Thoughts on Fruticas
By Rabbi Benjamin Hassan

Tu Bishvat this year falls on Wednesday night/Thursday, January 27/28. I've always enjoyed Tu Bishvat and everything that it represents. Tu Bishvat is the New Year for the Trees. This is the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle.

Legally, the new year for trees relates to the various tithes that are separated from produce grown in the Holy Land. These tithes differ from year to year in the seven-year shemittah cycle, the point at which a budding fruit is considered to belong to the next year of the cycle is the 15th of Shevat.

As a child, my primary memory of Tu Bishvat was eating the Shivat HaMinim - the 7 species special to the land of Israel. I loved singing the words from Devarim Chapter 8 Verse 8.

A land of wheat and barley, and grapes and figs and pomegranates; a land of olive oil and date honey.

If you ask me very nicely, I won’t sing it! The other memory I had was planting trees and sending money to JNF to plant trees in Israel. In the last 100 years, Tu Bishvat has been used as both a Zionist day with support for Israel and a day for furthering environmental issues and concerns.

Sephardim have a much older custom which is to have a Seder Tu Bishvat. The custom goes back to the Kabbalists in the 16th Century who worked on a Seder with 4 cups of wine and all the fruits and nuts and highlighting the 7 special fruits of the land of Israel.

In Seattle, we call this seder by its Ladino name Fruticas – the Fruits. We recite the 15 shirei HaMa’a lot - psalms of ascent followed by eating different grains, fruits, and nuts, quoting verses from Shir HaShirim – Song of Songs. These verses are chanted in Hebrew, Ladino, and English and are an excellent way to teach our children and grandchildren one of our best traditions. Please use the beautifully designed Fruticas card with your families.

As we start the new secular year, we all have high hopes that 2021 will herald good news, especially blessings of good health. We hope that the end of 2020 will spell a period of prosperity and security for our congregation and community. May the blessings we make on our fruits transfer blessings for the entire world. Let us continue to plant trees for our grandchildren and for generations not yet born to enjoy the fruits of our labors.
SBH Presents
Rubissa Sharona
formally invites 5th-6th
grade girls to join

MATAN BAT MITZVAH
LEARNING
Mother and daughter Bat Mitzvah
learning, activities and fun! Classes will
be held monthly on Sundays @ 4:00 pm.
First two sessions: 1/24 and 2/21

‘Aha’s and Fruticas
By Rubissa Sharona Hassan

It seems everyone this year has experienced a plethora of “Aha!”
moments” identifying differences and disconnects between this year
and last year. Many of my “Aha! moments” occurred around
children, especially because of changes I experienced as an early
childhood educator. This year, because of COVID, the Seattle
Hebrew Academy moved its
preschool outside. The difference in teaching outdoors
illuminated within me a disconnect with most
everything that had been my teaching reality. I hope
explaining my enlightening discovery will allow you to
realize, rectify, and relish your personal Aha!
moments.

For many years I’ve enjoyed guiding small children
through wonder and growth in the preschool
classroom. Along the way my education and
experiences helped me bring a variety of pedagogical
models into the classroom: Reggio Emilia, Montessori,
emergent-curriculum, and play-based growth, to name
a few. Each of these education philosophies layers
beautifully with core Jewish values and learning. I was
confident my students were developing in ideal ways
through the toys, pictures, books, lessons, and
interactions filling our classroom.

Then we left our classroom! Instead of four walls
covered in educational posters and student art, cozy
carpets, small furniture, and shelves of educational
resources [toys, games, and art supplies], we are
outside with a few canopy tents, empty milk crates,
and some waterproof educational resources. The
change sounds grim. In reality it’s magic because
outdoor school means nature. Students now sit against
the trees, touching the bark, collecting the leaves, and
marveling over ‘tree treasures’ like pinecones and
chestnuts instead of sitting in a chair indoors looking at
a poster about trees.

This outdoor experience adds a layer of
understanding in countless aspects of learning. As one
small example, in years past we learned about ramps
and inclined planes by setting up manufactured
wooden blocks and plastic strips against plastic chairs
and testing them with matchbox cars. Our outdoor
classroom is naturally on a slope, and the students
delight in their own discovery that cars, pinecones,
and balls all roll down in the same way. They made games
based on the incline and invited others to take turns
rolling Aha!

Judaica learning is completely transformed by the
outdoors. We began outdoor learning just before
Sukkot, the holiday where we leave the constructed
safety of our homes to embrace the Divine in the
outside world. This is what we continue to do each day.
The students actively enjoy all the parts of nature and
the Godliness they see in insects, leaves, rain, and
mud. “I like it when Hashem makes it sunny more, but
the rain means I can play in mud puddles,” a
four-year-old observed, looking up at the sky as
raindrops ran down his face and special Muddy Buddy
rainsuit.

From Sukkot we moved quickly to weekly Torah
learning. Sitting in a canopy tent in a rainstorm,
learning about Noah and the ark, my students and I
were connected to the Torah learning in a profound
way. Being outdoors made the story completely
relevant. In other years, in other places, the preschool
experience of Noah means bulletin boards with
raindrops cut from construction paper and building an
ark out of tables and chairs in the middle of the
classroom. It is done yearly with a belief that this
creates connection and understanding of the story.
Because in the classroom, paper-based projects are the
way all students learn to connect, the assumption is
that it’s the means for connection. Aha!

With each passing Jewish lesson, Torah story, and
holiday, the disconnects we created in the past thinking
they would connect us, become more apparent. This is
incredibly glaring as we approach Fruticas, Tu B’shvat,
the New Year for the Trees. How many pages have we
printed for our classrooms on the topic of trees? Is it
more than the 16.7 reams of copy paper that one tree
can make? Does cutting down a tree to connect with a
tree connect us or disconnect us from the tree itself?
Aha!

The natural world is how and where we can most
clearly experience God. We feel the Divine Spark in
our awe over sunrise and when the mountain is out.
Fruticas is to celebrate the season changing, the
harvest, and the crops. That grandeur of the Almighty
'Aha's and Fruticas (continued)

is felt more strongly in watching fruit grow from bud to flower to fruit than in eating Pom Poms pomegranate cups delivered via Insta-Cart. In the history of our Jewish peoplehood, the valuable texts, inspirational leaders, and captivating moments were products of a mostly ‘outdoors’ lifestyle, closer to the tree than the delivery truck.

Spending the day outdoors has truly illuminated for me the spirituality, excitement, and educational value in nature. Perhaps this should not have been an ‘Aha!’ for me, but the construct of my ‘regular life’, hurrying in my car from one indoor location to the next, was busy and fulfilling. Stripping away those layers, being outside, literally standing in mud, connects me with the Divine, the people around me, Torah, and Jewish history in a truly ‘Aha!’ way.

Pressing Matters

By Jerry Mezistrano

The other day...I was ironing a pair of pants. Why do they call it a pair of pants? Maybe it’s because there are two legs? Anyway, I’ll bet you are surprised that I do my own ironing. Most garments nowadays are permanent press, so not much ironing is being done...But when I grew up ironing was a dreaded weekly chore. Now, God love my mother, she was a wonderful person, a terrific wife, grandmother, fabulous homemaker, cook, baker etc. etc. And by no means do I want to disrespect her, but when it came to ironing, a task she abhorred, well, how can I put this diplomatically? I believe she rather sucked at it.

One day my mother handed me a pair of corduroy trousers she had just completed pressing. Well, I tried on the pants and immediately started to complain. The creases were not right. She took back the pants and again attempted to rectify the problem. After the third attempt, and again with my disapproval, she looked at me with disdain and said, “If you are not happy with the way I iron, then do it yourself.” Before I could respond, in a fit of anger she takes the pants crumples them up and tosses them at me. I’ll show her. How hard can this be? I proceeded to spend the next hour and half ironing one pair of pants. I would press them and try them on, only to find that never once did the creases match. One pant leg crease went one way, and the other crease went in the opposite direction. When I finally gave up in despair, I realized two things: one - ironing, particularly corduroy pants, was far more difficult than I thought. And, two - my pants now looked far worse than my mother’s first attempt.

What can I tell you? From that day forward my mother demanded that I do all my own ironing. Now in reflection, I probably was a young boy when I took on this task, and often when I wear corduroy, I not only recall my first attempt at ironing but also how when I walked in the rain I sounded like a one-man-band. See when corduroy is wet and your pants rub together, it makes a distinctive noise. In addition, the sole of one of my shoes had come ajar. Thus, with each step, you could hear a boom from my trousers followed by slap from my shoes. You include my singing and there you have cacophony of unplanned sounds.

Here’s another pressing story. (Get it: ironing, pressing?) When I was in college, I had two roommates: Albert Cohen and Bob Tacher. Albert had just gotten engaged to a lovely young woman named Tina Bornstein. The parents of both parties were about to meet and Albert confessed to Bob and myself that he was a bit concerned that his father, Morris Cohen, a humble tailor from the Island of Rhodes, was going to meet Albert’s future father-in-law, Lawrence J. Bornstein, a sophisticated well-educated man. What would the two men who had nothing in common talk about?

Well, that is all Bob and I had to hear. Instead of assuring Albert that everything was going to be fine, Bob and I began a little role-playing. Bob played Mr. Bornstein and I was Mr. Cohen. Here is how their first conversation went. Mr. Cohen shakes the hand of Mr. Bornstein and says, “It’s a pleasure to meet you Doctor.” Mr. Bornstein replies with more pleasantries, “It is a pleasure as well to meet you Mr. Cohen, but I am not a Doctor.” Mr. Cohen replies, “Oh, I thought you were a doctor and I was going to have you look at my trick knee. What do you do Mr. Borstein?” Mr. Borstein responds, “I am a chemical engineer.” Mr. Cohen inquires, “Oh, an engineer…What train company do you work for?” Mr. Bornstein clarifies, “No, not a railroad engineer, but a chemical engineer.” Mr. Cohen asks, “Well, what have you been working on?” Mr. Bornstein answers, “We have been working on a new chemical injection fuel for NASA…How about you? What do you do Mr. Cohen?” Mr. Cohen responds, “Oh, I am a C.P.A.” Mr. Bornstein says, “Ah, I see, you’re in accounting.” Mr. Cohen states, “No, no. I own a small dry-cleaning store. You know C.P.A.- I do a little Cleaning, Pressing, and Alteration.” The conversation comes to an end and Mr. Cohen again shakes Mr. Bornstein’s hand and says, “It’s a pleasure to make the acquaintance of a man of your gender? Professor Bornstein and welcome to our family.”

Of course, none of this conversation ever took place, and like I said, Bob and I were just giving Albert a hard time. For some reason, Albert, who has a wonderful sense of humor, did not find Bob and me amusing at all. As you can imagine, Bob and I thought our schtick was hilarious. In addition, Albert’s disdain for our antics only fueled the fire, so Bob and I to continued our thespian roles at Albert’s expense for way too long. In

(Continued on Page 4)
Pressing Matters (continued)

retrospect, I feel bad about our behavior, but at the time Bob and I found it quite entertaining. Oh, I should add that Albert’s concern was for naught because when the two men finally did meet, they had plenty to talk about, and for the rest of their lives Mr. Cohen and Mr. Bornstein got along fabulously.

One other pressing story I would like to share regards a high-tech appliance of its day called a “mangle”. Some of you may recall this revolutionary device, but for those of you who can’t remember, a mangle was a hand-operated machine with two rollers used to press sheets, tablecloths, and other linens. Mangles alleviated work and time so it proved to be a popular appliance.

In 1956 we sold our home in the central area and moved to the Mt. Baker district near the floating bridge. (I guess, as the Jeffersons would say, we were moving on up.) Anyway, my father had borrowed a furniture truck for the move, and with the last load, he was faced with a dilemma. There was only enough room for one last item. The choices were to either take the mangle or an antique roll top desk. Actually, it wasn’t much of a dilemma. After all the desk was old. It was solid oak and made in the late 1800s. It would have taken four men to lift this gigantic piece of furniture with a dozen compartments and drawers…and let me reiterate, it was old. So, basically it was a no-brainer.

I can still recall my dad’s firm decisiveness as he bellowed, “Grab the mangle and leave the desk behind.” Yes, we left the antique roll top desk for the next tenant. In retrospect, I am not sure my father made the right decision. Today the desk is worth thousands of dollars and the value of the mangle is absolutely nothing.

I am sure all of you had items that you have gotten rid of that today would be worth a pretty penny, but that’s how it goes. Forget about it. The past is the past. So, as I like to say “just press on.” (Get it: press on?) Okay forget about it.

Please send questions and comments to: Jerreymezistrano@gmail.com.

Fruticas

KIDS KORNER:

WHEAT
POMEGRANATES
NEW YEAR
FIGS
AZETUNA
FIFTEENTH
BARLEY
ENVIRONMENT
NATURE
PREHITO
OLIVES
SHEVAT
MANASANAS
TREES
ALMONDS
DATES
GRAPE
APPLES
ISRAEL

Play this puzzle online at: https://thewordsearch.com/puzzle/1735479/
My Hanukkah List
By Jack Schaloum

This is what I would like for the synagogue for the eight days of Hanukkah. So here it goes:

The first night: I would like board members that are proactive and really want to do good things for our synagogue now and for the future. I would want them not to be just yes people but make us work and think about the decisions that we make. I’d also like them to be fiscally responsible. A board SBH can be proud of. That’s what I would like...oh wait...we already have a board like that!

The second night: I would like a Rabbi who is a real leader both in our synagogue and community. Someone who is always on top of it for SBH religiously, socially and fiscally. Someone who can navigate us through this COVID mess of 2020. Someone who is accepting of congregants from all walks of life. It would be great if the Rabbi had a wife that was intelligent, works hard for the synagogue, gave interesting and meaningful speeches and always had a smile on her face. And they had a beautiful family. That would be a great team. That’s what I would like...oh wait...we already have a Rabbi and Rubissa like that!

Third night: I would like to have a congregation that is willing to volunteer and step in when asked or by their own volition. From helping to set up a kiddush after Shabbat services, volunteer for baking for the bazaar, helping out with reading during services and the list goes on. I wish I had a group of volunteers in our synagogue that would do that. That’s what I would like...oh wait...we already have a congregation of volunteers like that!

Fourth night: after 30 years Diana Black retired as the secretary for Sephardic Bikur Holim. I would like to find someone with her enthusiasm and work ethic. Someone that can catch on quickly and do everything from making sure the office is run smoothly, help take some things off of the Rabbi’s plate and maybe even update the synagogue website. That’s what I would like...oh wait...we already have that. Her name is Alexis DeBrock and she’s doing a fantastic job!

Fifth night: I would like a Hazzan that can sing beautiful Sephardic melodies while conducting services, reads from the Torah flawlessly, has a quick smile and a great sense of humor. Someone who is treasured by everyone. That’s what I would like...oh wait...we already have that! My good friend for many, many years, Rabbi Frank Varon.

Sixth night: I’d like to have a Gabbai that is calm, has a great demeanor and knows everybody on a first name basis. An all-around nice guy. That’s what I would like...oh wait...we already have that! My good friend Larry Almo!

Seventh night: I’d like to have Jerry Mezistiano finish my La Boz article. Oh I know, sure he has to write his own article, but he’s smart and witty and has a knack for writing. Come on Jerry, help a brother out! That’s what I would like...oh wait- nope, that didn’t happen. Maybe next time?

Eighth night: I wish everyone that is sick a refuah shelema. All of us are going through a very difficult time protecting ourselves and our families from COVID, but more so for those with health problems. If you know someone that’s not feeling well, give them a call and cheer them up. It’ll make you feel good too.

In conclusion, I’d like to give a gift to all of you. I read an article in the Shabbat program on November 7th titled “The Importance of Making People Welcome” by Rabbi Lord Jonathan Sacks. I urge you to click on the link and read it. It explains how a “single act of genuine and unassuming civility can change your life forever.” (Like that phone call to the person who would love to hear your voice.) Later that day, I Googled articles by Rabbi Jonathan Sacks in hopes of finding more gems from this man. I was shocked and saddened to find out he had passed away just a few hours earlier. He had inspired and touched so many people’s lives and at 72 he was taken from us by cancer. May his memory be a blessing to us all.

Stay strong, be healthy and be grateful for the health and friends that we have.

In friendship,
Jack Schaloum
President
jacksbhprez@gmail.com

Rabbi Liaison Committee

The Rabbi Liaison Committee meets quarterly with Rabbi Hassan to address membership feedback. Please reach out if you have any questions or feedback you’d like to give.

Rabbi Liaison Committee contacts:
Terry Azose tlazose@gmail.com
Ralph Maimon rmaimon1@comcast.net
Sharon Adatto sadatto@gmail.com
sbhliason@gmail.com
In our updated recipe section, we will be featuring a classic Sephardic recipe and a modern recipe using the same key ingredient. This year, Tu Bishvat falls on Wednesday night and Thursday, January 27th and 28th. Traditionally, we celebrate with Fruticas, a seder, where we eat a food to represent each of the Sheva Minim, or Seven Species, specific foods that are special products of Israel.

This issue, our recipes feature bulgur. Bulgur is made from cracked wheat berries that have been parboiled, so it is very easy to prepare. It has a warm, nutty flavor, and it is most often featured in a tabbouleh salad.

**Prehito-** Sweet and delicious, prehito is a traditional addition to a Fruticas ceremony. This recipe is a classic from the SBH Ladies Auxiliary Cookbook.

1 cup bulgur
4 cups water
¼ cup honey
½ cup sugar

Mix together water and bulgur and cook over medium heat for about 30 minutes, stirring constantly. Add sugar and salt and cook for ten more minutes. Remove from heat and add honey, cinnamon, and ½ of the walnuts. Dust a 9x9 square pan with cinnamon, pour the mixture in, and sprinkle the remaining nuts on top, along with a bit more sugar and cinnamon. The prehito will set up in the pan and can be cut into squares to serve.

**Winter Bulgur Salad-** This winter version of tabbouleh uses butternut squash in place of traditional tomatoes. You can also substitute sweet potatoes for the butternut squash.

1 butternut squash, peeled, seeded and cubed (I use the precut squash)
2 Tbsp olive oil
Kosher salt
1 cup bulgur
2 cups water
1 Shallot minced or ¼ of a red onion, minced
¼-½ cup dried cranberries
1 large or 2 small lemons, juiced
3 Tbsp olive oil
Kosher salt and fresh parsley, to taste
½ cup crumbled feta cheese

Place cubed butternut squash on a sheet pan and add 2 tbsp olive oil and a sprinkle of kosher salt. Mix to combine. Roast at 425 for about 45 minutes, tossing once after about 20 minutes. Once edges are becoming caramelized, remove from the oven and let cool to room temperature.

While the squash roasts, bring 2 cups of water and a pinch of salt to a boil. Add the bulgur, lower heat, and let simmer, covered, for about 10 minutes. Remove from heat and let rest for another 10 minutes. Fluff bulgur with a fork and let cool to room temperature.

To assemble the salad, add 3 Tbsp olive oil, lemon juice, salt and pepper to the bulgur and mix well. Taste and adjust seasoning, remembering that the feta will add some extra saltiness. Then add the parsley and shallot and toss to combine. Finally, add the roasted squash and dried cranberries and gently toss again. Top with feta and enjoy!
Meet Our Members

We are very excited to feature two new SBH families in La Boz this month. Read a little bit about our new members, and be sure to give them a warm welcome the next time you see them!

Jack and Marmina Gottesman

What is your favorite thing about SBH?
The pictures on the past president's wall in the kiddush room.

What brought you to SBH?
Choosing to join SBH was a no-brainer. While we may have just moved here ourselves, Jack's family roots at SBH date back almost one hundred years when his great-great-grandfather, Rabbi Avraham Maimon, moved here from Turkey to become the rabbi of SBH.

Did you recently move to Seattle or Seward Park and if so where from?
Jack grew up in Chicago, Marmina grew up in Toronto, we spent the last five years in NY and moved to Seattle this summer along with our four children.

How did you meet?
Jack asked a mutual friend to make an introduction to Marmina but insisted that the friend tell Marmina it was their idea. The friend reluctantly agreed, the trick worked and we were married the next summer at a ceremony officiated by Rabbi Maimon.

What is your favorite Jewish food?
Close call between onion buremas and yapchik.

What is your favorite Jewish holiday?
Pesach Sheni because it represents second chances.

What are your most meaningful family traditions?
There is something special about the Fruticas ceremony on Tu Bishvat because it is the first time after a long winter that we see these fruits and are reminded that the season for gardening and growing is around the corner. It is a similar feeling to when pitchers and catchers report for Spring Training... it's not summer yet but there's light at the end of the tunnel. Scrambling at the end of the prasinawa levadura ceremony at Nona's house is also exhilarating.

Benjamin and Myriam Caro

Where did you grow up?
Myriam was born in Montreal and Benjamin was born in Morocco, but moved to Montreal when he was a child. Although we grew up only a few streets apart, we only met later in life. Eventually we got married and moved to Seattle. Our son Abraham was born soon after and he's been our favorite person ever since.

Did you recently move to Seattle or Seward Park and if so where from?
Benjamin first moved to Seattle in 2012, and was only able to find a rental in the North End. Myriam joined him about a year later. We always planned to move to the Sephardic community, but we never quite found what we were looking for. Finally, in early 2020, we finished packing up everything and moved to the South Side.

What brought you to SBH?
We both have a Moroccan heritage and it's always been very important for us to share the Sephardic culture with our children.

What is your favorite Jewish holiday?
We love Succot and have flown to Montreal every year to celebrate with our family. Although we couldn't go this year, we finally got to build our own succah, thanks to the wonderful Rabbi and Rubissa! Our neighbors thought our backyard hut was "super cool."

What is your favorite Jewish food?
Benjamin loves lamb with Moroccan truffles, and Moroccan fish. Myriam likes shwarma, and Abraham loves "anything mommy bakes."

What are your most meaningful family traditions?
Doing haetz, ha'dama and shehacol before motzi on Shabbat. We also like to wear djellabas on Friday nights.

What is your favorite movie?
Benjamin and Abraham are huge Star Wars fans.
Community Highlights

January & February Anniversaries
Munchos Y Buenos to all couples celebrating their anniversaries in January & February

Jack & Sue Barokas (1/28/62) 59 yrs.
Albert & Jeanne Maimon (1/5/64) 57 yrs.
Rene & Beloria Levy (1/10/65) 56 yrs.
Sam & Sharon Mezistrano (1/10/88) 33 yrs.
Mitch & Cheryl Greene (1/24/88) 33 yrs.
Albie & Vicki Moshcatel (1/9/89) 32 yrs.
Simon & Amy Amiel (1/18/98) 23 yrs.
Jon & Naomi Newman (1/10/04) 17 yrs.
Steve & Tzipporah Wiens (1/19/09) 12 yrs.
Joseph & Michelle Mezistrano (1/21/13) 8 yrs.
John Lefor & Wendy Bensussen (1/22/15) 6 yrs.
Alberto Aguilar & Gabriella Espinosa (1/1/18) 3 yrs
***
Sol & Tillie Amon (2/22/1953) 68 yrs
Eli & Rebecca Almo (2/20/1977) 44 yrs
Morris & Helene Azose (2/20/1983) 38 yrs
Benjamin & Miri Tilson (2/18/07) 14 yrs

Bar & Bat Mitzvah Celebrations:
MAZAL TOV TO
Benjy Weiss
On his Bar Mitzvah
November 26, 2020
Benjy is the son of Rabbi Chaim & Sara Weiss

Mazal Tov! Munchos i Buenos!
Mazal Tov to Rebecca Mezistrano on her engagement to Akiva Garfield. Rebecca is the daughter of Sam & Sharon Mezistrano & the granddaughter of Dr. Joe & Becky (A’H) Mezistrano & Albert & Regie Arakanchi.

Welcome To Our New Members
Benjamin & Myriam Caro
Jeffrey & Maureen Lipsen

New Arrivals:
Mila Mary Kraft, daughter of Marissa and Aaron Kraft, born on 11/11/2020.
Mila Kraft is the Granddaughter of Steve and Diana Altchech & Great-granddaughter to Mary Altchech.
Tributes:

Humash
In Memory Of
Rachel Baroh
  Alan A. & Marie Scharhon
Israel Hafon
  Alan A. & Marie Scharhon
Katherine Scharhon
  Alan A. & Marie Scharhon
Lee Scharhon
  Alan A. & Marie Scharhon

Prayer Book
In Memory Of
Janti Baroh
  Pearl Louise Varon
Rachel Baroh
  Sol L. (Mo) Azose
Tamara Lynn Haleva
  Jeffrey & Rebecca Overbeck
Katherine Scharhon
  Rae Baruch
Harry B. Varon
  Pearl Louise Varon
Mier B. Varon
  Pearl Louise Varon

Endowment Fund
In Honor Of
Rabbi Hassan- Dedication to SBH
  Alan & Susan Condicty

Chai Fund
In Honor Of
Sharon Adatto- Sharing Sephardic recipes
  Marilyn Stalcup
Diana Black
  Marilyn Stalcup
Rabbi Hassan- congrats on contract renewal
  Jerry & Rosa Mezistrano

Good Health To
Eli Almo
  Rachel Vaillancourt
Minnette Almosino
  Marilyn Stalcup

Irving Calvo Youth Fund
In Honor Of
Diana Black
  Ralph & Esther Maimon

In Memory Of
Beverly De Jaen
  Mordo De Jaen
Israel De Jaen
  Mordo De Jaen
Tamara Lynn Haleva
  Ralph & Esther Maimon
Rabbi Mark Maimon
  Ralph & Esther Maimon
Katherine Scharhon
  Ralph & Esther Maimon

General Fund
In Honor Of
Larry & Fortun Azose- 40th Wedding Anniversary
  Larry & Lysa Almo
Morris (Mo) Azose- 60th Birthday
  Sharon Babani
Diana Black- devotion to the Sephardic Community & SBH
  Sharon Babani
  Kathie Barokas
  Louise & Leonard Berman
  Irving & Luann Bertram
  Chaya Devorah
  Stanley & Berthe Habib
  Larry & Janet Iassen
  Renee E. Varon
  Patricia Wilder
  With special memories from Katherine Scharhon (A’H)

Jack & Barbara- becoming Great Grandparents
  Lilly De Jaen
Michael Ghanooni- a very special birthday
  Donna Amira
Rabbi Hassan- in appreciation & contract renewal
  Stanley & Berthe Habib
  Rabbi & Mrs. Benjamin J. Yablok
Ralph & Esther Maimon- 50th Wedding Anniversary
  Renee E. Varon
Ralph Maimon- in Gratitude & appreciation
  Rabbi Abraham Maimon

(Continued on Page 10)
Tributes (continued)

Sophie Morhaime- 101st Birthday!
  Stanley & Esther Morhaime
Rachel Vaillancourt- Happy Birthday!
  Ruth Israel

In Memory Of

Vivian Adatto
  Alan & Roz Bornstein
Salvator Altechech
  Mary Altechech
  Steven & Diana Altechech
Velma Almo
  Isaac Almo
David Ray Azose
  Larry & Janet Jassen
Morgan A. Barokas
  Kathie Barokas
Janti Baroh
  Beth Calvo
  Lilly De Jaen
  Jeffrey Olsen
  Seattle Sephardic Brotherhood
Rachel Baroh
  Morris & Helene Azose
  Kathie Barokas
  Jack & Barbara Cordova
  Lilly De Jaen
  Jason & Laura Haleva
  Larry & Janet Jassen
  Elie & Miriam Levy
  Albert & Peggy Maimon
  Sally Maimon
  Shirley Sidis
  Rachel Vaillancourt
  Seattle Sephardic Brotherhood

Isaac Behar
  Jon Calvo
Mathilda Binoun
  Blanche Hanoeh
  Stella & Bella Hanoeh-Coleman
Jacques Blumenzweig
  Sara Blumenzweig
Gloria Condioty
  Wendy Condioty
Israel De Jaen
  Lilly De Jaen
Sultana De Jaen
  Lilly De Jaen

Lucille Ezraty
  Stella & Bella Hanoeh-Coleman
Nathan Grinspan
  Sharon Babani
Tamara Lynn Haleva
  Albert & Peggy Maimon
  Rosie Maimon
  Sally Maimon
  Rachelle Mezistrano
  Renee E. Varon
Varon Irving
  Renee E. Varon
Jeffrey Jassen
  Larry & Janet Jassen
Robert Johnston
  Aimee Johnston
Fanny Kalisker
  Stanley & Berthe Habib
Barbara K. Lipman
  Benjamin & Lea Lipman
Rabbi Mark Maimon
  Sally Maimon
Solomon Mezistrano
  Joe & Michelle Mezistrano
David Muscatel
  Irving & Luann Bertram
Gustav Samter
  Rabbi & Mrs. Benjamin J. Yablok
Katherine Scharhon
  Sharon Babani
  Irving & Luann Bertram
  Annette Hasson
  Larry & Janet Jassen
Jack Winkler
  Isaac Almo

Refuah Shelema
Our congregation would like to wish a speedy recovery to the following members:

Rebecca Almo  Betty Halfon
Steve Calvo  Ellen Kotkin
Lucia De Funis  Marilyn Stalcup
Chana Gonzalez  Rachel Vaillancourt
Samuel Haleva

LA BOZ  WWW.SBHSEATTLE.ORG  JANUARY/FEBRUARY, 2021
Meldados

Jeff Merriman-Cohen
Grandfather SHMUEL ben SARAH (Samuel Coleman) 17 Tevet Fri. Jan.1
Steve Abolafia Joseph Abolafia Vicki Lynn Babani
Mother BATSEVA bat VICTORIA (Betty Abolafia) 19 Tevet Sun. Jan.3
Rabbi Michael Cohen
Mother MIRIAM bat LEAH (Miriam Cohen) 19 Tevet Sun. Jan.3 (9 mos.)
Annette Hasson Rachelle Mezistrano Marilyn Mezistrano
Sister RIVKA bat EDA (Bea Mazur) 19 Tevet Sun. Jan.3
Michelle Mezistrano
Father SHMUEL SHLEMA ben BLUMA (Samuel S. Alt) 21 Tevet Tue. Jan.5
David Israel
Grandmother FLORENCIA BAT SARAH ALKANA (Florence Shemaria Israel) 21 Tevet Tue. Jan.5
Allyn Adatto Larry Adatto
Cousin YOSEF ben RIVKA (Rick Leavitt) 21 Tevet Tue. Jan.5
Jack M. Calvo Esther Maimon
Brother YITZHAK ben SEMA (Irving Calvo) 23 Tevet Thur. Jan.7
Rachel Vaillancourt
Brother SEMAIA ben ESTHER (Semaia Serral) 23 Tevet Thur. Jan.7
Victor C. Amira
Brother ELIYAHU ben SULTANA ESTHER (Leo C. Amira) 24 Tevet Fri. Jan.8
Betsy Babani
Father YOSEF ben FRADIA (Cantor Joseph Frankel) 25 Tevet Sat. Jan.9
Marie Scharhon Betty Halfon
Aunt BE’AH bat MAZALTOV (Belle Ovadia) 25 Tevet Sat. Jan.9
Ralph Adatto
Wife NEAMAH bat SUZANNE (Marcella Norma Adatto) 26 Tevet Sun. Jan.10
Larry Jassen
Father YEHEZKEL ben SHEYNA FRUMA (Charles Jassen) 26 Tevet Sun. Jan.10
Rabbi Chaim Levine
Mother RISHA FAIGA TZIVIA bat CHAIM YAACOV (Roberta Sass) 26 Tevet Sun. Jan.10 (9 mos.)
Edward David Blum
Father BEREL ben MEIER v MALKA (Bennet Blum) 28 Tevet Tue. Jan.12
Dave S. Azose Aunt DONA bat RIVKA (Dona Leonard) 28 Tevet Tue. Jan.12
David Altaras
(Continued on Page 12)
Meldados (continued)

Morton Roberts  
Father  
YEHUDA ben ESTHER  
(Jules Roberts)  
6 Shevat  
Tue. Jan.19

Larry Bensussen  
Mother  
RIVKA bat RAHEL  
LEAH  
(Revella Bensussen)  
7 Shevat  
Wed. Jan.20

David Israel  
Grandfather  
YEHUDA ben RIVKA  
(Leon Behar)  
7 Shevat  
Wed. Jan.20

Steve Calvo  
Father  
SHEMUEL ben BEYA  
(William S. Calvo)  
7 Shevat  
Wed. Jan.20

Jack Cordova  
Mother  
LEAH bat MAZAL TOV  
(Laura Cordova)  
7 Shevat  
Wed. Jan.20

Pearl Louise Varon  
Mother  
LEAH bat PERLA  
(Leah Varon)  
7 Shevat  
Wed. Jan.20

Luci Varon  
Father  
HAYIM ben JAMILLA  
(Victor Benveniste)  
8 Shevat  
Thur. Jan.21

Esther Morhaime  
Sister-in-law  
BRANA MASHA bat  
SASHA LIBA  
(Lee Bornstein Scharhon)  
8 Shevat  
Thur. Jan.20  
(7 mos.)

Rachel Levy  
Husband  
YITZHAK ben RACHEL  
(Isaac Levy)  
9 Shevat  
Fri. Jan.22

Sara Blumenzweig  
Mother  
YAFFA bat HELEN  
(Yaffa Cohen)  
10 Shevat  
Sat. Jan.23

Cecile Blumenzweig  
Grandmother  
ANNA bat HULDA  
(Margaret Blumenzweig)  
10 Shevat  
Sat. Jan.23

Benjamin Lipman  
Mother  
CHAYA SIMCHA  
RACHEL bat AVRAHAM  
(Barbara K. Lipman)  
10 Shevat  
Sat. Jan.23  
(11 month)

Lilly De Jaen  
Uncle  
AHARON ben LEAH  
(Aaron Policar)  
10 Shevat  
Sat. Jan.23

David Altaras  
Brother  
YAAKOV ben SARA  
(Jack R. Altaras)  
11 Shevat  

Jon Calvo  
Father  
SHEMUEL ben KADUN  
(Samuel W. Calvo)  
11 Shevat  

Albert Angel  
Mother  
DENA bat ESTHER  
(Dina Angel)  
12 Shevat  
Mon. Jan.25

David Benveniste  
Sister  
DENNA bat SARA  
(Marilyn Benveniste)  
12 Shevat  
Mon. Jan.25

Lori Gamel  
Father  
FIVAL ben PAULINE  
DEVORAH  
(Philip Elliott)  
12 Shevat  
Mon. Jan.25

Mitch Greene  
Mother  
CHAYA PEARL bat ETHEL  
(Irene Pearl Greene)  
13 Shevat  
Tue. Jan.26

Albert S. Maimon  
Father  
BENSON NISSIM bat SHALOM  
(Vicki Lynn Ashberg)  
13 Shevat  
Tue. Jan.26

Esther Normand  
Mother  
VIDA bat SULTANA  
(July Normand)  
14 Shevat  
Thur. Jan.27

Vicki Schain  
Father  
BECHOR YEHOUSHUA bat MALKA  
(Ben Belur)  
15 Shevat  
Fri. Jan.29

Jack Belur  
Daughter  
VIDA bat MAZALTOV  
(Vicki Lynn Ashberg)  
15 Shevat  
Fri. Jan.29

Marlene Piha  
Sister  
YITZHAK bat ELIZA  
(Eliza Piha)  
16 Shevat  
Mon. Feb.1

Samuel Piha  
Mother  
RACHEL bat REINA  
(Rachel Varon)  
16 Shevat  
Mon. Feb.1

Rabbi Benjamin  
Grandfather  
SHELOMO ben MAKNIN  
(Solomon Hassan)  
17 Shevat  
Mon. Feb.1

Hassan  
Sister  
VIDA bat MAZALTOV  
(Vicki Lynn Ashberg)  
17 Shevat  
Mon. Feb.1

Neiso Moscatel  
Sister  
(Annette Moscatel Hanan)  
18 Shevat  
Sun. Jan.31

Isaac H. Varon  
Mother  
RACHEL bat REINA  
(Rachel Varon)  
18 Shevat  
Sun. Jan.31

Fortun Azose  
Mother  
DEVARAH bat BENVENITA  
(Dora Sayag)  
19 Shevat  
Mon. Feb.1

Marilyn Stalcup  
Mother  
RIVKA bat ESTRAYA  
(Beckie Stalcup)  
20 Shevat  
Tue. Feb.2

Steven B. Hartholz  
Mother  
ETTA bat CHASIDA  
(Elaine Hartholz)  
21 Shevat  
Wed. Feb.3

Ron Calderon  
Brother  
SADIK ben KADEN  
(Dick Calderon)  
22 Shevat  
Thur. Feb.4

Vivian Blum  
Mother  
ESTHER bat BOHORA KADUN  
(Esther Chiprut Kahn)  
22 Shevat  
Thur. Feb.4

Leon B. Mezistrano  
Wife  
MIRIAM bat SARA  
(Jack B. Mezistrano)  
23 Shevat  
Fri. Feb.5

Bruce Mezistrano  
Mother  
MIRIAM bat SARA  
(Jack B. Mezistrano)  
23 Shevat  
Fri. Feb.5

Marci Hanan  
Mother  
SARA bat MIRIAM  
(Sylvia Mezistrano)  
23 Shevat  
Fri. Feb.5

Rachelle Mezistrano  
Sister  
MIRIAM bat SARA  
(Jack B. Mezistrano)  
23 Shevat  
Fri. Feb.5

David Shayne  
Mother  
YITZHAK bat MAZALTOV  
(Irwin Shayne)  
24 Shevat  
Sat. Feb.6

Regina Amira  
Mother  
MIRIAM bat SARA  
(Matilda Barkey)  
25 Shevat  
Sun. Feb.7

Wendy Bensussen  
Mother  
ESTHER bat SHIFRA  
(Estelle Bensussen)  
26 Shevat  
Mon. Feb.8
<table>
<thead>
<tr>
<th>Meldados (continued)</th>
<th>Leonard &amp; Louise Berman</th>
<th>Son MENAHEM ben KADUN</th>
<th>5 Adar Wed. Feb.17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rabbi Benjamin Hassan</td>
<td>Father REFAEL YITZHASK ben CLARA (Isaac Hassan)</td>
<td>26 Shevat Mon. Feb.8</td>
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<tr>
<td>Marian Eskinazi</td>
<td>Father AVRAM ben MAZALTOV (Albert A. Alhadeff)</td>
<td>27 Shevat Tue. Feb.9</td>
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<tr>
<td>Victor C. Amira</td>
<td>Father SHELOMO CHELEBON ben ROSA (Charles Amira)</td>
<td>27 Shevat Tue. Feb.9</td>
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<tr>
<td>Ronald Behar</td>
<td>Mother Allegra Behar</td>
<td>27 Shevat Tue. Feb.9</td>
<td></td>
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<tr>
<td>Marilyn Stalcup</td>
<td>Grandmother Estraya Almoslino</td>
<td>28 Shevat Wed. Feb.10</td>
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<tr>
<td>Mordo De Jaen</td>
<td>Wife SHUVA bat LEAH (Shuva Skolnik)</td>
<td>28 Shevat Wed. Feb.10</td>
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<tr>
<td>Susan Matalon</td>
<td>Mother (7 mos.)</td>
<td>28 Shevat Wed. Feb.10</td>
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<tr>
<td>Albert De Jaen</td>
<td>Sister-in-law BULISSA bat CALO (Beverly De Jaen)</td>
<td>28 Shevat Wed. Feb.10</td>
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</tr>
<tr>
<td>Lilly De Jaen</td>
<td>Step mother Bernice De Jaen</td>
<td>28 Shevat Wed. Feb.10</td>
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<tr>
<td>Sharon Babani</td>
<td>Step mother BRYNDIL bat PAULINE</td>
<td>28 Shevat Wed. Feb.10</td>
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<tr>
<td>Lysa Almo</td>
<td>(Bernice Grinspan) (9 mos.)</td>
<td>28 Shevat Wed. Feb.10</td>
<td></td>
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<tr>
<td>David Israel</td>
<td>Grandfather HAIM ben LEAH (Victor David Israel)</td>
<td>28 Shevat Wed. Feb.10</td>
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<tr>
<td>Rosie Maimon</td>
<td>Husband (11 mos.)</td>
<td>29 Shevat Thu. Feb.11</td>
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<tr>
<td>David Maimon</td>
<td>Father (11 mos.)</td>
<td>29 Shevat Thu. Feb.11</td>
<td></td>
</tr>
<tr>
<td>Sally Maimon</td>
<td>Brother (11 mos.)</td>
<td>29 Shevat Thu. Feb.11</td>
<td></td>
</tr>
<tr>
<td>Isaac H. Varon</td>
<td>Father (11 mos.)</td>
<td>29 Shevat Thu. Feb.11</td>
<td></td>
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<tr>
<td>Rabbi Benjamin Hassan</td>
<td>Grandmother CLARA bat BATSHEVA</td>
<td>30 Shevat Fri. Feb.12</td>
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<tr>
<td>Leonard Rose</td>
<td>Father YEHUDA ben DEVORAH (Louis Rose)</td>
<td>30 Shevat Fri. Feb.12</td>
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<tr>
<td>Steve Policar</td>
<td>Mother RAYE bat ESTHER (Raye Alhadeff Policar)</td>
<td>30 Shevat Fri. Feb.12</td>
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</tr>
<tr>
<td>Rabbi Benjamin Hassan</td>
<td>Grandmother BELLA bat RAHEL (Bella Cooper)</td>
<td>3 Adar Mon. Feb.15</td>
<td></td>
</tr>
<tr>
<td>Victor Halela</td>
<td>Niece MERKADA bat KADUN (Madeline Piver)</td>
<td>3 Adar Mon. Feb.15</td>
<td></td>
</tr>
<tr>
<td>Alan Scharhon</td>
<td>Father (12 month)</td>
<td>3 Adar Mon. Feb.15</td>
<td></td>
</tr>
<tr>
<td>Esther Caplan</td>
<td>Father (12 month)</td>
<td>3 Adar Mon. Feb.15</td>
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<tr>
<td>Rosie Maimon</td>
<td>Brother (12 month)</td>
<td>3 Adar Mon. Feb.15</td>
<td></td>
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<tr>
<td>Julia Jerusalem</td>
<td>AZARIA ben ESTHER (Azaria Scharhon)</td>
<td>3 Adar Mon. Feb.15</td>
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<tr>
<td>Diana Azose</td>
<td>(Azaria Scharhon)</td>
<td>3 Adar Mon. Feb.15</td>
<td></td>
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<tr>
<td>Michael Freund</td>
<td>Mother LEAH bat ZIMBUL (Lucy Freund)</td>
<td>6 Adar Thur. Feb.18</td>
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<tr>
<td>Alon Israeli</td>
<td>Father ARYEH ben FEDA (Arbye Israeli)</td>
<td>6 Adar Thur. Feb.18</td>
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<tr>
<td>Minnette Almoslino</td>
<td>Mother MALKA bat KATHERINE (Mollie Hecht)</td>
<td>6 Adar Thur. Feb.18</td>
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<tr>
<td>David Balint</td>
<td>Mother ETA LILA bat SARAH (Edith Klein Balint)</td>
<td>7 Adar Fri. Feb.19</td>
<td></td>
</tr>
<tr>
<td>Shoshana Gabay</td>
<td>Mother SHOSHANA bat ESTER (Ester Shirin)</td>
<td>7 Adar Fri. Feb.19</td>
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<tr>
<td>Tillie Amon</td>
<td>Mother REBECCA bat DONNA (Henrietta Hasson)</td>
<td>7 Adar Fri. Feb.19</td>
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<tr>
<td>Rabbi Frank Varon</td>
<td>Mother SULTANA bat MAZALTOV (Sally Varon)</td>
<td>7 Adar Fri. Feb.19</td>
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<tr>
<td>Nisan Harel</td>
<td>Father SHIMON TSION ben YEHUDIT (Shimon Harel)</td>
<td>8 Adar Sat. Feb.20</td>
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<tr>
<td>Sally Maimon</td>
<td>Brother (11 mos.)</td>
<td>8 Adar Sat. Feb.20</td>
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<tr>
<td>Rosie Maimon</td>
<td>Brother-in-law (11 mos.)</td>
<td>8 Adar Sat. Feb.20</td>
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<tr>
<td>Albert Angel</td>
<td>Brother MOSHE ben DINA (Morris Angel)</td>
<td>9 Adar Sun. Feb.21</td>
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<tr>
<td>Roz Bornstein</td>
<td>Grandmother ROSA bat RAHEL-SENYORU (Rosa Calvo)</td>
<td>9 Adar Sun. Feb.21</td>
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<tr>
<td>Victor Halela</td>
<td>Sister (12 month)</td>
<td>9 Adar Sun. Feb.21</td>
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<tr>
<td>Regina Amiria</td>
<td>Sister (12 month)</td>
<td>10 Adar Mon. Feb.22</td>
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<tr>
<td>Benjamin Lipman</td>
<td>Mother CHAYA SIMCHA (Barbara K. Lipman)</td>
<td>10 Adar Mon. Feb.22</td>
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<tr>
<td>Sally Maimon</td>
<td>Mother REINA REGINA bat HAVA SULTANA (Regina Maimon)</td>
<td>10 Adar Mon. Feb.22</td>
<td></td>
</tr>
</tbody>
</table>

(Continued on Page 14)
**Meldados (continued)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annette Hasson</td>
<td>Mother</td>
<td>11 Adar</td>
</tr>
<tr>
<td>Rachelle Mezistrano</td>
<td>Mother-in-law</td>
<td>Tue. Feb.23</td>
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<tr>
<td>Marilyn Mezistrano</td>
<td>EDA bat RIVKA (Eda Mezistrano)</td>
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<tr>
<td>Elaine Moshcatel</td>
<td>Father</td>
<td>11 Adar</td>
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<tr>
<td></td>
<td>LABEL ben RACHEL (Leonard Wiviott)</td>
<td>Tue. Feb.23</td>
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<tr>
<td>David Israel</td>
<td>Mother</td>
<td>12 Adar</td>
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<td></td>
<td>Mazaltov Israel (Matilda [Matty] Israel)</td>
<td>Wed. Feb.24</td>
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<tr>
<td>Rachel Angel Levy</td>
<td>Father</td>
<td>13 Adar</td>
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<td>MOSHE ben BULISA (Moshe Behor Angel)</td>
<td>Thur. Feb.25</td>
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<tr>
<td>Ron Calderon</td>
<td>Brother</td>
<td>13 Adar</td>
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<td>HAIM ben KADEN (Victor E. Calderon)</td>
<td>Thur. Feb.25</td>
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<tr>
<td>Ronald Behar</td>
<td>Father</td>
<td>14 Adar</td>
</tr>
<tr>
<td>Jay Behar</td>
<td>Grandfather</td>
<td>Fri. Feb.26</td>
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<td>YAAKOV SHEMUEL ben REYNA (Jacob Behar)</td>
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<tr>
<td>Sara Blumenzweig</td>
<td>Sister-in-law</td>
<td>14 Adar</td>
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<tr>
<td>Cecile Blumenzweig</td>
<td>Aunt</td>
<td>Fri. Feb.26</td>
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<td>LEAH bat SONIA (Elisa Blumenzweig)</td>
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<tr>
<td>Rabbi Mark Greenspan</td>
<td>Mother</td>
<td>14 Adar</td>
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<td>ESTHER bat MAZALTOV (Esther Greenspan)</td>
<td>Fri. Feb.26</td>
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<tr>
<td>Isaac Almo</td>
<td>Father</td>
<td>15 Adar</td>
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<tr>
<td>Eli Almo</td>
<td>YAAKOV ben JANTIL (Jack Isaac Almo)</td>
<td>Sat. Feb.27</td>
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<tr>
<td>Larry Almo</td>
<td>Brother</td>
<td>15 Adar</td>
</tr>
<tr>
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<td>YEHUDA ben EDA (Robert Mezistrano)</td>
<td>Sat. Feb.27</td>
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<tr>
<td>Rachelle Mezistrano</td>
<td>Husband</td>
<td>15 Adar</td>
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<tr>
<td>Annette Hasson</td>
<td>Brother</td>
<td>Sat. Feb.27</td>
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<td>YEHUDA ben EDA (Robert Mezistrano)</td>
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<tr>
<td>Lillian Levy</td>
<td>Husband</td>
<td>15 Adar</td>
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<tr>
<td>Sue Levy</td>
<td>Brother</td>
<td>Sat. Feb.27</td>
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<tr>
<td></td>
<td>DAVID ben ALLEGRA (David N. Levy)</td>
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<tr>
<td>Rosie Maimon</td>
<td>Sister</td>
<td>16 Adar</td>
</tr>
<tr>
<td>Julia Jerusalem</td>
<td>MAZALTOV bat ESTHER</td>
<td>Sun. Feb.28</td>
</tr>
<tr>
<td>Diana Azose</td>
<td>(Madeline Adatto)</td>
<td></td>
</tr>
</tbody>
</table>

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**Condolences**

We extend our sincere condolences to Toni McLendon and her family on the passing of her beloved mother, Janti Baroh.

We extend our sincere condolences to Liz Baroh, Mark Israel, Julia Jerusalmi, Diana Azose, & Rosie Maimon on the passing of their beloved mother & sister, Rae Baroh.
Katherine Scharhon
Zoom Baking Classes:
WITH THE ADATTO FAMILY!

Sunday, January 3rd
at 10:30 am
- Marinated Eggplant
- Eggplant with Tehina
- Tehina
- Chummus with fun toppings
- Homemade Pita chips
- Arak Limonana

Zoom Meeting ID: 8654005377
See Google Doc for Recipes and Ingredients

Adult Education Schedule

**MONDAY**

**PERASHA DE LA SEMANA**
3PM w/ Al Maimon
MEETING ID: 5096056071

**HALAKHA CLASS**
7:30PM w/ Rabbi Hassan
MEETING ID: 86540053577

**TUESDAY**

**BOOK CLUB WITH RUBISSA**
11:30AM w/Rubissa Sharona
MEETING ID: 4637165365
PASSWORD: EC

**WEDNESDAY**

**THE BEAUTY OF SEPHARDIC LIFE**
2PM w/ Al Maimon
MEETING ID: 5096056071

**THURSDAY**

**SEFER SHMUEL**
11:30AM w/ Rabbi Hassan
MEETING ID: 86540053577
Religious Staff
Rabbi - Benjamin Hassan
Rabbi Emeritus - Simon Benzaquen
Hazzan - Rabbi Frank Varon
Gabbai - Larry Almo

Officers
President - Jack Schaloum
1st Vice President - David Benezra
2nd Vice President - Jack Azose
3rd Vice President - Miri Tilson
Treasurer - Steve Altchech
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Grand Trustee - Sam Mezistrano

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Rebecca Almo
Cynthia Gamel
Robert Gladstein
Judy Maimon
Makena Mezistrano
Alan Scharhon
Ben Varon

La Boz - Volume I No. 1
January/February 2021
Tevet/Shevat/Adar 5781

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Articles submitted are the opinion of the writers and do not necessarily reflect the opinion of La Boz or Sephardic Bikur Holim Congregation. Acknowledgment of life cycle events is consistent with Halachic principles.

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Seder Tu Bishvat
FRUTICAS SERVICE

A land of wheat and barley, grapes and figs and pomegranates, a land of olive oil and date honey.

1. **BISCOCHOS:**
   בורות אתה והאלוהים ימלאו אותך ובורה עם מש<option>ך.

2. **PREHITO:**
   יתאנה הנותח שונה והגבונים י足ך ונתן רוחו איתך ותתאנה ובירה לילך (שיר השירים ה':).

   Ladino: Asufreme kon las redomas de vino, afohame kon las mansanas, ke doloryosa de amor yo.

   English: Sustain me with bottles of wine, comfort me with apples, for I am sick with love.

3. **WINE: VINO**

   Ladino: Asufreme kon las redomas de vino, afohame kon las mansanas, ke doloryosa de amor yo.

   English: Sustain me with bottles of wine, comfort me with apples, for I am sick with love.

4. **FIGS: IGOS**

   Ladino: La iguera esposto sus igos, i las vides enoyerne dyeron huezmo, alevanta a ti mi kompanyera mi ermoza, i anda a ti.

   English: The fig tree puts forth her green figs, and the vines with the tender grapes give a good smell. Arise my love, my fair one, and come away.

5. **POMEGRANATES: AGRANADAS**

   Ladino: Komo pedaso de la agranada tu syen, de argento de la krencha.

   English: As a piece of pomegranate are your temples within your locks.
6. **OLIVES: AZETÚNAS**

7. **DATES: DATILES**

(שיר השירים 2:10-11)

Ladino: *Dishe suvere en el datilar, travare en tus ramas, i sean agora tus pechos komo razimos de la vid, i huezmo de tu noriz komo las mansanas.*

English: I said, "I will go up to the palm tree, I will take hold of its boughs. Your breasts shall be as clusters of the vine, and the smell of your nose like apples".

8. **APPLES: MANSANAS**

(שיר השירים 7:11-12)

Ladino: *Komo el mansano en arvoles de la shara, ansí mi kerido entre los mansevos, en su solombra kovdisyi i estuve, i su fruto dulse para mi paladar.*

English: As the apple tree among the trees of the forest, so is my beloved among the young men. I sat down under his shadow with great delight and his fruit was sweet to my taste.

9. **WALNUTS OR ALMONDS: MUEZER O ALMENDRAS**

(שיר השירים 7:13-14)

Ladino: *A huerto de el nuezal abashi, por ver en frutos de el arroyo, por ver si enfloresyo la vid, si espuntaron las agranadas.*

English: I went down into the garden of nuts to see the fruits of the valley, and to see whether the vine flourished and the pomegranates budded.

10. **CAROB/ST. JOHN’S BREAD ACHAROVAS**
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| 17     | 18     | 19      | 20       | 21       | 22     | 23       |
| 4 shevat | 5 shevat | 6 shevat | 7 shevat | 8 shevat | 9 shevat | 10 shevat |
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| 24     | 25     | 26      | 27       | 28       | 29     | 30       |
| 11 shevat | 12 shevat | 13 shevat | 14 shevat | 15 shevat | 16 shevat | 17 shevat |
| Tefillah 8:00am Minha/Arvit 4:45pm | Tefillah 7:00am Minha/Arvit 4:45pm | Tefillah 7:00am Minha/Arvit 4:50pm | Tefillah 7:00am Minha/Arvit 4:50pm | Tefillah 7:00am Candles 4:48pm Minha 4:50pm | Tefillah 7:00am Candles 4:48pm Minha 4:50pm |

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**Notes:**
- **February 7:** 25 shevat
- **February 8:** 26 shevat
- **February 14:** 2 adar
- **February 15:** 3 adar
- **February 16:** 4 adar
- **February 17:** 5 adar
- **February 18:** 6 adar
- **February 19:** 7 adar
- **February 20:** 8 adar
- **February 21:** 9 adar
- **February 22:** 10 adar
- **February 23:** 11 adar
- **February 24:** 12 adar
- **February 25:** Fast Begins 5:44am
- **February 26:** Purim Falls on Thursday night/ Friday February 25/26. We are required to hear the megalah once at night and once during the day.
- **February 27:** 15 adar

**Important Dates:**
- **February 1:** Tefillah 7:00am Minha/Arvit 4:55pm
- **February 2:** Tefillah 7:00am Minha/Arvit 4:55pm
- **February 3:** Tefillah 7:00am Minha/Arvit 5:00pm
- **February 4:** Tefillah 7:00am Minha/Arvit 5:00pm
- **February 5:** Tefillah 7:00am Minha/Arvit 5:00pm
- **February 6:** Tefillah 8:30am Minha 4:55pm Havdalah 6:04pm
- **February 7:** Tefillah 8:00am Minha/Arvit 5:05pm
- **February 8:** Tefillah 7:00am Minha 5:05pm
- **February 9:** Tefillah 7:00am Minha/Arvit 5:10pm
- **February 10:** Tefillah 7:00am Minha/Arvit 5:05pm
- **February 11:** Tefillah 7:00am Minha/Arvit 5:10pm
- **February 12:** Tefillah 7:00am Minha/Arvit 5:15pm
- **February 13:** Tefillah 7:00am Minha 5:05pm Havdalah 6:15pm
- **February 14:** Tefillah 7:00am Minha 5:15pm Havdalah 6:26pm
- **February 15:** Tefillah 7:00am Minha/Arvit 5:50pm
- **February 16:** Purim Falls on Thursday night/ Friday February 25/26. We are required to hear the megalah once at night and once during the day.
- **February 17:** Tefillah 7:00am Minha 5:50pm
- **February 18:** Tefillah 7:00am Minha/Arvit 5:00pm
- **February 19:** Tefillah 7:00am Minha/Arvit 5:05pm
- **February 20:** Tefillah 7:00am Minha/Arvit 5:10pm
- **February 21:** Tefillah 7:00am Minha/Arvit 5:20pm
- **February 22:** Tefillah 7:00am Minha/Arvit 5:20pm
- **February 23:** Tefillah 7:00am Minha 5:25pm
- **February 24:** Tefillah 7:00am Minha/Arvit 5:20pm
- **February 25:** Fast Begins 5:44am
- **February 26:** Purim Falls on Thursday night/ Friday February 25/26. We are required to hear the megalah once at night and once during the day.
- **February 27:** Tefillah 7:00am Minha/Arvit 5:30pm

**Fast of Esther Megillah Reading**
- **February 25:** Tefillah 7:00am Minha/Arvit 5:30pm
- **February 26:** Tefillah 7:00am Minha/Arvit 5:30pm

**Holiday Observances:**
- **February 28:** Shushan Purim
- **March 1:** Tetzaveh

**Mishpatim:**
- **February 13:** SHABBAT SHEKALIM
- **February 14:** Rosh Chodesh

**Terumah:**
- **February 20:** SHABBAT ZACHOR

**Notes:**
- **February 25:** Because Purim Day is on Friday this year we need to do all of the Mitzvot of Purim Day early in the day so we can still prepare and enjoy Shabbat. Gifts to the poor - Matanot La’Evyonim,
- **February 26:** Food gifts to friends - Mishloach Manot and the Festive Meal - Seder Purim should all be done early in the day before 12:22pm
- **February 27:** If one plans to wake up early to eat before the Fast begins they should begin eating before 5:25am and can continue eating until 5:44am. The fast concludes at 6:18pm but the custom is to wait until after the megalah

**Calendar Dates:**

**January:** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

**March:** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31