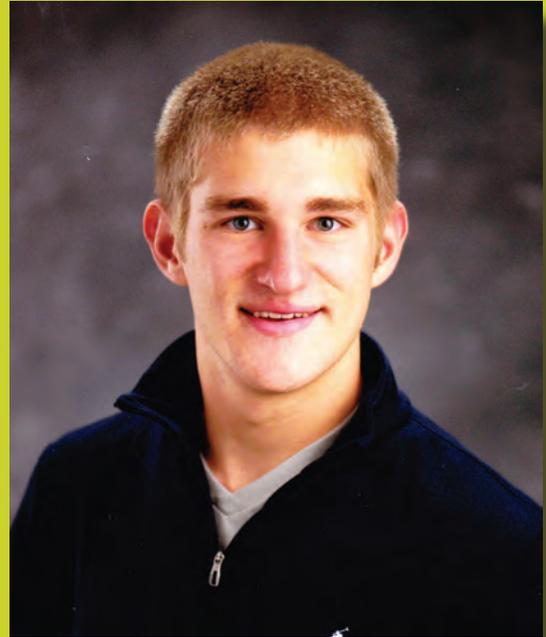
1306 Seventeenth Street
Altoona PA 16601
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This June, Max Devorris will be graduating from Shady Side Academy, where he was a school ambassador and captain of the boys prep hockey team. Max will be attending NYU (New York University) this fall, majoring in Economics and playing on the NYU men's hockey team.



Jacob Scheinberg is graduating in June and is undecided about his future plans.



Nathan Scheinberg is graduating from Altoona Area High School in the Class of 2015. He plans on attending Dickinson College in Carlisle, PA this fall as a Biology/Pre-Med major with the aspiration of becoming a surgeon.



Erica Binus is graduating from Duquesne University Mylan School of Pharmacy with at Doctorate of Pharmacy on May 23, 2015. Moving to Milwaukee, WI.



David Binus, President

Shalom,
Good Yom Tov to all, hope you have a sweet and rejuvenated spring. With the spring we celebrate Pesach, enjoying the rebirth of the Jewish people. We see the flowers

popping up, the warmer weather, and much more sunlight. It is time to regenerate our spirits and realize G-d is definitely around us.

This year is going quickly and I have enjoyed the journey of watching over the synagogues daily operations. The pledges have been coming in so we have enough funds to cover our expenses, and there have been no incidents that have caused any concern to worry about.

Keep in mind as we progress through the year we are always looking to enhance services and programming for all of us, so if you have any ideas to bring to the table, please email me or the Rabbi .

We have a board meeting in April and then the congregational meeting in May. Please check the chronicle for the dates and make an effort to attend those important meetings because we value your input to help keep the synagogue running smoothly. I hope to see you at services and any programs we have scheduled as we are always looking for interesting topics for everyone to partake in.

Fondly,
David Binus
President

Kim Adelman has an
E-Mail address
specifically for
Golden Book
inscriptions
Her Golden Book
E-Mail address is:
kagoldenbook@yahoo.com

The Shofar is printed
four times a year.
Please submit articles to
maddygrn@me.com

visit our website www.
agudathachim.com

Upcoming Events

April 15th Book Club Meeting:
David Ben Gurion by Anita
Shapira 10am

April 18th Jakob Golant
Holocaust Memorial Lecture:
Guest Speaker Dr. Steve Andrews
9:30am

April 25th Sisterhood Shabbat
9:30am

May 2nd Danny and Gilad Evans
Bar Mitzvah
9:30am

May 3rd Minyan Breakfast
9:00am

May 16th Adam Port
Bar Mitzvah
9:30am

May 23rd Shavuot Tikkun
7:45pm

May 25th Yizkor Services
5:45pm

May 30 Shabbat Service
Jason Imler,
Esquire Board Member of
American Red Cross

May 31st
Annual Board Meeting



Rabbi Josh Wohl

Shofar Article: The Importance of Asking a Good Question

Isadore Rabi won the Nobel Prize in physics. He was once asked how he became such a great scientist. He credited his mother for his achievements and said, "Every other child would come home from school and be asked 'What did you do at school today?' But my mother used to ask: 'Izzy, did you ask a good question today?' That made the difference. Asking good questions made me a scientist.

On April 3rd, we will celebrate the Passover Seder. Some anthropologists claim that it's the oldest religious ritual that's still practiced around the world, as the Jewish people have gathered for over 3,300 years to remember our redemption from Egypt.

One of the most interesting aspects of the Seder is that it focuses on questions and puzzles that the Rabbis developed to engage our children. That is why

the youngest child recites the 'The Four Questions'. That is why we have the children go on a treasure hunt with the leader taking the afikomen and hiding it somewhere in the house. At my home we have a tradition of throwing candy at any child who asks a good question about the Exodus story. We Jews take one of our holiest rituals and center it around the next generation because our primary goal is to teach our children to ask questions, to love Judaism and be engaged with its rich heritage.

Now, the Rabbis developed a child centered Seder for one main reason. They were being faithful to the story found in the Torah. If you remember, in Exodus chapter 12, Moses assembled the entire people who after 400 years were ready to be free. They had lived through the oppressive slavery, the beatings and the genocidal horrors of Egypt. But they also had seen God's wonders, the 10 plagues and the humiliation of their Egyptian masters. Here they stood in front of Moses on the precipice of freedom waiting to hear what he would say. And what did Moses tell them? What were his words of wisdom?

If you look at the text in Exodus carefully, you'll see that three times he reverts to the same theme: children, education and the distant future. Moses doesn't speak about the challenges of the desert, he doesn't mock the foolishness of Pharaoh and the Egyptians who fail to see

God's powers, he doesn't even speak about freedom; rather his focus is on education. He's not thinking not about the present situation but the future, about the importance of educating our children. As R' Sacks pointed out, what Moses understands is that you need an army to defend a country, but to build a civilization you need education. That is why he tells the Israelites that freedom is cultivated by hitting the books, a lesson that Jewish parents have taken to heart over the last 3,000 years.

The Jewish people have always understood that freedom is not enough, freedom must have meaning. As Bill Wallen always says, "It's not freedom to, but freedom for. What are you living for?" And it begins with what we teach our children. This commitment to education is the reason that our Jewish heroes are Einstein, Maimonides and Golda Meir, men and women of great learning. And this passion for learning is most evident during the Passover Seder where the ritual is focused on our children, encouraging them to ask questions. In every generation we Jews are required to cultivate that spirit of inquisitiveness. So this year, I wish everyone a Passover filled with happiness, health and lots of good questions.

CHRONICLE MAILING
IS GOING
OUT THIS WEEK.
DEADLINE FOR ADS & PHOTOS
MAY 25TH

SISTERHOOD NEWS

SISTERHOOD SHABBAT: Saturday April 25, 2015. Barbara Hollander will be delivering a D'vor Torah
MITZVAH PROJECT: Reapers Food Bank, a work in progress.
Involvement at its best!

HONOR ALBERT: For his 25 years of service. Saturday, April 25 Appreciation at its best!
Judaism brings us together but our relationships keep us going
Yours, Ilissa Zimmerman.

Highlights from Sisterhood Meeting

1. Dana and Sisterhood recognized with invitation to Veterans Home Recognition Ceremony on April 17, 2015. Dana will acknowledge.
2. \$100 donation to Reapers Food Bank from proceeds of family fun basket raffle.
3. Minyan breakfast scheduled for May 3, 2015.
4. Beautiful Art Book basket donated by SAMA will be auctioned off or used for a Fundraiser. Betsy seeking input to maximize its value.
5. Sisterhood Shabbat is scheduled for Saturday April 25, 2015. Barbara Hollander to give D'var Torah and sisters to be invited for Aliyah to the Torah.
6. Shabbat Kiddush lunch in Honor of Albert Meling 25 years of service to the Synagogue will be held in conjunction with Sisterhood Shabbat on April 25, 2015, lunch at approximately 11:30 am. Barbara Hollander is chairing the event.
7. Committee to polish Torah silver, Dana, Bonnie and Madelyn, scheduled the date: Sunday August 23, 2015.
8. Julie reported that the Hebrew school students are planning a Friday night Shabbat dinner on May 8, 2015 at Janine's home. Funds from Sisterhood previously approved in January 29, 2015.
9. Purim Carnival well done and well attended under Chair Janine Werstil. Tobi suggested a Sisterhood sponsored "Star of David Coffee shop" at the next Purim carnival to encourage adult participation.
10. Rummage dates: Set up Monday-Friday from 9 am to noon on October 19-23, 2015, and Sunday October 25. Sale dates: Preview Sunday October 25 from 6 pm to 8 pm, Monday October 26 from 6 pm to 9 pm, Tuesday 11 am to 1:30 pm and 6 pm to 8 pm. Wednesday October 28 from 9 am to 10 am followed by clean up.
10. Sisterhood voted to replace the broken glass on the large serving table in the Social Hall.
11. Sisterhood received a Thank You note from Making Strides. Rabbi Korotkin is the 2015 ambassador. Betsy will set up a team for this Breast Cancer Awareness event.

YAHREZEITS

1-Apr	Morton Hollander	Uncle of Joel Hollander & Great Uncle of Nicole & Rachel Hollander & Nanci Caplan	8-May	Morris Kaplan	Father of Samuel & Harold Kaplan & Anna Paikin
2-Apr	Gussie Kline	Grandmother of Dr. Michael Kline	10-May	Fannie Berger	Mother of Dr. Irvin Berger
	Edythe Vivian	Aunt of Ronald & Clark Adelman & Joy Susengill	11-May	Paul Colbus	Uncle of Henry Weinberg
5-Apr	Meyer Deitch	Father of Adele Giller	12-May	Molly Dolinger	Grandmother of David Dolinger
9-Apr	William Greenberg	Father of Jeff Greenberg	13-May	Samuel Gendel	Father of Sophie Rosenberg
		Grandfather of Bill & Bobby Greenberg	14-May	Sylvia Ruttenberg	Mother of Bernice Levinson
	Shirley Paikin	Wife of Saul Paikin		Abraham Colbus	Uncle of Henry Weinberg
10-Apr	Sarah Epstein	Mother of Louis Epstein	15-May	Stanley Baron	Cousin of Burton Parish
	Albert Faber	Grandfather of Steven, Alex & Michael Seltzer	19-May	Jack Lester	Father of Burton Parish
11-Apr	Yetta Seltzer	Mother of Irving Seltzer & Grandmother of Steven, Alex & Michael Seltzer	22-May	Charles Kaplan	Brother of Anna Paikin & Harold Kaplan
15-Apr	Dorothy Levinson	Mother of Howard Levinson		Aaron Krell	Father of Dorothy Kardon
16-Apr	Joshua Golant	Father of Jakob Golant		Jerry Stein	Brother of Maxine Weinberg
	Anna Mazur	Mother of Rose Karp & Grandmother of Rick Karp	23-May	Joan Seltzer	Mother of Steven, Alex & Michael Seltzer & Former Wife of Irving Seltzer
17-Apr	Hanna Krapin	Mother of Millicent Bailinger	26-May	William Singer	Father of Philip Singer
	Joseph Rosenberg	Father of Emanuel Rosenberg	28-May	Leslie Ann Mosher	Daughter of Jordan Bailinger
19-Apr	Joseph Cohen	Father of Lynn Fishbaine	29-May	Esther Weinberg	Mother of Henry Weinberg
21-Apr	Israel Weinstein	Grandfather of Judy Weinstein	30-May	Selma Altberg	Mother of Dr. Reynold Altberg
22-Apr	Harry Crigger	Father of Sandra Singer			Grandmother of Marla Greiper
23-Apr	Ruth Karp	Mother of Ardie Karp & Sister of Eleanor Grossman	31-May	Anne Golant	Wife of Jakob Golant
	Zeida Karp	Grandmother of Rich Karp	1-Jun	Ruth Hollander	Aunt of Joel Hollander & Great Aunt of Nicole & Rachel Hollander & Nanci Caplan
24-Apr	Ida Schulman	Aunt of Miss Marcia Schulman and Reva Feldman	2-Jun	Charles Kaplan	Brother of Samuel Kaplan
			4-Jun	Alice Kolb Saltzman	Mother of Fay Schmitt
26-Apr	Simon Adelman	Uncle of Ronald & Clark Adelman & Joy Susengill	6-Jun	Lena Isenberg	Mother of Shirlee Roberts
	Ann Colbus	Aunt of Henry Weinstein	10-Jun	Marilyn Hope Lynn	Sister of Rachelle Cohen
	Sanford Gould	Brother of Barry Gould	14-Jun	Roy I. Schulman	Brother of Maureen Gordon
	Bess Levine	Mother of Ida Levine & Nancy Seigel	15-Jun	Jerome Hillis Wayne	Husband of Janet Wayne
27-Apr	Samuel Port	Father of Stephen, Neil & Martin Port	16-Jun	Martin David Kline	Father Marlene Kiewe
		Grandfather of Dr. Joshua Port		Mark Giller	Father of Edward Giller & Grandfather of Phyllis Thaler
29-Apr	Sarah Bergstein	Mother of Gerald Bergstein	17-Jun	Jen Levenson	Aunt of Eleanor Grossman & Great Aunt of Ardie Karp
		Grandmother of David Bergstein	18-Jun	Selma Brande	Mother of Scott Brande
	Rae Dolinger	Mother of David Dolinger		Lee Randall Halpern	Son of Jo-Anne Halpern & David Halpern
1-May	Lillian Ramer	Mother of Burton Parish	21-Jun	Ruth Diamond	Aunt of Marlene Kiewe
3-May	Rose Devorris	Mother of Donald Devorris	22-Jun	Dr. Bernard Rosch	Father of William Rosch
		Grandmother of Philip Deforris & Andrea Cohen		Charles Brenner	Grandfather of Charles Kaminsky
	JB Henderson	Grandfather of Robert Henderson & Susan Henderson-Brody	24-Jun	Nathan Greenberg	Grandfather of Jeff Greenberg, Great Grandfather of Bill & Bobby Greenberg
5-May	Anna Paikin	Mother of Saul Paikin		Abe Kline	Father of Michael Kline & Lisa Jolles & Brother of Ethel Fried & Ann Kline
	Deborah Sare	Grandmother of David Dolinger			
6-May	Martha Cohen	Mother of Lynn Fishbaine			

Our Misheberah List

The following individuals are in our prayers of healing this week. If you have names to add to our list, please contact the office. In addition, if you or someone you know is hospitalized or would like a visit, please contact Rabbi Wohl.

Bill Rossman

Desiree Rosenthal

Mendle Covcitch

Phil Sky

Anna Paikin

Jakob Golant

Nima Chorny

Vonnie Bellina

Jordan Bailingier

Shirley Pechter

Laura Scheinberg

Joe Lurie

Nicole Lipitz

Saul Paikin

Glayton Johnson

Betty Johnson

Steve Port

David Brooks

Please notify us if the person on this list has recovered.

GOLDEN BOOK

Agudath Achim Sisterhood

In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Amy Seltzer

In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Andrea & Michael Cohen

Congratulations on birth of daughter Josephine to Scott & Jessica Zolotsky
Congratulations on birth of granddaughter Josephine to Jack & Sandy Schocker
Congratulations on birth of granddaughter Josephine to Kathy & Ed Henderson
Get Well Ron Adelman
In memory of Frank Fink
In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Peggy Pettinato
In memory of Saul Savitz
Speedy Recovery Steve Port

Barbara & Joel Hollander

In memory of Emma Berman Cohen
In memory of Leigh Ann Scheinberg
In memory of Lillian Singer
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz
Speedy recovery Rey Altberg

Betsy & Michael Kline

In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Byron, Ronna, & Stacy Lasser

Happy 90th Birthday Dr. Anne Ruben
Happy Birthday Jean Lasser
In memory of Eugene Laratonda
In memory of Lillian Menza
In memory of Mary Johnson

Carol & Mark Lipitz

In memory of Paula Taff

Carol & Morley Cohn

Congratulations Barbara & Joel Hollander on birth of granddaughter Sofia
Congratulations Irina & Boris Aryev on Ella's engagement
Get Well Saul Savitz
Get Well Shirley Pechter
Happy 85th Birthday Henry Weinberg
In memory of Bob Housel
In memory of Frank Fink
In memory of Joseph Janousky
In memory of Joseph Zasloff
In memory of Lillian Singer
In memory of Sandford Gold
In memory of Saul Savitz

Colleen & Phillip Devorris

In memory of Leigh Ann Scheinberg
In memory of Saul Savitz

Dave, Tobi, Tyler, & Casey Rispoli

Good Health & Strength Jackie Duncan
In memory of Fran Prospero
In memory of Kim George
In memory of Michael James Gority

Hy Antikol

Congratulations Barbara & Joel Hollander on birth of granddaughter Sofia
Get Well Saul Savitz
Happy 30th Birthday Mark Hosaks
Happy 94th Birthday Jakob Golant
Happy belated birthday Ron Adelman

Ilissa Zimmerman

In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Izzy, Dana, Sam & Mandy Sky

In memory of Kim George

Jakob Golant

Thanks for Good Wishes Desiree & Sheldon Rosenthal

Thanks for Good Wishes Madelyn & Jeff Greenberg

Thanks for Happy New Year & Gifts Dana & Izzy Sky

Thanks for Happy New Year & Gifts Judi Sue & Marvin Meisner

Thanks for Happy New Year & Gifts Phyllis & Steve Port

Thanks for Happy New Year & Gifts Roz & Phil Sky

Jean & Dave Dollinger

Get Well Ron Adelman

In memory of Leigh Ann Scheinberg

In memory of Pearl Bergstein Donshik

In memory of Saul Savitz

Joel Fishbaine

In memory of Leigh Ann Scheinberg

Joy & Stan Goldstein

In memory of Leigh Ann Scheinberg

Judi Sue & Marvin Meisner

In memory of Leigh Ann Scheinberg

In memory of Pearl Bergstein Donshik

In memory of Saul Savitz

Kathy & Ed Henderson

In memory of Leigh Ann Scheinberg

In memory of Pearl Bergstein Donshik

In memory of Saul Savitz

Kim & Clark Adelman

Congratulations Barbara & Joel Hollander on birth of granddaughter Sofia

Congratulations Irina & Boris Aryev on Ella's engagement

Get Well Jeff Greenberg

Get Well Ron Adelman

GOLDEN BOOK DONATIONS

Kim & Clark Adelman

Get Well Shirley Pechter
Happy 85th Birthday Henry Weinberg
In memory Emma Berman Cohen
In memory of Bob Housel
In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Peggy Pettinato
In memory of Saul Savitz
Speedy recovery Jordan Bailingger

Lynn & Art Fishbaine

In memory of Leigh Ann Scheinberg

Madelyn & Jeff Greenberg

Congratulations Rachel Hollander on
Richard M. Joel Exemplar Award
Get Well Saul Savitz
Happy Birthday Charlotte Morris
In memory of Leigh Ann Scheinberg
In memory of Marvin Zimmerman
Rissler
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz
Speedy Recovery Jayne Dietrich
Speedy Recovery Joe Lurie
Thinking of you Phil Sky

Marian Lebendig Family

In memory of Leigh Ann Scheinberg

Maxine & Henry Weinberg

Congratulations Barbara & Joel
Hollander on birth of granddaughter
Sofia
Congratulations Irina & Boris Aryev
on Ella's engagement
Congratulations Mr. & Mrs. Danny
Dezen on Graduation of daughter Sophie
Congratulations on birth of
granddaughter Josephine to Kathy & Ed
Henderson
Congratulations Tina Sheetz on
Samantha's engagement
Get Well Ron Adelman
Get Well Saul Savitz
Happy 90th Birthday Doris Schwartz
In memory Emma Berman Cohen
In memory of Bobbi Bronstein
In memory of Jerry Sacks
In memory of Leigh Ann Scheinberg
In memory of Lena Palma
In memory of Peggy Pettinato
In memory of Saul Savitz
Speedy Recovery Bob Jubelirer
Speedy Recovery Harvey Suspowitz
Speedy Recovery Mickey Haas
Speedy Recovery Steve Port

Mickey & Neil Port

In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Mildred Miller

Congratulations Nanci & Ben Caplan on
birth of Daughter Sofia

In memory of Leigh Ann Scheinberg

Mitzi & Jordan Bailingger

Get Well Ron Adelman
In memory of Fran Prosperi
In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
Get Well Howard Levinson
In memory of Bob Housel
In memory of John Burns
In memory of Saul Savitz

Nancy & Don Devorris

Congratulations on birth of granddaughter
Josephine to Jack & Sandy Schocker
Get Well Soon Steve Port
In memory Emma Berman Cohen
In memory of Bob Housel
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Paula & Dave Binus

In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Peter, Amy, & Craig Cohn

In memory of Leigh Ann Scheinberg

Phyllis & Bruce Thaler

In memory of Leigh Ann Scheinberg
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

Rita Sangiorgi & Family

In memory of Pearl Bergstein Donshik

Rosie Karp

In memory of Kenny Tabachnick
In memory of Saul Savitz

Sue & Rick Karp

Condolences to Charlotte & Steve Hess on
the death of Sister Vera
Congratulations Nanci & Ben Caplan on
the birth of their daughter Sofia
Congratulations Barbara & Joel
Hollander on birth of granddaughter
Sofia
Congratulations Nanci & Ben Caplan on
birth of Daughter Sofia
Get Well Jordan Bailingger
In memory of Pearl Bergstein Donshik
In memory of Saul Savitz

This is a letter from Mitzi to
Sisterhood that is posted
in the synagogue.

May 20, 2014

Dear Ilissa and Agudath Achim
Sisterhood members,

Thank you very much for the
lovely tribute in honor of my
22+ years with Golden Books.
I was deeply touched with your
thoughtfulness.
Golden Books are a wonderful
way to send a message for any
occasion and I am happy to have
been involved with them for so
long.

The flowers are beautiful, the
candy is delicious and the gold
frame and message are very
meaningful.

Ilissa, thank you also for the
Golden Book.

My very best wishes to all.

Affectionately,
Mitzi

D O N A T I O N S

Rabbi M. Herbert Berger Memorial Scholarship Fund

David & Jean Dolinger

In Honor of the Birth of Joel & Barbara Hollander's
Granddaughter Sofia Leah

David & Jean Dolinger

In Honor of Joel & Barbara Hollander's Daughter
Rachels Hillel Award for Outstanding Work

David & Jean Dolinger

In Memory of David's Mother Rae Dolinger

General Thank You

Gerald & Joan Bergstein

Would like to thank everyone who made
contributions in Memory of Gerald's sister
Pearl Donschik

Interfaith Event

Jakob Golant & Family

In Memory of his Family Members lost in the
Holocaust

Congregational Fund

Patrick Himes

Paul & Yvonne Bellina

Ida Levine & Nancy Siegel

In Memory of their Father Morris Levine

Ida Levine & Nancy Siegel

In Memory of their Grandmother Ida Levine

Freya Berger

In Memory of her Father Maurice Sherman

Marlene Kiewe

In Memory of her Uncle Dave Solomon

Marlene Kiewe

In Memory of her Grandmother Bessie Solomon

Marlene Kiewe

In Memory of her Grandfather Moshe Schulman

Leonard & Bonnie Zimmerman

In Memory of Leigh Ann Scheinberg

Anna Paikin

In Memory of her Mother Ida Kaplan

Jakob Golant

In Memory of his Mother Pesa Tuttle Golant

Selma Bilofsky

In Memory of her Husband Herbert Bilofsky

Barry & Linda Rosenberg

In Memory of their Uncle Saul Savitz

Joel & Barbara Hollander

In Memory of Joel's Father Lawrence Hollander

Neil & Mickey Port

In Memory of Neil's Mother Rose Port

Neil & Mickey Port

In Memory of Mickey's Mother Sarah
Sussman

Stephen Porter

In Memory of Stephen's Great Uncle
Saul Savitz

Donald & Nancy Devorris

In Memory of Nancy's Aunt Gertrude
Green

Donald & Nancy Devorris

In Memory of Nancy's Mother Ruth
Scott

Donald & Nancy Devorris

In Memory of Nancy's Father David Scott

Donald & Nancy Devorris

In Memory of Donald's Father Morris
Devorris

Carla & Harold Brown

In Memory of Saul Savitz

The Oxford Area Neighborhood Services Center

In Memory of Saul Savitz

Mirissa, Michael, Reid & Blake Privman

In Memory of Saul Savitz

Beverly Cohen

In Memory of Saul Savitz

Susan Cohen & Douglas Williams

In Memory of Saul Savitz

Martin Port

In Memory of his Mother Rose Port

Hyman Antikol

In Memory of his Father Morris Antikol

Rick & Susan Karp

In Memory of Rick's Father Albert Karp

Rick & Susan Karp

In Memory of Susan's Mother Stella Bader

Marlene Kiewe

In Memory of Her Uncle Simon Adelman

Mrs. Ethel Fried

In Memory of Her Mother Gussie Kline

Saul & Anna Paikin

In Memory of Saul's Former Wife Shirley Paikin

Education Fund

Donald & Nancy Devorris

In Memory of Leigh Ann Scheinberg

Joel & Barbara Hollander

In Memory of Leigh Ann Scheinberg

Jordan & Mitzi Bailing

In Memory of Leigh Ann Scheinberg

Michael & Andrea Cohen

In Memory of Leigh Ann Scheinberg

D O N A T I O N S

Neil & Mickey Port

In Memory of Leigh Ann Scheinberg

Amy Seltzer

In Memory of Leigh Ann Scheinberg

Marvin & Judi Sue Meisner

In Memory of Leigh Ann Scheinberg

Steve & Phyllis Port

In Memory of Leigh Ann Scheinberg

Jack & Sandy Schocker

In Memory of Leigh Ann Scheinberg

Morley & Carol Cohn

In Memory of Leigh Ann Scheinberg

David & Michele Simonson

In Memory of Leigh Ann Scheinberg

Michael & Betsy Kline

In Memory of Leigh Ann Scheinberg

Michael & Christine Scheinberg

In Memory of Leigh Ann Scheinberg

Sponsor Kiddush

Agudath Achim Sisterhood

Hyman Antikol & Linda Charam

In Memory of Their Mother Gerry
Antikol

Bilofsky Family

In Memory of Elliott's Father Herbert
Bilofsky

Jakob Golant

In Memory of His Mother Pesa Tutle
Golant

Donna Cohen and Family

In Memory of Donna's Husband Arthur

Leonard & Bonnie Zimmerman

In Memory of Leonard's Father Isadore
Zimmerman

Yahrzeit Plaques

Freya & Irvin Berger

In Memory of Leigh Ann Scheinberg

Glenn T. Zimmerman Trust & Doris Zimmerman

In Memory of Leigh Ann Scheinberg

Linda Rock

In Memory of Leigh Ann Scheinberg

Sidney & Arlene Harris

In Memory of Leigh Ann Scheinberg

Martin & Florence Lansman

In Memory of Leigh Ann Scheinberg

Alan & Harriet Sherman

In Memory of Leigh Ann Scheinberg

Myrna Drucks

In Memory of Leigh Ann Scheinberg

Daniel & Estelle Hirschfeld

In Memory of Leigh Ann Scheinberg

Lila Greenspan

In Memory of Leigh Ann Scheinberg

Phyllis Goldstgein

In Memory of Leigh Ann Scheinberg

Andrew Parish

In Memory of his Cousin Frances Lang Engelhardt

Michael Kline

In Memory of his Cousin Frances Lang Engelhardt

Martin Horwitz

In Memory of his Cousin Frances Lang Engelhardt

Judith & Brian Kline

In Memory of Their Cousin Frances Lang Engelhardt

Stuart & Theresia Kline

In Memory of Their Cousin Frances Lang Engelhardt

Rabbi's Discretionary Fund

Paul & Yvonne Bellina

Marla Altberg & Philip Greiper

In Memory of David Brozgal

Marla Altberg & Philip Greiper

In Memory of Rose Altberg

Cemetery Trust

Kim Kramer

Prayer Book

Myra Germane

In Memory of Frances Lang Engelhardt

Ethel Fried

In Memory of Frances Lang Engelhardt

Marla Altberg & Philip Greiper

In Memory of Dr. Saul Savitz

Marla Altberg & Philip Greiper

In Memory of Murray & Minnie Greiper

Tree of Life

Susan & Joel Cohen

In Memory of Leigh Ann Scheinberg

Lisa & Brian Cohen & Sari & Steve Taft

In Memory of Dr. Saul Savitz

Brian & Lisa Jolles

In Memory of their Cousin Frances Lang Engelhardt

Eric & Judi Kline

In Memory of their Cousin Frances Lang Engelhardt

Andrew Parish

In Memory of his Cousin Frances Lang Engelhardt

Minyan Breakfast

Agudath Achim Sisterhood

IN MEMORY OF

SAUL SAVITZ

MAY HIS MEMORY BE FOR A BLESSING AND MAY ALL OF THE FAMILY BE
COMFORTED AMONG THE
MOURNERS OF
ZION AND JERUSALEM.

Thank you:



Dr. Matt Evans spoke about the most recent Israeli election and what it means for Israel's future.

Dr. Evans is a professor at Penn St. Altoona.
He teaches classes in Media and the
Israeli-Palestinian Conflict and Middle East Politics.

GOLANT MEMORIAL HOLOCAUST LECTURE

In honor of survivor Jakob Golant and in memory
of his family who perished in the Holocaust

Featuring Dr. Steve Andrews,
Professor of History, Penn State Altoona

Saturday, April 18, 2015

Shabbat Services: 9:30 am

Speaker: 11:00am



ARE YOU A YIDDISHE YOGI???? By Marla Altberg (out of town member)

Yes, you heard me right! Our Jewish teachings instruct us to respect our health. It is written “Take utmost care and watch yourselves scrupulously” (Deut. 4:9).

This guides us to pay attention to our bodies, to eat what nourishes us, exercise and avoid excesses, such as too much alcohol or smoking.

Likewise, the Yamas and Niyamas, (or the Ten Commandments) of Yoga, include a similar directive called Brahmacharya. (Almost sounds like “Baruch atah,” no??) Anyway...this also encourages moderation of the senses. Turn your mind inward and adopt balance in the varied aspects of your life.

While moderation is an exemplary goal, let’s all face it; it’s Pesach. And that means plenty of matzoh brei, macaroons and Aunt Bessie’s tzimmes. If your jeans still fit, mazel tov! And if you can still poop without an Ex-Lax, mazel tov again! If not, here are some yoga postures for help with digestion and returning to flatter abs.

(Wear comfortable loose clothing, bare feet and use a yoga mat if possible.)

Twisting Chair: Standing with your feet hip-width apart, arms by your sides and rooted into the ground, take a few deep breaths in Mountain Pose. Sweep your arms over your head, bend your knees and sink down like you’re sitting into a chair. Your arms can be bent and outstretched in front of you or they can rest right on top of your knees. Remember to breathe deeply as you are doing these poses. Repeat this chair pose a few times.

Now, as you sink into your next chair pose, clasp your two palms together in front of your heart, twist your body and rest your right elbow on your left knee. Take a few breaths. Return to the staring position and repeat on the other side, twisting your torso so you can rest your left elbow on your right knee. Repeat the sequence again, once more on each side.

To take this to the last and most challenging level, repeat the sequence once or twice more on each side, but this time, when you are ready to get out of the twist and return to the starting position, first open your hands wide so one hand goes to the sky and the other to the ground. Give yourself a big, wide opening stretch here as an added bonus.

Boat: Start seated on the mat with your knees bent, feet hip width apart and flat on the floor. Grab the backs of your thighs, pull your abs in and up, nice straight back. Slowly lean back so your arms straighten. Hold this position until you really feel your abs engage. Repeat a few times. The next time, when you are in the leaned back position—brace yourself for this challenge—lift one leg off the floor---now the other leg. You can do it! Slowly release one hand at a time, yes, you heard me. Don’t forget to breathe. Try it again a few times. If you are ready for one additional incredibly hard challenge, repeat what you just did and then slowly straighten your arms AND your legs, so that your body is in a total V-sit. MAZEL-TOV!

Seated Twist: Baruch Hashem, you made it to the stretch! You certainly earned it. Sit on the mat with your legs extend straight out in front of you. Bend your right knee, twist your torso toward the right, and reach back behind your body with your right arm to support yourself on the mat with your right hand. Your left arm is going to encircle your bent right knee. Breathe into this twist and take it as far as you can, but gently. You are not pulsing, just gently twisting and breathing. Repeat on the other side. You should feel refreshed, relaxed and invigorated.

.....Nu? A little exercise wouldn’t kill you once in a while. Email me any questions to mbaltberg@gmail.com. Have a drink of water and be well.

Everybody Say Matzah!



Having Fun!
Painting Seder Plates
for Passover





**Purim
Carnival
2015**



Birthdays

March

Zoe Binus
Sarah Lipitz
Connor Okonak
Grant Okonak
Clark Adelman
Seth Bergstein
Rachel Hollander
Nicole Lipitz
Nanci Caplan
Mina Belenitsky
Sandra Singer
Ruan Seltzer
Howard Levinson
Judi Sue Meisner
Claudia Devorris
Joshua Sletzer
Bernice Levinson
Andrea Okonak
Sarah Arlick
Ilissa Zimmerman

April

Dr. Jay Arlick
Adam Seltzer
Noah Scheinberg
Michele Schmidt
Steven Seltzer
Leeanne Port
Joel Schocker
Ian Housman

Scott Glass
Alex Seltzer
David Halpern
Jan Housman
Justin Mandel
Phyllis Thaler
Jeffrey Blender
Elva Dolinger
Madelyn Greenberg
Erica Schmidt

May

Robert Neidorff
Tanya Palovich-Scott
Ava Kline
Kara Schmidt
Dr. Jack Schocker
Jordan Bailingier
Arthur Fishbaine
Michael Seltzer
Elliana Scott
Jaelynn Namenwirth
Dr. Bruce Thaler
David Binus

June

Allison Cohen
Robert Smith
Carly Port
Michael Dolinger
Andrew Dolinger

Anniversaries

March

Joel & Barbara Hollander
David & Sandra Halpern
Barry & Cathie Gould

April

Saul & Anna Paikin
Philip & Colleen Devorris
Anderson & Sheila Rains
Michael & Andrea Cohen

May

Jeffrey & Sue Blender
Clark & Kim Adelman

June

William and Caroline Wallen
Rick & Susan Karp
Irvin & Freya Berger
Marvin & Judi Sue Meisner
Elliott & Kara Bilofsky
Joseph Scott & Tanya Palovich-Scott

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