



the Omer

T E M P L E B E T H A B R A H A M

Volume 42, Number 4

February/March 2023, SHEVAT/NISAN 5783



Photo by Alden F. Cohen (Uri Buri)

In The Kitchen

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Monday & Thursday Morning Minyan
Chapel, 8:00 a.m.

Friday Afternoon
Gan Shabbat, 12:40 p.m.

Friday Evening (Kabbalat Shabbat)
Sanctuary and YouTube, 6:15 p.m.

February Candle Lighting Times

February 3	5:16pm
February 10	5:24pm
February 17	5:32pm
February 24	5:39pm

Shabbat Morning
Sanctuary and YouTube, 9:30 a.m..

February Torah Portions & Havdalah

February 4	Parashat Beshalach	Sponsored for Baby naming of Nova Kessler 6:18pm Havdalah
February 11	Parashat Yitro	Bar Mitzvah of Oren Schotland 6:26pm Havdalah
February 18	Parashat Mishpatim	Shabbat Mevarchim Chodesh Adar B'Mitzvah of Levi (Lena) Gutkin 6:33pm Havdalah
February 25	Parashat Terumah	Aufruf of Tommy Kedar and Skye Morgan 6:41pm Havdalah

March Friday Candle Lighting

March 3	5:46pm
March 10	5:53pm
March 17	7:00pm
March 24	7:06pm
March 31	7:13pm

March Saturday Torah Portions

March 4 Shabbat Zachor
Parashat Tetzaveh

Sponsored by Paula Reinman and Sandy Gross
Aufruf of Ben Quaye and Jessica Donig
6:48pm Havdalah

March 11 Parashat Ki Tisa Kiddush
Sponsored by Josh Polston and Lisa Spielman
6:54pm Havdalah

March 18 Parashat Vayakhel-Pekudei
Kiddish

Sponsored by Shayna Hirshfield and other
Gan Gimmel families
8:01pm Havdalah

March 25 Parashat Vayikra
WTBA Shabbat
8:08pm Havdalah

The Omer

We are always looking for help and contributions, whether it be first-person articles, poems, art, photos and anything that aligns with our theme of positive, Jewish community.

We are also always in need of copy editors.

The Omer is run by volunteer editors, TBA members Lisa Fernandez and Rachel Dornhelm, and assembled visually by graphic designer Alden F. Cohen.

WE WOULD LOVE TO SEE MORE COMMUNITY MEMBERS JOIN OUR TINY STAFF.

Please email Omer@tbaoakland.org if you'd like to help out and contribute.

We accept member submissions. Deadline for articles and letters is the 12th of the month preceding publication.

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What is Jewish Food Anyway?

I hate lox. How can I be a rabbi if I hate lox, people often wonder. More on that in just a moment.

It is very hard to separate Judaism from Jewish food. Food is such an important part of every Jewish event, and even the memories of Jewish events in our lives—whether we are talking about Shabbat dinners, Passover Seders, B’nai Mitzvah celebrations, or so many other things as well.

Food is so important in the Jewish tradition that the only prayer we are commanded to say in the Torah itself is a prayer thanking God for the food we eat. This prayer eventually became the Birkat Hamazon, and that prayer in itself – if you have ever witnessed at a Jewish summer camp – has its own sense of tradition, drama, and joy.

Our own Faith Kramer, in her book *52 Shabbats*, published by our own Angela Engel’s company “The Collective Book Studio,” has taught us that there is no single type of Jewish food. Because Jews have lived in so many places, so much of what we call Jewish food is actually “fusion,” foods from a variety of cultures with Jewish twists.

A few foods are definitely Jewish: Matzoh, because it is commanded in the Torah for Passover, apples dipped in honey, because it is a tradition representing a sweet new year on Rosh Hashana, Hamentashen, because it is associated with Haman in the Purim story, Sufganiyot or Latkes on Chanukah, because they remind us of the miracle of the oil, and Challah on Shabbat (which doesn’t mean egg bread but refers to the process of taking a portion out as an offering). Even within these foods, though, the preparation is often dependent on the person you learned it from and the specific geographical region they are from. Consider the difference between Ashkenazic and Sephardic charoset, for example.

After that, what Jewish food actually is varies by region and culture. To Mizrahi (Middle Eastern Jews) felafel, shwarma, or stuffed grape leaves might be the quintessential Jewish foods. To Ashkenazic Jews it might be brisket, gefilte fish, and chicken soup. To a 20th Century New Yorker it might be babka, bagels, and lox.

Which brings me back to the fact that I can’t stand lox. I love salmon, but any type of smoked fish tends to make me gag. I just don’t like it, even if it is the food of choice of many a Bris, Shiva meal, or Kiddush lunch. If you feel like that somehow makes me less of a rabbi or a Jew, just consider the other Jewish foods I like. Happy to eat the bagel without the lox, but better yet, throw some felafel, pita, hummus, and tahini my way. To me it’s yummier, and it’s certainly every bit as Jewish.

L’shalom,

Rabbi Mark Bloom

Oren Schotland - February 11th, 2023

Bar Mitzvah

My name is Oren Schotland. I’m a 7th grader at Contra Costa Jewish Day School. I live in Montclair, Oakland with my dog, parents and two siblings, an older brother and a younger sister. I enjoy biking, driving, rock climbing, reading, and flying on my Flight Simulator. I have been a part of Temple Beth Abraham for my entire life. I am looking forward to my Bar Mitzvah on February 11th. My Torah portion is Yitro, in which Moses’ father-in-law, Yitro, advises him to share the responsibilities of leading the Israelites by setting up a system of judges. More on that at my Bar Mitzvah and I hope to see you there!



Cooking

By David Goodwin

I like to cook Jewish food. But because both my grandmothers died before I was old enough to think about asking them for recipes, I typically get my recipes from cookbooks, friends, or trial and error. I thought I would use this column share some cookbooks that I like.

I'll start with our own Faith Kramer, whose columns in the Omer and the J I read avidly. In fact, I wrote Faith a fan letter after trying her Caraway Cabbage recipe in the J and very much enjoyed her tour of international grocery stores in the University and San Pablo neighborhood. I highly recommend Faith's 52 Shabbats: Friday Night Dinners Inspired by a Global Jewish Kitchen. I have used a number of Faith's recipes but if you are going to cook just one, you might try "Layered Chicken and Rice Plov."

The Jewish cookbook that I perhaps have used more than any other is one from the 1990s by Joan Nathan, *Jewish Cooking in America*, which not only is filled with recipes for the types of Jewish meals that I grew up eating, but also has dozens of essays about how Jewish food developed in the United States over the past 150 years.

Among the Israeli cuisine cookbooks that I frequently use are Yotam Ottolenghi's *Jerusalem*, which has a terrific recipe for roasted beets with yoghurt and za'atar, and another that I like for lamb meatballs with tahini. I also like the Israeli cookbooks by Michael Solomonov and Steven Cook, *Zahav* and *Israeli Soul*. You might also enjoy Michael Solomonov's film, *In Search of Israeli Cuisine*, on Amazon Prime, which will make you want to try the restaurants he visits if you are in Israel.

I highly recommend *Jewish Cooking* by Marlena Spieler, who used to write a column for the *San Francisco Chronicle*. Spieler, like Ottolenghi, lives in England and her dishes reflect the combination of Ashkenazi and Israeli cuisine that is popular in England today. Most recently, I have come across a new cookbook, *Modern Jewish Comfort Food* by Shannon Sarna, which has some very tempting recipes.

Finally, two "old world" cookbooks. One is *Memories from Grandma's Table*, which the United Synagogues of Conservative Judaism assembled and is available on the USCJ website. I downloaded it and made a number of dishes from it last Pesach. Another is an Israeli cookbook that Etta Heber gave me, *Grandma Cooks Gourmet*, which came out of a project in which Israeli chefs interviewed Holocaust survivors and recorded their recipes.

I could go on but instead will close with what surely is the easiest Challah recipe, one that I made with my daughters when they were small. It came from Margaret Fox, a childhood friend who later owned Café Beaujolais in Mendocino.

Ingredients: 2 packages yeast; 2T sugar; 5C unsifted flour; 2t salt; 3 eggs; 2-1/2T vegetable oil; poppy or sesame seeds.

Sprinkle the yeast and sugar into a quarter cup of very warm water and let stand for five minutes, then stir. Mix flour and salt in a large bowl. Make a well in the center and drop in two whole eggs, oil, 1-1/4C very warm water, and the yeast mixture. Work liquids into the flour; turn out on a lightly floured board, and knead until smooth and elastic, about five minutes. Put in a greased bowl and turn to grease the top. Cover and let stand in a warm place for an hour. Punch down and let stand another half hour or until doubled. Punch down and knead a few times to remove air bubbles. Divide dough into six equal strips and plait the strips into two loaves. Between floured hands, roll the loaves onto a greased baking sheet. Cover and let rise another 40 minutes or until very light. Beat the third egg and brush the loaves with the egg mixture. Sprinkle with seeds. Bake for 30-35 minutes at 375o.





I Come From a Long Line of Horrible Cooks

By Lisa Fernandez

I'm a horrible cook.

And I come from a line of horrible cooks.

My Savtah's "pizza" was toast, ketchup and Velveeta cheese.

My mother's dry Passover brisket usually sends my brother to a fast-food restaurant right after the seder.

And let's just say that I have essentially given up making meals for my family.

To be clear: I'd love to cook well. And I do make a few things that are passable – mainly my matzo ball soup.

But to me, food isn't the point.

Once, a TBA member and I were having a seder together. She wanted to discuss what each of us would be making and was very concerned at how good the meal would taste.

But I was raised in a family where it's a given that the food will not be the main focus of the holiday, mainly because our dishes always tank.

Instead, I wanted to talk to her about the fun our families would have at the seder; what games we would play, what plays we would act out, what songs we would sing.

That's because despite being awful cooks, both my mother and Savtah are the most generous women I know. They excel at creating amazing family-oriented settings for relatives, inviting strangers into their homes and providing welcoming, loving holiday homes. Each year, my mother comes up with a new activity to engage in at the seder and cousins have stepped up to create our own haggadahs to provide meaningful content for the family.

The TBA member and I actually had a tense impasse for a moment, when I seemed to dismiss her menu and the importance the Passover meal had for her.

But then I realized we could have it both ways.

She could concentrate on the deliciousness of food.

And I'd come up with the activities.

We had a great seder that year, food and fun combined.

And while I wish that my Shabbos chicken wasn't so bland or my challahs weren't so dense, I truly believe that the community spirit at the table is more important than how the brisket tastes.

ADULT EDUCATION with Susan Simon

"A Taste of Text Study" Saturdays at 9am
Contact Susan@tbaoakland.org
for the Zoom link

WEEKLY TEXT STUDY with Rabbi Bloom

Wednesdays at 9am
Contact rabbibloom@tbaoakland.org
for the location

Resolutions for the New Year

By Susan Simon

When I was a child, I would make new year's resolutions because everyone else did – it was often an activity assigned at school, an excuse for a writing assignment. I would resolve to do something better, be good, clean up my room, all the normal things that children might resolve. And, like others, I had the best of intentions when I made these resolutions, but pretty soon my interest would wane and they would be forgotten. This seems to be the general pattern – almost human nature.

According to the dictionary, a resolution is a firm decision to do or not do something. That sounds an awful lot like a promise, so I looked that up in the dictionary, too. A promise is a statement telling someone that you will definitely do something or not do something in the future. Very similar, don't you think? The primary difference seems to be that in the case of a resolution, the "promise" is made to yourself, and in the case of a promise, it is a resolution communicated to another person.

Now I was taught as a child that you never break promises – if you give someone your word, you stand by it and follow through, almost no matter what. But no one ever taught me the same thing about a resolution. Somehow, a promise made to myself wasn't seen as important or as iron-clad as a promise made to another person. I'm thinking that maybe I got that all wrong.

Why not make some Jewish resolutions as this secular new year starts. What little Jewish things can you add to your life that will enrich you? Maybe you can attend services a little more regularly. Maybe you can light Shabbat candles every Friday night that you are home. Maybe you can make a regular habit of giving tzedakah to causes that are important to you. Maybe you can volunteer for some activities at TBA. Maybe you can improve your Hebrew decoding or prayer skills. There are many opportunities for more Jewish involvement, both at home and at TBA.

As ever, if there is something that you want to learn, reach out to me and I might be able to help. Everything we learn brings us a little closer to our Jewish and TBA communities. After our years of having to be separate, join us in coming together to learn. Here are some TBA opportunities:

Friday Night Kabbalat Shabbat services – 6:15 pm on Friday nights

Shabbat morning services which start at 9:30 am – stay for lunch and schmoozing

Youth services – we have 3 depending upon the ages of your children – watch for announcements – they are all lots of fun and really help your child learn prayers

Wednesday morning text study – 9:00 am at the Paulista Café on Park Blvd – love group of learners

Saturday morning speed text study – 9:00 am – just lasts 25 minutes – no prior knowledge is required – we'd love your point of view

WTBA events – watch your email – they offer a variety of great activities and opportunities to come together for fun and learning.

Men's Club events – mostly social these days but we all need more of that – and their events aren't just for men!

Mah Jongg – about once a month after Saturday morning services – all levels of skill are encouraged to join – regularly or once in a while

Rosh Hodesh meetings – watch your emails – often the women read a Jewish book on rituals or on beliefs and learn together – meets once a month on Monday evenings and all are welcome

I know I am missing some wonderful things – please find a way to join us a little more this year. We will be so happy to get to know you!



Caltrans Decides Not to Build a New Bridge Across Highway 580

By David Goodwin

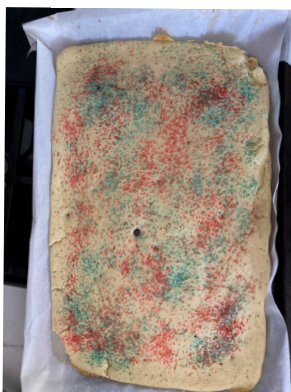
Caltrans official Cody Erickson informed TBA on January 17 that Caltrans has decided not to construct a pedestrian bridge across Highway 580 directly across from the synagogue, a proposal that would have eliminated 12 parking places, required removal of 50 trees, and posed a security risk. Caltrans instead will improve the Highway 580 undercrossing by the Grand Lake Theater.

This decision followed a public meeting at which both TBA members and residents of the neighborhood spoke out against the pedestrian bridge option and a letter writing campaign in which more than 50 TBA members submitted letters or emails in opposition to the bridge proposal. Thanks especially to our member Marty Stone for leading the charge.

The Family Pancake

By Alden F. Cohen

Pour 4 Cups of pancake batter made from scratch or pre-made into a baking dish. Add toppings (optional). Bake in the oven at 375 degrees for 20 minutes.



WTBA's Chanukah Cookie Swap

With this edition of the Omer focused on the kitchen, it is especially fitting that WTBA hosted a Chanukah Cookie Swap last month! WTBA members were busy in their kitchens making traditional favorites, like rugelach, macarons and cut-out cookies, as well as some less traditional choices like challah fritters, lime squiggles and creme de menthe brownies.

On January 27, we leave the kitchen and travel to San Francisco virtually for a tour of the Contemporary Jewish Museum. In February, we will celebrate Tu B'Shevat and then host a "Medicare 101" presentation by temple member and Medicare consultant, Ellen Kaufman. Next up in March is a celebration of Purim with a Joy of Jewish Dance event. Please join our fun and welcoming group and become part of the WTBA community. Contact membership co-chairs Mala Johnson (mbluer@hotmail.com) or Karen Kelley (karenkelley123@gmail.com) for further information.



Superbowl at Baum Center on Sunday Feb 12

By Joshua Polstonor Karen

The TBA men's club is sponsoring the annual Superbowl viewing/party @ the Baum Center on Sunday Feb 12. Kickoff is at 3:30 and there will be snacks, drinks and merriment provided by the Men's club. This is a free event for anyone interested in watching the game in a group setting. In past years there have also been a few spontaneous poker games occurring in the background as well



MORNING MINYAN

Monday and Thursdays at 8am in the TBA Chapel.
No RSVP - just join the group

Khoresh Ghormeh Sabzi

A big thank you to Gan parent, Lauren Wilner-Eilath for this delicious submission. Lauren is mom to a Kitah Gimmel child this year, and an incoming Kitah Alef child for next school year. Lauren serves as a room parent and is also spearheading our upcoming Gan cookbook project. We hope to share details with the broader community about that soon.

While often referred to as Iran's "national dish," this stew occupies a more personal role in my life. It feels like springtime at my grandmother's house and the low hum of Persian orchestra music softening my grandpa's edges. It reminds me of how my grandmother's hand would shake while supporting her other wrist to bring a stewed dried lime to her mouth, how her face would contort from the puckered flavor, followed by her earnest invitation to, "try it!" When my family gathered to surround her before her passing, it was all we ate. And in my last pregnancy, bed-ridden with morning sickness, it was my only source of nourishment some days. Some meals have a way of anchoring us to where we come from, and for me, this is one of those dishes that I'm very happy to share with all of you.

KHORESH GHORMEH SABZI

Serves 6

- 1 yellow onion; diced
- 1 tsp ground turmeric
- ¼ C oil, divided, plus more as needed
- 3 tsp salt, plus more as needed
- Ground black pepper
- 1.5 lb. stewing meat cut into 2-inch pieces
- 3 C hot water
- ¼ C kidney beans (not dried)
- 4 bunches Italian parsley; stems removed and finely chopped
- 2 bunches cilantro; stems removed and finely chopped
- 1 C leeks; chopped
- 1 bunch fenugreek; finely chopped (or 1 T dried fenugreek)
- 4 Persian dried limes; pierced
- ¼ tsp dried saffron mixed with 3 T hot water; steeped (optional)

Note -- dried Ghormeh Sabzi herb mixes and Persian dried limes are widely available online or in local Middle Eastern markets

In a large pot, heat a few tablespoons of oil over medium heat. Add the onion, sprinkle with salt, and stir frequently until golden brown. Add the meat, turmeric, 1½ teaspoons salt, and a few grinds of pepper. Cook for 5 minutes, stirring often, until the meat begins to color. Add 3 cups hot water and bring to a gentle boil. Cover, lower the heat to low, and simmer until the meat is tender (about half an hour).

In a large pan, heat a few tablespoons of oil over medium heat. Add the herbs and the leeks. Stir frequently until the herbs become fragrant and reduced in volume (about 10-15 min), taking care not to let them burn by adding more oil if needed. Sprinkle with a salt and set aside.

Increase the heat under the meat to medium. Add the herb mixture, the beans, the saffron water (if using), the dried limes and 1 ½ teaspoons salt. Bring to a gentle boil, reduce the heat to low, partially cover, and simmer for 1 hour. Continue simmering until the meat is tender (about 30 minutes – 1 hours).

The longer the stew simmers, the more flavorful it will be. Take care that the beans don't lose their shape and turn mushy. As the stew simmers, gently press against the dried limes with the back of a spoon so they release their juices. Repeat this a couple of times. Taste here and there; if you prefer a tarter flavor, squeeze half a lemon. Add more water if necessary to make it juicier or remove the lid to reduce the liquid. This stew shouldn't be too watered-down, but there should be plenty of liquid for everyone to spoon over plain white basmati rice.

COMMUNITY EVENTS IN FEBRUARY

Beit Teshuva's Freedom Song

Sunday February 5.

The play being put on by Beit Teshuva, originally scheduled for November, has now been rescheduled for Sunday, February at 5 PM. Beit Teshuva is a Jewish center in Southern California which helps addicts with rehabilitation (and a whole lot more). We visit there every year with our 7th graders. The playcenters around a Passover Seder interwoven with personal stories of addiction. There will also be a period of question and discussion after the play, likely one for adults and one for teens. Middle Schoolers and above are encouraged to attend.



Gala Gourmet or Gala Chadasha

Saturday, February 18.

This will be a really fun, really tasty event, and is one of our most important fundraisers of the year, particularly since we will not be having a Spring Auction this year. Please consider signing up, or, if you can't make it, sending a donation in lieu of attending. If you have never attended before, please let me know, and we will discount your tickets. Signups are here: <https://docs.google.com/forms/d/e/1FAIpQLSe9Rw6OjsJQUDYHzzJ7IgVIUyGob549O0DTyzzf9nRPf1y3anA/viewform>



Recent Deaths in Our Community

Meg Roth Dunn, Sister of **Jo (Norm) Budman**
Stacy Lebowitz, Sister of **Valerie (Mark) Milner**
Marina Gottschalk
Leroy Muzzey, Step-Father of **Deborah Hoffman-Wade**
Susan Stein Schreiber, former wife of **Shel Schreiber**



May their memory be for a blessing

Recipes from TBA Kitchens – Honey-Mustard Salmon and Jewish-Indian Wedding Cookies

By Faith Kramer

The theme for this issue of the Omer is “In the Kitchen,” and I thought I would share two recipes I had recently that were made in the kitchens of Temple Beth Abraham congregants.

The recipes are Tamara Miller’s Jewish-Indian Wedding Cookies (first sampled at a WTBA Hanukkah cookie swap) and Lori Rosenthal’s Honey Mustard Salmon (which Lori Rosenthal served at a Hanukkah dinner).

Miller adapted the recipe (also known as Mexican or Russian wedding cookies) to fit with the Indian and Jewish flavors preferred by her multicultural household. The cookie uses amchur powder, a tart powder made from sour mangoes. It adds a hint of sourness and a slightly savory flavor to the cookies. The sour mango powder is available in Indian and spice markets and online. (I give an alternative in the recipe notes.) The recipe makes for a tart, lightly sweeten cookie perfect for dessert or with a cup of tea.

Rosenthal’s recipe is a long-time favorite and first appeared in the 2007 WTBA cookbook “Everyday to Holidays.” I think it would be great for Shabbat dinner.

TAMARA’S JEWISH-INDIAN WEDDING COOKIES

Makes about 24. Depending on size

Be sure to stir the tahini and cashew butter before measuring.

- 3/4 cup butter, softened
- 1/4 cup tahini, room temperature
- 1/4 cup cashew or almond butter, room temperature
- 1 tsp. vanilla extract
- 1 1/2 cups flour
- 1 tsp. salt
- 2 tsp. cardamom
- 1-2 tsp. amchur (sour mango powder), see notes
- 1/8 tsp. dried, ground ginger
- 1/8 tsp. ground cloves
- 1/2 cup almond flour
- 1/2 cup powdered sugar plus extra for rolling the cookies



Heat oven to 350 degrees. Put butter, tahini, cashew butter and vanilla in large mixing bowl. Beat with electric hand or stand mixer on high until smooth and well incorporated, scraping down as needed. Add flour, salt, cardamom, amchur (use 1 tsp. for less intense flavor), ginger and cloves. Mix on medium until fully incorporated, scraping down as needed. Repeat with almond flour. Add 1/2 cup

powdered sugar. Mix on medium until fully incorporated, scraping down as needed. Batter will be stiff and a bit crumbly. Knead with hands a few times if needed. Shape into balls and place about 2 inches apart on baking sheets. Yield and baking times will vary depending on size of cookies. Miller makes 1-inch balls and bakes them 12-14 minutes until top is slightly cracked and beginning to color and bottoms are lightly browned (carefully lift up with a spatula to check). I made larger balls and found they took about 16 minutes.

The cookies will be very soft and fragile. Leave on baking tray until almost cool and the cookies are harder. Pour powdered sugar in bowl. Transfer cookies a few at a time to bowl and gently roll in powdered sugar (or spoon sugar on top and bottom). Let cookies continue to cool and then roll again in powdered sugar if desired before serving.

Notes: For a milder taste or if the sour mango powder is not available, substitute 2 tsp. finely grated lemon zest for the amchur. For a cookie that stays more rounded, refrigerate the dough for 30 minutes before immediately shaping and baking.

LORI’S HONEY-MUSTARD SALMONS

Serves 10

- 1 Tbsp. honey
- 1 Tbsp. butter or parve margarine
- 1 Tbsp. lightly packed brown sugar
- 2 Tbsp. soy sauce
- 3 Tbsp. Dijon mustard
- 1 Tbsp. olive oil
- 1 tsp. minced fresh ginger or minced garlic
- 1 (3 1/2 - to 4 1/2 lb.) salmon fillet with skin
- Lime wedges

Combine honey, butter and sugar in microwave-safe bowl. Microwave on high until butter melts. Mix in soy sauce, mustard, and oil. Let sauce cool slightly. Rinse the fillet, pat dry, and place skin side down in a large baking dish. Stir sauce and spoon evenly over fish. Let rest for 15 to 60 minutes to marinate. Either grill fish until done or bake for 20 minutes in a 350-degree oven. Cut into fish to make sure it’s done. Squeeze lime over fish before serving. Serve hot, warm or cold.

Faith Kramer writes a food column for the j., the Jewish News of Northern California (<https://www.jweekly.com/author/faith-kramer/>). She is the author of *52 Shabbats: Friday Night Dinners Inspired by a Global Jewish Kitchen* (<https://thecollectivebook.studio/52-shabbats>). More at www.faithkramer.com. Contact her at fjkramer@msn.com.

Not in the TBA Kitchen

By Rebbetzin Karen Bloom.

As rebbetzin of Temple Beth Abraham, I love participating in all aspects of synagogue life: services, of course, WTBA events, Men's Club events, Kindergym, Gan, Bet Sefer, and learning. One place you won't find me, though, is working in the kitchen. I am so grateful and appreciative of our caterers and chefs and their amazing teams of volunteers. I especially admire how they help each other out so willingly and joyfully. For me, the kitchen feels like a place where I would be removed from the larger of community of people during services and kiddush lunches.

I have participated in events in the TBA kitchen only three times. First, and most important, was the event where Pola Silver z'l taught us how to make her varenekies. They were so yummy, and we all enjoyed spending that time together in the kitchen. Second, I participated in either latke making or hamentaschen making, but I truly cannot remember which one. It only happened once, and it was many years ago. Third, I taught a group how to make my best Passover kugel, the Peach, Apple, and Raisin Farfel Kugel from my cousin Nina Yellin's z'l cookbook. I remember Faith Kramer being there and being one of the organizers of the event. Please enjoy this recipe with your families this Pesach.

PEACH, APPLE, AND RAISIN (OPTIONAL) FARFEL KUGEL

From *The Kugel Story* by Nina Yellin
(cousin of Karen Bloom)

- 1/2 cup matzah farfel, soaked and drained
- 1/2 cup matzah meal
- 1/4 cup sugar
- 6 peaches sliced or peeled and sliced or 1 medium can sliced peaches, drained
- 1/8 lb. margarine, melted (4 T) (can substitute butter for a dairy meal)
- 2 eggs, beaten
- 3 apples, peeled or unpeeled, sliced or diced
- 1/2 cup raisins (optional)
- cinnamon and sugar for topping

Preheat oven to 350 degrees.

Mix together all ingredients except cinnamon and sugar. Pour into 8 x 8 pan sprayed with non-stick baking spray. Sprinkle cinnamon and sugar mixture and bake for 45-60 minutes. Serve with poultry as a sweet side dish or for dessert topped with ice cream.

Chicken Soup made the Sephardic way from Nuevo Leon, México

By Georgina Garza De Leon

Monterrey is well known for its harsh winters. Every winter break, we would stay at my Grandmother's, and she would cook (Caldo De Pollo) chicken soup. For generations my grandmothers cooked their sephardic chicken soups from scratch. She did not like gas or electric heaters. The warmth of the soup made everything very cozy. I remember feeling comfortable, and my heart rejoiced when she made it.

- 1 full chicken 3 lbs to 4lbs cut into pieces
- 8 cups of water
- 2 teaspoons of salt
- ½ medium white onion
- 4 peeled garlic cloves
- 2 celery stalks cut into chunks
- 3 sprigs of parsley
- 3 large carrots cut into 3 pieces each
- 3 medium potatoes cut into 4 pieces each
- 2 coriander sprigs



Toppings: 1 avocado cut into cubes, ½ finely chopped white onion, 1 lemon cut into sections, 1 minced serrano or jalapeño pepper, 2 sprigs of cilantro chopped, hot corn tortillas

Optional cooked white rice or noodles

Put the chicken thighs in 12 cups of water and salt in a large pot, cook at medium high heat until it boils. Once it comes to a boil, foam will form on the surface; remove and discard foam.

Add the onion, garlic, and celery and partially cover the pot. Lower the temperature and cook slowly for about 30 minutes. Add the carrots, potatoes, and cilantro. At this point check if the chicken is already cooked and tender. If cooked, remove and put in a separate container.

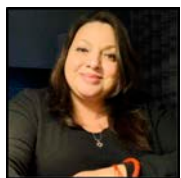
Continue cooking the broth for 10 more minutes until the carrots and cut potatoes are fully cooked.

When the chicken pieces are cooled, shred or cut them into small pieces. When the carrots and potatoes are cooked, cut them into cubes.

Strain the broth using a fine strainer. Return the broth to the pot where it was cooked; let it rest for 10 minutes and remove the excess fat that formed on the surface. If you are not going to consume the broth immediately, you can put it in the refrigerator. When it is cold you will be able to remove the fat more easily.

Heat the broth over medium low heat, and salt to taste. When you are ready to serve, fill bowls with some rice,

shredded or diced chicken, and chicken broth. Place the garnish on the side so that everyone can serve themselves to their liking.



Georgina Garza De Leon is originally from Monterrey, Nuevo Leon, a city founded by ten CryptoJewish families that came to the Northern part of Mexico after the expulsion of the Alhambra decree of 1492. These Crypto Sephardic

Jewish were small and shared many recipes. She visited her grandmother every weekend, where she learned how to kosherize the pans as called by Sephardic Tradition. Today she lives outside of Dallas, TX and attends the Congregation of Georgian Jews (Queens, NY) online.

Kosher Crock Pot Egg Noodle and Chicken soup

By Dr. Denise Gotautis, Wichita, KS, Congregation Ahavath Achim

This is my go-to food for shabbat it works for me and my family when we get very busy.

To shorten this recipe you can get a bag of kosher egg noodles from a kosher supermarket but if you cannot here is the recipe from scratch of the noodles. Be careful to keep it Kosher.

Egg noodles: 2 ½ cup of kosher wheat flour, 2 eggs beaten, ½ cup Non- dairy kosher milk, 2 tbsp. Non- dairy kosher butter or margarine, 2 tbsp salt

Stir dry ingredients together 1 tbsp salt melt butter 30- 60 second's microwave.

Combine wet ingredients 2 eggs non-dairy milk non-dairy butter.

Combine wet and dry ingredients.

Stir and knead, dust hands with flour as needed 7 min then rest dough for 10 min.

Get your rolling pin and flatten out the dough using a butter knife pizza cutter whatever you prefer to cut dough. Cut your noodles out 1/8 to ¼ inches or whatever shape you desire set aside and refrigerate.

Soup: Garlic powder, Pepper, Celery, Carrots, Chicken Broth, Parsley

Put chicken broth in Crock pot. Prepare crock pot and clean kosher whole chicken. After chicken is washed rub seasoning thick on front and back of the chicken cover with seasonings. Use the other (1tbsp of salt). Or substitute kosher salt. Add Chicken to broth in crock pot cook on high for 5-6 hours or until chicken falls off bones use

your own judgment. I wait until I know the chicken is nice and tender.

Add Egg noodles to chicken, broth, carrots, and celery in crock pot. Cook 5 to 15 min taste. Season according to taste - then enjoy. Shabbat Shalom!



Dr. Denise M Gotautis is a licensed psychotherapist with the CTAA, and holds a diploma in natural medicine. Dr. Gotautis is the host for a radio show called The Black Jewish Queen Live Chat that airs every Sunday at 4pm ET (a show also known as Arielle's Torah Talk). Dr.

Denise M Gotautis is the author of the Book The Metaphysical G-d in Relation to his Creation.

In her spare time she is a painter, singer, and speaker... and she loves cooking. She is a member of Ahavath Achim conservative shul of Wichita, Kansas.

Refugee Shabbat at Temple Beth Abraham

By Paul Raskin

Jewish Family & Community Services East Bay (JFCS East Bay), in partnership with Temple Beth Abraham, will sponsor a community-wide "Refugee Shabbat" at our Saturday morning service on April 1. Refugee Shabbat is a HIAS-

initiated project, giving congregations across the U.S. an opportunity to dedicate time to reflect on the refugee crises around the world and to raise awareness of local resettlement efforts of refugees and immigrants from such countries as Ukraine, Afghanistan, and several in Central America. The theme of Refugee Shabbat ties into Passover themes of oppression, escape, and the rebuilding of lives. Ami Dodson, Volunteer Services Manager at JFCS East Bay, will deliver the D'rash at Shabbat morning services and speak about the work of JFCS East Bay and its role in the overall national refugee resettlement system. This is a wonderful opportunity to learn how a mechanic from rural Afghanistan, for example, becomes your neighbor in Alameda County – and what you can do to help and support newcomers to our communities.

Please save the date. The service will be on April 1.



USTEDES CONOCEN LOS SENTIMIENTOS DEL EXTRANJERO
You know the heart of a stranger because you were strangers in the land of Egypt



MISHLOACH MANOT – MARCH 5, 2023

Check your email. Deadline to submit to Virginia@tbaokland.org is February 15

February & March Yahrziets

המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

May God comfort you among all the mourners of Zion and Jerusalem

FEBRUARY 1 - 13**10 - 12 Shevat**

Yetta Engleberg
Victor Samuel Cohen
Robert Kruger
Malka Breslov
Linda O'Brien
Joe Zatzkin
Herbert Goldstein
Agnes Pencovic
Sylvia Karsh
Sherman Golub
Ruth Zielenziger
Maurice Tobin
Betty Ray
Sarah Herskowitz
Sarah Blumberg
Rae Fine
Morris Rothman
Mollie Laub
Blanche Jacobs

FEBRUARY 4 - 10**13 - 19 Shevat**

Shoshanah Shoshani
Moshe Naggar
Joseph Jacobs
Jennie Dickson
Jean Kristal Rubin
Harford (Jack) White
Dora Davis
Aubrey Broudy
Mattie Wachsmann
Marion Newman Wolf
Fanny Grey-Klein
David Saidian
Zelda Rosenfeld
Mary Leon
Jacob Lobel
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George Tabak
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Al Rothman

FEBRUARY 18 - 24**27 Shevat - 3 Adar**

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Samuel Aaron Grinberg
Rose Hillman
Milton Weiner
Leonard Wolf
Joseph Gould
Hyman Brodke
Frieda Blatter
Elizabeth Bernstein
Bernard Pollack
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Joel LaLone
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Violet Cook
Roberta Blasenstein
Raymond Chun
Matilda Bloom Holzman
Mary Berger
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Helen Katzburg
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Annie Finkelstein

FEB 25 - MARCH 3**4 - 10 Adar**

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Daniel Shuster
Catherine Muth
Max Pearl
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Irving Braaf
Clara Ramo
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Philip Samuel Frucht
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February & March Yahrziets

המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

*May God comfort you among all the mourners of Zion and Jerusalem***MARCH 4 - 10****11 - 17 Adar**

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Nathan Polse
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Latifa Naggar
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MARCH 11 - 17**Adar 18 - 24 Adar**

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MARCH 18 - 24**25 Adar - 2 Nisan**

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MARCH 25 - 31**3 - 9 Nisan**

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Herman Hertz
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Donations, cont. on page 16

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Continued from page 15

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Ellen Beilock, Thank you Rabbi
Bloom for your assistance at the
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in memory of Ely Levis

Andy & Marcia Wasserman,
in memory of Eve Levis

Andy & Marcia Wasserman,
in memory of George Wasserman

Andy & Marcia Wasserman,
in memory of Rose Wasserman

Rubel Music Fund

Ellen Beilock,
in memory of Sylvia Elber

Alan Gellman & Arlene Zuckerberg,
in memory of Robert Zuckerberg

Leonard Quittman

Endowment Fund

Barry Barnes & Samantha Spielman,
in memory of Marvin Spielman

Leon & Judy Bloomfield,
in memory of Misia Nudler

Fifi Goodfellow,
in memory of Becky Singer

Fifi Goodfellow,
in memory of Esther Naggar

Fifi Goodfellow, in memory of
Herbert A. Goodfellow

Fifi Goodfellow,
in memory of Raymond Naggar

Eli Messinger,
in honor of Susan Simon's teaching

Jeffrey & Judith Quittman,
in memory of Leonard Quittman

Herman Hertz Israel

Scholarship Fund

Gerald & Ruby Hertz,
in memory of Sally Simon

Lawrence Polon & Ernestina
Carrillo, in memory of
Sharon Meg Roth Dunn

Amy Wittenberg,
in memory of Misia Nudler

Mollie Hertz Interfaith

Outreach Fund

Evelyn Hertz,
in memory of Martin Hertz

Gerald & Ruby Hertz,
in memory of Samuel Morow

Gerald & Ruby Hertz,
in memory of Sarah Morofsky

Jeri & Marvin Schechtman,
in memory of Stan Schechtman

Wasserman Adult Education

Cultural Fund

Marc & Janet Wasserman,
in memory of Helen Wasserman

Jack and Mary Berger

Education Fund

Yehuda Levi & Aviva Tabachnik
Alex & Maya Shimberg



Mazel Tov to:

Ariel Rubin & Alexandra Steuer
on the birth of their son,
Aaron Ross Rubin



Lindsay Spangler & Kurosh Hashemi
on the birth of their daughter, **Isla**



Welcome New Members

Andrew Crowley & Hila Moyal, Son Ben

Lucas Bartsh & Eliza Strauss,
Sons **Louis & Mac**

Benjamin Quaye & Jessica Donig

A LEGACY GIFT LASTS FOREVER

Include TBA in your Estate Planning so that your message to your family is loud and clear:

“The existence of Temple Beth Abraham is important to me and for the future of Jews in Oakland.”

Contact TBA’s Executive Director
Rayna Arnold for further details
(510) 832-0936 or rayna@tbaoakland.org.

You are never too young to plan for the future!

MEMORIAL PLAQUE

Anyone wishing to purchase a memorial plaque, please contact the synagogue office at (510) 832-0936. If you do not know the location of a Memorial Plaque for your loved one, simply find the Memorial Plaque binder located on the back table in the Sanctuary. This book lists all Plaques in alphabetical order by the last name of the deceased and will be updated as new Plaques are hung. Please do not remove the binder from the Sanctuary.

It is a Jewish tradition to give contributions to commemorate life cycle events and other occasions. These tax-deductible donations are greatly appreciated and are a vital financial supplement to support the variety of programs and activities that we offer. Thanks again for your support! We could not do it without you!

FUND CONTRIBUTION FORM

This contribution of \$ _____ is
(check one) ___ in Memory of ___ in Honor of:
(Name) _____

Acknowledge _____

From: _____

To: _____

Address: _____

Address: _____

Please credit the fund checked below:

- Temple Beth Abraham General Fund
- Leonard Quittman Endowment Fund
- Rabbi Bloom Discretionary Fund
- Bet Sefer Discretionary Fund
- Gan Avraham Discretionary Fund
- Burton Polse Kiddush Fund
- Minyan Fund
- Yom HaShoah Fund
- Jack and Jeanette Jeger Kitchen Fund
- Building Fund/Next Big Thing/Davis Courtyard
- Prayer Book Fund
- Rabbi Ralph DeKoven Camp Ramah Scholarship Fund
- Herman Hertz Israel Scholarship Fund
- Mollie Hertz Interfaith Outreach Fund
- Danielle and Deren Rehr-Davis Teen Fund
- Harold Rubel Memorial Music Fund
- Rosebud and Ben Silver Library Fund
- Pola Silver Teen Holocaust Education Trip Fund
- Sam and Shirley Silver Playground Fund
- Leo and Helen Wasserman Education/Cultural Fund
- Stevens Landscape and Maintenance Fund


FEBRUARY CALENDAR

FEBRUARY 2023			8 TEVET – 9 SHEVAT 5783			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 (10 Shevat) 9:00am Weekly Text Study 9:30&11:00am Kindergym	2 (11 Shevat) 8:00am Morning Minyan 10:00&11:30am Kindergym 4:00pm Bet Sefer	3 (12 Shevat) 9:30&11:00am Kindergym 6:15pm Bet Sefer Dalet Share a Shabbat/Kabbalat Shabbat <i>5:16p Candle lighting</i>	4 (13 Shevat) Parashat Shirah Parashat Beshalach 9:00am A Taste of Text Study 9:30am Shabbat Services Baby naming of Nova Kessler Childcare available 10:00am Shabbat Mishpacha 10:00am T'fillat Y'ladam <i>6:18p Havdalah</i>
5 (14 Shevat) 10:00am Wetlands Restoration Day with Save the Bay 5:00pm Freedom song Beit Tshuvah 7:00pm Confirmation 8:00pm Intro to Judaism	6 (15 Shevat) Tu B'Shavat 8:00am Morning Minyan	7 (16 Shevat) 4:00pm Bet Sefer	8 (17 Shevat) 9:00am Weekly Text Study 9:30&11:00am Kindergym	9 (18 Shevat) 8:00am Morning Minyan 10:00&11:30am Kindergym 4:00pm Bet Sefer	10 (19 Shevat) 9:30&11:00am Kindergym 6:15pm Kabbalat Shabbat <i>5:24p Candle lighting</i>	11 (20 Shevat) Parashat Yitro 9:00am A Taste of Text Study 9:30am Shabbat Services Bar Mitzvah of Oren Schotland Childcare available 12:45pm Mah Jongg <i>6:26p Havdalah</i>
12 (21 Shevat) 3:30pm Men's Club Super Bowl Party 3:30pm Nichum Aveilim Group 7:00pm Confirmation 8:00pm Intro to Judaism	13 (22 Shevat) 8:00am Morning Minyan	14 (23 Shevat) 4:00pm Bet Sefer	NO KINDERGYM THIS WEEK		17 (26 Shevat) Gan Closed for Teacher Conf. 6pm Kabbalat Shabbat <i>5:32p Candle lighting</i>	18 (27 Shevat) Shabbat Shekalim Shabbat Mevarchim Chodesh Adar Parashat Michpatim 9:00am A Taste of Text Study 9:30am Shabbat Services with Childcare available 6:30pm Gala 3.0 - Chadash <i>6:33p Havdalah</i>
19 (28 Shevat)	20 (29 Shevat) Gan & Office Closed for Presidents' Day 8:00am Morning Minyan	21 (30Shevat) Rosh Chodesh Adar NO BET SEFER	22 (1 Adar) Rosh Chodesh Adar 9:00am Weekly Text Study 9:30&11:00am Kindergym	23 (2 Adar) 8:00am Morning Minyan 10:00&11:30am Kindergym NO BET SEFER WTBA Girls Night Out	24 (3 Adar) 9:30&11:00am Kindergym 6:15pm Kabbalat Shabbat <i>5:39p Candle lighting</i>	25 (4 Adar) Parashat Terumah 9:00am A Taste of Text Study 9:30am Shabbat Services Aufruf of Tommy Kedar & Skye Morgan with Childcare available 12:45pm Mah Jongg <i>6:41p Havdalah</i>
26 (5 Adar) 9:00am WTBA Tu'Bshvat Tree pick-up 7:00pm Purim Class for Adults with Eliezer Cohn	27 (6 Adar) 8:00am Morning Minyan 7:30pm Rosh Chodesh Women's Study Session	28 (7Adar) 4:00pm Bet Sefer				

MARCH 2023			8 ADAR – 9 NISAN 5783			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 (8 Adar) 9:00am Weekly Text Study 9:30&11:00am Kindergym	2 (9 Adar) 8:00am Morning Minyan 10:00&11:30am Kindergym 4:00pm Bet Sefer	3 (10 Adar) 9:30&11:00am Kindergym 6:15pm Kabbalat Shabbat with Confirmation <i>5:46p Candle lighting</i>	4 (11 Adar) Shabbat Shirah Parashat Tetzaveh 9:00am A Taste of Text Study 9:30am Shabbat Services Ben Quaye & Jessica Doing Aufruf Childcare available 10:00am Shabbat Mishpacha 10:00am T'fillat Y'ladim <i>6:48p Havdalah</i>
5 (12 Adar) Mishloach Manot Delivery beginning at 9:00am	6 (13 Adar) Erev Purim 8:00am Morning Minyan 6:15pm Rock n Roll Purim	7 (14 Adar) Purim 4:00pm Bet Sefer	8 (15 Adar) 9:00am Weekly Text Study 9:30&11:00am Kindergym	9 (16 Adar) 8:00am Morning Minyan 10:00&11:30am Kindergym 4:00pm Bet Sefer	10 (17 Adar) 9:30&11:00am Kindergym 6:15pm Kabbalat Shabbat <i>5:53p Candle lighting</i>	11 (18 Adar) Shabbat Parah Parashat Ki Tisa 9:00am A Taste of Text Study 9:30am Shabbat Services Kiddush sponsored Josh Polston & Lisa Spielman 12:45pm Mah Jongg <i>6:54p Havdalah</i>
12 (19 Adar) DAY LIGHT SAVING TIME – CLOCKS AHEAD 1 HOUR 1:00 WTBA Joy of Jewish Dancing	13 (20 Adar) 8:00am Morning Minyan	14 (21 Adar) 4:00pm Bet Sefer	15 (22 Adar) 9:00am Weekly Text Study 9:30&11:00am Kindergym	16 (23 Adar) 8:00am Morning Minyan 10:00&11:30am Kindergym 4:00pm Bet Sefer	17 (24 Adar) 9:30&11:00am Kindergym 6pm Kabbalat Shabbat <i>7:00p Candle lighting</i>	18 (25 Adar) Shabbat HaChodesh Shabbat Mevarchim Chodesh Nisan Parashat Vayakhet-Pekudei 9:00am A Taste of Text Study 9:30am Shabbat Services Sponsored by Gan Gimmel families with Childcare available 10:00am Jr Congregation <i>8:01p Havdalah</i>
19 (26 Adar)	20 (27 Adar) 8:00am Morning Minyan	21 (28 Adar) 4:00pm Bet Sefer	22 (29 Adar) 9:00am Weekly Text Study 9:30&11:00am Kindergym	23 (1 Nisan) Rosh Chodesh Nisan 8:00am Morning Minyan 10:00&11:30am Kindergym 4:00pm Bet Sefer	24 (2 Nisan) 11:00am Kindergym 6:15pm Kabbalat Shabbat <i>7:06p Candle lighting</i>	25 (3 Nisan) Parashat Vayikra 9:00am A Taste of Text Study 9:30am Shabbat Services WTBA Shabbat with Childcare available 12:45pm Mah Jongg <i>8:08p Havdalah</i>
26 (4 Nisan) 6:30pm Israel & Teens with Eliezer Cohn	27 (5 Nisan) 8:00am Morning Minyan 7:30pm Rosh Chodesh Women's Study Session	28 (6 Nisan) 4:00pm Bet Sefer	29 (7 Nisan) 9:00am Weekly Text Study	30 (8 Nisan) 8:00am Morning Minyan 4:00pm Bet Sefer	31 (9 Nisan) 6:15pm Kabbalat Shabbat <i>7:13p Candle lighting</i>	

Temple Beth Abraham
327 MacArthur Boulevard
Oakland, CA 94610

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Gala 3.0—Chadasha *(New)*

Saturday, February 18, 2023
6:30PM

*A Reimagined Evening of Dinner by Jing
and Dancing in Your Festive Cocktail Attire*

RSVP by February 8th

*[https://docs.google.com/forms/d/
e/1FAIpQLSe9Rw6OjsjQU0UjHzj7TgVWlyGob54900DTyZf9nRPf1y3anA/
viewform](https://docs.google.com/forms/d/e/1FAIpQLSe9Rw6OjsjQU0UjHzj7TgVWlyGob54900DTyZf9nRPf1y3anA/viewform)*

Free Childcare for ages 2 & up