

March 2010

Shofar Soundings

A Monthly Bulletin of K.K. Bene Israel/Rockdale Temple

**Opening Our Doors To You
& Our Hearts To Judaism**

Yesterday ☆ Today ☆ Tomorrow



Women's Dessert Seder
Tuesday, March 18, 2010
7:00 p.m.

**1ST DAY OF
PASSOVER**
Tuesday, March 30, 2010
10:30 a.m.

**Passover Festival
Luncheon**
Followed by
Passover Festival Lunch
6:00 p.m.

**Congregational
Passover Seder**
RSVP Required
Temple Office Closed

**LAST DAY OF
PASSOVER**
Monday, April 5, 2010
10:30 a.m.

**Passover Yizkor
Memorial Service**
Followed by
Passover Luncheon
Temple Office Closed

Don't Forget:
Passover Delivery Project
(page 7)
Mazon (page 7)



The Great Chili Cook-Off

March 20, 2010
6:30 p.m.
Rockdale Temple



*Both Veggie & Meat Categories will be judged
Prizes will be awarded in each category
There will be music and lots of fun.*

Contact Teresa Ames to enter. tcames@att.net
(See page 15 for details)

New Photo Directory
March 7, 2010
(See page 19 for details)

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A SUPERBOWL STORY FOR PASSOVER

I would guess that a number of you rooted for the Indianapolis Colts in the Super Bowl. I would also estimate that an equal amount of you were hoping that the New Orleans Saints would win. I also assume that any Colts fans were not particularly unhappy that the Saints won. Recent reports have noted that even the network that aired the game barely veiled their bias for the Saints.

They, like so many of us, love the story. We love that a team and a city could rise up from the devastation of Hurricane Katrina. We love that the Super Dome, once home to the terrible horrors of homelessness and poverty of the hurricane's victims, was now the home to Champions. We Americans love the underdog, we love Cinderella and we love to see people move from humble beginnings to great futures.

It is then no surprise that the Exodus from Egypt is the story that we tell most often. The Jewish people have a great many stories, but none that is as central to our existence as the Passover story. We love to tell the story at our Seders each year, imagining ourselves as slaves who are freed. We love to tell how we were once the stranger and are now the owners of our own destiny. Perhaps not entirely a "rags to riches" story, the Passover story that we once had so little and now can recline like the wealthy.

As we tell the story, we notice the strange thing that God asks of the Hebrews in order to survive the final plague, the Killing of the First Born. So that the Angel of Death might know which homes are to be spared, which are the Israelite homes, the Hebrews are to paint blood on their lintels and door posts. It seems an odd, even gross way to identify one's self. Wouldn't a chai necklace or Jewish star suffice?

This leads to the real question: Why



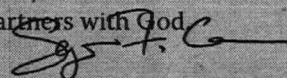
doesn't God just know which houses are the ones belonging to the Children of Israel? Our rabbis teach us that during the plague of darkness that the Egyptian homes were dark, but the Israelite homes had light. If God knew which homes belonged to the Children of Israel then, why can't God figure it out for this 10th plague?

The best answer that I can find to this question is this: The Children of Israel had to be a part of the redemption. They had to want to leave Egypt. They had to act too, in order to be saved and brought out from slavery. They had to do something to go forward and out towards the Promised Land. They could not sit and wait for redemption to come. They had to be a part of it. They had to be partners with God and believe in a better future.

In November I had a chance to understand the mania surrounding the Saints first hand. I was told then when I visited New Orleans what the team meant to the city (I happened to have been there when they beat the Patriots). I was in New Orleans for a couple of days to plan for a rabbinical conference for next year. Part of the visit was a tour to see the places of New Orleans that are still damaged, still in need of repair. On those homes that had not yet been repaired (and there are many even in what were wealthy neighborhoods), there were markings. These markings were big and black and most of them were just x's. If you recall, in the days following Katrina and the flooding of New Orleans, the National Guard checked each home and as they left each home, they marked them with an X, indicating that they had not found any people inside. An X was a good thing, because it meant that no one had died there. I did not see any other markings, except one that indicated that pets were lost, but we know that there were some homes not lucky enough to carry an X.

The X's marked the doors and homes of people who were displaced and found themselves homeless and impoverished. But those X's marked the door and homes of people who were, in some part, looked after. And those X's remind us that we still have to be mindful that there is much to repair, house by house, in New Orleans and in so many places. We place an X, but we can't move on unless we can be part of redemption. We can save our neighbors and ourselves as partners with God.

We can only move forward if we take steps ourselves, perhaps not painting the door with blood, perhaps not marking with X's, but perhaps taking in our hearts the faith of the moment of Passover and the idea that we are part of redemption. So we move forward and with the words of our prayers in our hearts, we become partners in moving past the slavery that might hold us from acting. We help and we identify ourselves as Children of Israel and citizens of this planet. This Passover, when we look at all of the needs in our world, we cannot sit and wait. We too, are part of redemption. We too, must save ourselves and others as partners with God.



Rabbi Sigma Faye Coran

TOT SHABBAT



Friday
March 5, 2010
5:30 p.m.

LITURGICAL CALENDAR 2010

FRIDAY
March 5, 2010

5:30 p.m.
Tot Shabbat

5:45 p.m.
Shabbat Nosh

6:15 p.m.
SISTERHOOD-LED
SHABBAT SERVICE

SATURDAY
March 6, 2010

9:30 a.m.
Torah Study

10:30 a.m.
Service-in-the-Round



FRIDAY
March 12, 2010

5:45 p.m.
Shabbat Nosh

6:15 p.m.
ROCK SHABBAT
SERVICE
With Birthday Blessings
& 1st, 2nd & 3rd Grade
Participation
Followed by
Rock Shabbat Dinner

SATURDAY
March 13, 2010

9:30 a.m.
Torah Study

10:30 a.m.
Service in-the-Round



FRIDAY
March 19, 2010

5:45 p.m.
Shabbat Nosh

6:15 p.m.
SHABBAT SERVICE
With Anniversary Blessings
& Choir Singing



SATURDAY
March 20, 2010

9:30 a.m.
Torah Study

10:30 a.m.
Service-in-the-Round
Followed by
Shabbat Luncheon

FRIDAY
March 26, 2010

5:45 p.m.
Shabbat Nosh

6:15 p.m.
SHABBAT SERVICE

SATURDAY
March 27, 2010

9:30 a.m.
Torah Study

10:30 a.m.
Bar Mitzvah of
Zakary Kadish

Son of Alexia & Scott Kadish

1st Day of Passover

TUESDAY
March 30, 2010

10:30 a.m.

PASSOVER MORNING SERVICE

11:30 a.m.

Passover Festival Luncheon

6:00 p.m.

Congregational Passover Dinner
Rockdale/JCC

COWBOY

I remember how as a child, my father would take great care to read to me every night. As bedtime approached, I would eagerly anticipate my father entering the room, carrying a very special book. Contained within the book were several cowboy stories, all vivid in their illustration, full of action and suspense. Before my little eyelids would close for a night's rest, the last thought on my impressionable young mind was always some valuable lesson, lifted up by a cowboy, passed on through the voice of my father.

The cowboy book was even more meaningful because it was a book of true stories—lived and written about by a man whom my father greatly loved, my grandfather. My grandfather was actually a cowboy before going to law school, later becoming a Federal Judge. I never had the chance to meet my grandfather, as he was not alive by the time of my birth. How else to know my father's father, but to love him through his stories—the stories that my grandfather gave to my father? As I would close my eyes to fall asleep, I was both comforted and inspired by my grandfather's heroic adventures.

I share with you these stories of grandfather because I recently found a connection between my grandfather and Rockdale Temple. One day, as I was marveling at the well known famous Classical Reform Rabbi, Rabbi

Phillipson, surrounded by Rockdale's confirmation students in 1934, my eyes glanced over the names of the confirmation students. Suddenly, I noticed the name, "Shirley Plost," who shares my last name. Plost is not a common name.

Very excited, at 11:30 p.m., I called my father to ask if Shirley and I might be related. "Yes," he answered, "Shirley Plost is my cousin and her father was

David, my uncle, after whom you received your middle name." David, as you can likely tell by now, was the brother of my grandfather. He might have even been referred to in the Cowboy stories from my childhood.

Sure enough, as I continued to look at the other confirmation pictures, other Plosts appeared. I am an only child with a small extended family and so this connection has particular significance for me.

In this unpredictable world, we may sometimes seek comfort by discovering, remembering or seeking a connection to the past. Little did I know that I would find such a meaningful source of family attachment hanging on the wall right outside my office! It makes me wonder just how much of American Jewish history began right here at Rockdale Temple.

Ari Plost

Ari Plost
Rabbinic Intern

S.E.E.D.

Synagogue Education Excellence Directive

An initiative of the



Jewish Federation
of Cincinnati

Funding for our Rabbinic Intern is made possible by a special grants from the SEED Program. Our thanks to the Jewish Federation of Cincinnati for making this position possible.

ROCKDALE CENSUS

This month I'm putting on my Administrator's hat—it's budget time. I realize that sends fear into the hearts and minds of many, but it is a necessary part of what we do, and is actually a good thing. We understand that many people are still reeling from last year's financial meltdown. We also realize that many of our congregants have financial responsibilities of which we may not be aware. Finally, we know that most of our congregation gives generously whenever possible.

Having said that, it is important for everyone to understand that our budget can only be as strong as the finances upon which it is built. The Finance Committee and staff can project a most beautiful budget—and we do that quite well—however, if there are not enough pledges to support our budget, all that work is meaningless. This year we really want to build a budget based on a realistic projection of our anticipated income.

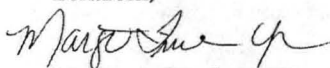
I realize this is not our norm; most of you are accustomed to filling out a pledge form some time in June. The problem we have encountered the past few years is this: Once we receive pledges and realize they are below the level needed to sustain the budget, we have already passed the budget and are in deficit before the year begins. If we can tweak the system a bit by requesting pledges before the budget is passed, we

can adjust spending accordingly.

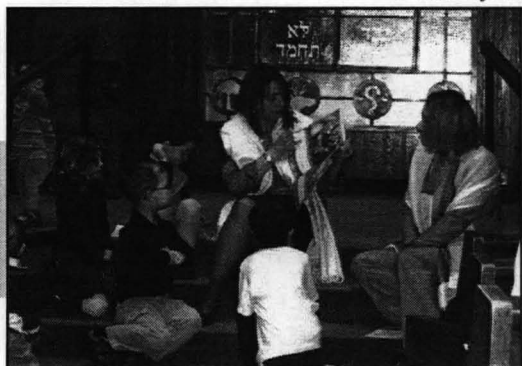
So, let's think of this like the census. Each family is expected to fill out the census form based on the number of people in their household. That information is used to determine congressional representation, school district funding, zoning, infrastructure for our roads, parks, and utilities, and much more. Imagine the chaos if nobody filled out their forms and the agencies just had to guess about what might be needed in the future. Of course, unlike the Federal government we won't come knocking on your door if you don't comply!

Let's think of Rockdale like a family. In order to be fiscally responsible, accurate in our projections, and realistic, we need dues information prior to finalizing the budget. Please help us by filling out the form you will soon be receiving. This is not a binding agreement; indeed, we know circumstances change and some may not be able to follow through with their best intentions. Even though some might need to change their pledge after the fact, it will still be a more accurate picture of what to expect. On behalf of the Finance Committee and Board, I thank you in advance for your cooperation and assistance.

L'shalom,



Margaret Friedman-Vaughan
Director of Education



Tot Shabbat
With PreK-K
Participation

Friday,
February 12,
2010

BAR MITZVAH CELEBRANT

Zakary Mitchel Kadish

SATURDAY

MARCH 27, 2010

10:30 A.M.

**Son of Alexia & Scott Kadish
Brother of Ethan & Elyse Kadish**

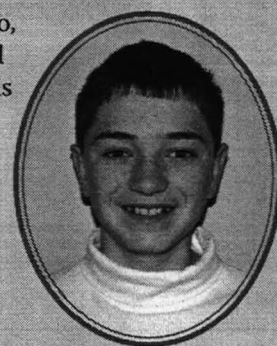
Zakary Kadish is in 7th grade at Loveland Middle School. Born in Sacramento, California, he moved to Cincinnati with his parents just before his first birthday.

Zakary's favorite subjects in school include Algebra, Science, and French. Zakary is a fan of all sports—he can be found playing soccer in the fall, basketball in the winter and baseball in the spring. He avidly follows the Reds and Bengals during their seasons.

Zakary has enjoyed learning French this year in school. As part of his mitzvah project he is working alongside the students in his French class to raise much needed funds for Jean Cadet Restavek Foundation.

In addition, Zakary is providing health and beauty products to the Food Pantry run through Jewish Family Service.

Zakary would like to thank Mrs. Laurie Weinstein and Rabbi Coran for preparing him for his Bar Mitzvah.



CHAPEL RENOVATIONS

Every month I try to write about some really positive goings on at Rockdale. It's actually easy since things are, in fact, going so well! This is partly due to a very responsive in-house staff, as well as a very active and involved Temple Board and Committee Chair structure.

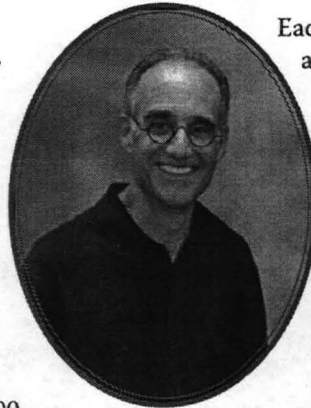
I'll give you an example— over the past year, it became clear that some definitive renovation of our beautiful sanctuary was sorely needed. The pews are collapsing (that provided some humorous embarrassments during the past year- not when they happened, of course, just later on when we could laugh about it); the carpet needs to be replaced, and the structure and layout of the Bimah needs to be updated. These are considered capital improvements. The funds to pay for these items will not come out of the operating budget, so somehow we will need to find funding. That assumes that we know the cost of the project, and that assumes that someone will take on the responsibility for getting the information. So.... a few months ago I brought this up at a board meeting and, on the spot, we created a Chapel Renovation Committee led by Deb Lowenstein and Andi Herzig. They recruited several congregants like Bernie Reiss, Abby Schwartz, and

Janet Cohen and, of course, the Rabbi. They quickly met, visited some of the local Congregations to get some ideas and have come up with a very preliminary cost estimate. To further define and refine the project, Bernie approached a company that can do this type of renovation for additional information. A minimal expenditure of \$2000 was needed to get the estimate, so I asked for approval by the executive board plus an explanation from Doug Sandor, our treasurer, concerning the source of the \$2000. While I was on vacation, in just one week amid a flurry of e-mails, we got the approval for Bernie to go ahead with the initial fact-finding step.

I think that is pretty impressive. I could have made the decision myself, but why do that when I have so many talented people to assist me, as well as keep me out of trouble!

The beauty of our congregation is that all our committees function this way as well. What concerns me though, is that several of our committees are functioning with just a chairperson and very few committee members. We have a wealth of talent in our congregation and I would like to tap it! In the next month or two, just like Uncle Sam, we may be calling you to join a committee. Please respond affirmatively.

What else does our board do?—



Each meeting begins with a D'var Torah. The Dvar Torah is not only unusually interesting and relevant mini sermonettes, but by having a board member do the Dvar Torah we are reminded that our *raison d'etre* is in fact spiritual. Above all, we are guiding a spiritual institution.

Our Board Members oversee one or more committees, establish and maintain the budget, hire and oversee our Rabbinic and support staff, and carry out the mission and vision of our congregation -- and they do this extraordinarily well. Our Board Members and Committee Chairs put in a considerable amount of time and carry out their duties with love and passion for Rockdale Temple. Please support them when they ask for your help.

The biggest issues the Board will be dealing with over the next few months and into next year are those relating to budget control (what's unusual about that?) and the chapel renovation. So stay tuned for monthly updates and if you happen to run into a Board Member or Committee Chair, say 'Thank you' and offer to help. See you in the "hood"!

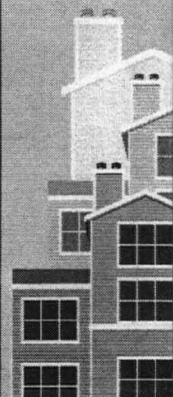
Your Prez,

Barry P. Gibberman
Barry Gibberman
Board President

James W. Dugan

Construction & Development Company

- Roofing
- Remodeling
- Painting
- And more...



Call or e-mail for your
Remodeling Consultation

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Home: 513-742-3591
Fax: 513-742-3408
E-mail:
jwdugan@cinci.rr.com

Hannaford Suites

Your home away from home

5900 E. Galbraith Road
Cincinnati, OH 45236

(513) 936-0525
Fax (513) 963-0087

PASSOVER FESTIVAL LUNCHEON

**TUESDAY
MARCH 30, 2010**

1st Day Of Passover

10:30 A.M.

Passover Morning Service

Followed by

Passover Festival Lunch

Temple Office Closed

CONGREGATIONAL PASSOVER SEDER

TUESDAY, MARCH 30, 2010

6:00 P.M.

Rockdale/JCC

Reservations are Required

Join us for a memorable Seder experience
facilitated by Rabbi Sigma Faye Coran.

We will begin promptly at 6:00 p.m.

A delicious, full-course dinner will be served.

PASSOVER YIZKOR MEMORIAL SERVICE

MONDAY

APRIL 5, 2010

Last Day Of Passover

10:30 A.M.

Passover Morning Service

Followed by

Passover Luncheon

Temple Office Closed

Congregational Seder Menu

Gefilte Fish

Matzoh Ball Soup

Featuring a Choice of:

Traditional Roasted Brisket

In Natural Juices

Oven Roasted Chicken Breast

With Orange Glaze

Vegetarian Stuffed

Portabella Mushrooms

Sauteed Vegetable Bouquet

Oven Roasted Red Skin Potatoes



Children's Entree

Clusters of Grape & Orange Slices

Chicken Nuggets

With Ketchup & Honey Mustard

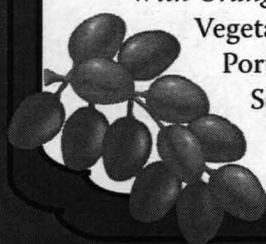
Tater Bites

Dessert

Passover Sponge Cake

With Fresh Berries,

Sorbet & Fresh Mint



PASSOVER SEDER RESERVATION FORM FOR THURSDAY, APRIL 9, 2009

~Reservations Due Thursday, March 25, 2010, 891-9900 or E-mail reberhart@rockdaletemple.org~

Name: _____ Phone: (____) _____

Address: _____

Please Reserve the following for dinner:

Members: _____ \$28.00 Adults _____ \$10.50 Children ages 3 to 12 _____ Free (Children 2 & under)

Non-Members _____ \$32.00 Adults _____ \$12.50 Children ages 3 to 12 _____ Free (Children 2 & under)

Number of Chicken Breast _____

Number of Brisket _____

Number of Vegetarian _____

Number of Children's Meals _____

Enclosed is my check for: \$ _____

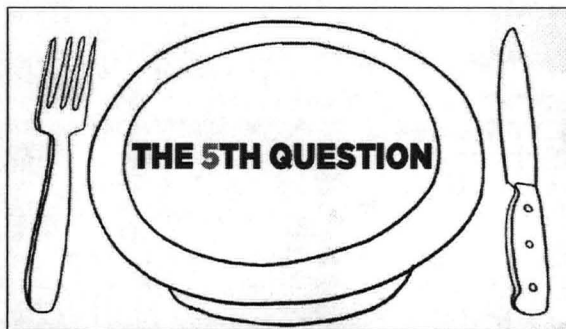
Please make checks payable to *Rockdale Temple*

If possible please seat me with _____

Highchair Needed _____

Name of Guests: _____

THIS PASSOVER, ASK AND ANSWER



**WHY ON THIS NIGHT ARE MILLIONS OF PEOPLE GOING HUNGRY?
BECAUSE ON THIS NIGHT, LIKE EVERY OTHER NIGHT, MILLIONS OF PEOPLE LIVING IN POVERTY HAVE NO OTHER CHOICE.**

This Passover, as you gather to retell the story of our people's freedom from bondage, help re-write the stories of others less fortunate. Donate what you would have spent to invite one more person to your Seder table. This Passover, don't just say the blessings, share them.

DONATE TODAY

Mail: MAZON: A JEWISH RESPONSE TO HUNGER
PO Box 894765
Los Angeles, CA 90189-4765
Online: mazonpassover.org
Phone: 1 800 813-0557

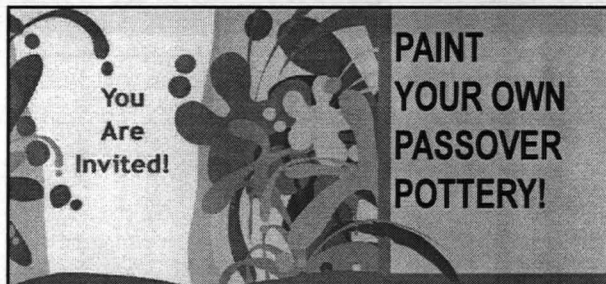


Women's Dessert Seder

Thursday, March 18, 2010

7:00 p.m.

Social Hall



PASSOVER POTTERY PROJECT

Sunday, March 7, 2010

12:30 - 2:30 p.m.

- ▶ \$24 per adult (age 13 and over)
- ▶ \$18 per child (age 12 and under)
- ▶ Seder plate, Matzoh plates, Miriam cups & more!
- ▶ Sponsored by Sisterhood & Beth Goldstein Designs.
- ▶ Portion of proceeds to benefit Religious School Fund.

Bring your lunch and we'll eat together before we begin our projects.

Reservations requested:

beth@bethgoldstein.com

513-226-4829

PASSOVER DELIVERY

**We proudly announce
Our 12th year**

**Dr. Samuel S. Rockwern
Cincinnati Passover Delivery
of Jewish Family Service**

You can help by collecting and distributing Passover food to families in need.

In addition to Passover food, Jewish Family Service provides supportive help, coaching, and assistance to families year round at Jewish Family Service Food Pantry.

Mark Your Calendar!

**Dr. Samuel S. Rockwern Cincinnati Passover
Delivery of Jewish Family Service**

Sunday March 28, 2010

10:30 a.m. - 1:30 p.m.

Cincinnati Hebrew Day School, 2222 Losantiville
Road, Golf Manor

Call or email Sandee Golden for details
about how to donate and volunteer
513-766-3352 or sgolden@jfsncinti.org

YES! ☐ I would like to make a donation. Enclosed is my contribution made payable to:

Dr. Samuel S. Rockwern Cincinnati Passover Delivery of Jewish Family Service

- ☐ I would like to sponsor one couple \$36
- ☐ I would like to sponsor one small family \$54
- ☐ I would like to sponsor one large family \$72



Support families for Passover and Jewish Family Service Food Pantry year-round:

- ☐ I would like to become a CHAI Friend (\$100 - \$499)
- ☐ I would like to become a CHAI Angel (\$500 - \$999)
- ☐ I would like to become a CHAI Mitzvah Maven (\$1000)
- ☐ Other amount \$ _____



Name(s) _____ Phone _____
Address _____ City _____ St _____ Zip _____
E-mail _____ Congregation _____

Yes! ☐ I would like to volunteer my time.

Please contact me at the number above for the following:

- ☐ Sunday March 28 to deliver food
- ☐ Week of March 22 - March 25 to sort and box for delivery.

Please return this form with your contribution to:

Dr. Samuel S. Rockwern Cincinnati Passover Delivery of Jewish Family Service
Jewish Family Service ★ 11223 Cornell Park Drive ★ Cincinnati, OH 45242
e-mail: sgolden@jfsncinti.org ★ fax: 469-1195 ★ voice: 469-1188

WRJ/SISTERHOOD

~March Updates~

Hello, Ladies of Rockdale!

I know you are all busy this month looking forward to, preparing for, and celebrating Passover. We have scheduled a full weekend of programs for you to choose from March 5 and 7. Take a little time for yourself, and join us in one, two or all three of these fun events!

Sisterhood-Led Shabbat

Please join us as Sisterhood leads the Shabbat Service, Friday March 5th. We will celebrate with dinner together afterwards in the Pavilion. If you would like to participate in the service or attend the dinner, please contact Lisa at ljs7863@cinci.rr.com.

Palatable Pesach

Does "Palatable Pesach Food" sound too good to be true? Well, surprise, it is true! Steve Muhlbaum will teach us how to prepare delicious kosher for Passover food that you and your family will enjoy! Come find out for yourself, Sunday, March 7th 9:30 a.m.-12:00 p.m. during Sunday school. Space is limited, so please RSVP to sjmfamily@cinci.rr.com

Passover Pottery Project

The Passover Pottery Project with Beth Goldstein will take place on Sunday March 7th from 12:30-2:30 p.m.. Do you need or want a new Seder plate, Miriam cup or matzah plate? Why not make it special with your own creative touch? Bring friends, family and children to this fun event. The cost is \$24 for ages 13 and older; \$18 for ages 12 and under. A portion of the proceeds will benefit the Religious School Fund. RSVP to debloewenstein@yahoo.com.



Women of
Reform Judaism

Havdalah

February proved to be a busy month for Sisterhood. We shared Havdalah at Rabbi's home, enjoying a delicious assortment of wine, cheese, and dessert while getting to know each other a little better. And we experienced Jewish yoga with Lori Reidel and we were a little more peaceful because of it.

Thank you both for expanding our knowledge and experiences in such inviting settings. It is nice to see our members taking advantage of the new programs and enjoying them.

Gift Shop

Please visit our gift shop for your gift giving needs. Gift shop hours are Sundays, during religious school, 9:30 a.m.-12:00 p.m., Tuesdays, during Hebrew school, 4:30-6:00 p.m., and Fridays, 9:30-12:30 p.m.

College Outreach

Our students were treated once again with goodies and a gift card, and the response from them has been wonderful. They really appreciate being remembered and free food is always a welcome gift for any college student. If you know of a student that would like to receive a gift please let us know and we will happily add them to our list.

Kroger Cards

Support Sisterhood and Rockdale by purchasing a Kroger gift card for \$5.00 and then load any amount onto the card you like. Gift cards are available at the front desk (ask for Becka), at the Gift Shop, and from Robyn Collins, libertyvet@aol.com.

Dues

If you would like to become a member of Sisterhood, please send your \$40.00 check for this year's dues made out to Rockdale Temple Sisterhood to Hilary Suddleson, 4061 Foxhollow Court, Mason, Ohio 45040.

Nosherai

This is a new section of tried and true recipes offered to all of you from our members.

This month's recipe is submitted by Lori Reidel. (See adjacent page)

I found it online in search of a nut free charoset recipe in consideration of our CRJHS students with nut allergies. This was the first and not the last time I made it as it is DELICIOUS. It's a compote and almost magical how the heat interacts with it - but then again I'm not a cook so the magic may just be an ordinary thing that's extraordinary to a seeker such as myself!

Please...share your favorite recipes for holidays, special occasions, or every day edibles. If you have a recipe you would like to share please send it to Diane, bturmer778@aol.com. Include a short blurb about the recipe or its origin.

Chag Sameach!

Shalom,

Jan Muhlbaum
Sisterhood President

SISTERHOOD UPCOMING MEETINGS

April 11, 2010 10:15 a.m.
In the Boardroom

***If you would like to bring a tasty treat to one of our meetings, please do! Just let me know and we all will appreciate and enjoy with you.*

Mah Jongg

March 7, 2010 10:00 a.m.
In the Conference Room

March 21, 2010 10:00 a.m.
In the Conference Room

April 11, 2010 10:00 a.m.
In the Conference Room

April 25, 2010 10:00 a.m.
In the Conference Room

Please let Barb Cohen know if you plan to play.
bbc513@hotmail.com

SISTERHOOD SAVE THE DATE

Sisterhood-led Shabbat

Followed by Sisterhood Shabbat Dinner
Friday, March 5, 2010 6:15 p.m.
Contact: Lisa Schneider, ls7863@cinci.rr.com

Palatable Pesach:

A Cooking Class You Will Enjoy
With Guest: Steve Muhlbaum
In the Kitchen

Sunday, March 7, 2010 10:15 a.m.
Space Limited, RSVP Today!
Contact Jan Muhlbaum, sjfamily@cinci.rr.com

Passover Pottery Project

With Guest: Beth Goldstein
Sunday, March 7, 2010 12:30 p.m.
RSVP to Deb Loewenstein
debloewenstein@yahoo.com

Maj Marathon

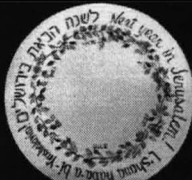
Sunday, May 9, 2010 10:00 a.m.

BRAC Analysis

Breast Cancer Awareness
A Joint Sisterhood & Adult Education Program
Sunday, May 16, 2010 10:15 a.m.

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for the
Spring 2010
Adult Education
Flier**

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- ★ Custom Orders and Personalization.
- ★ All Passover merchandise 15% off this month to Rockdale congregants.

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Judaica by Beth Goldstein Designs
also available in the Temple Gift Shop.

For further information, special orders, etc:
beth@bethgoldstein.com

513-226-4829

Delicious Peace Coffee ~Orders Due March 2, 2010~

Don't forget to order your coffee this month. It tastes great & helps people earn a fair wage!

Please send your coffee orders to: Delicious Peace, c/o Dolores Goldfinger, 9862 Zig Zag Road, Cincinnati, OH 45242



Delicious Peace Ugandan Coffee Order Form

Roast	Quantity & Grind	Amount
Light Roast: 12 oz. (sweet and lively, with hints of pecan and notes of nutmeg)	_____ Whole Bean _____ Ground x \$9.50 = _____	
Dark Roast: 12 oz. (hints of pecan sweeteners and a malty finish)	_____ Whole Bean _____ Ground x \$10.50 = _____	
Decaf Roast: 12 oz. (a satisfying decaf blend with great flavor, sweetness, and body)	_____ Whole Bean _____ Ground x \$10.50 = _____	

Orders Must Be Received by Tuesday, March 2, 2010
Make Pick-up Arrangement after Tuesday, March 23, 2010

We will contact you with details regarding purchase pick-up (at Rockdale).

Name _____
Phone _____
E-mail _____

All Orders Must Be Pre-Paid

Make Checks Payable to: Rockdale Temple

NOTE IN MEMO: "FOR COFFEE"



Nut-Free Charoset, Cranberry & Dried Fruit

Submitted by Lori Reidel

Source: From Candian Jewish News, Spring 2005

- 2 c. Cranberries, Fresh or Frozen
- 1/2 c. Dried Cherries
- 1/4 c. Dried Cranberries
- 1/3 c. Yellow Raisins
- 2 c. Apples, Coarsely Chopped
- 3/4 c. Water
- 1/4 c. Water or Orange Juice
- 2 T. Sweet Red Wine or Grape Juice
- 1/2 t. Cinnamon

Place all ingredients in a heavy-bottom, 4-quart saucepan.

Cook over low to medium heat, until cranberries and apples are softened and mixture is beginning to turn to compote (approximately 10-15 minutes).

Adjust tartness to taste with more orange juice and sugar if you wish.
Cook until mixture is thick.

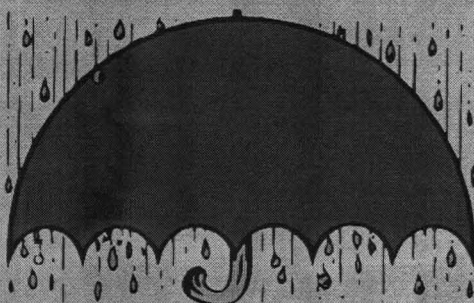

Keep refrigerated for up to one week.

Yield: Approximately 1-1/2 Cups.

MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:30 p.m. Hebrew School 6:30 p.m. Tzur Shalom 7:00 p.m. Choir Rehearsal 7:30 p.m. Ritual Committee Meeting <i>6:00 p.m.-10:00 p.m. Lifetouch Photo Shoot</i>	7:00 p.m. Adult Education <i>With Michal Loving</i>		5:30 p.m. Tot Shabbat Service 5:45 p.m. Shabbat Nosh 6:15 p.m. SISTERHOOD-LED SHABBAT SERVICE 	9:30 a.m. Torah Study 10:30 a.m. Service-in-the-Round
9:30 a.m. Tzur Shalom Religious School 10:00 a.m. Sisterhood Mah Jongg 10:15 a.m. Brotherhood Meeting 10:15 a.m. Sisterhood Program 12:30 p.m. Sisterhood Pottery Project 5:00 p.m. YGOR Board Meeting 7:00 p.m. CRJHS <i>At Wise Temple 11:00 p.m.-6:00 p.m. Lifetouch Photo Shoot</i>		4:30 p.m. Hebrew School <i>6:00 p.m.-10:00 p.m. Lifetouch Photo Shoot</i>	7:00 p.m. Adult Education <i>With David Gerber: Pirke Avot</i>		JYG AT NFTY 5:45 p.m. Shabbat Nosh 6:15 p.m. ROCK SHABBAT SERVICE <i>With 1st-2nd-3rd Grade Participation & Birthday Blessings Followed by Rock Shabbat Dinner</i>	9:30 a.m. Torah Study 10:30 a.m. Service-in-the-Round  Daylight Savings Time Begins
9:30 a.m. Tzur Shalom Religious School <i>With 6th Grade Family Education</i> 10:15 a.m. Adult Education 10:30 a.m. Environmental Committee Meeting 5:30 p.m. YGOR Drop-in 7:00 p.m. CRJHS <i>Wise Temple 11:00 p.m.-6:00 p.m. Lifetouch Photo Shoot</i>		ROSH CHODESH 4:30 p.m. Hebrew School 7:00 p.m. Choir Rehearsal 7:00 p.m. Board Meeting <i>11:00 a.m.-6:00 p.m. Lifetouch Photo Shoot</i>	7:00 p.m. Adult Education <i>With Michal Loving: Familiar Prayers</i>	7:00 p.m. Women's Dessert Seder <i>Social Hall</i> <i>No Women of the Flame</i>	5:45 p.m. Shabbat Nosh 6:15 p.m. SHABBAT SERVICE <i>With Anniversary Blessings & Choir Singing</i>	9:30 a.m. Torah Study 10:30 a.m. Service-in-the-Round <i>Followed by Shabbat Luncheon</i> 6:30 p.m. Chili Cook-Off <i>Social Hall</i>
9:30 a.m. Tzur Shalom Religious School 10:00 a.m. Sisterhood Mah Jongg 10:15 a.m. Adult Education 12:00 p.m. Club 456 & Yeshivat Noar ~ Laser Tag 12:00 p.m. Knitting Group 7:00 p.m. CRJHS <i>Wise Temple</i>		4:30 p.m. Hebrew School	7:00 p.m. Adult Education <i>With David Gerber: Pirke Avot</i>		5:45 p.m. Shabbat Nosh 6:15 p.m. SHABBAT SERVICE	9:30 a.m. Torah Study 10:30 a.m. Bar Mitzvah of Zakary Kadish <i>Son of Alexia & Scott Kadish</i> 10:30 a.m. Service-in-the-Round
SPRING BREAK <i>No Tzur Shalom Religious School</i> <i>No CRJHS</i>	EREV PASSOVER 	1ST DAY OF PASSOVER 10:30 p.m. Passover Morning Service 11:30 p.m. Passover Festival Luncheon 6:00 p.m. Congregation Seder <i>Amberley Room, JCC</i> <i>No Hebrew School</i> <i>Temple Office Closed</i>	2ND DAY OF PASSOVER 			

APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				3RD DAY OF PASSOVER	4TH DAY OF PASSOVER 5:45 p.m. Shabbat Nosh 6:15 p.m. SHABBAT SERVICE	9:30 a.m. Torah Study 10:30 a.m. Service-in-the-Round
6TH DAY OF PASSOVER <i>Spring Break</i> <i>No Tzur Shalom Religious School</i> <i>No CRJHS</i>	7TH DAY OF PASSOVER 10:30 a.m. PASSOVER YIZKOR SERVICE 11:03 a.m. Passover Luncheon <i>Temple Office Closed</i>	<i>No Hebrew School</i>		1	2	3
4	5	6	7	8	9	10
YOM HASHOAH 9:30 a.m. Tzur Shalom Religious School <i>With 7th & 8th Grade Programs</i> 10:00 a.m. Sisterhood Mah Jongg 10:15 a.m. Sisterhood Meeting 10:15 a.m. Adult Education 5:00 p.m. YGOR Board Meeting 7:00 p.m. CRJHS <i>Wise Temple</i>		4:30 p.m. Hebrew School 7:30 p.m. Ritual Committee Meeting	ROSH CHODESH 6:30 p.m. Tzur Shalom Education Meeting 7:00 p.m. Adult Education <i>With David Gerber: Pirke Avot</i>	7:30 p.m. Jewish Women's Book Club 	5:45 p.m. Shabbat Nosh 6:15 p.m. SHABBAT SERVICE	9:30 a.m. Torah Study 10:30 a.m. Service-in-the-Round
11	12	13	14	15	16	17
YOM HAZIKARON 9:30 a.m. Tzur Shalom Religious School 10:15 a.m. Adult Education 12:00 p.m. Club 456 <i>Make Your Own Falafel</i> <i>Israeli Lunch</i> 12:00 p.m. Knitting Group 5:00 p.m. YGOR Board Meeting 7:00 p.m. CRJHS <i>Wise Temple</i>	YOM HA'ATZMA'UT	4:30 p.m. Hebrew School 7:00 p.m. Board Meeting	7:00 p.m. Adult Education <i>With David Gerber: Pirke Avot</i>		5:30 p.m. Tot Shabbat 5:45 p.m. Shabbat Nosh 6:15 p.m. SHABBAT SERVICE <i>With Anniversary Blessings & Choir Singing</i> <i>Followed by Environmental Group Presentation</i>	9:30 a.m. Torah Study 10:30 a.m. Bat Mitzvah of Cassie Heldman <i>Daughter of Beth Franks & Michael Heldman</i>
18	19	20	21	22	23	24
SOUP KITCHEN COOKING 9:30 a.m. Tzur Shalom Religious School 10:00 a.m. Sisterhood-Mah Jongg 10:15 a.m. Adult Education 10:15 a.m. Environmental Committee Meeting 7:00 p.m. CRJHS <i>Wise Temple</i>		4:30 p.m. Hebrew School	7:00 p.m. Adult Education <i>Rabbi Sigma Faye Coran</i>		5:45 p.m. Shabbat Nosh 6:15 p.m. SHABBAT SERVICE <i>With Special Guest: The Meshuganotes</i>	
25	26	27	28	29	30	

BIRTHDAYS & ANNIVERSARIES

Adults of March

- 1 Josie Brower
- Ayzik Feldman
- 2 Gary Hollander
- Eileen Roth
- 3 Barrie Kraus
- 3 Florence Zaret
- 7 Kevin Dick
- Janet Roger
- Andrew Shott
- 9 Howard Nelson
- Alan Solomon
- 13 Ed Herzig
- 15 Stephen Cohen
- Peggy Stricker
- 17 Gordon Margolin
- Charlotte Stark
- 19 Stefi Zola
- 21 Loris Ungar
- 22 Sophie Bass
- Gerry Kraus
- 23 Claire Phillips
- 27 Larry Bratburd
- 27 Betty Wacksman
- 29 Gene Hirschberg
- 31 Ruth Cole

Children of March

- 1 Grace Hageman~8 years old
- 2 Leo Volkov~18 years old
- 4 Arielle Seid~12 years old
- 10 Rachael Dick~18 years old
- 13 Henry Schmulewitz~9 years old
- 20 Micah Dugan~18 years old
- 23 Joel Marmer~18 years old
- 26 Sydney Kraus~5 years old
- 26 Jakob Kudel~7 years old
- 28 Greg Dick~17 years old
- 29 Brad Hollander~18 years old
- 30 Laurie Heldman~11 years old
- 30 Hannah Levey~17 years old
- 31 Evan Schmulewitz~7 years old

Adults of April

- 4 Steve Fryxell
- 4 Felicia Holub
- 4 Ann Robens
- 6 Gary Levey
- 9 Mary Ellen Shapiro
- 12 Barbara Harshman
- 14 Paul Travis
- 16 Rachel Kambelis
- 16 Phyllis Schulman
- 16 Lois Spahn
- 16 Gary Zeidenstein
- 17 Heinz Ahlers
- 19 Alice Price
- 20 Phil Cohen
- 21 Morton Harshman
- 22 Donna Heldman
- 22 Louis Poliner
- 25 Frances Lowenstein
- 25 Ilsa West
- 26 Barbara Turner-Michaelson
- 27 Jim Reidel

Children of April

- 2 Emily Hageman~11 years old
- 2 Tate Sheldon~1 year old
- 5 Adrianna Schneider~15 years old
- 9 Sydney Kuhn~10 years old
- 9 Abraham Muhlbaum~17 yrs old
- 12 David Jacobs~16 years old
- 13 Eric Schmulewitz~4 years old
- 13 Hannah Seibert~18 years old
- 15 Jacob Shapiro~2 years old
- 18 Carly Varland~14 years old
- 22 Hunter Heymann~16 years old
- 24 David Fryxell~13 years old
- 24 Cassie Heldman~13 years old
- 30 Elyse Kadish~7 years old
- 30 Jacob A. Kraus~17 years old

March Anniversaries

- 14 Michael & Kathlyn Marmer~20th
- Paul & Wilma Travis~56th
- 16 Margaret Friedman-Vaughan & Willard Vaughan~30th
- 30 Marvin & Gerry Kraus~52nd

April Anniversaries

- 1 Frank & Rosemary Bloom~25th
- 11 Joseph & Marilyn Hirschhorn~56th
- 11 Gene & Betty Wacksman~57th
- 12 Howard & Jeanne Goldberg~51st
- 15 Matthew & Jean Chimsky~60th
- 18 Bert & Barbara Rosenberg~62nd
- 30 Samuel & Lesha Greengus~53rd

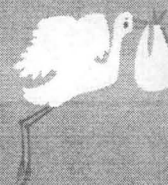
Anniversaries are listed every 5 years starting with the 10th anniversary. All anniversaries of 50 years and over are recognized.

MAZAL TOV!

Gwen & John Heilbrun
on the engagement of their daughter,
Lauren Barclay
to **Seth Guttman**



Ian Kudel & Stacey Farber
on the birth of their son,
Hayden Forest Kudel
December 23, 2009



Adult Birthdays are listed every 5 years starting with the 40th birthday and for all members who have reached the age of 75. "Children of the Temple" are those who are 18 years old & younger.

SHABBAT: *A Unique Experience*

Shabbat is ushered in with a familiar and enjoyable service, preceded by a Nosh and followed by Kiddush. The warmth of Shabbat continues into the rest of the evening and the next day. Shabbat morning we gather in the Boardroom, transformed into a welcoming chapel. The morning begins with a one-hour lively discussion of the week's Torah portion, led by our Rabbinic Intern with energetic, but polite participation from those attending. This is followed by a one-hour service which differs from the evening service in its prayers and music and features the Torah service, in which members have the opportunity to participate. The service is followed by Kiddush with special home-made challah. Once a month a luncheon follows, prepared by one or more members. On other weeks all who wish to join go to a restaurant for lunch, where conversation and friendships blossom. The Shabbat feeling lingers through the day and into the week that follows.

Fay B. May
Ritual Committee

CONDOLENCES

To the Friends & Family of:

Helen S. Baron

beloved wife of the late

Harold M. Baron;

devoted mother of

John M. (Sharon Gaswirth) Baron

and the late

Mark S. Baron



Jerome Richman

beloved father of

Harvey Richman,

Cynthia Pratt,

Laura Beth Motz

& Mark Richman;

dear brother of

Morris Richman

CHILI CONTEST

Great Chili Cook-Off

Saturday, March 20, 2010; 6:30 p.m.
Rockdale Temple



*Both Veggie & Meat Categories will be judged
Prizes will be awarded in each category
There will be music and lots of fun.*



Contact Teresa Ames to enter. tcames@att.net

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PRISONS & PRISONERS: IMPACT OHIO

**THURSDAY, MARCH 25, 2010
7:30-9:00 PM**

Isaac M. Wise Temple
A Critical Topics Committee Presentation
8329 Ridge Road, Amberley Village

It is said that no one truly knows a nation until one has been inside its jails.
Nelson Mandela

We know that in Ohio prisons the population well exceeds the prisons' capacities. What else do we know? *Prisons and Prisoners: The Impact on our Community* will answer many questions that citizens have about the condition, purposes, successes, and failures of prisons in Ohio and nationwide. This program will address important questions, such as:

- ↳ What are our jails meant to do, and are they doing it?
- ↳ How does our community's prison system really work?
- ↳ How does sentencing policy affect society's choice about prisons?
- ↳ Do we want to build more prisons and incarcerate more people?
- ↳ How are resources directed toward deterrence and rehabilitation?
- ↳ Why need we be concerned about our prison population?
- ↳ How does early release of offenders affect our community?



The presentation by the panel will be followed
by a question and answer period.
The program is free and open to the public.

PANELISTS:

Terry Collin
Director, OH Department Rehabilitation and Corrections

David Yost
Delaware County Prosecuting Attorney

David Singleton
Attorney and Executive Director of the Ohio Justice and Policy Center

Moderator, Marianna Brown Bettman
Professor of Clinical Law at the University of Cincinnati College of Law

This program is free and open to the public.
For more information: 513-793-2556; ctc@wisetemple.org

Co-Sponsors:

Adath Israel Congregation
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Mercy Hospital, Fairfield
Office of Interfaith Community Engagement, XU
Rockdale Temple
School of Criminal Justice, UC

Talbert House
The Brueggeman Center for Dialogue, XU
The Interfaith Alliance of Greater Cincinnati
Urban Morgan Institute for Human Rights,
UC College of Law
Woman's City Club of Greater Cincinnati

The Jewish Overnight Camping Program

**For the Jewish
Children of Cincinnati**

The Jewish Overnight Camping Program provides grants for Jewish children from the greater Cincinnati area to encourage them to attend a Jewish overnight camp. Children who have never attended a Jewish overnight camp can apply for a grant. For the summer of 2010 the value of the grants will be up to \$1,000 for camp sessions of three weeks or more and up to \$500 for camp sessions of two weeks.

A grant from the Jewish Overnight Camping Program is a gift. It is not need-based or contingent on other scholarship or financial aid dollars.

To qualify under the Program, the overnight camp must be sponsored by a non-profit Jewish organization.

Application forms for the summer of 2010 are available online on the Jewish Federation website, www.jewishcincinnati.org on the "Community Resources" page.

**Application Deadline:
April 15, 2010**

For further information please consult

Rabbi Sigma Faye Coran
scoran@rockdaletemple.org, 891-9900

Jeff Baden
jbaden@mayeronjcc.org, 722-7243

or

Prof. Getzel Cohen
getzel.cohen@uc.edu, 556-1951

OVFTY

**Union Camp Institute Campers
1963-1969**

We miss you!

We are planning a reunion

**Thursday, September 30, 2010
to Sunday, October 3, 2010**

Lake Geneva, WI

Please contact us at:
www.ovftyreunion2010.myevent.com

Rockdale's First Ever Pictorial Directory!

For the first time, we are producing a pictorial directory! This should help us foster even a greater sense of community here at Rockdale. We have set up dates in March and May in order to allow as many members as possible to take advantage of this opportunity. There is no cost to you to be included in the directory.

Lifetouch Photo will be at Rockdale on the following dates:

March

Sunday, March 7 11:30 a.m.-6:00 p.m.

Tuesday, March 9 6:00 p.m.-10:00 p.m.

Sunday, March 14 11:30 a.m.-6:00 p.m.

Tuesday, March 16 6:00 p.m.-10:00 p.m.

May

Sunday, May 2 11:30 a.m.-6:00 p.m.

Tuesday, May 4 6:00 p.m.-10:00 p.m.

Sunday, May 9 11:30 p.m.-6:00 p.m.

We are scheduling now for the March dates. You can call Becca or Meg at the temple office to make an appointment (513-891-9900), or go online to schedule at the following website:

<https://www.appointment-plus3.com/ap/rockdaletemple/index.php?page=10>

Instead of typing this into your web browser you can click on the link at our website, www.rockdaletemple.org, or on Rockmail.

LIBRARY UPDATE ~March 2010~

As the uplifting "tree holiday" of Tu B'Shevat recedes and Passover beckons, inevitably the Jewish communal mind cycles toward what's beyond---Holocaust Remembrance Day, Yom Ha'Shoah. It's up ahead there in the spring, seemingly violating the season's budding hope with its immersion in hatred, suffering and death for countless Jews.

As a parent, it can be easier to sort of mentally "slide" past this somber observance. The same goes for its companion observance, Israel's Memorial Day, Yom ha'Zikaron. How, or for that matter, WHY should a parent attempt to make real to one's child the horror of the Holocaust? Why bring up Israel's war dead next, so soon on the heels of the Holocaust and continuing to the present day?

By contrast, few would shy away from letting their children revel in Yom ha'Atzmaut, Israel Independence Day, the close of the cycle. Star of David flags, face painting booths, falafel---what's not to like? Yet the thinking parent knows that Yom ha'Atzmaut is just one part of the story.

All three of these commemorations come one after the other for historical reasons a parent knows only too well. It's a hard cycle to approach in its entirety, especially as the parent of young children. I like to think that our Jewish

calendar gently prods us as parents to teach our children about ALL of life, not just the sweet parts. And I would like to offer our Rockdale Library as a resource.

The library contains Holocaust books that beg to be read to children not by a teacher or librarian, but by a mom or dad holding the child on her or his lap, or lying side by side in bed, where questions can be answered with the mom or dad's comforting presence so close by. Most Jewish educators deeply hope that parents have "the conversation" about the Holocaust with children before children hear details at Sunday School, school, or wherever else besides the home. After all, it is a subject with different reverberations for every family, every child.

Please feel free to ask me, on Sunday mornings or via e-mail, how you can use our library's books to explore this most difficult subject with your child. We have books aimed at children anywhere from age five through adult. They include fiction and non-fiction, memoirs, photo books, allegory and adventure, as varied in their tone, illustrations and scope and you can imagine. I'm here to help you find them.

Karen Zanger
Volunteer librarian
Solsearch@aol.com



WOMEN'S BOOK CLUB

Jewish Women's Book Club
Thursday at 7:30 p.m.

April 15, 2010

Contact:

Barbara Turner-Michaelson
513-821-4028
turnermichael@fuse.net



WOMEN OF THE FLAME

Women of the Flame
Thursday, May 15, 2010

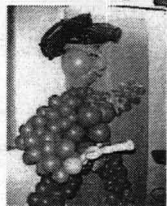
In the Rabbi's Study

Contact:

Leslie Reiss
ltreiss@sibcycline.com



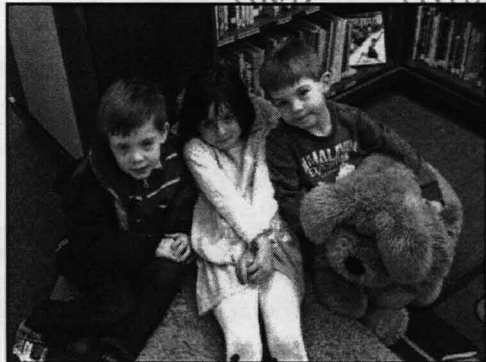
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TU B'SHEVAT SEDER

~Saturday, January 30, 2010~



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You may also call our Customer Service Department at 1-877-854-3897 (TTY: 711) 8 am to 8 pm, 7 days a week for information, or to enroll if you choose to do so. A health plan with a Medicare contract. The benefit information provided herein is a brief summary, but not a comprehensive description of available benefits. Additional information about benefits is available to assist you in making a decision about your coverage. This is an advertisement; for more information contact the plan. Darryl Dick is an authorized agent for Anthem Blue Cross and Blue Shield in Ohio. SilverSneakers Fitness Program, provided by SilverSneakers, an independent company. Anthem Blue Cross and Blue Shield is the trade name of its Ohio Community Insurance Company. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies. The Blue Cross and Blue Shield names and symbols are the registered marks of the Blue Cross and Blue Shield Association. M0013_10Adv_156-F&U 12/08/2009 This is an Advertisement

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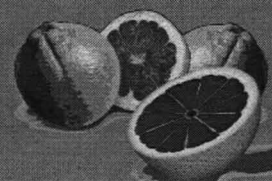
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ENVIRONMENTAL GROUP

~Tu B'Shevat Seder~

The Tu B'Shevat Seder was held on January 30th with over 30 participants. It was an intimate thought-provoking service with Rabbini Intern Ari Plost at the helm, leading us not only in the service, but in an active discussion during the service. As part of the celebration of trees and the World, one of the most important questions that we as Jews can ask ourselves is, "What can I do to help repair the World?" One of the easiest answers is, "Plant a tree." Below are many startling facts about trees, our greatest source of oxygen.

- ↳ Recycling a single run of the Sunday New York Times would save 75,000 trees.
- ↳ If all our newspaper was recycled, we could save about 250,000,000 trees each year!
- ↳ If every American recycled just one-tenth of their newspapers, we would save about 25,000,000 trees a year.
- ↳ If you had a 15-year-old tree and made it into paper grocery bags, you'd get about 700 of them. A busy supermarket could use all of them in under an hour! This means in one year, one supermarket can go through over 6 million paper bags! Imagine how

*Barb Schneider
& Gary Bryant*



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many supermarkets there are just in the United States!

- ↳ The average American uses seven trees a year in paper, wood, and other products made from trees. This amounts to about 2,000,000,000 trees per year!
- ↳ The amount of wood and paper we throw away each year is enough to heat 50,000,000 homes for 20 years.
- ↳ Approximately 1 billion trees worth of paper are thrown away every year in the U.S.
- ↳ Americans use 85,000,000 tons of paper a year; about 680 pounds per person.
- ↳ The average household throws away 13,000 separate pieces of paper each year. Most is packaging and junk mail. Approximately 1/3 of all waste generated by the United States comes from packaging.
- Each ton (2000 pounds) of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4000 kilowatts of energy, and 7000 gallons of water. This represents a 64% energy savings, a 58% water savings, and 60 pounds less of air pollution!
- The 17 trees saved (above) can absorb a total of 250 pounds of carbon dioxide from the air each year. Burning that same ton of paper would create 1500 pounds of carbon dioxide.

1. Forests store **50%** of the world's terrestrial carbon. (In other words, they are awfully important "carbon sinks" that hold onto pollution that would otherwise lead to global warming.)

2. **Half** the world's forests have already been cleared or burned.

3. If the United States cut office paper use by just 10% it would prevent the emission of **1.6 million tons** of greenhouse gases -- the equivalent of taking

280,000 cars off the road.

- Compared to using virgin wood, paper made with 100% recycled content uses **44% less energy**, produces **38% less greenhouse gas emissions**, **41% less particulate emissions**, **50% less wastewater**, **49% less solid waste** and -- of course -- **100% less wood**.
- In the U.S., an additional 5 million tons of waste is generated during the holidays. Four million tons of this is wrapping paper and shopping bags.
- Americans receive almost 4 million tons of junk mail every year. Most of it winds up in landfills.
- The average American uses 650 pounds of paper a year.
- Each year, Americans trash enough office paper to build a 12-foot wall from Los Angeles to New York City.
- Americans toss out enough paper & plastic cups, forks and spoons every year to circle the equator 300 times.
- The average American office worker goes through around 500 disposable cups every year.
- Nearly 44 million American workers purchase or eat lunch out every weekday.
- U.S. fax machines sent 30 billion faxes in 1990.
- U.S. businesses now use about 21 million tons of paper every year. That's about 175 pounds of paper for each American.

Our trees are a precious commodity! By doing simple things like using re-usable grocery/shopping bags, canceling catalogs that you are not using, recycling paper, books and magazines and planting trees, you will have a direct and important impact on repairing the world.

Teresa Ames
Environmental Committee

TRIBUTE FUNDS

~Donation from January 11, 2009 to February 5, 2010~

RABBI'S DISCRETIONARY FUND

In memory of Paul Toner
Larry & Mary Jo Bratburd
In honor of the baby naming of
Hayden Forest Kudel
Ian Kudel & Stacey Farber

LIBRARY FUND

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on her Birthday
Chris Malhotra

ESTELLE LEVINE FUND

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Jerry & Nancy Schwartz

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In memory of the Yahrzeit of
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HERITAGE OF LEARNING

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In memory of Martin Medow

Jerry & Nancy Klein

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In memory of Paul Toner
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SOUP KITCHEN FUND

In memory of Paul Toner
Dolores Goldfinger
O.J. & Barb Cohen
Bob Prescott & Fay May

RELIGIOUS SCHOOL FUND

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RABBI VICTOR & LOUISE REICHERT FUND

In memory of the birthday of
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In honor of the special birthday of
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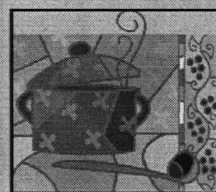
MITZVAH OPPORTUNITIES

Soup Kitchen Cooking

May 30, 2010
August 29, 2010
October 31, 2010
December 19, 2010

To Arrange Delivery Call:

Dolores Goldfinger, 891-0725
Sandi Ostrow, 891-9632



Knitting Circle

Sundays 12:00 p.m.
March 21, 2010
April 18, 2010
May 16, 2010

Diane Turner
(859) 781-4553
In The Library



New and experienced knitters are welcome. We are knitting squares to be put together into blankets for wheelchair bound people. Please join us.

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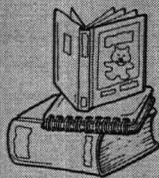
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www.cedarcvillage.org

IHN DONATIONS

Needs Donations

Rockdale Temple, in conjunction with Adath Israel and the Interfaith Hospitality Network request donations of the following items:

Medicinal & Cleaning Supplies

- Feminine Hygiene Products
- Band-aids
- Tissues
- Liquid Hand Soap (pump bottles)
- Children's Tylenol/Motrin
- Cough Medicine
- Antacids
- Cold/Allergy Medicine
- Disinfectant Wipes
- Disinfectant Spray
- Hand Sanitizer (pump bottles)

Kitchen Supplies

- Garbage Bags (small & large)
- Aluminum Foil
- Saran Wrap
- Ziplock Bags (all sizes)
- Food Storage Containers (all sizes)
- Disposable Gloves (non-latex)
- Paper Cups (small)

Additional Needs:

- Coloring Books/Crayons
- Crib Sheets & Blankets
- Night Lights
- Small Bedside Tables (2)
- Alarm Clocks (4)
- Lamps

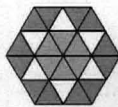
**Please Call Dolores Goldfinger
(513) 891-0725, to donate.**

Your help and support are greatly appreciated during these times of great need.



TZUR SHALOM MLK MARCH





K.K. Bene Israel

Rockdale Temple

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