Iyar-Ani YHVH Rofecha

I am God, Your Healer. (Exodus 15:26)

Exodus Chapter 15 begins with the Song of the Sea, a glorification of God’s power and appreciation of our freedom from the oppression of slavery. After the people cross the sea, Miriam the prophetess lifts up her timbrel and all of the women follow her, dancing with their timbrels. Celebration is in the air.

Moses then leads them into the wilderness, and within only three days, they are not able to find any water. And when finally, they do find water, it is too bitter to drink. It is easy to understand why the people become upset, and Moses cries out to God. God shows Moses a tree and Moses casts the tree into the water, transforming the bitterness into sweetness.

This section of Torah is filled with so many lessons but it is the end of verse 26 that grabbed me. “I am Adonai, (YHVH) your healer”.

While in our Torah reading cycle, we are well into the book of Leviticus, on April 12, we entered into a new month in the Jewish calendar. The month of Iyar. One teaching about the name of the month is that it stands for the verse “I am YHVH, your healer”, from the end of Exodus 15:26 continued on page 2
Aleph - Ani -I
Yud - Adonai - G-d
Resh - Rofecha - Am your Healer

Iyar, the second month of the Jewish year, which follows Nissan, is the beginning of the year and the beginning of Spring and can be understood as a month of natural healing; a time of possibilities.

We have been through a turbulent sea and found new ways to celebrate and learn together. We have tasted bitter waters and worked hard to locate a bit of sweetness as we have learned how to stay connected. And I think it is fair to say that we are all in need of some healing on many different levels.

The rabbis also taught that this month of Iyar was the month when manna first began to fall from the sky. Manna was the food that sustained our people throughout the wilderness journey. Manna was a perfect source of physical and spiritual sustenance. It tasted different to each person and could taste like whatever the eater wanted to eat.

May we be blessed, as individuals and as a community, to find the nourishment we need to sustain us, and may we find healing as we continue our journey forward together.

Rabbi Paula

Welcome to New Members

Please check your online directory for their information

Tamara Belkin
Donna Mondschein
Myra Finkelstein and Brad Keitt
Estelle Appleby
Adam Spickler and Scottie Johnson
Arnold Leff
Aviva Longinotti
Joelle and Ryan Mulligan
Melissa and David Zieper

May their memories be for a blessing

Debbie Bicknell, temple member, beloved wife of Kevin Curry, mother of Jared and Joshua
Allen Karz, beloved brother of Paul Karz, brother-in-law of Susan and uncle of Robert and Noah
Dr. Patty Ostrander, beloved sister-in-law of Lee and Molly Jaffe
Warren Julias Becker, beloved grandfather of Landon Gottleib
Dave Roberts, temple member, beloved husband of Renee, father of Nye and Sam and son-in-law of Francine and Harold Raphael
Steven Kaplan, beloved brother of Shaina Hall, brother-in-law of Stephen

Alan Miller Memorial Scholarship Fund Supports Temple School

We are very grateful to Leta Miller for establishing the Alan Miller Memorial Temple School Scholarship Fund, which will provide annual tuition support to some two dozen students attending our outstanding Temple School. Many of our Temple School families struggle to make ends meet, while living in a county with an extremely high cost of living. Others are dealing with an unexpected crisis, such as prolonged illness, loss of employment, or death of a family member. The Alan Miller Memorial Fund will go a long way toward achieving our congregational goal of enabling every Jewish child in our community who wants one to receive a Jewish education, regardless of ability to pay.
Alan Miller was a remarkable man of diverse interests, skills, and talents but, at heart, he was an educator, as passionate about showing others how to accomplish things, as he was to accomplish them himself. This significant gift reflects Alan's dedication to passing along Jewish values, traditions, and culture to the next generation and to teaching our Temple youth how to live on our common earth as caring, responsible, ethical human beings. May Alan's memory be for a blessing.

The temple welcomes and appreciates additional contributions for Temple School scholarships, as this support will continue to be needed, as the Alan Miller Memorial Fund is depleted.

**Nachas**

We are so proud of **Sam Roberts** who received a full scholarship to the **USC Graduate** program in Public Policy.

*(nachas is a Yiddish word meaning you are happy and proud).*

---

**Note from the Temple President**

When I walked outside this morning, I found the air to be delightfully springtime-sweet and the grass still richly green, in contrast to the smoke and the depth of ash of last summer. Dreams of post-pandemic life seem more real by the day. To celebrate, I cranked up my stereo with some nostalgic rock and roll from my youth. Even the task of writing a Shofar message feels upbeat. Mindful that many will have a more difficult time putting the past year behind us, I do hope that wisps of vernal joy have made their way into your home.

At the Temple, we have allowed ourselves to dream about re-opening. Consistent with Jewish values that have been articulated by our Rabbis concerning our health and welfare, we continue to proceed cautiously. We began our “journey home” with our Simcha Preschool. Kudos to our Simcha Director, Lisa Mendez, for success in addressing the extraordinary administrative and communications challenges involved in re-opening and for the vigilance of Simcha teachers in creating a safe environment. We then felt it important to address the needs of our children and teens. More kudos to Rabbi Shifra, Sarah Clarkson, and the teachers for creating safe, hybrid temple school program. As to when we will fling our doors open to the community, we will be incorporating your feedback – along with advice from our team of medical advisors and from other temples via the URJ – to guide our decision making. That said, caution is still our prevailing sense, and we trust in your patience. More word will be available, we hope, at our Annual Membership Meeting. Speaking of which ....

We proceed to my one big theme of this note, a challenging request for your time on a Sunday morning, knowing those springtime wisps will beckon you outdoors instead of to another zoom session. Please, please make it a priority to attend our Annual Meeting on May 23rd. Why? Because it is the one time this year when we will see our reflection as a whole community. I imagine myself scrolling across the screens to see everyone’s face. Less fulfilling if your face is not there.

We received nice reviews from last year’s membership zoom. It was informative, while not being overly long. This year, we also plan to have a varied program with a variety of brisk presentations. You will see vibrant images of temple life over the past difficult year, and we will remember those whom we have lost. We will look to the future in terms of worship, education, internal programing, and involvement in the greater community. There will be a report about our financial health. But mostly, let us share our smiles and the remote embrace of one another. See you on May 23rd!!

**Josh Karter**

*President, Temple Beth El Board of Directors*

[josh@tbeaptos.org](mailto:josh@tbeaptos.org)

---

Alan Miller was a remarkable man of diverse interests, skills, and talents but, at heart, he was an educator, as passionate about showing others how to accomplish things, as he was to accomplish them himself. This significant gift reflects Alan's dedication to passing along Jewish values, traditions, and culture to the next generation and to teaching our Temple youth how to live on our common earth as caring, responsible, ethical human beings. May Alan's memory be for a blessing.

The temple welcomes and appreciates additional contributions for Temple School scholarships, as this support will continue to be needed, as the Alan Miller Memorial Fund is depleted.

**Nachas**

We are so proud of **Sam Roberts** who received a full scholarship to the **USC Graduate** program in Public Policy.

*(nachas is a Yiddish word meaning you are happy and proud).*

---

**Note from the Temple President**

When I walked outside this morning, I found the air to be delightfully springtime-sweet and the grass still richly green, in contrast to the smoke and the depth of ash of last summer. Dreams of post-pandemic life seem more real by the day. To celebrate, I cranked up my stereo with some nostalgic rock and roll from my youth. Even the task of writing a Shofar message feels upbeat. Mindful that many will have a more difficult time putting the past year behind us, I do hope that wisps of vernal joy have made their way into your home.

At the Temple, we have allowed ourselves to dream about re-opening. Consistent with Jewish values that have been articulated by our Rabbis concerning our health and welfare, we continue to proceed cautiously. We began our “journey home” with our Simcha Preschool. Kudos to our Simcha Director, Lisa Mendez, for success in addressing the extraordinary administrative and communications challenges involved in re-opening and for the vigilance of Simcha teachers in creating a safe environment. We then felt it important to address the needs of our children and teens. More kudos to Rabbi Shifra, Sarah Clarkson, and the teachers for creating safe, hybrid temple school program. As to when we will fling our doors open to the community, we will be incorporating your feedback – along with advice from our team of medical advisors and from other temples via the URJ – to guide our decision making. That said, caution is still our prevailing sense, and we trust in your patience. More word will be available, we hope, at our Annual Membership Meeting. Speaking of which ....

We proceed to my one big theme of this note, a challenging request for your time on a Sunday morning, knowing those springtime wisps will beckon you outdoors instead of to another zoom session. Please, please make it a priority to attend our Annual Meeting on May 23rd. Why? Because it is the one time this year when we will see our reflection as a whole community. I imagine myself scrolling across the screens to see everyone’s face. Less fulfilling if your face is not there.

We received nice reviews from last year’s membership zoom. It was informative, while not being overly long. This year, we also plan to have a varied program with a variety of brisk presentations. You will see vibrant images of temple life over the past difficult year, and we will remember those whom we have lost. We will look to the future in terms of worship, education, internal programing, and involvement in the greater community. There will be a report about our financial health. But mostly, let us share our smiles and the remote embrace of one another. See you on May 23rd!!

**Josh Karter**

*President, Temple Beth El Board of Directors*

[josh@tbeaptos.org](mailto:josh@tbeaptos.org)
Dear TBE Community

For the 7th year in a row, Simcha Preschool has been voted as “Best of 2021 Child Care” in The Good Times for Santa Cruz County!

We’d love to extend a hearty THANK YOU to the Simcha community of teachers & staff, children, families, and supporters of our thriving, play-based, and mostly outdoors preschool program that weaves anti-bias, anti-racism, and Jewish values into the curriculum!

Preschool Teachers Grace and Crystal, PreK Teachers Caitlin and Nathan, Kindergarten Teachers Lisa and Jan, and Michelle, Simcha’s amazing Office Administrator, are what make Simcha Preschool the successful program where children get to play and experience joy and exploration.

We are thrilled to announce that the Toddler class for two-year-olds will reopen in September 2021 with two new teachers. If you know of incredible Toddler teachers who have a passion for play-based curriculum and have at least 12 ECE/CD units, please have them send their resume to Lisa Mendez at lmendez@tbeaptos.org or call 831-479-3449 to learn more. The positions will start in August 2021.

Thank you to Alicia Telfer, Simcha Mama and Photographer, who donated the proceeds of her recent Spring mini photo shoots to The Edward Newman Tuition Scholarship Fund. This Fund has been supporting more than a dozen families to have easier financial access to our award-winning, thriving, play-based Simcha Preschool. Please consider making an annual or monthly tax-deductible contribution to this amazing Fund for families!

With warm regards,

Lisa Mendez
Director, Simcha Preschool

Simcha Preschool
at
Temple Beth El
was voted best preschool for the 7th year in a row!

Past Bar-Bat Mitzvah

Issac Hildebrand, son of Teri Goldwasser and Steven Hildebrand, was called to the Torah on March 13, 2021. A Simcha Preschool graduate and an honor roll student at Scotts Valley Middle, Isaac loves mountain biking, building bike jumps, playing baseball and video games, skim-boarding, baking, and ‘fuzzing’ with his cat, Ruach. Isaac worked hard preparing and delivering Sunday meals for TBE’s Mazon Project, channeling his cooking talents to show compassion towards residents at River Street Shelter.

Samara Jade Lippman, daughter of Adam and Katrina Lippman, is an honor roll student at Scotts Valley Middle School. Samara loves playing soccer and softball, riding her bike and was a member of the school choir and drama class when school was still meeting in person. She has recently taken a great interest in anime. Samara was called to the Torah as a Bat Mitzvah on February 27th. For her mitzvah project she has been baking and individually wrapping treats for the hard working nurses in the ICU at Dominican Hospital.
Behold! They gleam, they glimmer, they are fresh and elegant, calm and serene, they’re state-of-the-art for all things hygienic and environmental. Presenting...our new bathrooms!

No one can say we did not squeeze every ounce of use out of our previous bathrooms. With thirty+ years of wear and tear, the chorus of voices telling us it was time for a renovation had been growing louder over the years, and with occupancy of our temple building on pause since March 2020, our fearless leader, TBE Board President Josh Karter, declared ‘carpe diem’ (loose translation: So nu? Let’s go with the flow). Eager support from some generous donors soon followed, and our congregation at large responded to our Flush Fund appeal and flooded us with donations. We were off and running.

TBE member and contractor extraordinaire Rick Hochler generously volunteered his time to manage the project and put his best subs in place to make sure the job was done properly. Our Building and Grounds VP, Miles Dolinger, was at the helm, and TBE member/retired architect Shelley Sonnenberg did lots of heavy lifting throughout the process. Our project architect, Marianne Miller, helped pull off the miracle by showing real chops in working with our committee (eight Jews/18,000 opinions) to end up with a beautiful, cohesive design. Our Executive Director Tanya Lorien contributed her great eye and tracked the project as it progressed. Other members of the busy team were Rabbi Shifra, Melissa Ross, Josh Karter, and Shani Ginsburg. Many, many thanks to all.

We cannot wait to show you!

With enthusiastic thanks and much gratitude to our Sponsors and Donors:

**Sponsors**
- Toby & Michael Alexander
- Shirley & Allen Ginzburg
- Rebecca Gottfried
- Amy & David Harrington
- Nancy Hoffman
- Linda & Ronald Israel
- Jane & John Jordan
- Susan & Stephen Karan
- Jennifer & Raymond Kaupp
- Michele & Robert Kibrick
- Judith & Alan Levin
- Daniel Orange & Bonnie Holmer-Orange
- George Ow & Gail Michaelis-Ow
- Rabbi Paula Marcus
  - Discretionary Fund
- Rabbi Richard Litvak
  - Discretionary Fund
- Rabbi Shifra Weiss-Penzias
  - Discretionary Fund
- Daniel Seftel (of blessed memory)
- Heidi Winig & Dave Liotta
- Marian Zeidler

**Donors**
- Judith Appleby and James Tracey
- Bettina Aptheker and Kate Miller
- Karin Babbitt and Jeffrey Schnapper
- Murray and Sheila Baumgarten
- Ruth Carsch
- Daniel and Sandy Chamberlain
- Chavurah Mitzvah
- Elena Nini Cohen and Steve Ritz
- Sandy Cohen
- Steven and Ginger Cohen
- Coleman Carolyn and Curt Michelle Dennis
- Ysraelya and Miles Dolinger
- Fine Marigold and Stanford Jim
- Korrine and Terry Fitz
- Anahi Flores Morales and Jesse Mabalot
- Korrine and Terry Fitz
- Don Gartner and Donelle Ehritt
- David Gazek and Shani Ginsburg
- Janet Gellman and Nancy de la Pena
- Laurie Getz
- Maria Gitin
- John Glass and Cassandra Sprenger
- Alison Gold
- Daniel Gold and Patrick LeCuyer
- Andrew Goldenkranz
- Lauren Goldstein
- Teri Goldwater and Steven Hildebrand
- Margaret Gordon
- Diane and Howard Grunes
- Gloria Heistein
- Bernard and Eleanor Hilberman
- Lenore Hindin
- Melinda and Dan Iuster
- Doug and Gwen Kaplan
- Larry and Fran Kaplan
- Josh Karter
- Paul and Susan Karz
- Lori and Jim Kearney
- Margie Kern-Marshall
- Karen Kohut
- Patti Krieger
- Nita Lamendola
- John Leopold and Teresa Buika Leopold
- Patricia Lerman
- Judith Levin
- Paia Levine

continued on page 7
Contributions | January 20, 2021 — March 31, 2021

**ALAN MILLER MEMORIAL SCHOLARSHIP**
Leta Miller

**BATHROOM RENOVATION PROJECT**
Shelly Nadelman-Douglass and Dennis Douglass in memory of Florance Nadelman
Shelly Nadelman-Douglass and Dennis Douglass in memory of Judith Furmkin
Doug and Gwen Kaplan in memory of Leonard Rosenthal, my father and well loved Zede
Tanya Lorien in memory of Dr. David Allenberg Katzenstein

**BUILDING FUND DONATION**
Sandra Cohen
Susan Levin wishing Mazel Tov to Alan Levin my cherished father and TBE pillar with my love, joy, and gratitude on your 90th birthday
Shelley and David Sonnenberg in honor of Dr. David Katzenstein brother of Amy Harrington.
Renee Winter and Paul Roth in loving memory of David Allenberg Katzenstein, brother of Amy Harrington

**CEMETERY FUND**
Dr Rivka Greenberg in honor of Bea and Leo Greenberg
Margaret Brose White in loving memory of Hayden White

**CHOIR FUND**
Olive Pechner in memory of Mildred Serin, aunt
Olive Pechner in memory of Rose Serlin, beloved mother

**FILM FESTIVAL**
Jacob and Hila Michaelisenin memory of Aaron Michaelisen
Helen and David Resneck-Sannes in honor of Marilyn Rigler’s 95th Birthday from the Mah Jong Group

**GENERAL FUND**
Steven Ritz in loving memory of Edith Ritz
Janet Wyner-Maze and Mervyn Maze in loving memory of Freida Wyner
Paul Drescher in loving memory of Roberta Friedman
Fern Selzer in memory of Ludwig Selzer

**LIBRARY FUND**
John and Merry Oppenheimer in loving memory of Miriam Oppenheimer
Brenda Tuttle in memory of Jovie Struman
Harvey Halperin and Donna Barr in memory of Max and Lottie Halperin
Lauren Leff in loving memory of my wonderful dad, Jerry Leff
Nita Lamendola in memory of my dear cousin, Sharon Kaplan
Elena Nini Cohen and Steve Ritz in memory of Maynard Cohen
Margaret Gordon in memory of David Katzenstein
Karín Babbitt and Jeffrey Schnapper in memory of Art Babbitt
Phyllis Greenleaf in honor of Betha Berman Taube, beloved Mother of Phyllyis Taub Greenleaf, Grandmother of Karla Greenleaf-MacEwan Shields and Alicia Reina Greenleaf, Great Grandma of Milo and Cyrus Shields
Michael and Priscilla Mann
Laurie Getz in loving memory of Ruth Rogasner (Nana)
Bonnie and Loren Morr in honor of my mother Tillie Stadler
Dennis and Cheryl Caspe in memory of Sam Carl, Cheryl's father
Harriet Maglin in loving memory of Joe Ravetz
Ronna Schulkin in honor of The bar mitzvah of Asher and Coleman grandchildren of Pnina Green, Aryeh Nanas, and Rabbi Paula Marcus
Michelle Simon in memory of Maxine Simon
Murray and Sheila Baumgarten in memory of my step-father, William L. Lurie
Melissa and Cary Sunberg in memory of David Allenberg Katzenstein
Ann Clary Gordon in loving memory of my beloved husband, Jim Gordon (brother of Margaret Gordon)
The parents of Moe and Mabel Karon and Juniper and Asher Gartner in honor of Moe Karon, Mabel Karon, Asher Gartner and Juniper Gartner

**ONEG FUND**
Eugene and Virginia Lieb in loving memory of Henny Lieb
Elena Nini Cohen and Steve Ritz in memory of Maynard Cohen
Laurel Fox and Donald Potts in honor of Alexander Fox, Laurel's father
Julia Cornblatt in memory of Maria Driffill
Robin Belkin and Lou Versman in memory of Dan Versman
John and Merry Oppenheimer in loving memory of Miriam Oppenheimer
Shelley and David Sonnenberg

**PRAYER BOOK FUND**
Risa Lower to Temple Beth El with thanks for all you've given me

**RABBI LITVAK DISCRETIONARY FUND**
Renee Roberts thanking you for all of your love and support to our family
Harold and Francine Raphael in honor of Rabbi Litvak, thank you for all of the support you gave the family

**RABBI PAULA MARCUS DISCRETIONARY FUND**
Allen D. Purvin in honor of Rabbi Paula Marcus. We admire you. You rock!
Renee Roberts thanking you for all of your love and support to our family
Peg Shemaria in memory of Dr. David Allenberg Katzenstein
James Engelman and Claire Witherspoon in loving memory of Joseph Paul Engelman
Marlene Pitkow and Mark Kalow in loving memory of Amy Harrington's brother, David Allenberg Katzenstein
Julia Cornblatt in memory of David Orzech

**RABBI WEISS-PENZIAS DISCRETIONARY FUND**
Bonnie and Loren Morr in honor of the Stadler/Nisenbaum/Solomon family
Renee Roberts thanking you for all of your love and support to our family
James Engelman and Claire Witherspoon in loving memory of Joseph Paul Engelman
SECURITY DONATION
Joan Tanzer and Gerald Frank
Jessica Guild

SENIOR CONNECTIONS FUND
Gilda Zelin in memory of my father
Maurice Cymrot
Patricia Lerman thanking you
Marlene for great programs
Doreen Schack and Rick Zinman
in honor of Marlene Pitkow’s
years of dedication to our Senior
Connections Program
Daniel Gold and Patrick LeCuyer
in honor and loving memory of
Bertha Gold, Dan’s mother

SISTERHOOD GENERAL DONATION
Maria Gitin in memory of Cindy Stolnitz
Shelly Nadelman-Douglas and
Dennis Douglass in memory of
aunt Cecilia Segal

SOCIAL ACTION FUND
Kate and Lindsay Connor in memory
of Amy Harrington’s brother,
David Katzenstein
Michael and Jacqueline Tuttle in memory
of Amy Harrington’s brother

TEMPLE SCHOOL GENERAL DONATION
The Capitola Mercantile

TEMPLE SCHOOL SCHOLARSHIP DONATION
Ariel and Stephen Gray
Renee Roberts in memory of
Paul Karz’ brother

Contributions | January 20, 2021 – March 31, 2021

continued from pg 6

A Minor Miracle Happened Here!

Rebecca London and Robert Fairlie
Tanya Lorien
Risa Lower
Paula Marcus and Aryeh Nanas
Bonnie and Loren Morr
Aaron and Stephanie Morse
Shelly Nadelman-Douglas and
Dennis Douglass
John and Merry Oppenheimer
Ellen Ortiz
Benjamin and Victoria Ow
Lenny Pagorelsky and and
Michaeline Kiss
Marlene Pitkow and Mark Kalow
Melody Randle and Susan Kerr
Marilyn Rigler
Sara Rigler
Ivan Rosenblum and
Mary Fran Archer
Shana Rosenfeld Phelan and
Peter Phelan
Diana Rothman
Rebecca and Scott Rubin
Joel and Holly Rudnick
Deborah Ruiz and George Lerek
Ziesel Saunders and Penny Ayers
Mark and Laura Segelman
Ed and Norma Sacks
Sara Rigler
Peg Shemaria
Judi Sherman and Rachel Bickert
Melissa Skalsky
Carol Skolnick and Gregory Furtado
Lee Slaff
Shelley and David Sonnenberg
Joan Tanzer and Gerald Frank
Shmuel Thaler and Kathy Cytron
Marion Towar
Michael and Jacqueline Tuttle
Anina Van Alstine
Miriam and Shlomo Vilozny
Jonathan and Jill Winston
Reene Winter and Paul Roth
Judith and Ben Yokel
Gilda Zelin
Homelessness, *Tikkun Olam*, and our *MAZON* Project Seeks More Members Now!

Many of us are deeply concerned and perhaps feeling helpless as we witness the escalating plight of homeless people in Santa Cruz. Judaism teaches every person is made *b’tzelem Elohim*—in G-d’s image. In embracing the godliness of those around us, we accept a responsibility to them, and to addressing their struggles. So what can you do for the homeless? You can make them your favorite recipe. It is a simple contribution with the love baked in. Where our *MAZON* Project volunteers have been providing weekly meals for 40 people at our local homeless shelter, we are proposing that we ramp up our contributions to provide 100 meals per week. We can only do this through an ongoing, concerted effort by TBE to encourage all able members’ participation in our *MAZON* Project.

In honor of our sacred Jewish commitment to the poor and hungry, our congregation has been providing dinner for a local homeless shelter every Sunday since 1988. This has been a remarkable collective effort! But now more than ever, greater participation from more Temple members is needed. As the River Street Homeless Shelter is being closed, we hope to seamlessly redirect our *MAZON* Project to another, larger shelter that may need more food than we have provided in the past. So expanding Temple member participation is essential.

Currently, about 15% of our Temple members have signed up online to participate in the *MAZON* Project. However, a core group of about 30 extremely devoted members have been doing way more than their share for a very long time. And securing five congregants each week (that is 260 volunteer slots per year) puts a strain on this system. So, we need more volunteers in order to commit to feeding more people. If you value our Temple’s 30+ year commitment to this Project, please consider pitching in. Sign up to participate (even once a year will help immensely if enough people do it!), or recommit to any degree of participation, if you’ve signed up already.

Participate in memory of a loved one or in honor of a joyous occasion. Participate as a practical way truly to incorporate mitzvot and *tikkun olam* into your family tradition (or into your *chavurah*, Sisterhood, Brotherhood, Bar Mitzvah preparation, Temple School, Youth Group, club, organization, or other group rituals). Or participate just to know in your heart you are performing a mitzvah. In so doing, you may also discover the value in the words of the Prophet Isaiah: *If you offer your compassion to the hungry and you feed the famished creatures—then your light will shine in the darkness and your gloom will be like noonday* (Isaiah 58:10).

We would really like every Temple member to feel encouraged, uplifted, welcome, and able to participate in our *MAZON* Project! To sign up, use the SignUpGenius link on the Temple Beth El website. New volunteers always can start small on a Sunday of their choosing, by just signing up to provide rolls and a large salad or vegetable for 20 people, or by baking cookies or any other dessert for 40. Here is a lovely little Jewish edict to consider:

“When you give food to the hungry, give them your best and sweetest food!”

Information on how to sign up for our *MAZON* Project (via a *SignUpGenius* link,) is on our website under “Activities” within the “Social Action” pull-down menu in the top toolbar.

*MAZON* Thank Yous:

Thank you very much to all our magnificent *MAZON* Volunteers that have contributed their time, effort, and love last year (which unfortunately seems to have gotten lost in the shuffle), and so far this year at the River Street Homeless Shelter:

• January: Leah Sugarman (2X), Alison Gold, Rachael Katz & Friends (5X), Rose Ashford, Nancy Yellin, Cheryl & Dennis Caspe, Martha Jacobson (2X), Jackie Tuttle (2X), Chavurah Mitzvah with Fay Levinson et al., Wilma Gold, Shira Coleman, Catherine & Bob Cooper (2X), and Susan Karz.

• February: Rose Ashford, Meryl Selman, Jackie Tuttle, Martha Jacobson, Penny Chesluk, Rachael Katz & Friends (5X), Wilma Gold (2X0, Shira Coleman (2X), Geri Wolff, Larry Kaplan, Juliana White, Lea Sugarman (2X), and Susan Karz.

• March: Rose Ashford (2X), Penny Chesluk, Gaby Litsky (2X), Jackie Tuttle (2X), Rachael Katz & Friends (5X), Meryl Selman, Cheryl & Dennis Caspe, Martha Jacobson (2X), Leah Sugarman, Eve Eden, Kathy Cytron & Shmuel Thaler, and Lisa Segnitz.

• April: Martha Jacobson, Catherine & Bob Cooper, Gaby Litsky, Rachael Katz & Friends (5X), Wilma Gold
Ashkenazi Jews at Risk for Colon Cancer

In 1997, a Johns Hopkins research team found an inherited genetic mutation called APC I1307K. Adenomatous polyposis coli (APC) is a gene that suppresses tumor growth. If the APC gene is defective, it makes the gene unstable and more susceptible to additional changes that may lead to colon and rectal cancers.

The APC I1307K mutation is primarily found in people of Ashkenazi Jewish heritage (Jews of Eastern European or Russian ancestry). Researchers believe that 6% of Ashkenazi Jews carry this gene mutation, making them at a significantly higher risk for developing colon and rectal cancers.

Many patients with colon cancer and rectal cancer experience no symptoms in the early stages. In fact, symptoms may not appear until the disease has progressed to an advanced stage. Routine colon and rectal cancer screening are very important. Even children as young 11 years of age should be screened if there is a family history of colon and rectal cancers.

For more information, please go to hopkinsmedicine.org/health Conditions and Diseases/Colon Cancer

From Rabbi Shifra

Despite the pandemic, Temple Beth El did some amazing things this year with our students and families. In person and online classes emphasized active learning, community building, music, discussion, and hands-on projects. We had all school holiday celebrations on Zoom, complete with art projects, videos, holiday Power Point presentations from Rabbi Shifra followed by chances for students to demonstrate what they have learned through playing Kahoot. Students created, cooked and baked, from beautiful matzah covers to window paintings, from tzimmes, matzo ball soup and hamantaschen to blintzes, shakshuka, and heaps of other delicious Jewish foods.

Students received individual Hebrew tutoring and Hebrew online with Shalom Learning, music and Tefillah with Cantor Alisa, Ivrit b’t’nuah (Hebrew Through Movement) with Ilana Goldstein. High School students participated in the Jewish Court of All Times which is a courtroom simulation game with other high school and college students from around the country. Sarah Clarkson and Shannon Boucher Kochanek led our Jewish Educational Interns as they assisted our teachers, worked with younger students and reflected on their goals and growth as Jewish leaders, and Sarah sent her Clarkson Family challah recipe and a packet of yeast to all of our students, and they sent back pictures of themselves with the challot they baked at home.

Purim was in person! With social distancing and masks not a problem, the clergy team put on a hilarious Purim Spiel and Megillah reading for all ages out on the TBE’s front lawn.

SRFY stayed active with lots of outdoor activities, like kayaking at Elkhorn Slough, hiking, and ropes course at Mt. Hermon. Our Jr. Youth Group also enjoyed the outdoors with youth advisor Shannon by biking to Wilder Ranch. We hope you got a chance to see our students from 3rd, 4th, 5th and 6th and 7th grades help lead Friday Night Services, and witness some of our students become b’ni mitzvah through beautiful and moving Saturday Morning Torah services. There continued on page 10
From the Executive Director

We miss you!

In this world where there is this huge push to re-open and resume life as we knew it in February of 2020, we at Temple Beth El believe it is slightly premature. We are meeting every 7 days to review the situation and put together plans that we feel are safe and appropriate for our community. We are balancing the desire to congregate with the Jewish value of Pikuach Nefesh, the value of saving a life. In order to save a life, almost any other commandment can be cast aside; it is the highest of mitzvot to protect the life of another. Indeed, we are even told that to save one life is equivalent to saving the entire world. Continuing to limit our interaction, staying where we are, slowing the spread of this disease as the community races towards immunity. It is absolutely our duty to do what we can to save lives.

Following this value, TBE is dedicated to being hyper-responsible, strategic, and – most importantly - model what we believe to be safe practices. We continue to strive to provide programming, healing, and services to our community and to protect those most vulnerable as the situation continues and evolves.

We are tracking the actions of other synagogues throughout the region and the country. We are moving cautiously forward, however, patience is still necessary. As vaccination rates rise, and incidents in the county decline, we are optimistic about summer outdoor offerings; but things are changing rapidly - in both directions (depending on where you look). As such, we are already struggling with planning for the High Holidays – and will keep you posted.

I would ask that everyone continue to practice safe behavior, that you continue to have faith in your clergy and the senior management team, and believe we want more than anything to see all your faces in person again...but we need a little more patience.

However...have no doubt: We miss you!

L’Shalom

Tanya Lorien,
Executive Director

From Rabbi Shifra - continued from page 9

were lots of other programs like Jump Start B’nai Mitzvah and Judaism Outdoors, and as the confirmation class prepares with Rabbi Paula for confirmation, I cordially invite you to save the date and join us on Erev Shavuot, May 16 at 4:30 on Zoom as our 10th graders, including my son, are confirmed.

I am so grateful to Sarah Clarkson for all she has done this year. Sarah has gone above and beyond to make our educational programs rise to the challenge that this pandemic has presented us. We look forward to a fresh new year at Temple School in the fall...one in which we can combine what we have learned this year, with all the wonderful things we miss about Temple School before COVID.

To view Temple Beth El CALENDAR go to tbeaptos.org/calendar
Events

Senior Connections Programs in May

**Monday, May 3, 2:00pm on Zoom** Making the Best of the Worst: 2020 Through the Eyes of a Nature Photographer, with Lee Jaffe

**May 10, 2:00pm on Zoom** Learn about MEET, an organization educating and empowering promising Israeli and Palestinian future leaders

Raising Anti-Bias Children

**Monday, May 10, 7-8:00pm**
Shira Coleman and Wilma Gold, trainers with Educators for Peaceful Classes and Communities will share practical resources for families to address issues of bias that even our youngest children are exposed to. Join with other TBE parents for this workshop and conversation based on the work of local educator Julie Olsen Edwards and her colleague Louise Derman Sparks.

Contact Melissa msunberg@tbeaptos.org to register.

Women’s Rosh Hodesh Group

Ancient Traditions - New Celebrations

The New Month begins at the New Moon. Rosh Hodesh. The moon grows and fades. Time and tides, time and again. Our bodies dance with the phases of the moon, as does all creation. Expanding, withdrawing, hitpashtut, tzimtzum. Each month we women traverse a Sinai of light, weaving the old with the new. Each month, each season, each celebration, manifesting the Indwelling Presence. We are trees of life blossoming, glowing in the moonlight. Together we spring forth, we mature, we grow wise. We embrace each other. A journey of spirit and heart.

Please join us at 7:00pm.

**Wednesday, May 12 - Rosh Hodesh Sivan**

**Thursday, June 10 - Rosh Hodesh Tamuz**

**Saturday, July 10 - Rosh Hodesh Av**

**Sunday, Aug. 8 - Rosh Hodesh Elul**

**Monday, Sept. 13 - Tirshrei Days of Awe**

**Thursday, Sept. 23 - Sukkot**

[https://groups.io/g/RoshHodesh](https://groups.io/g/RoshHodesh)

Shavuot study

Join Rabbi Paula, Rabbi Shifra, Cantor Alisa and Sarah-Tziporah on May 16 at 8:00pm for an evening of Shavuot study and celebration on Zoom.

Contact Melissa msunberg@tbeaptos.org for the link

Join Us As We Celebrate the Confirmation of our Children

You are cordially invited to attend Temple Beth El’s Confirmation Service on Sunday, May 16, 2019 at 4:30pm

Confirmation is the commitment from our students of their intention to live their lives as Jews and as part of the Jewish community. It is also the community’s commitment to our students to always be there to support their Jewish lives. Our 10th graders will lead a special service. They will give speeches about what their Jewish identity means to them. It is always a very moving and fun service.

Please join us to celebrate this momentous occasion in the lives of our youth. Everyone is invited!

**Benjamin Cornblatt:** Glenn and Maurice Cornblatt

**Beckett Glass:** Cassandra Sprenger and John Glass

**Aryeh Koontz:** Kerith and Stephen Koontz

**Q Licht:** Adina and Ofer Licht

**Isaiah Ring:** Mavis and Andrew Ring

**Aden Sommerville:** Doug and Heather Sommerville

**Jordan Weiss-Penzias:** Rabbi Shifra and Peter Weiss-Penzias

**Gabriel Orange:** Bonnie Holmer-Orange and Dan Orange

**Ciela Diffenbaugh:** Vanessa and PK Diffenbaugh

Honor Cantor Alisa

Join us on May 22nd at 7:30pm for a special Havdalah to honor Cantor Alisa as we thank her for the year she has spent with us at Temple Beth El.
Look at our…

beautiful bathrooms!

Protect Your Nest Egg

No one wants Long Term Care Insurance but many of us will need it, and Medicare covers very little. There are more options today. Long Term Care might be more affordable than you think.

to find out more, contact:

STEVE SHAPIRO, CFP®
831.588.7418 (cell)
www.LTCSantaCruz.com