

The Doorpost

Temple Israel

Monthly Newsletter

January 2021, Tevet - Shevat 5781



Shabbat: A Sanctuary in Time

Each Friday night when we lift the cup of wine for kiddush, we offer thanks to the One who gave us this special day of rest, *b'ahavah* - with love, as an ongoing inheritance. The kiddush prayer emphasizes this idea of a loving gift by stating it twice in the text. Shabbat is a gift of love from our Creator, for all time and for all generations. So powerful and useful was this idea of a weekly rest, a Sabbath pause, that much of the Western world adopted it as their own.



The text of the kiddush goes on to say that the Sabbath was established in honor of two foundational events: *zikaron l'ma'asei v'reishit*, a reminder of the creation of the world, and *zeikher litziat mitzrayim*, in

memory of the exodus from Egypt. These are two very important but distinct ideas.

In the narrative of creation, we learn that God completed the work of creation in six days and then rested on the seventh day. That is to say, that

Continued on page 2

Upcoming Events

Writing Workshop with Amy Hyett

12:00 pm, Tuesday, January 5 & 12 (2 sessions)

Talmud Study with Rabba Kaya

7:00 pm, Thursday, January 7

TIP Book Club

11:30 am, Tuesday, January 19, via Zoom

Bittersweet Brooklyn by Thelma Adams

Basic Judaism Class for Conversion

Begins 6:00 pm, Wednesday, January 20 (see p. 3)

Shabbes Tisch, theme: Endings & Beginnings

6:00 pm, Friday, January 22

Parenting During the Pandemic: Tips for Raising Resilient Children

7:00 pm, Tuesday, January 26

Community Tu B'Shevat Seder

5:30 pm, Wednesday, January 27

MEETINGS

Education Committee Meeting

11:30 am, Sunday, January 10

Membership Committee Meeting

7:00 pm, Tuesday, January 12

Cemetery Committee Meeting

10:00 am, Wednesday, January 13

Executive Committee Meeting

7:30 pm, Wednesday, January 13

Board of Directors Meeting

7:00 pm, Tuesday, January 19

Ritual Committee Meeting

7:00 pm, Tuesday, January 26

Meeting for Bnei Mitzvah Parents

10:30 am, Sunday, January 31

From Rabba Kaya's desk

(Continued from page 1)

Shabbat itself, is a day of cosmic rest, a necessary aspect of cosmic order and balance in this world. And Shabbat is a gift of love to human beings, for without rest, life would be unsustainable. However, only a free person, one who has dominion over their own relationship to time, can actually celebrate this sacred pause from work. Shabbat is a holiday for the free person; the one who can choose to stop working. In this way, Shabbat is a practice that reminds us of the exodus from Egypt. It reminds us that we have the personal sovereignty to free ourselves from our daily labors, take respite in this loving gift and reconnect to that which is sacred in our lives. The practice of Shabbat is an exercise of free-will. How one chooses to honor the Sabbath is, in our times, certainly a matter of individual preference.

In these days especially, when the boundaries between our personal and work lives have blurred, when both our social and work needs occupy the same virtual space, it is even more challenging to carve out the precious space and time, so needed for rebalancing ourselves and our family lives.

As a Jewish community, there is perhaps nothing as essential as honoring this most basic need and enduring legacy for a sacred pause and re-connection to all we hold as sacred. Ahad Ha'am, the founder of cultural Zionism, writer, and philosopher, once wrote, "More than Jews have



**Rabba Kaya
Stern-Kaufman**

kept Shabbat, Shabbat has kept the Jews." In other words, it has been our commitment to these values that have allowed us to endure. In this spirit I would like to request that as a community, we agree to uphold a separation between Shabbat and the weekdays by refraining from sending emails that involve temple business during the 25 hours of Shabbat, from sundown Friday night until Saturday night when three stars emerge. In this way we might reduce the electronic distractions that assault our daily lives. This idea was brought to our board of directors, who endorsed it with the letter on the facing page.

With Blessings,

Rabba Kaya

Rabba Kaya is available to meet with congregants by appointment. Please send her an email to schedule!

Rabba.Kaya@templeisraelnh.org

Tzedakah Reminder

The Tzedakah Committee of TIP recognizes the financial needs of congregants, their businesses, and their employees at this challenging time. We have funds to help take some pressure off of those in need. We can provide help in many forms including gift cards for food and gas, as well as paying pressing bills. Please contact Rabba Kaya and she will forward the request to the committee. All requests will be held in strict confidentiality.

Shabbat Observance

Dear Congregants,

We are writing to update you regarding our temple policy on technology and Shabbat observance in our community. **While it has been a long-time unofficial temple policy to refrain from electronic communications on Shabbat, we would like to make it official.** It is customary in synagogue life to have a Shabbat “pause” from temple business and emails. We all need this pause more than ever right now. With technology pervading all aspects of life including religious observance, it is hard to know when to turn it off or what aspects of technology are considered “kosher” during Shabbat. Attending a worship service via Zoom is acceptable because it is necessary and integral to our Shabbat observance.

However, we request that from now on, **community members refrain from sending emails related to temple business during Shabbat.** This would include emails from temple committees, the Hebrew School, Sisterhood and Brotherhood, and emails between individuals regarding temple business.

With respect for the diversity of practice within our community, we understand that using technology on Shabbat is an individual choice and that Shabbat is the day that some people do work on behalf of the synagogue. In that case we ask that you delay delivery of your message so that it won't be sent until Saturday night, or save the email as a draft and send it after Shabbat ends.

Shabbat offers us all a sacred pause from business as usual. As a Jewish community, we owe it to one another to honor this boundary and support the respite that Shabbat offers.

L'shalom,

Amy Hyett, on behalf of the Board of Directors

Rabba Kaya Stern-Kaufman

Basic Judaism Class for Conversion with Rabba Kaya Stern-Kaufman

begins Wednesday, January 20, at 6:00 pm

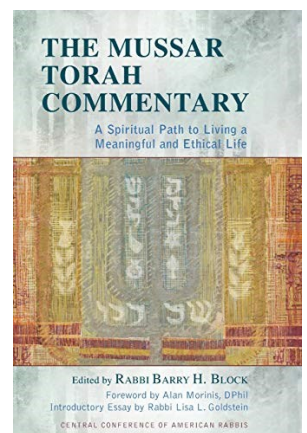
This class is required for conversion, but open to everyone interested in learning the basics about Judaism and living a Jewish life. Classes meet Wednesdays at 6:00 pm, via Zoom, on the following dates:

1/20, 2/17, 3/17, 4/7, 4/21, 5/5, 5/26, 6/16, 6/30

Ongoing class with Rabba Kaya

Thursdays, 12:30 - 1:30 pm, Lunch & Learn

This class discusses the weekly Torah portion as a source of guidance for living through our times, using the lens of the Mussar tradition. Class text *The Mussar Torah Commentary*, edited by Rabbi Barry Block, is available for purchase.



President's Message

Setting Your Shabbat Intention

While I have written about Shabbat previously in this column, recently I have been thinking about how my own Shabbat observance has changed during this pandemic. I am so looking forward to praying together, in community, in the sanctuary. But also, I have been thinking about how Shabbat and yoga classes have something in common, which is that they both begin by setting an intention. A yoga instructor may ask you to consider an idea of yours (or hers) as the class progresses. This intention elevates the class beyond a fitness workout and into an opportunity for personal reflection.

Currently, my Shabbat intention begins on Thursday evenings when I pull out my mother's hand-me-down mustard yellow KitchenAid mixer (a wedding gift to my parents in 1973 – it still works great!). I measure the flour, salt, and sugar on Thursday night in readiness for Friday morning dough making. Preparing the challah on Friday throughout the day gets the whole family excited for Shabbat. Pre-Covid, I had never made challah myself; I used to defrost a trusty BJ's challah. But since March, I have made challah almost every single week and it is now part of my Friday. We all agree that homemade challah is definitely a gift that this Covid era has given our family.

My parents and sisters have joined in, and now my sisters also make challah most weeks. We share braiding and recipe tips with one another. Our family meets on Zoom to light the candles and recite the blessings together. Though we speak regularly, it is nice to see each other's faces once a week in a larger group.

The act of lighting the candles and saying the blessings sets the stage for an evening that we all

cherish. It sets the intention for a night that is special, which is what Shabbat is all about. We all look forward to that break from work, from school, from email and any other business. Though we have lots of time together as a family these days, with movie nights, game nights, and more, I think we'd all agree that our favorite night of the week is Friday. We linger over the dinner table, we savor that warm and sweet challah, and we enjoy each other's company in a unique way. Setting our Shabbat intention has changed our outlook for the whole weekend.

We have all been heartened to see the positive news surrounding the vaccines and the hope they bring. Soon, hopefully soon, we will be able to do things that have been forbidden for all of these months. I know that I will be so excited to share my freshly baked challah with friends when they come over to our home for Shabbat dinner!

L'shalom,
Amy Hyett



Ritual Committee

The Why and What of Tu B'Shevat

Why a new year for trees? In ancient times, farmers needed to know how old a fruit tree was to know when its fruit could be eaten. (Leviticus 19:23-25). In the 16th–18th centuries, Jewish mystics in Tzfat (Safed) created a Tu B'Shevat observance that focused on Kabbalah's "four worlds" of creation, including a "tree seder" modeled on the Passover seder. The four cups of wine progress from white to red to symbolize the transition from winter's rain to the full heat of summer. When agricultural settlements were established in Palestine in the late 1800s, Tu B'Shevat came to symbolize the revival and redemption of the land. In modern Israel, Tu B'Shevat is celebrated with tree-planting. In the US in the last 30 years, Tu B'Shevat has become a Jewish ecology awareness day, with attention to recycling and other ways of caring for the earth.

[Join us in celebration at our Community Tu B'Shevat Seder on Wednesday, January 27, at 5:30 pm](#)



Hosted by the Ritual Committee. Save the date and keep an eye out for information about what foods to have on hand.

Other ways to observe Tu B'Shevat:

- Eat fruit! Since Tu B'Shevat is the 15th day of the month, some people celebrate by eating 15 different fruits, especially the Seven Species for which Eretz Yisrael is known: "a land of wheat and barley, figs, and pomegranates, a land of olive trees and [date] honey." (Deuteronomy 8:8)

Candle Lighting

January 1, 4:02 pm

January 8, 4:09 pm

January 15, 4:17 pm

January 22, 4:25 pm

January 29, 4:34 pm

Service Times

Tuesday 5:30 pm

Friday night 6:15 pm

Saturday morning 10:00 am

** Zoom links to virtual services are in the weekly bulletin, with exceptions to regular times as noted.*

- Read a story or sing songs about trees.
- Order seeds for spring.
- Cut forsythia branches, bring them inside, and watch the buds bloom.
- Feed birds. The Shabbat closest to Tu B'Shevat is always Shabbat Beshallah. In the parashah, God gives the Israelites manna, and Moses instructs them to collect a double portion on Friday because none will fall on Shabbat. There is a midrash (a story about the Torah text) that some people wanted to have a little fun with Moses. They spread some manna on Friday night, so on Shabbat morning, it would look as if manna had indeed fallen. During the night, birds came and ate all that manna, so in the morning, Moses was not embarrassed. Some people feed birds on Shabbat Beshallah, to thank them. Since many birds live in trees, that custom ties in nicely to Tu B'Shevat.

Deborah Hirsch Mayer, VP, Ritual

Hebrew School

Seth Wizwer, VP, Education

This has been an interesting year, to say the least. I want to commend the outstanding Hebrew School faculty, staff, and volunteers who have been making our programs successful. With classes operating mostly remotely, the curriculum was changed to use interactive online resources. The children seem to be very engaged in these programs and we have received positive feedback about the education they are receiving.

The ELC has been meeting in person with an enrollment that is almost at capacity. Tammy and Elan have been successfully educating their young students in a time where social distancing and extra precautions are needed to run the program.

As in previous years, a major initiative for the Education Committee has been to arrange programming for our youth who have graduated the Hebrew School. As you may know, we had hoped to get the USY program back up and running last year, but the advisors we hired withdrew due to family issues. Then Covid-19 hit, further eroding our ability to launch a program. We are optimistic that with a vaccine on the horizon, we will have a successful USY chapter by next fall and hopefully some youth events prior to then.

This is where the temple community comes in. We need someone who is willing and able to lead a USY chapter and other programs. We are seeking candidates, which could include YOU! If you have the time, energy, and ability to lead USY or other activities, please reach out to us. Contact me at swizwer@gmail.com for more information. We hope there is a member who is either willing to step forward or knows someone who would be a good fit for this initiative.

December highlights (in screenshots)



1. Teens learning about Israel

2. Zadie Sands and Elan enjoying the 4th grade!



3. Hebrew School families hosted the 3rd night of Hanukkah! Thank you to Raven, Aviles, Fuller and Wizwer families!



L'shalom, Elan Tackeff, Head of School

Early Learning Center



Tammy Roberge
Director, ELC

To start our Hanukkah celebration, a parent read us a story about why we celebrate Hanukkah. We had already been reading about the Maccabees and Judah “the Hammer,” and all enjoyed the beautiful book that parent Rachel brought to share with us. We also colored



dreidels and went home with some yummy treats.

Learning about the miracle of Hanukkah, the Festival of Lights, was fun.

While we missed having our usual celebration with families in attendance, we improvised. We made applesauce in the classroom and brought in *sufganiyot* for one day’s snack. Each child took home a Hanukkah gift bag that contained latkes, applesauce, *sufganiyot*, dreidels with instructions to play, and homemade cards for their family.

For another project, the children cut strips of paper to work on cutting skills and finger strength, and Elia and I stapled them together to make a colorful hallway menorah. Every day, we “lit” the menorah with the *shamash* candle and said the Hanukkah blessing, *Baruch atah Adonai, Eloheinu melech ha-olam, asher kid’shanu b’mitsvotav v’tzivanu l’hadlik ner shel hanukkah*.

The last day of Hanukkah we celebrated with Rabba Kaya. She played her guitar for us to sing some Hanukkah songs and led us in the lighting of the last candle, saying the blessing, and celebrating Shabbat with us. Thank you, Rabba Kaya! The ELC hopes that everyone had a happy Hanukkah!



We also played in the snow and explored the courtyard while construction was taking place near the playground.

Preschool will resume from our winter break on January 4, 2021.

Tammy Roberge



Annual Fund Appeal

Annual Fund Has Hit Its Target!

By Fran Berman, Development Chair

Thank you to the many donors who helped the 2020 Annual Fund surpass our \$50,000 goal! Because of the community's generosity, we can expand technology and programming this winter and spring to meet the special challenges created by Covid-19.

This funding will enable members of our congregation to stay connected to one another and to our Judaic traditions and culture while remaining safe. It will keep us learning, praying, and socializing together, whether from within our homes, outdoors, or (eventually) in our shul. It will help us meet the unique needs created by the pandemic and its aftermath.

Thank you to all who were able to contribute to the 2020 Annual Fund! We will publish a complete listing of Annual Fund donors and a final tally in the February *Doorpost*.

The Development Committee wishes you all a healthy and engaged 2021!



ANNUAL FUND CAMPAIGN DONORS (December)

Rabbi's Circle: Matthew Kamil. Richard & Jane LeSavoy in memory of Elizabeth LeSavoy and Martin Leimer. Jerrold Pollak & Marilyn McGair. Bruce & Kipp Freeman. Bob & Marilyn Zimman. Amy & Brian Hyett. Michael & Glicka Kaplan in memory of Abbi Michelson. Renita S. Gottesman and Jennifer Sebeny. Shaula & Dana Levenson. Alex's Place. Joanne Samuels.

Friends: Rabbi Peter & Kerry Rubinstein. Barbara Levenson. Kenneth Ernstoff in memory of Hank & Estelle Ernstoff. Deborah Hirsch Mayer. Anonymous friend. Ellen Fineberg.

Contributors: Seth & Rachael Wizwer. Mary Dow. Margie Wachtel & Morey Stettner. Leonard & Rita Benjamin. Jeff Salloway & Jennifer Beard. Sue Gurland in honor of Rabba Kaya's Torah teachings. Mark & Deb Kaplan. Michael Singer in memory of Sandy Singer.

Interested in requesting funding from the Annual Fund?

Temple groups are invited to submit requests for funding from the Annual Fund to cover costs related to needs created by Covid-19. These requests will be reviewed by the Development Committee on a rolling basis to ensure that the funds are used in an appropriate and timely manner. For a funding request form, contact Heather in the temple office.

Donations

Received November 25 - December 28

CULTURAL ENDOWMENT FUND

Barbara Levenson in memory of Marion Kepnes. Bernice Richman in memory of her sister, Shirley E. Richman. Bernard Goodman in honor of and with appreciation for Rabba Kaya Stern-Kaufman.

In memory of Jeannette Goodman: Elliott & Shirley Fishbein. Ilana Wollin. Barbara Levenson. Deborah Payne. Randy & Sheri (Fishbein) Siller and Isabella Siller. Tiffany Donnelly. Naomi Fishbein. Joan & David Teichman. Marilyn Kressel. Dr. James & Myra Fishbein. Mike & Laurie Steinberg. Peter & Jennie Dinnerman. Shel & Elaine Krasker. Hazel Schoem. Stuart & Donna Levenson. Judy Levenson Coven. Riva Bennett & Ira Mayer. Al Bryant.

DUES ABATEMENT FUND

Amy & Torsten Schmidt in memory of Amy's mother, Anne Simonoff. Jane LeSavoy in memory of her partner, William Chernin.

FOOD DRIVE CONTRIBUTIONS

Sharen Eidelberg Spratt. Selma Freedman. Jewel Davis. Jeffrey & Kellisue Friedman.

HEBREW SCHOOL FUND

Selma Freedman in memory of Marion Kepnes. The Ruben family in memory of Michael's grandfather, Jerome Sorkin, beloved great-grandpa to Hannah, Allyson, and Lily. The Ruben family in memory of Maurice R. Ruben. Meryl Wein in memory of her father, A. Harold Seidner. Gail Spaen in memory of her father, Al Spaen. Naomi Fishbein in memory of her mother-in-law, Lena Fishbein.

INSTITUTIONAL OPERATING ENDOWMENT FUND

Gloria & Harold Moldoff in memory of Jeannette Goodman. Arlene Brewster. David Cline in memory of his father, Daniel D. Cline. Steve & Sue Tober in memory of Steve's mother, Lee Fruman. Elaine Lampert in memory of her parents, Morton & Brina Lampert. Alan

Cronheim in honor of Ira Schwartz. Nancy Alexander in memory of her mother, Ruth Sussman.

LANDSCAPE FUND

Joanne Samuels.

LIBRARY FUND

Paula & Karl Singer in memory of Paula's mother, Mary McCrensky. Adina Linden in memory of her mother, Betty Prietz.

MUSICAL SHABBAT FUND

Sharen Eidelberg-Spratt in memory of her friend Ethel Bell Myers.

PRESCHOOL FUND

Selma Freedman in memory of Marion Kepnes. Veta Stone in memory of her father, Harold Berit.

RABBI'S DISCRETIONARY FUND

Barbara Gutin in memory of her husband, Irving Gutin. Melvin Alexander in memory of his mother, Marcia Alexander. Michael Glick in memory of his wife, Judith D. Glick. Ellen Farber in memory of her father, Arthur Filler, and aunt, Florence Thaler. Mikhail Klarov. Elissa Kaplan Senter in memory of Donald Leo Lebowitz. David & Monika Olken in memory of Charlotte Olken. Tom Slater in memory of his mother, Florence Freeman Slater. Barry & Claire Siegel in memory of Barry's brother, Howard Siegel. Karl Singer in memory of his mother, Anne Singer.

RABBI DAVID SENTER MEMORIAL FUND

Elissa Kaplan Senter.

TIKKUN OLAM collection for Cross Roads House

Sharen Eidelberg Spratt. Stan & Rita Robbins. Liz Kolodney & Barbara Sutton. Ellen Cohn. Tessa & Mark Moses. David Cline. Jewel Davis. Marc Hiller. Heather Tomlinson. Rabba Kaya Stern-Kaufman. Joanne Samuels. Emma Rous. Carol Burt. Paul Drager & Bertha Robbins.

TZEDAKAH FUND

Myrna Promer in memory of her grandparents, Pearl & Morris Zack. Claudia Leblanc in memory of her father, Arthur Leblanc. Julie Whitehouse.

Yahrzeits

January Yahrzeits

1. Jennie Levine, Melvin Heflich, Kathy Ramras, Eugene Kleinhandl, Antoine Walker, Gloria Adelman
2. Samuel Lepoff, Robert Liston Sr., Gerald Bernheimer, Rabbi Abraham Heschel, Henrietta Banner Gershman
3. Jacob Landsman, Morris Rubin, Judith Glick, Hyman Schwartz, Florence Levingston
4. Abraham Lampert, Arnold Katz, Alan Kaner, Bess Koach, Arnold S. Katz, Suzan Irene Horn, Lillian Cohen, Andrew Klein
5. Louis Zeidman, Allen Levenson, Arthur Reinhart, George Sherman, Harold Lampert, Howard Siegel, Matthew Krassner, Martin B. Cohen
6. Anna Levitt, Harry Levin, Melvin Pedell, Harold Dinaburg, Sheila M. Kaplan, Hyman Katz, David Edelstein, Allen Sibley, Deborah Most, Jason Smith
7. Arthur Housman
8. Fannie Woolfson, Libby Ginsberg, Leon Brill, Pauline Cohen, Louis Stocklan
9. Mary Halprin Levey, Ida Shapiro, Ruth Sussman, Garrett Aviles, Beatrice Saltman Dulberg, Ruth Talisman, Irving Feldman
10. George Hooz, Betty Prietz, Jack Lasky, BettyRose Leader, Rose Silverman Cohen, Rabbi Sidney Rothstein

17 Tevet / 18 Shevat 5781

11. Burton Kreisworth, Rachel Promer, Frieda Beubis, John McGowan, Jeannette Marks
12. Jacob Cohen, Benjamin Abramson, Samuel Greenfield, Dora Segal, Rose Chaikin, Henrietta Banner Abeles
13. Lena Fluster, Rosalea Elowitz Cohn, Harold J. Potter, Alexander Epstein
14. Albert Levy, Arthur Black, Harold Fisher, Melvin Gordon, Arthur Obermayer, Philip Singer
15. Alex Paul, Mollie Krasker, Lillian Rosenwald, Morris Kram, Nathan Allen
16. Samuel Hooz, Julian Meltzer, William Chernin, Mary C. Feltes
17. Rose Fisher
18. Leon S. Fein, Samuel Vetstein, Sarah Kornhauser
19. Benjamin Goldberg, Golda Singer, Eli Coles, Ann Hanan, Steven Goodstein, Elliot Parker
20. Sarah Shapiro, Shirley Persin, Marjorie Alberts, Molly Cohen
21. Ida Oshry, Chayim Meyrowitz, Irving Pastor
22. Harry Abelson, Robert Taylor, Lena Stone, Beatrice Shore, Marian Frankel, Sam Glosserman
23. Harry Cohen, Esther Hooz, Benjamin Kisner, Rebecca Thorner, Morris Oshry
24. Richard S. Levy, Ida Zeidman, Mildred Katz, Samuel Liberson

When you are observing a family member's *yahrzeit*, you are welcome to say kaddish at Shabbat services Friday night or Saturday morning, or at Tuesday minyan (5:30 p.m.) in the week preceding the *yahrzeit*. *Yahrzeits* published in the Friday bulletin are for the upcoming week.

In Our Community

- 25. J.Z. Shafran, Shura Levenson
- 26. Fannie Greenberg, Jacob London, Isadore Stack,
Lawrence H. Adelman, Alfred Anderson
- 27. David Bauer, Donald Leo Lebowitz,
Nathan Roffman, Warren H. Overstreet Sr.
- 28. Jacob Simon, Anne Singer, Ronald Gross,
Gertrude Baer, Isaac Kates
- 29. Charles Handleman, Fannie London,
Harry Riback, Louis White, Jane Wise,
Jacob Rosenberg, Ann Isacoff
- 30. J.L. Cohen, Joseph Posternak, Max Becker,
Sue Ann Lieberman
- 31. Michelle Robbins, Joseph Steinberg,
Daniel M. Berman, Mary Blum, Estelle Israel,
Marian Ruth Frankel, Gertrude Berenson

Tikkun Olam Committee



A special thank-you to Joanne Samuels, David Cline, Jewel Davis, Ellen Cohn, Marc Hiller, and all those who contributed to the Hanukkah gift collection as part of Temple Israel's efforts to help the homeless and less fortunate residing at Cross Roads House. Many bags of toiletries and other items on their wish list were donated.

Saying Kaddish during a time of physical isolation:

If you would like to join a "virtual" minyan to say Kaddish, you can find the schedule for live-streamed services on the temple website calendar. A prayer to say a personal Kaddish is also available; please contact the office to receive a copy via mail or email.

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Monday - Friday, from 10:00 am - 7:00 pm EST.

Phone: 516-450-5171 or Email: ekapsent@aol.com

Sustainability Snippet

By Ben Martindale

As we move into the winter season, we inevitably spend more time indoors to satisfy our need for warmth and light. The furnaces are fired up and the lights are on for much of the day. These activities have an impact on the environment as our household CO2 emissions go up. However, as humans, we are not trained to think of our activities in the currency of CO2; we are much better attuned to thinking in US dollars. Fortunately, the two are intrinsically linked. The more we pollute, the more money we are also spending. Of course, everyone will be familiar with the high utility bills we pay in New England over the winter months, and anything we can do to make our homes more energy efficient will save us money. In other words, it pays to be virtuous!

So how can we make our homes more efficient, help the environment, and save money all at the same time? There's a range of possibilities with varying levels of capital investment. First off, replace all of your light bulbs with modern energy-efficient bulbs, such as LED bulbs. A typical 9W(att) LED bulb will produce the equivalent light of a 60W conventional bulb. That means it uses 6 times less electricity to run. Across your entire house and a whole year, that is a lot of potential savings. What's more, the cost of these bulbs has come down to the \$1-2 range and they last for 5-10 years. It really is a no-brainer. A little more expensive, but still worthwhile, is to replace old appliances (washer, dryer, refrigerator, and dishwasher) with modern equivalents which are up to 50% more efficient and also give a fresh look to your home. Top tip: Make sure to check out which rebates your utility provider offers on the purchase of new appliances.

For longer-term investments, consider adding solar electric panels to your home to cover some or all of your electric demand. At times of surplus production, your house can even sell electricity back to the grid! Or, if you add a home battery, such as the Tesla Powerwall, in conjunction with solar panels, you can store extra solar electricity for use at night or during one of those pesky outages. The home battery can double as a clean and no-fuss alternative to a home generator. Solar can also be used to provide hot water using a solar domestic hot water heating system. The Department of Energy estimates that such a system will save 50-80% on your hot water bill. Finally, insulating your home, especially your attic, can save 15% of your total heating and cooling costs according to the Environmental Protection Agency. These are significant home investments but remember that their cost will be reflected in your home value. In fact, adding insulation to your home on average returns 116% of its investment in sale price, before factoring in the energy savings. Also worth noting is the 22% federal tax credit for the installation of home solar technologies with no dollar limit. But time is running out since the tax credits expire at the end of 2021, so if you have been on the fence, now is the time to act.

And whether you are in a position to invest in your home or not, there are always savings to be had. Simply remembering to turn off lights when you leave a room and turning down your thermostat by just one degree can all add up. So put on a cozy sweater, sip a warm cup of cocoa, and relax in the knowledge you are helping yourself and the planet all at once.

Meet Your Board

Steve Sacks

Steve is currently TIP's Financial Secretary. In that role he works with members on matters regarding dues and tuition. He also coordinates the Chesed



Squad and, until recently, chaired the Nominating Committee. He believes it important to do his part so that Temple Israel continues to thrive and that the Seacoast Jewish community stays strong.

Steve has been a Temple member since 1993. His daughter, Rachel, celebrated her bat mitzvah here in 2001. A long-time Portsmouth resident, Steve is enjoying retirement along with his wife, Pam Battin-Sacks. Among other things, during the pandemic they've both been involved in a variety of remote acting projects on Zoom and YouTube.

Steve's favorite temple activity is volunteering at the Early Learning Center. Spending every Wednesday morning with the children is the highlight of his week! He appreciates Tammy and Elian for all that they do.

Beth Salzman

Beth serves as the Recording Secretary for the Board of Directors. She's in her second term.



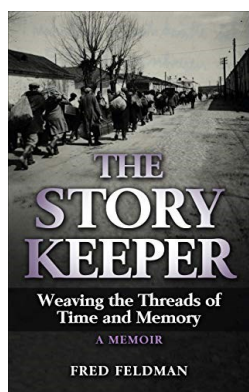
Beth has a longtime commitment to synagogue volunteerism that started when she was a high school student. She was an active member, regional leader, and later president, of PROVTY, her local NFTY chapter based at Temple Beth El in Providence.

Beth is a marketing communications professional and has contributed her expertise for more than two decades to benefit projects including the Centennial Capital Campaign, PTO, high school youth group, LCHIP grant (for preservation of the historic sanctuary), and Education Committee. Ten years ago, she established the TIP Facebook page, which she continues to administrate. Most recently, she started the Facebook group page, TIP Chaverim. Beth also serves on the Development, Marketing, Open for Business, and Website committees.

Beth, her husband, David, and their two daughters joined Temple Israel in the late 1990s. Together they were active in religious school activities and synagogue life, including celebrating their daughters' b'nai mitzvah. She and David run two businesses, Espresso Dave's Coffee Catering and Fun to Eat Fruit. When she's not working or volunteering, Beth enjoys baking, antiquing, playing mahjongg, and spending time with friends and family.

The Story Keeper, Weaving the Threads of Time and Memory

Available for preorder, launching January 27. This new memoir by Fred Feldman recounts his family's experiences before, during, and after World War II.



In Our Community

The Wall Has Been Beautified!



The first phase of the landscaping project that was a major beneficiary of the 2019 Annual Fund

campaign has been completed! The granite blocks that formed an uneven, crumbling retaining wall below the playground and above the Court Street parking area have been rearranged to form a smooth, secure wall. The work was completed by Lang's Landscape Services, a family-owned business that has been operating in Greenland for many years. Lang worked within the temple's budget to complete the job this fall. They also installed new, more attractive plantings between the wall and the playground. At the end of the parking area, they repointed the antique brick paving, installed a brick ramp for easy access, and removed some stray stonework so trash and recycling can be picked up there.

According to temple lore, the granite stones that make up the retaining wall landed on Temple property many years ago because of Sam



Rottenberg z"l, who may have gotten them from the city. The House Committee wanted to be sure that the old stones would be reused in this project. The brick pad also has some history. Apparently, this was where the City of Portsmouth stored its horse-drawn fire trailers of old.

Anyone wishing to support future Temple grounds beautification is invited to donate to the TIP Landscape Fund at templeisraelnh.org/donate.

Sisterhood

Rosh Hodesh Group Off to a Great Start!

The first TIP Sisterhood Rosh Hodesh group was held on December 16th and was open to all women in the community who wished to attend. I am pleased to announce that this first gathering was a huge success and well attended. Many thanks to Rabba Kaya for helping us launch this group.

Our next Rosh Hodesh gathering will be led by Glicka Kaplan and me on Saturday, February 13th at 7:30 pm. This gathering is again open to all women in the temple community. Please mark your calendars. More information will follow.

Kerry Hansen, TIP Sisterhood Secretary

Upcoming Exhibit: Pre-Covid Israel

We have gathered photographs TIP members have taken on trips to Israel prior to the pandemic. We now look wistfully at pictures of crowds and landmarks, and long for a time when we can enjoy new travel adventures safely. It's not too late to participate! Please contact Heather in the office to submit your art and photographs. Future exhibits are in the works.
— Deborah Levine, Arts Review Team

Arts Review / Membership

By Deborah Levine, Arts Review Team Chair



On December 28, we enjoyed an evening of levity, when 8 congregants performed an open reading of the radio play based on Neil Simon's

Brighton Beach

Memoirs. What was more entertaining: watching familiar people assume new identities, or the clever banter of the play's dialogue? The audience was enthusiastic and we will consider more plays for "aspiring actors" in the future.

Outdoor Yoga update: postponed until late February - early March due to Covid restrictions and weather. Looking forward to gathering as soon as possible. Meanwhile, continue your practice at home!

Writing Workshop: Registration is open for this Zoom event at noon on January 5 and 12, facilitated by our own multi-talented Amy Hyett. She has an extensive background in teaching writing, as well as helping others to put treasured memories into written form. Beginning and experienced writers welcome. Amy provides a



relaxed and warm atmosphere that encourages creative expression. What anecdotes about something that moved you or changed your perspective during the pandemic would you like to capture and preserve? Someday soon we will be able to look back on these

challenging times with stories reflecting our resilience, patience, resourcefulness, humor, courage, even gratitude— qualities that helped us survive. Class size: up to eight.

Practical Learning Series
presented by the Membership
Committee

Parenting During the Pandemic

7:00 - 7:45 pm Tuesday,
January 26, 2021, via Zoom



Dr. Laura Rubin, Temple Israel congregant and clinical psychologist/ neuropsychologist, will present tips for raising resilient children, discuss how to be a mindful parent during turbulent times, and explain how to identify red flags for children's mental health. Dr. Rubin's presentation will be followed by time for Q&A. Registration requested; please click the link on the TIP calendar to sign up.

Dena and Jeffrey Stern are excited to share that their daughter Samantha recently married Joshua Shainess. Samantha grew up in the Temple Israel community and celebrated her bat mitzvah in 2002.



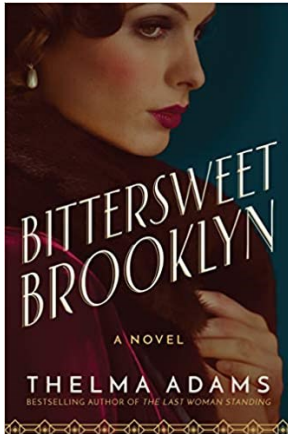
Samantha and Joshua will make their home in Washington, D.C.

Mazel tov to **Ellen Fineberg and Vince Lombardi** on the birth of their granddaughter **Lucy** on October 21.

Arline Koiles would like to express her gratitude to the congregation for the many kind cards, phone calls, and donations received in memory of her sister, Marion Kepnes.

TIP Book Club - January

Bittersweet Brooklyn, by Thelma Adams



Please join us on Tuesday, January 19, at 11:30 am, via Zoom, for a lively discussion!

In turn-of-the century New York, a mobster rises—and his favorite sister struggles between loyalty and life itself. How far will she go when he commits murder?

Temple Israel Portsmouth

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200 State Street
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OFFICE HOURS

January, 2021: Please call or
email to make an appointment
for building access.



Proud member of USCJ

On a Zoom call December 9, Rabba Kaya and board members share the stories of their personal Hanukkiot.

