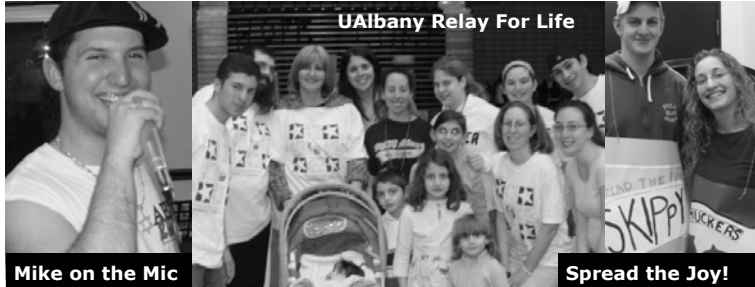




What's Cooking?

at Shabbos House

Shabbos House (Chabad) Jewish Student Center - serving the Jewish Community at the University at Albany (SUNY) since 1976.



SHABBOS HOUSE

Jewish Student Center

a project of Capital Chabad Centers
Chabad Lubavitch of the Capital District
316 Fuller Rd
Albany NY 12203

Non-Profit-Org
US Postage
PAID
Albany NY
Permit #233

Spring '06 Semester Highlights:

- **"Painting the Soul"** workshop with Neria Cohen joined by area Jewish Womens Groups.
- **Student Led Torah Tuesdays:** "Walking the Bible" with Zohar Kastner & "Jewish Seinfeld" with Laura Novello
- **Torah Tuesdays:** featured Tagar's guest Dov Hikind and Tzitzit workshop, and 4 of Rabbi Mendel's themed text-studies, next semester available to alumni in PDF format.
- **Themed Shabbat Lunches:** (1) Cholent Bar (2) Design-Your-Own-Salad (3) Sub-Shabbat (4) Kiddush-Club
- **More L'chaim Holiday Tables:** (1) Edible Fruit-Flowers for Tu Bishvat (2) Pre-Purim Propaganda
- **Purim Celebration:** "Purple Purim Palooza" with the Earthtones and "My Big Fat Greek Purim Feast".
- **"Painting Reflections"** Jewish Womens Connection mirror-painting craft and study.
- **More Grad Students:** Growing number of grad students come regularly.
- **Believe it or not?** For the Last Days of Passover we peeled over 300 lbs of vegetables.
- **Grad Party:** Farewell to Class of '06, featured speaker Brenda Birken, general counsel of Albany Nanotech
- **New outside Shabbos House:** There's now a veggie garden out back, plus flowers and 3 blueberry bushes.
- **Summer Shabbat:** 7 weekends scheduled for those in summer school or working up in Albany.



"Where Every Jew is Family!"

The Frubins

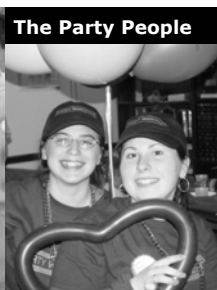
Tzitzit Workshop

Holiday Packets & ChaiPods

HamanEX (aka windex) solves all problems



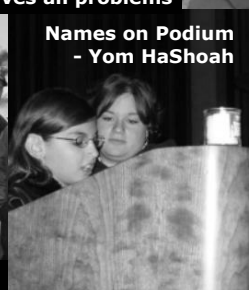
Hi Rabbi!



The Party People



Costumes @ Purple Purim Palooza



Names on Podium
- Yom HaShoah

OPERATING FUND

Yes! I/We would like to sponsor an event below in honor/memory of:

☐ Friday Night Dinner \$500

Help defray the extensive costs of our hallmark event. Home-cooked Shabbat dinner with warm family atmosphere. Between 120-180 students of all backgrounds participate.

☐ Shabbos Lunch \$175

"Best Kept Secret at UAlbany" (EdL.) Now 25-50 students with Kiddush, Chulent, Salads and Desserts. Often students linger all afternoon with noshing, games, chat or study.

☐ Shalosh Seudos \$50

Light meal at close of Shabbat in early Fall & Late Spring, enlivened with song & study.

☐ Kiddush \$25

L'chaim! Grape juice or wine - traditional welcome to the Shabbat meal.

☐ Challah with Love \$36

Homemade Challah baked and distributed by Students to the elderly and home-bound.

☐ Jamming Night \$120

Sat Night monthly special, with Pizza, Hot Pretzels and Nosh. Variety of musical styles..

☐ BBQ's \$150

Sukkah Building, Lag B'Omer, Summer etc..

☐ Minyan Bagel Brunches \$100

Bagels, Lox & Tefillin. Prayers and a delicious brunch, once a month on Sundays.

☐ Learning Nights \$75

Rabbi Mendel's original, relevant Torah text studies, with Raizy's delicious dairy dinners, each Tuesday evening.

☐ Mitzvah Awareness \$54

co-sponsor popular Shofar Factory & Latke Table etc... promoting Jewish tradition.

☐ Holiday Packets \$18

Thousands of Holiday giveaways in all University cafeterias: Honey-cookies, Dreidels & Hamantaschen etc..

☐ Speakers/Performers \$500

Past speakers included Dr. Susskind "Falling in Love, Staying in Love", Dr. Laz "Diversity - Together!" & "Matisyahu" -Hasidic Reggae.

☐ Mini-Shabbat \$200

Cozy Shabbat Dinners when Campus is not in session during Winter & Summer Breaks.

☐ Amount of Your Choice! _____

Every bit counts! Due to minimal overhead & salary expenses, Shabbos House maximizes your contribution to best reach the students.

Some funds for some of these events are received from partnering groups (L'chaim & Tagar (sa) Ufaratzta Fund & UAlbany Hillel), but these events and services and many others would not be possible without your support. **THANK YOU!**

BUILDING FUND

(payable over 2 years)

___ (\$500) Half-Share

___ (\$1,000) Share

___ (\$1,800) Mezuzah

contact us for complete list of dedication opportunities in the new building

Contributions payable to

"SHABBOS HOUSE

- CHABAD CENTER"

are tax-deductible.



COOKBOOK

Please send me ___ copies of "A Taste of Shabbos House" (\$22.50 each, including S&H).

Dear Friends,

Living in Shabbos House "keeps growing on us", see our Purim '06 costumes on right!

Seriously, it goes beyond Purim. Shabbos is a refreshing weekly oasis in time, an enriching fusion of physical and spiritual.

At Shabbos House it crystallizes the Jewish experience for so many students on varying levels of observance, affiliation and involvement. Shabbos is when we join as a community.

Name notwithstanding, Shabbos House is an oasis all week long, as all events and activities are anchored in and permeated with the spirit and energy of Shabbos.

Three thoughts on our Shabbos-themed Purim costume...

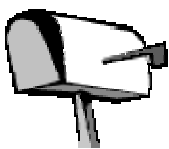
- A recent study we were part of (Chazan 2006) delineated the pedagogic components of Shabbat with Chabad on Campus. It highlighted the effectiveness of a non-judgmental, welcoming, meaningful and inspiring home-style Jewish atmosphere.
- The same study affirmed that our children are a big part of the Shabbos House experience, we appreciate their joyous involvement.
- OK, you don't have to become a Challah, but for the meaningful effect, we have to really get into it, experience it and live it personally.

Best wishes for a happy, healthy, productive & enjoyable summer. Shabbat Shalom!



Rabbi Mendel & Raizy (Candles),

Mushky & Chani (Challah & Cover), Moshe (Grape-Juice), Sara (Shabbos Queen) & Bassie (Kiddush Cup) Rubin.



FROM THE SHABBOS HOUSE MAILBOX

I don't belong to a congregation, you're the only Rabbi I know - can you write me a reference? **D.G.**

Continue your good efforts for all students who look to you for a source of "Yiddishkeit"... **Parent**

Thanks so much for listening to me when I needed it most. It means the world to me to have someone who cares. **J.S.**

The amazing thing is to come back into the kitchen at the end of 4 long years and still see you smiling. **J.B.**

It's great seeing the many events on shabboshouse.com **E.L.**

Sometimes I wonder where you're going with the Friday Night stories, but you always tie it all together. I use the messages during the week - more than you'd think. **D.R.**

It is comforting to know that there is someone at college she trusts and talks to. **Parent**

Although I don't attend services I feel the dinners are a great way for me to keep in touch with my heritage and people. **L.S.**

I can see myself driving 3 hours to eat "Chip-Salad." LOL. Seriously, I now see myself making Shabbat when I have my own home. **A.N.**

Your warmth, fostering of Jewish community and delicious food made my stay in Albany an enjoyable & meaningful one. **M.G.**

Thank you for being there and for providing such special times for our son. **Parent**

The Jewish atmosphere and home environment can't be found elsewhere in college. **T.C.**

Thank you for the opportunity to give... **J.K.**

This place is like a Mary Poppins bag - everyone fits in. **B.L.**

ALUMNI

ALUMNI REUNION - NYC

Sunday, July 23rd 1-3pm

at Chabad Loft (new location)

182 Fifth Ave (bet 22nd & 23rd) 10010

Cost \$20pp, Bagels, Spreads, Salads & Pastries

Catch up, re-connect, see old friends...

RSVPs are helpful: mail@shabboshouse.com
Your program input and ideas are welcome.

WELCOME FOR SHABBAT

Small summer Shabbat weekends scheduled at SH:

6/16-17, 6/23-24, 7/7-8, 7/14-15, 8/18-19

or a Shabbat during the year! Email or call...

SIMCHAT TORAH NIGHT '06

coming up this Fall on Sat Night (!) Oct 14

You're welcome to join us!

MAZAL TOVS

2/10 Motti Wein ('06) engaged to Ilana Nathan ('07 - MA)

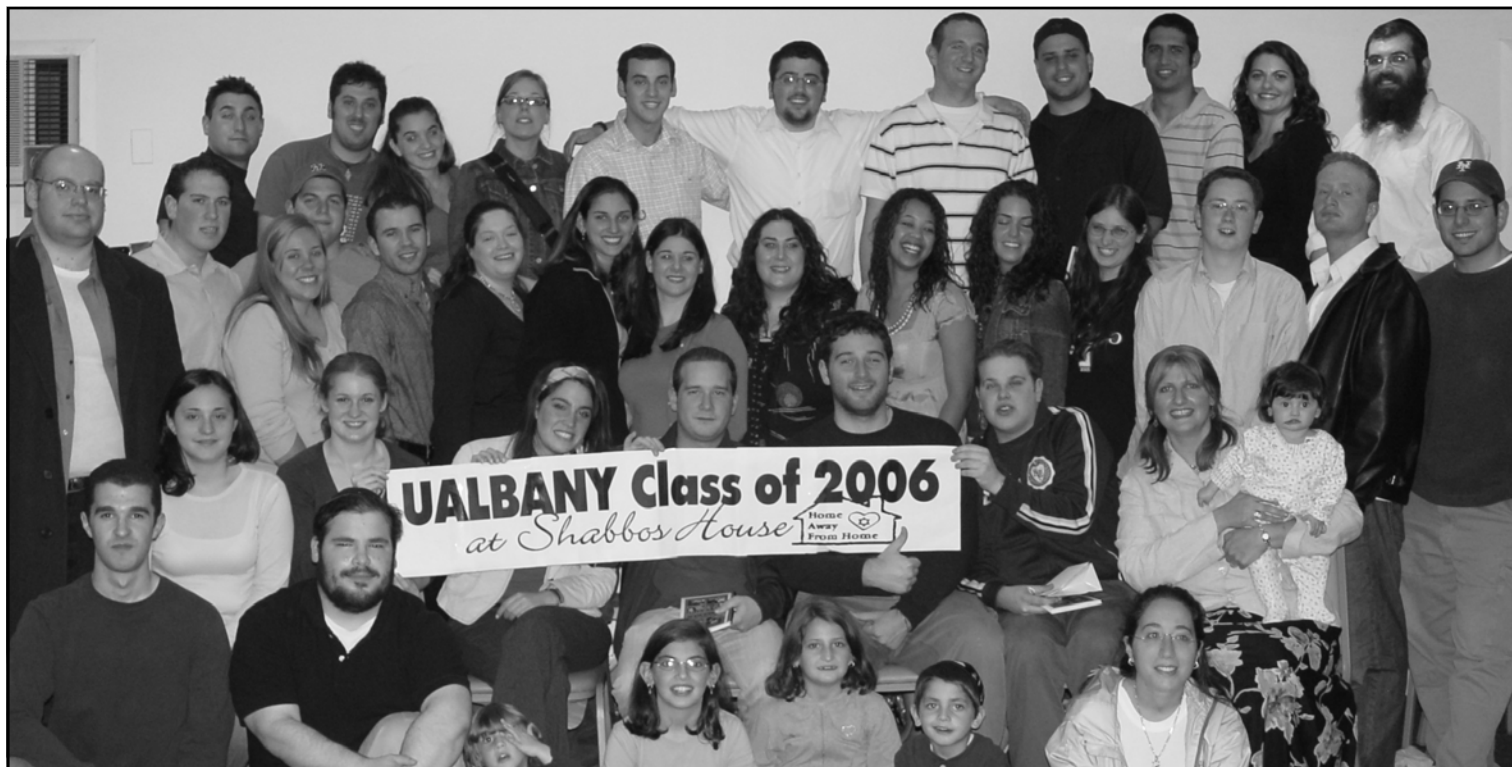
5/24 Josh ('00) & Faith (Zuckerberg) ('99) Fisch

on the birth of a daughter Rebecca Yael

5/28 Wedding of Marc ('02) & Dawn (Makofsky) Wolensky

6/6 Lisa (Gottlieb) ('99) and Eric Berkowitz (RPI MS '01)

on the birth of a son Craig Lloyd (Tzali Eliezer) Berkowitz



UAlbany Class of 2006 pictured L-R at Shabbos House Grad Party

TOP ROW: Brett Limmer, Mike Strum, Nicole Finkelstein, Erin Jeffery (Masters), Steve Kessler, Max Motti Wein, Dan Mandelkorn, Neil Golub, AJ Nordlicht, Aviva Snyder (Hillel Director of Jewish Student Life), Rabbi Mendel Rubin (Shabbos House co-director). **STANDING ROW:** Tom Yanuklis, Zalmy Schapiro,

Kate Howard, Lyle Winokur, Micah Frankel, Jessica Beards, Erica Newman, Michele Ginsburg, Rachel Harris, Shamir Cohen, Lytal Pichon, Sara Berg (Masters), Roni Kotel, Dimitry Dovid Kutlayevsky, Dan Eisen. **SITTING ROW:** Jennifer Hankin (Hillel JCSC), Stephanie Amann, Lauren Kalkstein, Richard Burg, Brett Pasternack, Adam Tesser, Raizy and Bassie Rubin. **BOTTOM ROW:** Matt Greenstein (Masters), Adam Kofinas, Rubin Kids - Sara, Mushky, Chani and Moshe, Harriet Roffe. **NOT PICTURED:** Leah Tiffany Hezghia, Jeff Lasker, Jen Lonschein, Andrew Akman, Gil Douek, Ofek Uriel, Chaim Malka, Meagan Gatzke, Sarah Ferber, Robin Forman, Yonatan Cohen, Dan Schwartz... includes May and December Graduates and several Masters Degrees.

CONTRIBUTION MATTERS

- Shabbos House receives no funding from the University, or National Chabad. We do receive co-sponsorship grants from the L'CHAIM and TAGAR (Student Association) Student Groups, the University at Albany HILLEL, and the UFARATZTA Fund, and support from Capital District CHABAD Centers, our parent organization.
- With minimal overhead and salary expenses, your contribution goes directly to benefit the students with dinners, atmosphere, programming and events. More Bang for your Buck!

- Our name notwithstanding, Shabbos House operates ALL week, with numerous weekday events, and is always open and welcoming to individual students for study, friendship and discussions, or to assist with urgent needs.
- As the crowd has grown, so have the expenses. It costs far more to serve a Shabbos meal to 120-180 students in 2006, than it cost to serve 25-30 students in 1997. Attendance at all our events has increased, and so have the costs. In addition, due to increased need, new services are provided, adding to the cost.
- Shabbos House is very grateful for the generous support and appreciation from our 'extended family' - YOU make it possible!

Thank You for making Shabbos House SPRING '06 possible.

Contributions listed below are from December 05 - June 06
Thanks to their generosity Shabbos House is possible.

* indicates Shabbat and Event Sponsors

** indicates Major Semester Sponsors

Operating Fund

Ronen Agadi	Tali Freilich
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Shaun Zeitlin*

We apologize for inadvertent omissions.
Anonymous Sponsors and Cookbook
purchases not included.

SPECIAL THANKS:

Jerry & Ilene Sykes and The Party Warehouse
Class of 06 for fridge/freezer and 3 convection toasters
Grant for Research Study from National Foundation of Chabad on Campus
David Gosman ('99) and PCAmerica for hosting our website
Mr. Nordlicht and Reissman's Bakery for donating pastries

Alumni Rona Shavit, Shana German, Mike Laytin, Joel Wurtzel, and Ben Tabar for joining in sponsoring a Friday Night dinner.
Heshy Fried for helping us plant a beautiful vegetable garden.
Mr. Dan Hershberg for his tireless efforts towards zoning approval for the new, bigger and better Shabbos House building at 320 Fuller Rd.

Contributions listed below are from December 05 - June 06,
including both fulfilled Pledges and new Contributions.

* Names with asterisk indicate "Shares and Dedications".

Dr. Ashley Beards	Michael Kashani*
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Tom and Hope Nathan*
Vicky O'Brien*
David and Sarina Roffe

Ronnie Simhon*
Mrs. Clara Simon
**PROGRESS IS BEING MADE
ON THE ZONING FRONT...**
We hope to share good news soon!