

# What's Cooking? at Shabbos House



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

## What Makes Shabbos House Different - All Year Round?

- **Home-cooked festive meals with personal touches.** Yes, we do serve a lot of people, but home-style is our hallmark.
- **A Family Feel:** "Home Away From Home" is more than just a slogan, students are indeed considered extended family.
- **Like at the Seder, questions are welcomed & encouraged** and we try to listen and give the best answer we can.
- **Our heritage and religious and cultural traditions** are shared in multi-sensory, enjoyable, tangible and tasty ways.
- **Think "Four Sons"** as there's always a diverse group of students at Shabbos House, a broad spectrum of the Jewish people.
- **Students can lean back** and be themselves in a relaxed, comfortable and non-judgmental environment.
- **There's a rich history**, as Shabbos House is serving UAlbany since 1976, each student contributes to our "Haggadah".
- **We tell stories**, encourage students to tell their own, share life-messages, and enjoy many meaningful conversations every day.
- **Tradition!** We celebrate age-old Jewish traditions, and those created by generations of students who consider this their home.
- **"All who are hungry, let them come eat!"** whether hungry for a good solid meal, warm spiritual nourishment or a welcoming and supportive community - our doors are open!

### Passover at Shabbos House

4/14: First Seder 8-11:30pm  
(Seder-within-a-Seder 9:30-10:30pm)  
4/15: Passover Lunch 12:30pm  
4/15: Second Seder 8:30pm-12am  
(Seder-within-a-Seder 10-11pm)  
4/16: Passover Lunch 12:30pm  
4/18: Friday Night Dinner 8pm  
4/19: Shabbat Lunch 12:30pm  
4/20: 7th Night Passover Dinner 8pm  
4/21: 7th Day Passover Lunch 12:30  
4/21: 8th Night Passover Dinner 8:30  
4/22: 8th Day Passover Lunch 12:30  
4/22: Farewell Passover Dinner 7pm  
*Prayers precede holiday meals. Kosher for Passover Dining is also available on Dutch Quad, especially on Passover weekdays.*

Yes! Shabbos House hosts Passover Seders for students not headed home, as well as home-cooked dinners, lunches & festive atmosphere on all of the holiday days and on Shabbat.

It is a costly endeavor. We receive little or no direct funding from national Chabad or UAlbany. As with everything Shabbos House provides for students year round, Passover meals are ONLY possible thanks to the generous support of parents, alumni & friends. **THANK YOU!**



## A "What's Cooking" Newsletter in April?

Most years our Fall newsletter update comes out in Dec/Jan, but this year we're doing a larger edition before Passover instead. It's been a harsher winter than most, so now with the Spring thaw, treasured memories of months past come to the surface.

This "What's Cooking?" is just in time for families getting ready for Passover, we at Shabbos House are getting ready as well. We wish you and yours the very best as this holiday approaches, may it be free of Chametz, worry, sadness & uncertainty, and instead filled with faith and trust, love and warmth, holiness, happiness and opportunity.

Love, Rabbi Mendel & Raizy Rubin and Mushky,  
Chani, Moshe, Sara, Bassie, Bluma & Esther-Miriam

### Dear Families of the Class of 2014:

**CLASS OF 2014** Families of Graduates are welcome to Prayer Services and Shabbat Dinner & Lunch on Graduation Weekend (May 16-17) as well as an Open House BBQ all afternoon following the main Commencement Ceremonies on Sunday (May 18). RSVPs are helpful and appreciated: (518) 438-4227 or [mail@shabboshouse.com](mailto:mail@shabboshouse.com).





**BIKE FOR THE FIGHT**

## BIKE FOR THE FIGHT (FOR ISRAELI CANCER RESEARCH) AT TORAH-TUESDAY

The Bike for the Fight team stayed over at Shabbos House and shared their story with several groups of UAlbany students at Torah-Tuesday on their long bike ride: Toronto-Boston-NYC-Washington raising funds for Israeli cancer research.



**UALBANY PRESIDENT ROBERT JONES AT THE SHOFAR FACTORY**



**9/11 & HIGH HOLIDAY TABLING**

**HOT MATZAH-BALL SOUP TABLE**



**YOM-KIPPUR BREAK-FAST**



**HOLIDAY FOOD PREP**







THRILLED TO  
PUT UP THE  
THE SUKKAH



AEPI HELPFUL IN TAKING THE SUKKAH DOWN



HAPPY TO CELEBRATE IN THE SUKKAH



"WHAT'S COOKING?" BREAKING-BAD SHIRTS  
& THE "NEW SUKKAH ON THE BLOCK"  
AT THE S.A. BLOCK PARTY



WITH UALBANY V.P.  
OF STUDENT-SUCCESS

## SUKKOT IS A VERY SPECIAL TIME OF THE YEAR

Sukkot is all about atmosphere, with festive meals and celebrations all week climaxing with the dynamic energy and late-night dancing of Simchat Torah. We don't take photos on the holiday itself but these photos share some of the wonderful spirit.



# A4A@A - ACTION FOR ADDICTION AT ALBANY



## THIS YEAR'S J.S.A.M. (JEWISH SOCIAL ACTION MONTH) PROJECT

This year's awareness and social-action theme was Action for Addiction. The project included volunteering at Hope House Inc. (a rehabilitation residence); a fundraising walk around campus on a beautiful Fall afternoon (joined by a number of student groups and supported by campus orgs and area businesses) which raised funds for Hope House and Senior Hope; and a well-attended thought-provoking lecture on addiction by Rabbi Shais Taub. JSAM is funded by UJA of New York, and co-sponsored by Shabbos House, Lchaim & UAlbany Hillel. This year's project was also co-sponsored by UAlbany Middle Earth and the Counseling Center, UAlbany's Mixed Martial Arts group, Albany Student TV, UA Alive (suicide prevention), The Earthtones acapella, New York Life - Latham, Alpha Phi Omega, Rosenblum Development and Albany ENT+Allergy. The group photo on top of this page was taken just before the start of the walk, and is atop Collins Circle in front of the newly dedicated UAlbany School of Business Building.







## THE UALBANY "MAJOR" MENORAH

We tried a new public Menorah this year, dubbed "The Major Menorah" with each candle representing a different UAlbany major and decorated with that theme. Pictured above are the professors who lit the candles of their respective majors (L-R): Dr. Eliot Rich (Business), Dr. Seth Chaiken (Computer Science), Dr. Victor Asal (Political Science), Nancy Belowich-Negron (retiring director of the Disability Resource Center who helped many students light up their own major, kindled the Shamash), Dr. Bradley Armour-Garb (Philosophy), Dr. Arthur Brenner (History & Judaic Studies), Dr. Sarah Cohen (Art History).



## OUR FAVORITE CHANUKAH PHOTO

We took dozens of photos over Chanukah, but the one on the right is this year's favorite. These students pictured were the very first to come Shabbos House after Thanksgiving Break, eager to light the Menorah as soon as possible. Somehow, the camera managed to capture a spiritual light! Can you see the rays connecting her eyes to the Menorah?



## GIRLS NITE-IN!

A monthly event on or around Rosh Chodesh co-sponsored by Shabbos House and Hillel. The Chanukah event was oil-based soap-making and a discussion on the unique properties of olive oil.



## MENORAH WITH THE GREEKS

Rabbi Mendel brought homemade Latkes and Chanukah treats and lit the Menorah with the students at the AEPI fraternity.



## THE AUCTION TEXTING GAME

Students earned points answering Chanukah questions in a texting game, and then bid on wrapped hidden prizes, including these hangers!





## REGIONAL CHABAD ON CAMPUS SHABBATON AT UALBANY

The Shabbaton was a major highlight of the year, exceeding all expectations. Over 70 student guests from Binghamton, New Paltz, Hofstra, Oswego, Oneonta, Union & FIT were graciously and enthusiastically hosted by UAlbany students. Most groups sat by campus on Friday Night, but remarkably by Saturday afternoon intermingled with ease and comfort, many thanks to our UAlbany students for that wonderfully warm and welcoming atmosphere. The featured speaker on Friday Night was Izzy Ezagui who lost his arm serving in the IDF near Gaza, but was determined to re-enlist, and shared his story of courage, determination and positive perseverance. There were inspiring farbrengens late into the night, workshops during the afternoon. All meals and programs were very well-attended and full of eager, participatory students. Sat Night's Extravaganza began with a musical Havdalah filled with feeling that spilled over into energetic dancing. Despite being a Saturday Night, when students often have other plans, over 150 enjoyed the outdoor fire-pit, indoor drum-circle, the photo-booth, big food buffet and especially Choni the Hebrew airbrush artist, with the crowd going strong until Midnight! The weekend's theme was "Upbeat, Uplift, Upstate!" and indeed, that was the vibe throughout. It was wonderful to meet students from other campuses and to enjoy such an uplifting, meaningful and memorable weekend together. Special thanks to Chabad on Campus Intercollegiate Series, participating Campus Chabads, each and every student who came and added to the experience, and all who hosted, Mitch & Beth Garbow, and the L'chaim Student Group! [See more descriptions & photos online...](#)











**ALUMNI SIMCHAS & VISITS**



## NEW: MINYAN BRUNCH IS NOW WEEKLY

Thanks to this year's freshmen class and dedicated Minyaneers, by student request the Minyan Bagel Brunch has changed from monthly to weekly, nearly every Sunday without fail. *Yasher Koach!*



**SUNDAY MINYAN BAGEL BRUNCH**

MyUAlbany Events Calendar

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**L'chaim**  
A warm twist on a Frozen song

[Donate now to an organization featured on UAlbany Unite!](#)

## L'CHAIM UNITE VIDEO: YOUR VOTE COUNTS!

L'Chaim Student Group won bonus funding every year of the UAlbany Unite Video contest, thanks to contribution-votes from parents, students and alumni. Every vote helps, even just \$5 or \$10! In past years Lchaim Unite Funds purchased the new sound system at Shabbos House for speakers and Jamming nights, a new commercial fridge for holidays & larger weekends. This year's video is a warm twist on "Frozen." Vote by visiting:

[www.tinyurl.com/LchaimUnite2014](http://www.tinyurl.com/LchaimUnite2014)





## STUDENT BOARD RETREAT

L'chaim won a free getaway at UAlbany's Dippikill Adirondack retreat, so we had a wonderful Saturday Night board bonding experience with the first snow of the season in November. It was quite memorable, from chopping wood to sitting around the fireplace, with games and discussions.



## MANY WAYS TO LEARN AND GROW

Pictured here: Rabbi Mendel teaching a Torah-Tuesdays class, Raizy & Keshet of Hillel at a Tu Bishvat Girls Night-IN! making terrarium gardens and discussing spiritual growth, and Rabbi Mendel with sophomore Jeremy Wallace after he screened his first film "Taking Flight" and took questions from the crowd at the Midnight Breakfast before Fall semester Finals Week. During Spring semester three student presenters will teach classes on relevant and contemporary topics at Torah-Tuesday.



## MINI-PURIM MUSIC & MASQUERADE

The real Purim fell during Spring Break this year but being a Jewish leap-year there are two months of Adar, so we had a masquerade (quite a few dressed up!) and music night on "Purim-Kattan" the mini-Purim in the first month of Adar. As things turned out, we also had a small Megillah Reading on the actual Purim, with almost 40 participants.



## RABBI MENDEL'S BIRTHDAY FARBRENGEN ON THE FIRST NIGHT OF SPRING SEMESTER



# Thank You for making Shabbos House FALL 2013 possible.

**Contributions listed are from August '13 thru February '14.**

**Thanks to their generosity Shabbos House is possible.**

**\* indicates Shabbat, Holiday and Event Sponsors (\$500+)**

**\*\* indicates Major Semester Sponsors (\$1,000+)**

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*We apologize for any inadvertent omissions. L'chaim UAlbany Unite Contributors, Anonymous Sponsors, Catering, and Cookbook purchases not included.*

*Funds for some programs & events are from partnering groups such as Capital Chabad, L'chaim (SA) & UAlbany Hillel and others, but most of Shabbos House's support comes from contributions by parents, alumni and friends. We receive no direct funding from the University at Albany or National Chabad.*

*Your support makes it possible!*



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☐ (\$1,800) Chai-Share  
☐ Other \$ \_\_\_\_\_

☐ Please contact us for dedication opportunities and info about the new bigger & better Shabbos House.

## COOKBOOK

Please send me \_\_\_\_\_ copies of  
 "A Taste of Shabbos House"  
 @ \$22.50 incl. S&H.

## CHAI-CLUB



Please consider joining the "Chai Club" of monthly contributors: \$10, \$18, \$36, \$54 etc.

Your ongoing contribution can be designated to Operating, Building or 50/50 and it can be canceled, modified or upgraded at any time. In this time of economic hardship it can be difficult for many people to make large sponsorship contributions, but a gift of \$18 monthly isn't as hard on the pocket, yet it goes a long way in supporting ongoing Shabbos House events and programming.

## SPRING 2014

## OPERATING FUND

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

Sponsors recognized on weekly "Table-Cards"

While event sponsorships listed below do not fully cover all event costs, they make it possible along with other Operating Fund contributors.

### Friday Night Shabbat Dinners

☐ \$500 Sponsor ☐ \$360 Co-Sponsor

### Shabbat Lunches

☐ \$250 Sponsor ☐ \$180 Co-Sponsor

### Torah-Tuesdays w/ Dinner

☐ \$150 Sponsor ☐ \$75 Co-Sponsor

### Minyan Bagel Brunch

☐ \$125 Sponsor ☐ \$75 Co-Sponsor

### Awareness Tabling

☐ \$100 Sponsor ☐ \$50 Co-Sponsor

### Social Action/Awareness Programs

☐ \$250 Sponsor ☐ \$100 Co-Sponsor

### Dessert Bakeoff / Cholent Cookoff

☐ \$136 Sponsor ☐ \$54 Co-Sponsor

### Challah/Soup-with-Love

☐ \$72 Sponsor ☐ \$36 Co-Sponsor

### Jamming/Café Nights

☐ \$136 Sponsor ☐ \$54 Co-Sponsor

### Passover Holiday Dedication

☐ \$1,800 sponsorship

### Seder Sponsors

☐ \$750 Sponsor ☐ \$360 Co-Sponsor

### Passover Holiday Dinners

☐ \$500 Sponsor ☐ \$250 Co-Sponsor

### Passover Holiday Lunches

☐ \$360 Sponsor ☐ \$180 Co-Sponsor

### Graduation Wknd Shabbat Dinner

☐ \$500 Sponsor ☐ \$360 Co-Sponsor

### Graduation Wknd Shabbat Lunch

☐ \$250 Sponsor ☐ \$180 Co-Sponsor

### Graduation Day BBQ

☐ \$300 Sponsor ☐ \$150 Co-Sponsor

### Summertime Cozy-Shabbat

☐ \$250 Sponsor ☐ \$180 Co-Sponsor

☐ \$54 (A Cholent, a Salad etc)

☐ \$36 (Kiddush Grape-Juice, Oneg-Refreshments, Seders for a Student etc)

☐ \$18 (A Student for a Full Shabbos)

☐ **Amount of Your Choice!** \_\_\_\_\_

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



Shabbos House Rohr Chabad Jewish Student Center serving UAlbany, independently funded and operated since 1976, is a 501(c)3 non-profit project of Capital Chabad Centers (Fed ID: 23-743-8519), and affiliated with National Chabad on Campus Foundation.

## SHABBOS HOUSE

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FB/Twitter: Shabbos House

The "What's Cooking?" Newsletter is mailed twice a year, each winter & summer to parents, alumni, friends & community.

## CONTRIBUTION PAYMENT OPTIONS

Checks payable to "Shabbos House - Chabad Center" are tax-deductible.

Shabbos House also accepts VISA, MC, AMEX & DISCOVER:

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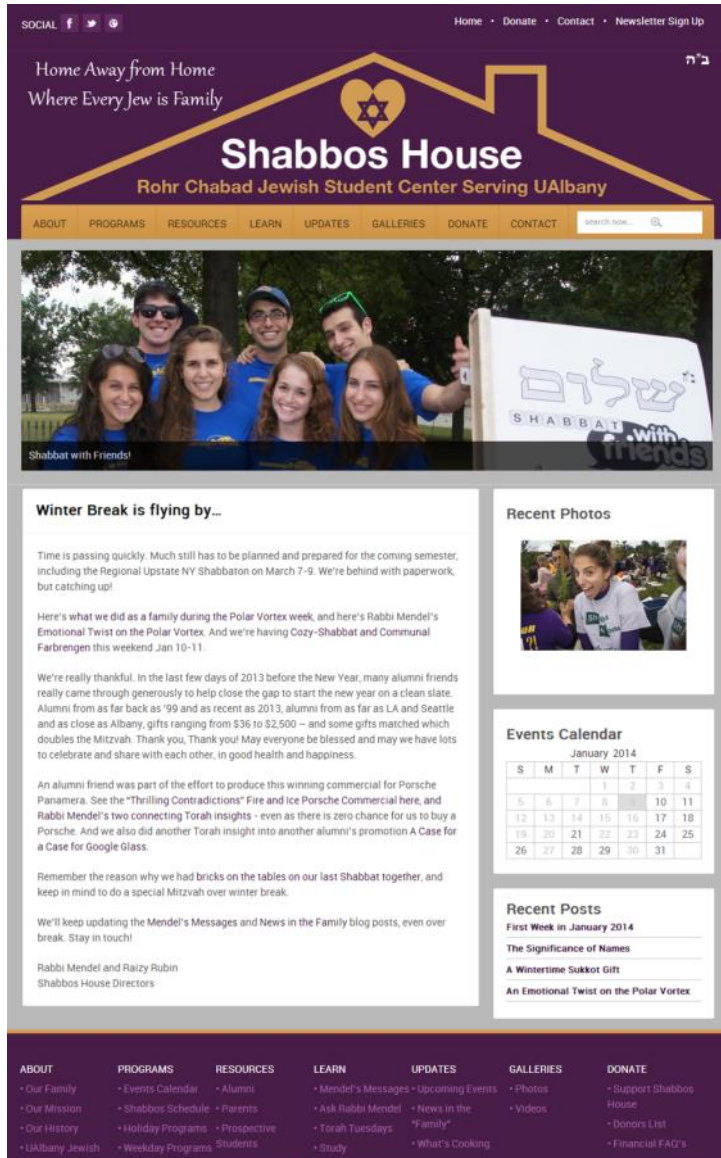
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# HAVE YOU SEEN THE ALL-NEW WEBSITE?



## WEBSITE REDESIGN & RELAUNCH

The old Shabbos House website was launched in 1999, and 2013 was the long overdue launch of [www.shabboshouse.com](http://www.shabboshouse.com) 2.0, now also available as [www.shabboshouse.org](http://www.shabboshouse.org). The new WordPress platform is far easier to frequently update, has a neater look and smoother navigation. Thanks to Michael at [CarasmaticDesign.com](http://CarasmaticDesign.com) for the beautiful & crisp redesign, & alumni friends for their interest, encouragement & support.

*... I had the pleasure of observing a happy marriage, a strong family and truly good and special people. I learned the value of supporting one's idea, I learned the meaning of caring for people and welcoming all, I learned how amazing it feels to be included, I learned how family matters so much. I learned more from you that will be with me throughout my life. Listening to you talk to each other, watching your teamwork, and seeing you care about everyone that walked through your door - was truly a blessing. Thank you for being the family you are. The best lessons you taught are the ones were you were just being yourselves. I miss you all. - J.M.*

# What's Cooking? at Shabbos House

"Home Away From Home - Where Every Jew is Family!"

## SHABBOS HOUSE

Rohr Chabad Jewish Student Center



a project of Capital Chabad Centers  
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## KEY FEATURES TO LOOK FOR...

- "Mendel's Messages" (under the LEARN tab) is the new "Time Out for Torah" blog where we post weekly Torah insights and relevant life messages.
- "News in the Family" (under UPDATES tab) is a blog where we recap events, and share news of the extended Shabbos House family, so we can keep friends in the loop.
- "From Our Inbox" (under ABOUT tab) is where we post correspondence and excerpts from feedback we receive.
- "Recent Posts" on the bottom-right of the cover page is an easy quick link to the most recent posts.
- "Events Calendar" (under PROGRAMS) is a continuously updated Google Calendar, also available in quick form on the front page of the website.
- Stay tuned for additional updates. Some parts of the website still need to be completed. Thanks for your patience, and interest. We are committed to keeping this website current!

*I spoke at my synagogue about the Torah portion of Shmot (Names) about what names mean and how Pharaoh and the Nazis tried to get rid of our names in destroying our people. And it occurred to me that you make such an effort to know names and personal info about the many faces that come to your home. Thank you for remembering these seemingly minor details about everyone who comes to your home. It means they are remembered and valued as individuals. - H. R.*

See more letters & quotes in "From Our Inbox" under the "About Us" tab at [www.shabboshouse.com](http://www.shabboshouse.com)