

שְׁעָרֵי שְׁלוֹם ק"ק

CENTERPOST

South Baldwin Jewish Center—Shaarei Shalom

March
2024

אדר א'—אדר ב'
Adar I—Adar II

5784

חשף"ד

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lished monthly,
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*Purim means "lots." Like a lottery, which is not rational or predictable, Purim expresses that which is above nature and human understanding, In addition to the miracle of Jewish survival despite the efforts of our enemies, Purim celebrates G-d's intimate involvement in every aspect of this world.
(From Chabad website)*

March 2024 Adar I—Adar II 5784

Candle lighting times come from the Chabad website and are calculated for Baldwin
Check with office to confirm mid-week events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 23 Adar I	4 24 Adar I Nat's Group 2 pm Board Meeting	5 25 Adar I Mahjong 7 pm	6 26 Adar I Folk Dancing 10:30 am Canasta 1 PM	7 27 Adar I	1 21 Adar I Simchat Shabbat 8 pm Candle lighting 5:28 pm	2 22 Adar I Services 9:30 am Parshat Ki Tisa Shabbat ends 6:28 pm
10 30 Adar I Rosh Chodesh Daylight Savings Time Begins	11 1 Adar II Rosh Chodesh Nat's Group 2 pm	12 2 Adar II Mahjong 7 pm	13 3 Adar II Folk Dancing 10:30 am Canasta 1PM	14 4 Adar II	8 28 Adar I Candle lighting 5:36 pm	9 29 Adar I Services 9:30 am Parshat Vayakhel Shabbat Shekalim Shabbat ends 6:36 pm
17 7 Adar II	18 8 Adar II Nat's Group 2 pm	19 9 Adar II Mahjong 7 pm	20 10 Adar II Folk Dancing 10:30 am Canasta 1PM	21 11 Adar II Ta'anit Ester	15 5 Adar II Candle lighting 6:44 pm	16 6 Adar II Services 9:30 am Parshat Pekudei Shabbat ends 7:43 pm
24 14 Adar II Purim Megillah reading	25 15 Adar II Nat's Group 2 pm	26 16 Adar II Mahjong 7pm	27 17 Adar II Folk Dancing 10:30 am Canasta 1 PM	28 18 Adar II	22 12 Adar II Candle lighting 6:51 pm	23 13 Adar II Services 9:30 am Parshat Vayikra Shabbat Zachor Shabbat ends 7:51 pm Megillah reading 8pm
31 2 Adar II					29 19 Adar II Candle lighting 6:59 pm	30 20 Adar II Services 9:30 am Parshat Tzav Shabbat Parah Shabbat ends 7:59 pm

April 2024 Adar II—Nissan 5784

Candle lighting times come from the Chabad website and are calculated for Baldwin

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 22 Adar II Nat's Group 2 pm Board Meeting	2 23 Adar II Mahjong 7pm	3 24 Adar II Folk Dancing 10:30 Am Canasta 1 PM	4 25 Adar II Rabbi's Class	5 26 Adar II Simchat Shabbat 8 pm Candle lighting 7:06 pm	6 27 Adar II Services 9:30 am Parshat Shemini Shabbat Hachodesh Birkat Hachodesh Shabbat ends 8:07 pm
7 28 Adar II	8 29 Adar II Nat's Group 2 pm	9 1 Nissan Rosh Chodesh Mahjong 7pm	10 2 Nissan Folk Dancing 10:30 am Canasta 1 PM	11 3 Nissan Rabbi's Class	12 4 Nissan Candle lighting 7:13 pm	13 5 Nissan Services 9:30 am Parshat Tazria Shabbat ends 8:15 pm
14 6 Nissan 2:30pm Film Nazi town USA	15 7 Nissan Nat's Group 2 pm	16 8 Nissan Mahjong 7pm	17 9 Nissan Folk Dancing 10:30 am Canasta 1 PM	18 10 Nissan Rabbi's Class	19 11 Nissan Candle lighting 7:2 pm	20 12 Nissan Services 9:30 am Parshat Metzora Shabbat Hagadol Shabbat ends 8:23 pm
21 13 Nissan	22 14 Nissan Nat's Group 2 pm Ta'anit Bechorot Erev Pesach 1st Seder Light Candles 7:24	23 15 Nissan 1st Day of Pesach 2nd Seder Light Candles after 8:26 pm Count Omer 1	24 16 Nissan Holiday ends 8:27 pm Chol Hamoed Pesach Count Omer 2	25 17 Nissan Count Omer 3 Chol Hamoed Pesach	26 18 Nissan Candle lighting 7:28 pm Chol Hamoed Pesach Count Omer 4	27 19 Nissan Services 9:30 am Chol Hamoed Pesach Shabbat ends 8:31 pm Count Omer 5
28 20 Nissan Chol Hamoed Pesach Light Candles 7:30 pm Count Omer 6	29 21 Nissan 7th day Pesach Light Candles after 8:33 pm Count Omer 7	30 22 Nissan Holiday ends 8:35 pm Count Omer 8				

FROM THE RABBI'S DESK-PURIM

This year on Saturday morning on the 13rd of Adar, we begin Erev Purim, by taking out a second Torah called, 'Shabbat Zachor', to remember the evil of Amalek who attacked our exodus from Egypt.

And on Saturday night the 14th of Adar, we will read the M'gilat Esther.

Hearing M'gilat Esther, is a biblical obligation, to remember what Amalek did to us. It is read with exact precision, and important for all, to be in attendance for its reading.

When we answer Amen to the reader's blessings before the M'gila, we should have in mind, that this blessing also covers the other Mitzvot of the day.

Every person has an obligation to send at least one Mishloach Manot (Purim gifts) to another Jew on Purim.

This package must contain two foods, one cooked or baked.

Even though many participate in "Mishloach Manot" to share gifts on Purim, people should still send at least one homemade Mishloach Manot package on Purim, as the mitzvah is "Ish L'Re Ehu", one individual to another.

In order to lift the spirits of those in need, every Jew is obligated to give a monetary gift, to two individuals in need on Purim day.

These gifts must be delivered on Purim day, and can be delivered through an agent. The gifts should be given in sufficient time for the poor, to enjoy them during Purim, and for their Purim meals.

The half shekel donated annually to the Temple at this time of year, is customary for every Jew to contribute 3 half dollar coins on Purim. The funds collected may also go to those in need.

A festive meal should be enjoyed by every person.

The meal must begin on Purim day before sunset.

The meal may extend into the night; however, most of the meal should be during the day.

Purim songs and words of Torah, should be shared.

When making plans for your Purim S'udah, (the meal), please have in mind those who may not otherwise have an invitation.

The Mitzvah of hosting guests is best fulfilled, not by inviting close friends, but by welcoming those that may otherwise feel neglected.

People in their time of mourning should still go to synagogue to hear the M'gila. A mourner is still obligated to send a single Mishloach Manot to another Jew.

We hope to see Y'all on Purim!!

My wife Susan & I, wish you all a "Chag Sameach".

You can always reach me at:
845-729-6814



Co-Presidents Message

February was a leap month and it feels like it is a leap year. March has arrived and the weather is improving. Next weekend, if you can believe it, we move the clocks ahead for daylight saving time. This is also a leap year on the Jewish calendar. Adar 1 and the addition of Adar 2 which pushes Passover back to April 22nd.

The new HVAC unit, that was approved has been installed, and we are working to repair other issues with the antiquated heating system in our building.

March 1st we celebrate Shabbat Across America, we have a board meeting this coming Monday and Purim is March 24th. All the usual groups will meet and the Rabbi's class continues.

We have mixed emotions with respect to the news that John LoFaro, our head custodian-office manager-construction manager etc. will be retiring in a few months, and moving to Florida, to be closer to his family. We will miss him and hope to find someone that can try to fill his shoes.

Please take a few minutes to read through the Centerpost for all the information you need for this month.

Jeff & Evelyn





Notes From Sisterhood

Betty Arzt, Sheila Goldsmith

We are in the month of Adar. We are reminded that we should be particularly joyous during this month. We are prompted to be grateful for our blessings.

In actuality, our lives are filled with daily challenges. We must confront the problems and tragedies that happen. As they say: "Life gets in the way." We sometimes overlook opportunities to celebrate. Let's remember to not miss these special times. Let's acknowledge the milestones and enjoy birthdays and anniversaries. Let's observe the holidays and Shabbat and not take the joyous occasions for granted. Let's cherish the family moments. Don't be "too busy" to laugh. Are we being kind to ourselves? Do we recognize our own aptitudes?

We think about the importance of friendship and family. There is a feeling of gratification when we do something for other people. There is joy in giving. Proverbs teach us: "Whoever welcomes a friend with a smile, it's as though he gave his friend the finest gift in the world." Acts of kindness are powerful and can create a ripple effect. This is one message we want to spread. An unkind word is difficult to erase. An unkind communication is difficult to forget.

When the Israelites were building the tabernacle as they traveled through the desert, the people were asked to contribute toward the construction. There must have been a sense of gratification and fulfillment in contributing to reach the objective. Perhaps they appreciated the experience of "giving" to help in their journey. They certainly shared the feeling of being part of a community.

We wish you a joyous Purim! We wish you a joyous Adar!
May the enjoyment of Purim fill all of our homes and linger.

Reflections:

We are involved members of Women's League for Conservative Judaism. We benefit from their programs and teachings. We invite you to participate in these offerings.

Looking ahead:

We thank you for your continued support of our endeavor to provide Shalach Manot bags for the entire congregation. Your donations enable us to fulfill this mitzvah. Please find details and the invitation to participate in this Centerpost. A limited number of additional bags will be available for purchase to those who have donated toward this mitzvah.

The Book Club has selected the next book to review. We will be reviewing Where the Lilacs Bloom Once Again by Roni Rosenthal. We will be meeting on Tuesday, March 5, 2024, at 1:00, via Zoom. The Zoom link will be provided prior to the meeting. As always, we thank Cindy Gunther for her preparation and for facilitating the meeting. Please note the change of date.

The next Rosh Hodesh Study Group meeting is scheduled for Sunday morning, March 17, 2024, at 10:30 via Zoom. The link will be sent out just prior to the meeting. Please note the change of date.

Join us for Canasta on Wednesday afternoons at 1:00 and for Mah Jongg on Tuesday evenings at 6:30 in the synagogue.

Torah Fund Cards are available for all occasions. Thank you to Rowena Weinstein for her dedication to Torah Fund.

Join us for our  festivities!

Sisterhood

Happy Purim

Mishloach Manot

is the Purim Mitzvah of sending treats to our families, friends, and neighbors. Sisterhood invites you to fulfill this Mitzvah in a wonderful way. We will prepare delightful Purim bags, filled with surprises, for each family in our shul. This is a lovely way to enhance the joy of the holiday!

The cost of sending bags to the congregation and staff members is \$72.00.

If you would like to be included in this Mitzvah, we request that you bring or mail your check for \$72.00, payable to Sisterhood, to SBJC, Sisterhood, Attention: Shalach Manot, 2959 Grand Avenue, Baldwin, NY 11510. Please submit your payment before March 15, 2024.

As always, we will be allocating bags for Hatzilu families.

Thank you for your support of Sisterhood.

PLEASE INCLUDE ME IN EMBRACING THE MITZVAH OF SENDING SHALACH MANOT BAGS FROM MY FAMILY TO THE CONGREGANTS AND STAFF. I HAVE ENCLOSED MY CHECK FOR \$72.00.

Your name _____ Your phone number _____

Your email address _____

*May the joy of Purim linger
and may there be no Hamans in our lives.*



MEN'S CLUB PRESIDENT'S MESSAGE

Hello Alla Gutta Menschen (all you good people),
How's that for something different!



Hoping all is well with our wonderful congregants. We are very lucky that we always have someone to read Torah and enjoy Shabbos and a good kiddush.

On Saturday, February 17th, for the first time, because of a snowstorm, we only had nine people attending the service. It has been a cold February but for the most part our meetings like Nat's 2pm class on Monday and Canasta on Wednesday, Folk dancing and Mah Jongg on Tuesday were all attended.

We are in the process of having the heating system fixed. If you noticed, the days are getting longer and Shabbos ends later as we get to spring.

On Feb 5th the board meeting was well attended and we had discussions on various topics such as interviewing for a rabbi. Purim is coming and sponsoring kiddushes by Men's club and Sisterhood is wonderful.

Unfortunately, John is retiring and moving to Florida. He will be surely missed.

On the sad side, Ronnie Suffin's husband, Steve, passed away. We extend our sincere condolences to the family.

We must be thankful and realize how precious our lives are when we are healthy and we can help each other when needed.

PLEASE REMEMBER TO PAY YOUR MEN'S CLUB AND SISTERHOOD DUES!

Zei Gezunt!

Irving Epstein, President

Joke Time!

1. Wife tells husband she wants diamonds for Valentine's Day. So he gave her a "Deck of cards."
2. The police locked up a duck for selling quack.
3. What did the seal with a broken arm say to the shark? "Do not consume. The seal is broken!"
4. Woman looking for a larger turkey for Thanksgiving asks the clerk, "Do these turkeys get bigger?" Clerk says, "NO THEY'RE DEAD!"
5. I stayed up all night waiting for the sun to come out and then it dawned on me!
6. Why are ghosts such bad liars? Cause you can see right through them!

Quote of the Day!

"In every adversity, there's the opportunity to triumph."

.....unknown

You are invited to sponsor a kiddish on



Are you celebrating a milestone or a birthday?

Are you acknowledging a yahrzeit?

Share your event with the community.

You may wish to join with other congregants.

Thank you to our members who have participated.



In celebrating Purim, our tradition outlines four special mitzvot for the holiday. In celebrating the survival of the Jews of Shushan, thanks to Mordechai and Esther, we take the opportunity to look beyond ourselves and bring others into the celebration as well.

1. **Hearing the Megillah**...The first mitzvah of Purim is hearing the reading of the megillah, the scroll of Esther. This mitzvah opportunity occurs two times during the holiday, once at night the evening that Purim starts and once during the day. The timing isn't super specific; the nighttime one should be after dark and the daytime one any time during the day.
2. **Mishloach Manot** - Giving food to friends. This mitzvah comes straight from the megillah. Mordechai, in speaking about how to celebrate, suggests we should give food to one another (see Esther 9:22). Food is a way to celebrate and build community, which is exactly what this mitzvah is all about.
3. **Matanot LaEvyonim** - Giving gifts to the poor. Another important Purim mitzvah is matanot la'evyonim, giving gifts to the poor. This mitzvah is about remembering those who are less fortunate, even while we are celebrating.
4. **Purim Seudah** - A special Purim feast. The last of the four Purim mitzvot is the Seudah . This is a special meal eaten on Purim day. The whole idea of this meal is for it to be extra festive.

Adapted from an article written by Rabbi Becca Walker, USCJ.



Purim is Coming!

Megillah Reading

Saturday evening, March 23

Sunday, March 24

Festivities

Purim Schpeil

**Please remember to pick up your Shalach Manot bags
Shalach Manot bags maybe picked up after Purim,
before March 27, in the SBJC office.**

*Please watch for details in your emails.
We are stronger when we work together.*

The Not-So-Secret Secrets of Purim /The Positive Aspects of Laughter

The traditions around Purim all emphasize the need to be happy. The Midrash says, "*When Adar begins, happiness increases!*" The importance of laughter and fun in dealing with stress and hardship has been recognized since biblical times; now clinical research has documented the positive impact of laughter on humans.

Each of us knows that a good belly laugh is very refreshing and a good laugh can start the day in a great way. The healing aspect of laughter has been well established. It does not cure disease, but it can surely ameliorate some of the negative aspects of chronic conditions and increase coping immensely. There are restorative powers in humor.

The impact on emotional health is more obvious than on the physical, but both are clear. Laughter decreases depression, increases mental acuity, improves memory, and positively effects sleep patterns. Daily sessions of laughter decrease stress, improve cardio-vascular function, increase immunity, and relieve pain. The last aspect, the impact on pain, has been used successfully since the middle ages.

Most interestingly, the research shows that laughter with others is more effective than laughing alone. The data on sharing humor indicates not only better relationships, but an improved self-image and ability to cope with stressors.

The actual physiological sequence that allows for all of these positive changes is understood only partially. Laughter relaxes blood vessels and increases blood flow. The release of endorphins, an internal hormone that diminishes pain, has been observed. Also rapid changes in neuro-hormones related to stress have been documented. Even knowing all this, the actual mechanism of laughing on internal functions is not clear.

Laughter is innate; all humans know how to laugh without learning. Babies smile before they are a month old and laugh out loud soon thereafter. Clearly, this is a very human function that is not used often enough.

With Purim approaching, the recommendation for this month is to laugh....often and loudly and with others. Enjoy a good laugh daily, and measure the changes in your own health.

Remember when Adar begins, happiness happens.

Adapted from WLCJ

SAVE THE DATE



Sunday, April 14, 2024 at 2:30, at SBJC

We will be showing the WNET 13 documentary,

Nazi Town, USA

“The Untold Story of Nazi Sympathizers on American Soil”

Watch for details.

Gift Shop

**Visit the Sisterhood Gift Shop for
your Passover needs.**



**Our goal is to provide you with beautiful and meaningful items
for gift giving and for your personal use.**

**Our gift shop managers,
Carol Burkner and Susan Lifshitz,
will be happy to assist you.**

Don't separate yourself from the community.

3/2/24: Nat Greenfeld will chant the Haftarah

Malka Mittelman will deliver the D'var Torah

3/9/24: Cheryl Cheron will chant the Haftarah

3/16/24: Rabbi Waidenbaum will chant the Haftarah

3/23/24: Mike Eisman will chant the Haftarah
and deliver the D'var Torah

3/30/24: Ellen Shriki will chant the Haftarah



Condolences

With sadness, we mourn the passing of Steve Suffin, our dear friend and beloved congregant. Our deepest condolences and love to the Suffin Family.

*May G-d comfort them
together with all the other mourners of Zion and Jerusalem.*

May his memory be a blessing and an inspiration.

DONATIONS: February, 2024

Paul Levy	in memory of	Fritzi Wolk
Marty & Joan Sider	in memory of	Steve Suffin
Jeff & Susan Barkan	in memory of	Steve Suffin
Elle & Hy Kapito	in memory of	Steve Suffin
Phyllis & David Foodim	in memory of	Steve Suffin
Barbara Harris	in memory of	Fritzi Wolk
Barbara Harris	in memory of	Bertha Bialow
Irving & Eleanor Epstein	In memory of	Steve Suffin
Dona Schwab	in memory of	Steve Suffin
Ellen & Yaacov Shriki	in memory of	Eliahu Shriki
Fred Bogen	in memory of	Elinor Bogen
Benjamin Leaderman	in memory of	Bessie Leaderman
Fredell Goldberg	in memory of	Paul Buchman
Anesta & Mel Bergman	in memory of	Paul Buchman
Ian & Joan Pasch	in memory of	Paul Buchman
Suzanne Aronowitz	in memory of	Dr. Philip Aronowitz
Mindy & Ziggy Stern	in memory of	Steve Suffin
Eve Crespi	in memory of	David Roth
Nancy Weston	in memory of	Jason Werner
Nancy Weston	Happy 21 st Birthday	Lane Weston
Nancy Weston	in honor of	Parker Gray

Thank you for your generous donations.

**Many people will walk in and out of your life,
but only true friends will leave footprints in your heart.**

Eleanor Roosevelt



MARCH & APRIL BIRTHDAYS & ANNIVERSARIES

Arnie Gewirtz, Birthday, March 5
Marilyn Weiss, Birthday, March 8
Jeff & Sheila Jasper, Anniversary March 21
Yvette & Joel Boikess, Anniversary, March 26



Jay Rosenwasser, Birthday, April 1
Clara Gewirtz, Birthday, April 4
Phyllis Eisman, Birthday, April 8
Clara & Arnie Gewirtz, Anniversary, April 11
Joan Finkelman, Birthday, April 20
Barbara Sterler, Birthday, April 22
Yvette Boikess, Birthday, April 23
Yaacov & Ellen Shriki, Anniversary April 29

מזל טוב

Please join us: Simcha Shabbat

On the first Friday evening service
of each month we celebrate
birthdays, anniversaries and
joyous occasions



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