

The Messenger

Congregation Shalom Bayit



FEBRUARY 2016

Shevat-Adar 5776

congregationshalombayit.com

President
Hannah Riceberg
951-769-3678
hr3555@hotmail.com

Vice President &
Sisterhood President
Cathy Colt
951-392-5380
cathycolt@verizon.net

Past President
Edward Newman
951-769-8850
edjnewman@aol.com

Secretary
Leslie Diamond
909-553-9544
Jayles2@verizon.net

Treasurer & Newsletter
Steve Benoff
310-413-4896
steve.benoff@verizon.net

Religious Practices
Carol Sherman
951-769-7514
carollois21@gmail.com

Fundraising
Joan Frost
951-845-9757
mjfrost9@verizon.net

Sunshine
Adele Kiefer
951-845-1064
Doreen Levin
951-845-9288

Tribute Cards
Doreen Levin
951-845-9288

Membership
Open Position

Rabbi
Kenneth Milhandler
714-792-0522
roshpina@sbcglobal.net

Havdalah February 6 Pot Luck

Please call Carol at 951-769-7514 to let her know

which special dish you will bring.

This Havdallah is sponsored by
Hannah Riceberg

Oneg February 19

is sponsored by
Jay & Leslie Diamond



President's Message



Dear Members: Each winter, I am reminded about the darkness that clouds many individuals who experience mental illness. For some, there are situational events that trigger feelings of something far greater than mere sadness, while others struggle with the challenges of depression throughout their lives. Additionally, symptoms can become more pronounced, as these individuals feel more isolated from their family and communities while others celebrate, especially as the new calendar year begins. The more I think about it, this doesn't apply to just mental illness. We have many members, friends and/or relatives who also suffer from physical ailments, loss of a loved one or pet, and on and on.

What can we do?

In the simplest terms, reach out to those within your circle of family and friends to check in to see how they are doing. A telephone call shows that you care and that they are important to you. If appropriate, gently encourage seeing an appropriate professional such as the person's physician or a therapist or Rabbi Milhandler, or perhaps give a referral made with love to the professionals at Jewish Family Services.

Along these same lines, Ilene Kaplan has asked that anyone who might be available to pick her up at The Lakes and take her to Kaiser in Fontana and Redlands for occasional medical appointments or blood draws to call her. Her phone number is 951-845-0830. Leave a message if she does not answer the phone.

Just a reminder that this is your last chance to sign up for our Rabbi Milhandler-led trip to Israel starting October 30th.

I would like to thank:

Carol Sherman, for her unending support of our congregation by organizing our Havdalahs and Oneg Shabbats, calling most members prior to each event to ensure attendance, etc.

All those who helped with the set up, picking up of food, serving and clean up for January's Havdalah: Carol Sherman, Joan Frost, and Cathy Colt. Coordinator: Carol Sherman, Helpers: Cathy Colt, Judi Margolis, Claudia Schwartz, Barry Schwartz, Steve Benoff.

Thank you to Adele Kiefer, Cathy Colt and Carol Sherman for sponsoring the January Havdalah.

Thanks to Judi and Lloyd Margolis and Fran Rayner for sponsoring the December Havdalah, and to Carol Sherman for sponsoring the December Oneg.

All who helped with the Chanukah Havdalah: Coordinator: Carol Sherman, Helpers: Joan Frost and Cathy Colt

Thanks to Kay Ross for sponsoring the November Havdalah, and Kay and Ken Krupsaw for sponsoring the November Oneg.

Many Thanks to Cathy Colt for her continued responsibility for keeping track of all member events, such as birthdays, anniversaries and yahrzeits, and notifying the Rabbi of these events prior to the Services, as well as ensuring they appear in the "Messenger." A special thanks to Cathy for maintaining the Tree of Life along with making the new leaves as needed."

Hannah

From the Rabbi

February 2016



Shalom Chaverim,

This month marks the 10th *yahrzeit* (anniversary) of my father's death. Unfortunately, my father was afflicted with Huntington's Disease and spent the last 14 years of his life in a nursing home. Although that might not be the kind or quality of life any of us would choose, I am deeply grateful that he lived long enough to see the birth of my four children, even if he did not live long enough to see them grow up.

Being his only child (and given that my parents were divorced) it was left up to me to make medical decisions for my father. At a relatively young age, I had to make life and death decisions for him. In those days, there was little talk in the medical field of advanced healthcare directives, hospice care, or compassionate choices. I was given many opinions by various doctors and also given a lot of misinformation as well. I was left to navigate not only the medical world by myself but the incredibly complicated and frustrating world of Medicare and Medi-Cal as well.

Now that I work as a hospital chaplain, not just with patients who are dying, but also with the palliative care team that meets with patients and families facing serious illness and difficult choices, I have a totally different perspective on these issues. Of course, as a rabbi, I am also instructed and guided by our tradition and its teachings. I am also shaped by my own personal experiences with my father and his illness.

All of us, at one time or another, will have to face difficult medical questions either for ourselves or for a loved one. No one, especially in our society, likes to think about, let alone talk about such issues or questions. Yet just as it is important to plan for retirement, and to make a will to provide for our spouse, children, and heirs, it is just as vital to make our wishes known should something tragic befall us and we are unable to communicate our healthcare wishes. Every day I meet families who are put in the painful and difficult situation of having to make decisions for their loved ones. Our question to them is not what they would want but what their loved one would want, and sometimes they have absolutely no idea because their loved one never shared their goals, values, and wishes for medical treatment.

Again, these are difficult questions to think about let alone talk about because there are so many values, interests, and parties involved. For many, their religion is a guide and pathway of action. For Jews, our tradition gives us that pathway down which to travel, not that we do so mindlessly or blindly. Our tradition is there as guidance and a foundation upon which we can lean in times of need.

Jewish medical ethics will be my topic for the February 6th *Havdallah*. It will focus primarily on death and dying issues: refusing or discontinuing medical treatment, how to treat the terminally ill, euthanasia, and assisted suicide. I hope you will join me for this informative and educational program.

Lech L'shalom – may you go in peace,
Rabbi Kenneth Milhandler



Sisterhood

Sisterhood met January 19. Our next meeting is February 23 at Sun Lakes Country Club Atrium. Typically, we have 5-7 ladies who attend; unfortunately, recently many of our members have been ill or otherwise unable to attend. Our business meeting is extremely brief and is followed by a nice lunch with a lively discussion of a variety of issues. If you would like to attend but don't have a ride please call me at 951-392-5380 and I will arrange for transportation. If you would like to order a leaf for the Tree of Life (either a memorial or an honor) please contact Cathy Colt. They are \$18 for temple members and \$25 for non-members.

Cathy Colt
Sisterhood President

Yahrzeits

Ann Darling	Mother of
Leo Darling	Father of
Margaret Watkins	Mother of
Philip Watkins	Brother of
David Globe	Uncle of
Ben Kaplan	Father of
Clarice Kaplan	Mother of
Harriette Nathan	Aunt of
Murray Newman	Father of
Freda Cohen	Mother of
Michael Cohen	Father of
Rochelle Belle Brown	Sister of
Samuel Berman	Uncle of
Clara Sattinger	Grandmother of
Glen Shapiro	Son-in-law of
Morris Shulkin	Father-in-law of
Adele Schwartz	Sister of

Leon Darling
Leslie Diamond
Joan Frost
Joan Frost
Ilene Kaplan
Ilene Kaplan
Ilene Kaplan
Ilene Kaplan
Ed Newman
Hannah Riceberg
Hannah Riceberg
Hannah Riceberg
Hannah Riceberg
Carol Sherman
Carol Sherman
Sandra Shulkin
Ilene Kaplan

Birthdays

Doreen Levin	Feb. 23
Fred Weinberg	Feb. 28

Anniversaries

Barry & Claudia Schwartz	Feb. 11
--------------------------	---------

Please note the purpose of
your donations on your checks
to the temple.

Tribute Donations Shalom Bayit offers all of us the ability to memorialize or honor friends and loved ones through a variety of designated funds. Tribute donations can be made in honor of a bar/bat mitzvah, the birth of a baby, a birthday, an anniversary, a graduation, a wedding, or any special occasion. Donations in memory of loved ones help us remember that person in a special and meaningful way. And, tribute donations are a thoughtful way to say "thank you." Your donation should be sent to the address on the back of the *Messenger* to the attention of "Treasurer" and will be acknowledged with a card to the recipient of this tribute. It will also be listed in the *Messenger*, unless you request otherwise.

Yahrzeit Donations

Doreen Levin in memory of her father Benjamin Koslovsky
 Sandra Shulkin in memory of her mother-in-law Dora Shulkin
 Kay Ross in memory of her mother Marion Kaner
 Kay Ross in memory of her husband Joel Frank
 Kay Ross in memory of her husband William M. Ross
 Leon and Nancy Darling in memory of Leon's father James Darling
 Carol Sherman in memory of her husband Bernard Sherman
 Sandra Shulkin in memory of her husband Fred Shulkin
 Adele Kiefer in memory of her father Harry Brandt

We are resuming RECYCLING. Please bring your separated cans and bottles (with caps included but unscrewed from bottles) to temple events.

You can also write a check in lieu of your recycling. If you call Joan Frost (951-845-9757), she can arrange to have your recycling picked up if you can't bring them to temple.

Oneg and Havdalah Sponsors

Havdalah

We need sponsors for May, June, July, August, September, November, and December

Oneg

We need sponsors for April, May, June, August, November, and December

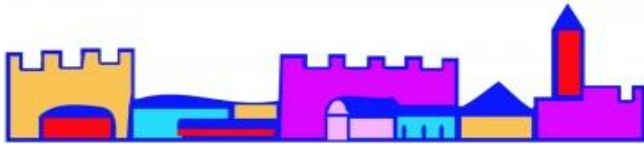
Celebrate a Birthday, Anniversary, or other special occasion.
Remember someone who is gone -- honor them by sponsoring an
Oneg or Havdallah.

Sign up at a service or Call Carol at 951-769-7514.

BOARD MEETINGS are open to all temple members. You are encouraged to attend. The more participation the better.

February 2016

MONDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
					10:30 – Board Mtg.	5:30 – Havdalah – (Pot Luck)
7	8	9	10	11	12	13
14	15	16	17	18	19	20
					7:00 - Shabbat	
21	22	23	24	25	26	27
		11:30 – Sisterhood				
28	29					



Congregation Shalom Bayit

1320 West Williams Street
Banning, CA 92220

Congregation Shalom Bayit



Published monthly.
Three-month ad rates:
Business card: \$30
¼ page: \$37.50
½ page: \$75
Full page: \$150

Messenger submissions are due by
the 5th of the preceding month.

Join Us!