

Beth El Bulletin

July-August 2022
Tammuz/Av/Elul 5782

July-August Bulletin Highlights

Award Winners

Mintz Award Winner Judy Jankowski
page 9

Brotherhood Man of the Year Robert Siegel
page 13

News

Refugee Assistance Committee Update
page 17

Beth El Friends Out and About
page 18

Events

High Holiday Heads Up
page 12

Summer Movies at Beth El
page 13

And

Pictures, pictures, pictures
pages 22-25

Beth El Hebrew Congregation



ALEXANDRIA, VIRGINIA

Worship Services

Friday, July 1
Erev Shabbat
Services
6:30 pm

Saturday, July 2
Shabbat Morning
Services
10:30 am
Tot Shabbat
11:00 am

Friday, July 8
Erev Shabbat
Services
6:30 pm

Saturday, July 9
Shabbat Morning
Services
10:30 am

Friday, July 15
Erev Shabbat
Services
6:30 pm

Saturday, July 16
Shabbat Morning
Services
10:30 am

Friday, July 22
Erev Shabbat
Services
6:30 pm

Saturday, July 23
Shabbat Morning
Services
10:30 am
Tot Shabbat
11:00 am

Friday, July 29
Erev Shabbat
Services
6:30 pm

Saturday, July 30
Shabbat Morning
Services
10:30 am

Friday, August 5
Erev Shabbat
Services
6:30 pm

Saturday, August 6
Shabbat Morning
Services
10:30 am
Tot Shabbat
11:00 am

Friday, August 12
Erev Shabbat
Services
6:30 pm

Saturday, August 13
Shabbat Morning
Services
10:30 am

Friday, August 19
Erev Shabbat
Services
6:30 pm

Saturday, August 20
Shabbat Morning
Services
10:30 am

Friday, August 26
Erev Shabbat
Services
6:30 pm

Saturday, August 27
Shabbat Morning
Services
10:30 am
Tot Shabbat
11:00 am

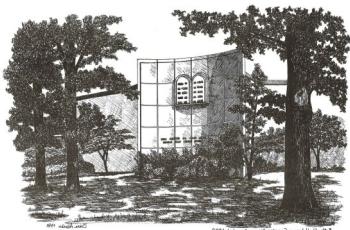


Table of Contents

Rabbi's Remarks.....	3
Cantor's Corner.....	4
Religious School Registration	4
Introduction to Judaism.....	4
President's Point of View.....	5
Book Sale.....	5
Religious School Report	6
ECLC Update.....	7
College Committee and Congratulations	7
Executive Director's Entry.....	8
Caring Community Committee	8
Mintz Award Winner	9
WRJ Book Club	9
WRJ News	10
Brotherhood News	11
High Holiday Heads Up	12
Brotherhood Man of the Year	13
Summer Movies at Beth El	13
Member News	14
Social Justice Torah Commentary.....	14
Tot Shabbat.....	15
Library News	15
WRJ Social Action.....	15
Inclusion News	16
Refugee Assistance Committee Update	17
Epicurious Epicureans	18
Chapel in the Woods.....	19
Beth El's Butterfly Garden	20
ALIVE!.....	20
Torah Portions	20
Readers of Beth El.....	20
Donations.....	21
Save the Date: Book and Author Event	22
Pictures	22-25
Pozez JCC Programs for Our Children.....	26

Rabbi's Remarks Devoted to Wrestling

ONLY DAYS AFTER Beth El adult learners completed *Together & Apart: The Future of Jewish Peoplehood*, an intellectually rigorous, emotionally challenging, 14-session educational curriculum, I boarded a Tel Aviv-bound flight with a multi-denominational group of DMV rabbis and Gil Preuss, the CEO of The Jewish Federation of Greater Washington. The rabbinic mission was both timely and powerful, as from last September through this May, our biweekly group of learners had wrestled with an unprecedented reality: in our lifetimes, the Jewish people have moved from being a people with no home to being a people with two homes, Israel and North America.

The purpose of the rabbinic mission was to bring together a core group of local rabbis in order to participate in on-the-ground and frequently intense, even contentious, conversations on the themes of shared society in Israel and its relationship to a potential two-state solution. Additionally, with the Russian invasion of Ukraine creating an ongoing humanitarian crisis, we spent one morning at The Jewish Agency and with The American Jewish Joint Distribution Committee, both of which are monitoring the situation in Ukraine and working to bring Russian and Ukrainian Jews to safety in Israel. Over our four days in Israel, we heard from a broad range of voices and perspectives. Among others, we met Ethiopian, Sephardic-traditional, Palestinian-Israeli (who also self-identify as Palestinian-Arabs), Modern Orthodox activists and community leaders, Jewish Israeli and Palestinian-Israeli journalists, and Rabbi Donniel Hartman of the Shalom-Hartman Institute. They shared their hopes, dreams, and critiques. We shared ours.

As a congregation, we are devoted to wrestling with our dreams for Israel. This devotion remains steadfast, but it also demands our honesty. It can be painful to wrestle with dreams. During our Beth El adult learning and while searching for a way forward as people both together and apart, we explored the moral implications of Jewish nationalism, wrestled with the Israeli Nation-State Law, debated both Zionism and Anti-Zionism (and when it veers into antisemitism), and sought to articulate a tenable model to express the reality of dual at-homeness in both North America and Israel. All of these conversations are crucial. I believe we are incredibly fortunate to have the privilege to engage in them.

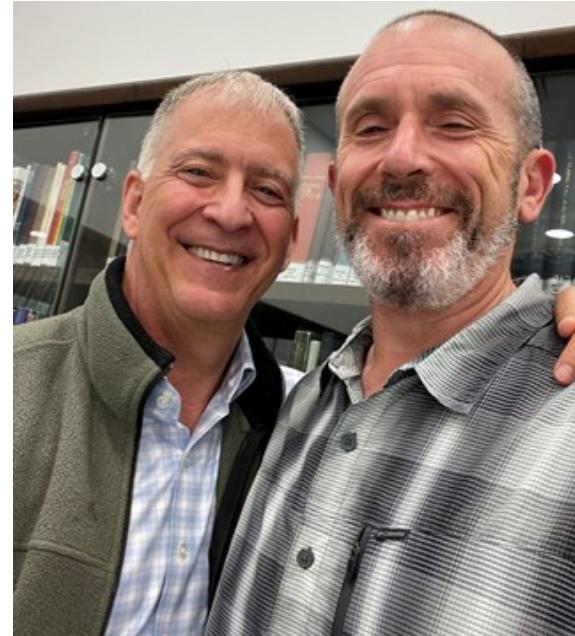
If you know me, you know that I believe that this is the best time to be a Jew in 2,000 years. I prefer the problems of too many Jewish homes to too few, and I argue that the challenges faced by the Jewish people today are challenges that result from success. We are

strong. Devoted. Vigilant. But I would be dishonest if I didn't also share the pain I occasionally feel.

Like a hypothetical Jew whose Jewishness is primarily expressed in opposition to antisemitism or a Jew who experiences Israel solely through the lens of the Israeli-Palestinian conflict, heaviness weighs on me when I live too much of a Jewish life as a Jewish "photo negative." Without the leavening inspiration of the Psalmist, whose "When the Eternal restored the fortunes of Zion, we were like dreamers," I whisper to myself every time I enter Jerusalem, without hearing and speaking Hebrew, the living language with which our tradition teaches God spoke the world into being, without the stirring melody of *HaTikvah* reminding me of the dream made true through sacrifice and sheer will, without praising God as the sun sets into the Mediterranean Sea, Israel is too heavy to endure.

To me, to remain devoted to wrestling with our dreams for Israel means understanding that there is an Israel of the head and an Israel of the heart. Remaining devoted requires intellectual craftsmanship and the willingness to articulate an educated opinion about the Jewish state. And remaining devoted to wrestling with our dreams means also that there is an Israel of the heart, one that elevates our *neshamahs*, bonds us to the people Israel, and tethers us to the land of Israel.

— Rabbi Spinrad



Rabbi Donniel Hartman of the Shalom-Hartman Institute with Rabbi Spinrad



Cantor's Corner

Introducing... the High Holiday Family Choir!

I'M THRILLED THAT this year's High Holiday choir is returning and I am truly grateful for all those who have signed up to participate. While I am incredibly proud of the past two years' High Holiday Services, I have missed the voices of our choir terribly. I'm so happy that in just a few short months we will hear our High Holiday Choir once again lead our community in prayer.

Depending on when you are reading this article, there still may be time to sign up. You may learn more about this year's High Holiday Choir by clicking this link <https://www.bethelhebrew.org/high-holiday-choir.html> or by reaching out to Ronit Goldstein at RGoldstein@bethelhebrew.org.

I'm proud to announce that this year, in addition to our High Holiday Choir, we are also having for the very first time an intergenerational High Holiday Family Choir.

The Family Choir is open to Beth El Members of *all* ages. This choir is intended to join the voices of all generations in our community, from Religious School age to long time Beth El members. This is a great opportunity for the youth in our community to share their beautiful voices with us all!

Additionally, if you were interested in joining the Adult High Holiday Choir, but the rehearsal schedule prevented you from signing up, the rehearsal schedule of the Family Choir may work for you instead.

The Family Choir will meet to rehearse on one occasion, Sept. 18 from 9:00 to 10:00 am in the sanctuary. We will be singing in our N'ilah service, which will conclude our Yom Kippur worship on Oct. 5 at approximately 6:00 pm.

In years past, the High Holiday Choir sang at N'ilah, in addition to Erev Rosh Hashanah and Kol Nidre. This year the N'ilah service will be led by just our Family Choir. To clarify – members of the High Holiday Choir are warmly welcomed to sing in this year's N'ilah service as well, so long as you join the Family Choir and attend the rehearsal on Sept. 18 at 9:00 am.

I'm very excited for this addition to our musical program and hope that you will consider being a part of this inaugural experience with me.

If you or your child are interested in participating in the High Holiday Family Choir, please email RGoldstein@bethelhebrew.org. We will be sending music and recordings in advance of our Sept. 18 rehearsal.

— Cantor Kaufman



Beth El Religious School Registration for 2022-2023 School Year Now Open!

*Look on the Beth El website or
click [here](#) for more
information or to register.*

Introduction to Judaism Fall 2022

Two sections being offered:

- Wednesdays, Sept. 7, 2022 – Jan. 18, 2023 by Zoom
- Thursdays, Sept. 8 2022 – Jan. 19, 2023 in-person at Beth El

Both sections are from 7:00 - 9:00 pm

Cost is \$360 for your or you and your partner in this journey

Click [here](#) for more information or visit the Beth El website to register

Please direct questions to **Rabbi Susan Warshaw** at rabbiswarshaw@gmail.com

President's Point of View



HELLO FRIENDS!

First off, I'd like to thank our departing Beth El board Members: **Marc Ittelson, Rae Ellen James, and Michael Tanner.** Many thanks to each of these folks who have given of themselves and to Beth El. Additionally, I'd like to thank all of their family members for letting us barge into many a dinner hour with board Zoom meetings. We thank you for your understanding.

As we move into the summer months and emerge anew into this joyful time of the year, we expect each of you, just like our clergy, will find a time to relax and reconnect, hopefully in-person with far-flung family members.

As for Beth El, over the summer months we are beginning the ramp up for the High Holidays around the building. In doing so, we will perform much needed summertime maintenance projects:

- We will be installing new carpet in the front office,
- We will be replacing one of the social hall rooftop air conditioning units,
- We will be painting and renovating the second floor youth lounge.

Bit by bit we perform needed upkeep to the building so that it will be in tip top shape as we get ready for High Holidays.

Take some time, eat lots of ice cream and as always Beth El is here for you to make connection, find meaning, or seek healing.

L'Shalom,

Alan Cohn
President



Good News: We are accepting book donations again!

Please bring your donations of books, puzzles, records, CDs, VHS tapes (probably the last year for these), and DVDs to Beth El during normal business hours, M-Th 9:00 am-5:00 pm and Fridays 9:00 am-3:00 pm. Since we did not have a 2022 sale, 2023 promises to be a megasale!

Please note that we do **not** accept magazines or **encyclopedias** of the old multi-volume variety.



The book sale now has a place on our website under Community. Please check there for information on book sale-related events such as planning meetings or sorting.



If you have any questions, or you would like to help with the next book sale, please contact **Janet Hlatky** at JEHlatky@outlook.com or 703-447-0456. Or email booksale@bethelhebrew.org, our new, easy-to-remember email address.



Religious School Report

Lizroam

This Summer Let's Go with the Flow

GROWING UP, I ALWAYS went with my family to Biloxi, MS, over the summer. We'd visit my great grandfather's fishing camp, spend time by the beach, and go to the wave pool at Buccaneer State Park. I loved sitting in the lazy river, letting it slowly rock me along. I didn't have to worry about grades, classes, or classmate drama, I just needed to think about the last time I put on sunscreen.

There's nothing quite like summer, and there's nothing quite like Jewish summer camp. Every year more and more Jewish kids go to sleep-away camp. It is by far one of the most effective points of Jewish connection for our kids beyond Religious School and youth groups. It is a deeply immersive and meaningful Jewish experience for kids and staff. This year, we have campers at URJ Camp Harlam, Capital Camps, Camps Airy and Louise, URJ Six Points Sports and Arts Camps, and other Jewish camps all over the country. Sleep-away camp is a phenomenal experience, and if your child is interested in Jewish summer camp, there are ways to make it possible with One Happy Camper grants and other scholarships. Camp is expensive, but it's definitely worth it. Look out for camp visiting days for summer tours in your Religious School e-mail soon!

This summer, I hope you and your family are getting some R&R and perhaps even going away to see family or just going to the beach. After two challenging years, we're all in need of some time to recharge and reflect. Each of us, including our kids, are still carrying around the weight of COVID, even as the virus seems to become endemic, we need to take time to take care of ourselves and help our kids to do the same. Many of us have developed various ailments due to stress, and we need to remember to pause and just be, and summer gives us that chance.

In 2015 I learned of a great Hebrew word, *לזרום*, "lizroam," "go with the flow." As we all get ready to head to the beach, camp, or even stay at home by the pool, I hope we're better able to *lizroam*. Over the last two years, we've spent a lot of time white-knuckling it through each day. I for one created a dozen different systems to try to keep our kids and families safe from COVID. Our *Hashiveinu* TaskForce and RSY Team strove to find a sense of control amidst an uncontrollable pandemic. And, yet, we did it. We found ways to keep our kids safe. But, by the end of the year, we knew we needed to let go. Now, as we go into the summer, we let go over of our children as they go off to camp, and we begin to take things a bit less seriously. Although we might do this because it's summer and it's the time to sit back and relax, we also instinctively know we need to do it to take care of ourselves.

Even as you lounge by the pool and sit down to a good summer read, our Religious School prep for next year is gearing up. Registration is open, and we're excited to welcome new families, students, and staff to our program next year. We're so looking forward to a return to Bagel Bar on Sunday mornings and Canteen on Wednesday afternoons. We'll be able to return to more in-person family programs along with increased youth programming for our younger students and families. Finally, we're excited to return to NYC with our 6th-8th graders. At the same time, we now know that we can't control a pandemic. It will ebb and flow, and all we can do is *lizroam*. And, yet, as we've done since March 2020, we will keep on evolving and growing our school and community and meeting the needs of our parents and students.

We made it back into the building this year, and next fall we'll be building back our Religious School community through parent and family engagement with a focus on *tikkun olam*. Each month we'll have themed collections for ALIVE! and other organizations as well as mitzvah projects families can do together. Our RSY Team (Religious School and Youth) will be focusing on getting parents more involved whether that be through Bagel Bar, Canteen, as a grade representative, or as a room parent. We'll need your help! If you're a parent or a congregant who is passionate about Judaism and enjoys teaching and spending time with kids, maybe you'll consider teaching or being a one-on-one with a student with special needs, tutoring a student in Hebrew, or subbing.

On Sunday, Aug. 14, our BEHC RS staff including teachers and madrichim will come together to begin the year anew. We'll set up our new classrooms and get ready to welcome you and your children back to the building on Sunday, Aug. 28 for our Parent and Family Orientation. We'll have time for parents and kids to meet teachers, to reconnect with old friends, and to begin to make new ones. While parents have some time with our clergy, your kiddos will get a taste of our club and BEFTY events for the year. Religious School will begin formally on Sunday, Sept. 11, and we'll join as a community together for our Youth and Family High Holiday Rosh Hashanah Services on Monday, Sept. 26 and Yom Kippur on Wednesday, Oct. 5.

We're so looking forward to welcoming you and your family back to Beth El in the fall. Until then, may you have a sweet summer and always remember to *lizroam*!

Rabbi Bailey Romano
bromano@bethelhebrew.org
 Think. Feel. Do. Jewish
 Click [here](#) to meet with me!

ECLC Update

IN AUGUST, we will be completing 15 years of the Pozez JCC-Beth El ECLC. In that time, we have seen hundreds of children come, grow, learn, touch our hearts, and leave us for elementary school. Over the 15 years, we have had the pleasure of watching many of these students grow up. Kids in our first graduating class are finishing their freshman year of college; kids who were in our second graduating class are graduating from high school. Our very first class of two-year-olds will be seniors in high school. We love to see our ECLC kids grow up into fine young adults. It's pretty awesome that we currently have three preschool graduates who are on staff this summer as part time floaters, right back where they started.

Last year, I wrote about the continuum of Jewish education as my own children reached the milestone events of Bat Mitzvah and Confirmation, having begun in the preschool many years before. This year, again, I am very aware of the magic of the continuum. At the beginning of June, Beth El was proud to have seven young adults lead a beautiful Confirmation service. I know all seven of these students and was so proud of each of them. I remember all of them as they passed their blessings check before Bar and Bat Mitzvah, and before that, each of them was a successful fifth grader in my Hebrew class.

Four out of the seven Confirmands are also ECLC graduates. I remember each one of them from their earliest ECLC days. They started with us as tiny people who barely talked, and now they stood on the bimah in the sanctuary and affirmed their commitment to Judaism.

Our Jewish young people need to feel connected to their Judaism at an early age. Jewish identity comes from positive experiences and memories. The earlier memories begin, the stronger the Jewish identity. It's a great

feeling to think that the ECLC has had even the tiniest part in creating the Jewish identities that have bloomed into the young adults that are the future of Judaism. I am so honored and blessed to be a part of the ECLC that starts our kids off on their Jewish path.



Here's to the joy of watching kids come full circle.

Dina

Dina Backer

Director, Pozez JCC-Beth El ECLC

dbacker@thej.org



Four 2022 Confirmands began their learning in the ECLC L-R Mia M, Jackson G, Mora Dina, Amanda J and Casey P (on the phone)

College Committee and Congratulations

BETH EL THANKS outgoing Committee Chair **Sue Meisner** for her years of service sending care packages to our children at college, and thanks **Karen Jupiter** for stepping in to do this going forward. Send your college kid's snail mail address to her at karen.jupiter@gmail.com.

Your Bulletin editor apologizes: we forgot to ask for information on high school and college graduates this spring so we could congratulate them in the Bulletin. If you would like your child called out in the Member News section, please send the information to bulletin@bethelhebrew.org.



Recent care packages



Executive Director's Entry

EVERY JEWISH organization or synagogue calls themselves a warm welcoming environment. At Beth El, we don't often talk about this but are always re-evaluating and improving upon the member experience. Here are some of the things we have done so that you, our members, feel welcomed, seen, and appreciated when you walk through our doors.

Outside our front doors is a new, eight-seat picnic table. It's the perfect, shady spot to make a quick phone call, enjoy a cup of coffee, have an impromptu picnic with your family, or hang out with others while you wait for Religious School dismissal.

Our bright, sun-filled, gracious, lobby has four café style tables with chairs, and by the end of the fall will have a coffee table with plush side chairs. If you are a coffee lover, a professional style coffee machine is coming late August and can make your favorite cappuccino, lattes, and hot chocolates at the push of a button.

These changes highlight an important piece of the Beth El experience – that environment matters. It means having updated technology, assistive devices, comfortable seating options, clearly labeled signage, and friendly, welcoming staff. It means that our Shabbat Social Hour includes a range of food choices so that our members who have not yet had the chance for dinner (or even lunch!) can have something to eat that nourishes their body (before nourishing their soul at Shabbat services),

but also means that we send an email reminder to people who have registered for our programs because who doesn't appreciate a reminder on the day of the event?

We know that small interactions, like sharing coffee or wine, and connecting with others in big ways, like during services or in small conversation with a fellow member, are the ways we create connections. Our Shabbat program flyer offers a special welcome to families with young children, and our new card-making station inside the sanctuary is not only wonderful way to share greetings with those who may need healing, but it is also a way for us to make sure children know that they are truly welcomed at Beth El.

As we prepare for the High Holidays at Beth El, we are expanding this approach to the entire High Holiday experience. Look for innovative ways to connect with your Beth El community (including a hands-on challah baking workshop and community break-fast).

If you haven't joined us for an in-person event recently, I hope these highlights tempt you to stop by! Whether you enjoy some peaceful time in the beautiful Chapel in the Woods or take a moment to enjoy some coffee in the lobby, we look forward to welcoming you to your home at Beth El.

Elizabeth (Liz) Bayer
(pronouns: she/her/hers)
Executive Director
lbayer@bethelhebrew.org

Caring Community Committee

Beth El is a Kehilat Chesed (loving community)

THE CARING COMMUNITY Committee (CCC) provides a helping hand during times of illness, loneliness, or bereavement of Beth El members. The committee works in partnership with the clergy, and keeps them informed of its activities. It operates on a confidential, privacy-respecting basis in the following areas:

- Provides meals, assistance with funerals at Beth El, and other help for congregants who have experienced a death in their immediate family;
- Calls congregants with long-term needs to offer them various services, a visit, or just a friendly ear;
- Delivers gift bags filled with holiday goodies to homebound members several times a year;
- Calls members who are acutely ill or have other immediate needs to offer meals, occasional rides to appointments, prescription pick-up, or friendly visits as needed;
- Brings greetings and a gift to members who have recently welcomed a new baby;

- Establishes caregiver support and bereavement support groups as needed;
- Offers members information about area services and resources and helps them obtain what they need.

To access any of the above, or to offer ideas, suggestions or help, please contact the Beth El office at 703-370-9400 or CCC Chair **Ruth Perlstein** at 703-978-9341 or rperl18607@gmail.com.

Attention Seniors: Five jurisdictions in Northern Virginia are partnering to offer a regional virtual senior center for older adults and adults with disabilities. The center will offer live virtual programming on Zoom five days a week with events ranging from fitness classes to special presentations to interactive games. There is no fee, and all older adults and adults with disabilities living in Northern Virginia are welcome. Visit NOVA VCAA by going to www.Fairfaxcounty.gov and searching for Northern Virginia Virtual Center for Active Adults.

2022 Mintz Award Winner: Judy Jankowski

THE 2022 MINTZ AWARD committee consisting of chair **Linda Waller, Jeremy Flachs, Linda Shapiro**, and ex officio **Barbara Mintz**, is pleased to present this award for outstanding volunteer service to Beth El to **Judy Jankowski**. The award is named for **Martin Mintz**, a much-loved and past president of Beth El known for his wisdom, compassion, ability to work with everyone, and dedication to Beth El. The award was established in 1989 to recognize a Beth El member who has demonstrated “effective, unselfish, humanitarian, continuing, long-term outstanding service to the congregation.”

There's a footnote by Laurence Kushner in our siddur (on page 143 if you want to look) that describes Marty Mintz and those who have received this award. It reads, “And so we understand that ordinary people are messengers of the Most High. They go about their tasks in holy anonymity often, even unknown to themselves. Yet, if they had not been there, if they had not said what they said or did what they did, it would not be the way that it is now. We would not be the way we are now. Never forget that you, too, yourself, may be a messenger.”

Judy Jankowski meets every criteria of the Mintz award and exemplifies the best of Beth El. She is truly one of Rabbi Kushner's messengers. Judy has been a Beth El member since 1990, during which time she's been involved in many aspects of Beth El's life. She was elected to the Beth El board in 2021.

Judy is a longtime member of the core Caring Community Committee. She cooks and delivers meals to the ill or temporarily and permanently homebound, and organizes the holiday bags that the Caring Community gives to homebound congregants.

Judy is also an active member of Beth El's Inclusion Committee, helping to make Beth El's religious services and activities accessible to all and to raise congregational awareness of inclusion needs.



Her past volunteerism has included providing and serving meals at Bailey's Shelter and Supportive Housing. More recently, Judy is among dedicated Beth El volunteers delivering fresh produce from the Community Supported Agriculture (CSA) program to individuals who have progressed from living at Carpenter's Shelter into their own housing in the community.

For more than a decade, Judy was one of the stalwart volunteers who annually devoted multiple weekend hours sorting and organizing the thousands of books donated and sold at Beth El's pre-pandemic book sales. Judy has long been active in WRJ and has served as corresponding secretary since 2019. In this role, she sends cards with heartfelt personalized notes to congregants celebrating simchas or experiencing illness or bereavement. She is also the official photographer for both WRJ and Brotherhood. Judy's photographs appear in the Bulletin and on social media, putting Beth El's best foot forward.

In addition to her official WRJ duties, and even before joining the WRJ board, Judy could always be counted on for setup and cleanup of many events, including WRJ's annual decoration of the sukkah on the bimah.

She is a liaison between Brotherhood and Brotherhood catering and a resource for use of the Beth El kitchen. Judy also has the distinction of being one of a small number of Beth El women who have been awarded lifetime honorary Brotherhood membership in recognition for her many years of contributions to Brotherhood catering — more than ten. These activities include serving as the primary purchaser of food for all Brotherhood events. She can also be found on the catering server and cleanup crews. Judy likewise provides her food purchasing knowledge to multiple other Beth El groups.

Congratulations to Judy and thank you for all you've done and will continue to do to make Beth El a special place.

WRJ Book Club

THE WRJ MORNING BOOK CLUB will next meet on Zoom on Tuesday, July 12 at 11:00 am to review *Eternal* by Lisa Scottoline. The group has met the 2nd Tuesday every other month at Beth El for many years — until the pandemic changed everything. We have set aside the date Sept. 13 at 11:00 am for the next event, with the location yet to be determined. WRJ members who are interested in joining should contact **Gerrie Sturman** at 703-820-7864, or at sturman.g@gmail.com to be added to the mailing list.

WRJ News

Where We've Been and Where We're Headed

Our Fiscal Year 2021-22 in Review

COVID-19 continued for a third year to affect membership numbers, membership activities, and fundraising. Board meetings and most educational and social events were online via Zoom. In spite of pandemic limitations, we finished the year with 142 members.

WRJ purchased its own Zoom account, with board meetings continuing to be held the first Wednesday of each month (rescheduled for holidays) at 7:00 pm.

Judaica Shop

Since the building re-opened, Interim Manager **Lynne Orens**, Assistant Manager **Roberta Sultzner**, Treasurer **Bobbie Gershman** and additional volunteers have opened the shop most Friday evenings for a half-hour prior to Shabbat services and some Sunday mornings during Religious School, and for abbreviated Hanukkah and Passover boutiques. The Judaica Shop also launched a partnership with Modern Tribe, which returns five percent of sales through our unique link, <https://moderntribe.com/pages/bethelwri>, to the WRJ Judaica Shop. Only a few purchasers used the link this year, but it remains promising. The Judaica Shop is still seeking a permanent manager in advance of Lynne's planned retirement in January 2023.

Educational Programs

WRJ (and Brotherhood) co-sponsored and assisted the Inclusion Committee with a program in June on coping with pandemic stress. While WRJ helped recruit one of the panelists and distributed publicity, and provided volunteers for set-up and clean-up, the "heavy lifting" was done by **Jeanne Holden**. Kudos also go to Jeanne's son, **Michael**, who expertly managed the audio-video equipment.

Social Programs

Susan Whitman led online Mah Jongg classes, continuing regularly-scheduled online play through www.realmahjongg.com Thursday evenings and Sunday mornings.

WRJ members built the Sukkah on the *bimah*, and participated in WRJ's book and knitting clubs. Our Corresponding Secretary, **Judy Jankowski**, wrote and sent cards to congregation members to recognize significant birthdays, anniversaries, condolences, and congratulations.

The WRJ board hosted an in-person Hanukkah social; supported the BEHC Hanukkah oneg by purchasing sour cream and apple sauce; and conducted a well-received pre-Pesach dessert social to include preparing and distributing a recipe book.

At the WRJ Shabbat in May, board members sang *Shalom Rav* with **Cantor Kaufman**, led readings, and sponsored the pre-service social hour refreshments.

WRJ funded the purchase of cookies for the end-of-year picnic for the Religious School, at which **Rabbi Romano** drew the three winning tickets for the WRJ

Spring Raffle; and we also funded the purchase of cookies for the pandemic stress program.

Social Action

Carpenter's Shelter

Esther Belenker and **Susan Wartel** continued leading the BEHC monthly dinner for Carpenter's Shelter. Beth El has supported the efforts of Alexandria's Carpenter's Shelter for decades, and currently delivers meals 18 times a year to residents.

WRJ Social Action

Janet Garber spearheaded the following initiatives:

- Collected school supplies for the Alexandria Domestic Violence Program (ADVP) in July and diapers and wipes in September. Congregants responded enthusiastically to the new Amazon online option for direct delivery to the synagogue.
- Collected slippers and robes for Guest House, a half-way house program specifically for previously incarcerated women, also through both in-person and Amazon options.
- Collected men's and women's professional clothing for the clothes closet at PathForward Virginia (formerly known as A-Span).

Philanthropy

WRJ, through the Judaica Shop and in partnership with Brotherhood, purchased and presented *kiddush* cups to those celebrating their *B'nai Mitzvah*; and WRJ also funded the purchase of *tanachim* (*Torah* commentaries) for presentation to the Confirmation class. The Judaica Shop also ordered gelt for the Religious School and gelt and Hanukkah socks for the College Committee (the Religious School and College Committee reimbursed the Judaica Shop for these purchases).

Jo Ann Allen again led the WRJ Spring Raffle, with proceeds benefitting the Religious School, Jewish youth programs, and the *Madrichim* Program, and co-funding the *kiddush* cups and *tanachim* mentioned above. For the second year in a row, WRJ was able to reduce its administrative costs associated with the raffle by sending raffle tickets via email and making them available for download from the Beth El web site, rather than making physical copies and mailing them.

WRJ members assisted with the packing of boxes for Beth El's Purim *Misloach Manot* fundraiser and additionally raised funds by providing flowers and *onegs* (which include a small service fee) for special occasions.

WRJ presented a check for \$1,000 to Rabbi Romano for the benefit of Religious School youth, including the purchase of games for use at the Mid-Atlantic Junior Youth Kallah (MAJYK).

At its June board meeting (the last board meeting of fiscal year 2021-22) the WRJ board voted to make the following additional contributions this fiscal year:

- \$4000 to Beth El for the Beth El budget
- \$1700 to the Refugee Assistance Committee, ear-

Continued on page 17

Brotherhood News

BROTHERHOOD WAS very busy during the months of May and June, beginning with a Mother's Day brunch on May 8. The format was different than in past years as Brotherhood partnered with the Religious School so that students and their mothers (and some fathers as well) would attend the event and participate in the activities. The Rock Hard Bagels performed their music for the crowd, and the students and parents played Jewish trivia games. The participants could also taste the bagels from three different bakeries and choose their favorite ones. Cream cheese and lox were also provided along with fruits and vegetables. Brotherhood would like to extend its thanks to **Rabbi Romano** and **Jenn Landy** for helping plan the event and purchasing the bagels and flowers, and **Evan Bolick** and **Matt Mutterperl** for purchasing the other food. Evan Bolick was also the master of ceremonies for the trivia games. And thanks to the Rock Hard Bagels, who made the morning very enjoyable with their music.

Brotherhood held its annual end-of-year Religious School picnic for the first time since 2019. The event was on Sunday, May 22, and was a great success. Families celebrated the last day of Religious School with hamburgers and hot dogs as well as some desserts including cookies, popsicles, and *kadorei shokolade*, made by the seventh grade class. The weather was a bit hot but sunny, and many students also enjoyed jumping on the Moon-Bounce. Brotherhood would like to thank the following people for helping make this picnic happen: **Rabbi Romano**, the office staff, and **Jeff Davidson** for promoting the event; as well as volunteers, **Judy Jankowski** (for purchasing the food); **John Jankowski**, **Jeremy** and **Amarantha Flachs**, **Roger Smith**, **Stuart Davis**, **Todd Cohn**, **Rabbi Randy Schoch**, **Ben Mutterperl**, **Noah Mutterperl**, **Josh Mutterperl**, **Matt Mutterperl**, **Alan Rubinstein** and **Virginia Ruiz**, **Greg Harding**, **Jon Katz**, **Samantha Weiner**, **Peter Orens**, **Tova Ravitz-Meehan**, **Tyler Coughlin**, **Rebecca Meehan**, **Anna Salomon**, and **Lea Perez-Lopez** for preparing and serving the food.

Also, during May, Brotherhood provided its annual check to the Religious School to help provide support for students with learning challenges and disabilities.

On Wednesday, June 1, Beth El attended the annual Interfaith Dinner with Fairlington United Methodist Church. It was the 63rd gathering between the two congregations (with one interruption year from the pandemic). Approximately 75 people, 20 of them Beth El members, including all three of our clergy, went to the church



to attend the event that had a catered meal, and a program for all to participate in. The presidents of both men's groups spoke briefly (**Matt Mutterperl** from Beth El and **Marc Dapas** from Fairlington United), followed by **Pastor Howard** and **Rabbi Spinrad**. Then, after dinner was served, each table had discussions on how the two congregations can work together, especially in light of the fact that social action is a large part of both congregations' missions. Each table had an individual present that table's ideas.

Next, on Sunday, June 5, Brotherhood co-sponsored a special event with the Disabilities Inclusion Committee, the Religious School, and WRJ to learn about *Social and Emotional Well-being During the Covid Pandemic*. Approximately 30 people attended in person with many more observing online. (See page 16 for more information on the program itself.)

And, on Friday, June 10, Brotherhood celebrated its annual Brotherhood Shabbat. Brotherhood held its annual members meeting in the MPR and voted on and approved its 2022/2023 budget. **Ron Sturman**, the longtime vice president of Programs was acknowledged for his dedication and virtual re-creating of Brotherhood's programs. Later, during the Friday night service a few of the Brotherhood board members were invited up to do readings, including **Joel Augen**, **Jeff Davidson**, **John Jankowski**, and **Jeffrey Sachs**. Brotherhood President **Matt Mutterperl** was invited to light the candles, give a D'var Torah, and then introduce the Man of the Year, **Robert Siegel**, longtime host of NPR's *All Things Considered*. See page 13 for more on Brotherhood Man of the Year Robert Siegel.

And, upon exiting the sanctuary, **Jeffrey Sachs** displayed a leaf from the Tree-of-Life that Brotherhood dedicated to **Jack and Jim Orlick**, father and son, who were instrumental in working for Brotherhood Catering during the 1990s and into the 2000s. Jim passed away within the last few months.

Brotherhood would like to thank **Nancy and Stuart Davis**, along with the Chapel in the Woods Committee and volunteers for their continued efforts to make our outdoor space so beautiful.

In addition, Brotherhood looks to return to the catering of events this fall after the challenges of the pandemic over the last couple of years. We will let Brotherhood members know of upcoming events as we schedule them. Before long, the High Holidays will again be upon us, and in October we will be building the Sukkah.

Matthew Mutterperl
Brotherhood President
brotherhood@bethelhebrew.org

HIGH HOLIDAYS AT BETH EL HEBREW CONGREGATION



IN PERSON

AND ONLINE

Check your email for ticket information & holiday schedule

WWW.BETHELHEBREW.ORG // PH: 703-370-9400

Brotherhood's Man of the Year 2022

Robert Siegel

ROBERT SIEGEL WAS born in New York City and grew up in Stuyvesant Town in lower Manhattan. He attended Stuyvesant High School and then moved on to Columbia University.

Robert hosted NPR's afternoon newsmagazine program *All Things Considered* from 1987 until 2008 (31 years). His prior positions at NPR included Director of New and Information Programming. The *Weekend Edition* programs were started on his watch and *Fresh Air* with Terry Gross signed on as a national network program. Before that, he was senior editor, London, where he was NPR's first overseas staffer.

Siegel has been honored with such lifetime achievement awards as Columbia's John Chancellor Award, Washington State University's Edward R. Murrow Award, the Reporters Committee's Freedom of the Press Award, and the National Press Foundation's W.M. Kiplinger Distinguished Contributions to Journalism

Award. As a program host, his reporting assignments have ranged from New York City's mentally ill homeless to the fall of the Berlin Wall to terrorism in Paris.

A longtime Beth El member (since the mid 1980s) and a longtime Brotherhood member as well, Robert Siegel has been a moderator for over a dozen Public Policy and Witness to History Forums since 2015. Some of the topics for the forums include antisemitism, the future



of the Reform Movement in Israel, the Snowden Impact, and America's response to Charlottesville. This year in particular, Siegel was the moderator of three forums:

- In October of 2021, he moderated "America's Special Relationship with Israel" with Congressman Don Beyer;
- In January of 2022, he was the moderator for a "Witness to History" interview with Len Rubenstein regarding "Perilous Medicine: The Struggle to Protect Health Care from the Violence of War";
- On March 6, 2022, he led another Witness to History forum with Eric Kisch, entitled "The Jews of Shanghai" in which Kisch discussed growing up Jewish in Shanghai.

Siegel lives with his wife Jane in Arlington, VA, and is a special literary contributor to Moment Magazine. He also hosts a monthly webinar, Global Connections for the American Friends of Rabin Medical Center. Siegel also once

appeared in the cartoon "The Simpsons" playing himself, and his retirement from NPR was the subject of a category on Jeopardy.

For his great work and dedication to Brotherhood, and his willingness to moderate these special programs almost anytime when asked, we honor Robert Siegel as the Beth El Brotherhood's Man-of-the-Year.

CLASSIC
MOVIE MATINEES
AT BETH EL



Watch your email for information about our summer time classic movie matinee series! Enjoy a movie, themed snacks and drinks - vintage clothing optional!

WWW.BETHELHEBREW.ORG

Member News

Welcome New Members:

Zoe Holl

Melissa and Daniel Bradley, and Olivia and Alec

Samantha and David Strauss, and Charlotte and Oliver

Edward and Teresa Austrian, and Molly

Cheryl Glazer

Mazel Tov to:

Michael Menchel on the birth of grandson Marco Russell Menchel

Naomi Mercer on the publication of *Spoiler Alert: A Literary Memoir*

July and August special anniversaries: Norman & Marsha Reiser, Evan & Jo Ann Allen, Chris Mastrangelo & Susan Zernik, Matthew & Elizabeth Leavitt, Robert & Amy Zirkle, Benjamin Mehlman & Esther Belenker, Russell & Ogechee Koffler, Laura & Mark Mandeles, David Apatoff & Nell Minow, David & Nancy Barbour, Richard & Andrea Sigman, Marc & Maxine Winerman, Paul & Myrna Beck, Bruce & Denise Shauer, Seymour & Sara Sohmer, Patricia & Anthony Hawks

July and August special birthdays: Margery Lieber, Pamela Zitron, Lynne Somoroff, David Dinsmore, Frank Fry, Mildred Schreiber, Russell Koffler, Karen Weinberger, Jo Ann Allen

Condolences to:

Stan Sheldone, Lisa Sheldone, Kimberly Siemen, and Mark Sheldone on the death of beloved wife and step-mother Haruyo Sheldone

Marcia Mofson, Jeff Dannick, Terry Sullivan, Samantha and Rachel Dannick, and Eli and Jonas Sullivan on the death of beloved mother, mother-in-law, and grandmother Sheila Freundlich Mofson

Tom Martin and Judith Weinstein on the death of beloved partner, brother, and **Beth El member** Barry Weinstein

Howard Lasser, Marjorie Katz Kraus, Ellen and Eugene LeVee, Catherine Lasser, and Alan and Lori Lasser, Eli and Christine Lasser, Seth and Paula Lasser, Matthew and Sheli LeVee, Amy and Matthew Williams, and Sara and Michael Safyan; and Graham, Reid, and Natalie Lasser, Deborah, Eliezer, and Meir LeVee, Emmett Williams, and Nora Safyan on the death of beloved wife, sister, mother, grandmother, and great-grandmother, and **Beth El member** Barbara Lasser

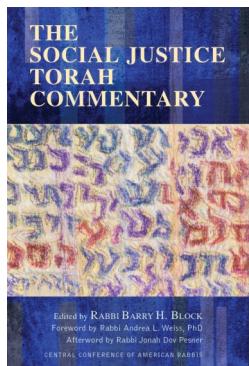
Felissa, David, and Samuel Klubes; Sheldon Neuringer; and David, Nancy, Avra and Addilyn Neuringer on the death of beloved mother, wife, and grandmother Rochelle Neuringer

Linda Vogel, Robert Vogel, Michael and Joan Vogel, Sharon and Randy Sommer, Robin and Brad Lownsbury, and Ryan, Erika, Daniel, Matthew, Carmen, and Kendall on the death of beloved husband, brother, father, grandfather, and **Beth El member** Larry Vogel

The family and friends of beloved **Beth El member** Julie Fields

Rene, Bill and Lauren, Marcus and Catherine, and Tatiana Sollod on the passing of beloved mother, grandmother, and **Beth El member** Diane Barbara Sollod

The Social Justice Torah Commentary Panel Event



Watch the video at

<https://www.facebook.com/BethElHebrew/videos/2148961678618267/>.



L to r: moderator Sandy Marks with Rabbi Barry Block, Rabbi Lauren Tuchman, and Rabbi David Spinrad

Tot Shabbat Goes All Summer Long

WE DID IT! We got together in person at last month's Tot Shabbats. So we plan to keep on doing it!.

The July 2, July 23, Aug. 6, and Aug. 27 Tot Shabbats will be held at 11:00 am in person at Beth El. Weather permitting, we'll be outdoors in the Chapel in the Woods, but given the realities of summer in Northern Virginia, we'll likely set up indoors in the MPR (Multipurpose Room/Chapel) for several of these services.

I'll also continue to simultaneously provide services on Zoom through at least some of the summer, depending on demand.

If you've never tried Tot Shabbat, now's the time to do so. A participatory service, Tot Shabbat has children singing, clapping, dancing, marching with plush Torahs, and being entranced by puppets. Children love Tot Shabbat so much that we offer it 12 months a year.

My wish is that we resume having families volunteer to host an oneg lunch after the service like in pre-Covid days. If you'd like to volunteer for one of these dates, please let me know. Bagels, cream cheese, and some cut-up fruit are all that's needed to keep everyone fed and happy. Those lunches are a great time to meet other young families and let children enjoy unstructured time together. Some families like to follow it up with a trip to the playground — what a perfect Shabbat!

Let's stay connected.

Miss Carol (Carol Boyd Leon)
cboydleon@gmail.com

Library News

AFTER THE RELIGIOUS SCHOOL'S long spring break, I worked several sessions in the Beth El library this last spring. I completed systematic re-cataloging of the oversize and fiction sections, involving a comprehensive review of over 400 books. This process allows me to improve our online catalog while also managing the size of our growing collection. In the course of reviewing these books, I re-cataloged 65 of them and discarded one damaged book. This fall, I will do the same for the biography section.

The carts of new items are filling up again, and it's time to move some of the older items to the general collection. So far, I have moved 14 older books from the new items cart and reassigned them to the general collection; they were all from 2008. The carts are frequently in the lobby, and they have exciting new items! I re-cataloged seven mis-shelved books, weeded seven duplicates from the collection, processed one checkout and ten returns, replaced three missing books that wandered away from the library, added twenty new books to the children and young adult sections, and contributed six more boxes of library discards to the 2023 book sale. I will take the summer off, and I shall return this fall for regular library work again.

Did you know... we have 19 books/DVDs about Ukraine?

<https://www.librarything.com/catalog/BethElHebrewCon&deepsearch=ukraine>

— Ryan Hackel



Miss Carol leading Tot Shabbat in the Chapel in the Woods with her sidekick, Beverly, who teaches children a Torah lesson.

WRJ Social Action School Supplies for ADVP July 2022

YES — SUMMER vacation has just barely started, and we are already planning for students returning to school in the fall! Beth El will once again support the Alexandria Domestic Violence Program (ADVP) with school supplies for 20-25 students, K through 8th grade. We will collect supplies from July 5 to July 20. For those of you who have not had children in school in recent years, you may not know how extensive and detailed school supply lists are. Every school and grade has its own detailed list of required school supplies that can be very expensive! While the school supply lists are long and detailed, the most commonly required supplies are:

- Scissors
- #2 wood pencils
- Crayons, 24-box
- Colored pencils and markers
- 2-pocket folders, in a variety of solid colors
- Pink erasers
- Pens (blue or black)
- Highlighters
- Post-Its
- Glue sticks
- Ziploc baggies (gallon, quart, and sandwich)
- Tissue boxes

ADVP has also requested backpacks, lunch boxes, and gift cards for back-to-school clothes.

Please drop off your donations at Beth El any time the building is open, from July 5 through July 20. You can leave your donations in the Social Action bins in the Beth El lobby or just leave them inside the front door.

— Janet Garber
 703-598-7904
garberj123@gmail.com

Inclusion News

Online Video of Social and Emotional Well-Being in the Time of Covid Program Now Available

WE HOPE EVERYONE has a chance to watch the online video recording of the program on Social and Emotional Well-Being in the Time of Covid that the Inclusion Committee hosted and co-sponsored with WRJ, Brotherhood, and the Religious School on June 5. (Online at <https://youtu.be/o1LiWxQxyHI?t=801>)

Approximately two dozen congregants and community members attended our lunch-and-learn program in-person and more than 30 people watched the livestream. Many additional people have watched the recorded program since then.

The speaker panel featured four experts. Licensed clinical social workers **Hannah Kaye** and **Lizzy Mass**, both of whom are alumna of Beth El's Religious School, participated on Zoom and were seen on large TV screens. Professional school counselors **Terri A. Mason** and **Randi E. Fortier** participated in person in Beth El's social hall.

As one congregant said, it was a "very meaningful program" with "exceptional speakers." The Beth El graduates "have grown to be wonderful adults doing important work... It was a program not to be missed."

Each expert focused on an age group: children, adolescents and teens, seniors and older adults, or those in the middle. They were asked prepared questions on such topics as how to identify signs of significant mental health problems; dealing with Zoom fatigue and uncertainty about re-emerging in public; how equity and culture affect mental health issues and coping strategies; and strategies for self-help and accessing community tools. The speakers also answered questions from the audience.

Sincere thanks go to **Rabbi Romano** for opening the program. She explained that June 5 was *Shavuot*, a holiday traditionally celebrated through study and learning,



The kitchen crew ↑

L to r: Jo Ann Allen, Matt Mutterperl, Judy Jankowski, Bob Merker, Jeanne Holden, and Debbie Spitzer

Technology for the win! →

L to r: Hannah Kaye (on monitor), Jeanne Holden, Terri Mason, Randi Fortier, and Lizzy Mass (on monitor)

which made it well-suited to a program focused on learning to support the mental health and well-being of ourselves, our families, and our community. Rabbi Romano also emphasized the importance of inclusion in the Torah and in our Religious School.

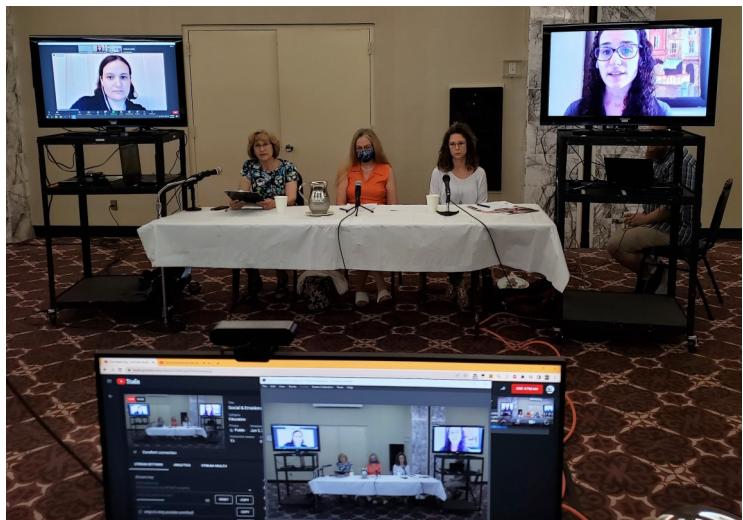
Sincere thanks also go to my son, media technician extraordinaire **Michael Holden**, who planned and executed a strategy using his own laptop, cell phone, cameras, and wires, as well as his father's microphones, and Beth El's sound system, TVs, wi-fi, etc. to keep the program going smoothly, both in-person and online.

Todah rabah to all of the people who contributed to the weekend's success:

- WRJ President **Linda Shapiro** and Brotherhood President **Matt Mutterperl**;
- The BEHC board;
- (Honorary) Brotherhood member **Judy Jankowski** and WRJ and Brotherhood members for planning, purchasing, and preparing food for our light lunch;
- Inclusion Committee member **Dawn Kaye**, for providing ideas, information, and assistance each step of the way;
- **Debbie Spitzer, Jo Ann Allen, Jeanette Astrow, Bob Merker, Jack and Dawn Kaye, Bob Holden** and any other volunteers who helped at the event;
- **Rabbi Spinrad, Liz Bayer, Marissa Smolinsky, Charlotte Strauss, and Joyce Gordon** for helping to develop the concept and/or implementation.

Finally, a big thank you goes to our office staff, **Becky McMurry, Heather Glick, Dana Arnold, and Ronit Goldstein** for taking care of all the behind-the-scenes details, and to the custodial staff for doing all the heavy work. We could not have done it without you.

Jeanne Holden
Inclusion Committee Chair



Refugee Assistance Committee Update

Brand New American Citizens

Congratulations to Jawid, Salima, and their children, who have become United States citizens. Jawid, Salima, and their family arrived in Virginia from Afghanistan in March 2017. Beth El welcomed them, and helped with resettlement and navigating the complexities of 21st century American life.

Update on the Naziris, Our Afghan Family

The Naziris are settling into life in the Landmark area. Nic and Karima, the parents, have made many friends among their Afghan neighbors and are feeling more confident about exploring their immediate environs. Karima is enrolled in English classes and now has a basic grasp of our alphabet and useful words. Nic is enjoying the apartment balcony where he tends pots of flowers. Sanam completed the school year at Alexandria City HS and hopes to take summer classes to improve her English skills. Manzoor is thriving in his job with Interstate Moving Company and will take classes at GMU as a senior starting in August. The other Naziri adult children are all now safely out of Afghanistan with their families and are settling for the time being in Canada and Maryland.

How you can help

Beth El has committed to helping the family for the near future. We are still need monetary donations to help them with their rent. Furthermore, Manzoor needs a car. If you know of someone who is thinking of selling or donating a reliable used vehicle, please consider helping this family by contacting **Julie Mueller**, Beth El's liaison to the family (jmueller723@gmail.com).

WRJ, continued from page 10

marked for the purchase of a used car for the Naziri family

Other Activities

WRJ members joined other Beth El volunteers to re-shelf books in the library after new carpeting was installed.

WRJ has one member, **Jeanette Astrow**, serving as the Mid-Atlantic District board Corresponding Secretary.

WRJ Leadership for 2022-2023

President: Linda Shapiro

Vice President: Susan Meisner

Vice President: Jo Ann Allen

Treasurer: Dina Katz

Recording Secretary: Naomi Mercer

Corresponding Secretary: Judy Jankowski

Counselor: Jeanette Astrow

WRJ Committee chairs and Activity Coordinators

Book Club: Gerrie Sturman

Judaica Shop: Lynne Orens

Knitting: Linda Waller

Onegs and bimah flowers for b'nai mitzvot:

Jo Ann Allen

Social Action: Janet Garber

Sukkah on the Bimah: Linda Shapiro

Save the Date

Mark your calendars for these WRJ events and activities in the coming fiscal year:

- Decorating the Sukkah on the bimah: Sunday, Oct. 9, 12:30 pm – 3:00 pm
- Interfaith Women's Tea: Oct. 16, 2:00 pm – 4:00 pm
- Take down Sukkah on the bimah: Sunday, Oct. 23
- WRJ Open House for Beth El women: Sept. 10 or 11, 2:00 pm – 4:00 pm

- Book and Author Event (open to all members of the Beth El community): Sunday, Nov. 13, 2:00 pm – 5:00 pm
- WRJ Women's *Hanukkah* social: Dec. 11, 2:00 pm – 4:00 pm
- Judaica Shop *Hanukkah* Boutique (open to all members of the Beth El community): Sunday, Dec. 4 and 11, 9:30 am – 1:00 pm
- WRJ Women's *Pesach* social: March 23, 2023, 6:30 pm – 8:30 pm
- Judaica Shop *Pesach* Boutique: March 19, 2023, 9:30 am – 1:00 pm
- WRJ dinner and *Shabbat* for current and prospective members and their guests (a Friday evening in May or June 2023 date TBD)
- WRJ Spring Raffle drawing in May 2023, date TBD

Repeating events

- WRJ board meetings, via Zoom: first Wednesday of each month (except if there's a holiday), 7:00 pm
- Mah Jongg for WRJ members:
 - ◊ In person (in person start date TBD)
 - ◊ Currently online games (RealMahJongg.com): Sun 11:00 am – 1:00 pm and Thurs 6:30 pm – 8:30 pm
- Book Club for WRJ members, second Tuesday of every other month currently via Zoom, hoping to move back to in-person. If you're not a member of the WRJ Book Club but want to join, please contact Club Coordinator Gerrie Sturman.

We hope to see you at some of these events!

Linda Shapiro
WRJ President

Susan Meisner
WRJ Vice President

BEHC.WRJ.President@gmail.com

Epicurious Epicureans Out and About

RusUz in Alexandria in May

For our second dinner, we met at the Uzbek and Russian restaurant RusUz, located in Alexandria. We were excited to learn about Uzbek cuisine that shares culinary traditions from across Central Asia. The Uzbeks are a Turkic ethnic group native to wider Central Asia. At this restaurant the waiters spoke Uzbek, but of course, English with us.

We began our dinner with a selection of cocktails, beer, and wine. I enjoyed a mango Moscow mule that went down smoothly. Another guest highly ranked the #7 beer he drank.

Next, we ordered a selection of appetizers that included deep-fried samosas. These are stuffed with a mixture of ground meat, usually lamb or beef, and spices. We enjoyed dipping them in the accompanying sour cream. Yum! Others ate blini, thin crepe-like pancakes stuffed with seasoned ground beef filling, also served with sour cream.

We were introduced to Uzbek cuisine by trying plov, an Uzbek rice pilaf, the country's national dish and the most popular food in Uzbekistan. It is a main course typically made with rice that includes coriander seeds, cumin seeds, seasoned salt, freshly ground black pepper, julienned carrots, diced onions, chickpeas, raisins, and chunks of lamb. Those that ate this dish said, "The lamb was fork tender, but the spices were understated as compared to an Afghan dish."

Several ate a salmon dish with pomegranate sauce that was fantastic! It was topped with a tomato-based sauce, and plated with rice and steamed vegetables. Others had the beef. Diners said, "Excellent selections!"

We definitely had wonderful service! Our waiter was very attentive, but unintrusive. Not only was our parking complimentary, but we were given a card entitling us to 10 percent off our next visit. The restaurant includes a market with a nice selection of wines (including those from Moldova and Ukraine), as well as other international foods and gift-worthy items like matryoshka doll sets.

Definitely an outstanding restaurant to go to for a relaxing evening out with friends!

Spruce Fraser



B'tayavon
BE Epicureans

Panjshir in Falls Church in June

Most recently we visited Panjshir in Falls Church. Panjshir is a family-owned Afghan restaurant; it was founded by Aziz Niazy in 1985 and is now run by his son, Esmat. There is patio dining for those who prefer, and take-out is available. Entrees are mostly in the \$20-\$25 range.

The meal started with Afghan bread and a spicy dipping sauce. For appetizers, many ordered aushak or muntoo, which are delicious steamed dumplings topped with ground beef sauce and yogurt. Others ordered the salad, and enjoyed greens covered by a uniquely flavored yogurt-based dressing. We also sampled the bulanee gandana, which were turnovers filled with herbs and ground beef; it was plain until you added the seasoned yogurt topping – then, wow!

For main courses, some of us ordered the lamb shank, while others ordered kabob or palow (Afghan stew) dishes. All enjoyed their entrees. There were a variety of palow options, but all were served with a choice of lamb, beef, or chicken. All entrees were served with flavored rice. The meats were tender and the various vegetable stews were uniquely and tastefully flavored.

None of us were vegetarian, but Panjshir does offer a good selection of vegetarian options.

Although the food was filling, some of us sprang for dessert. I adored the chocolate firnee, which was a chilled pudding topped with cardamon and pistachios. Some ordered cardamon tea. Choices of beers and wines were available to enjoy with the meal, but they were not the star.

The overwhelming verdict by the group was that the food was flavorful and savory without being overwhelmingly hot. Those familiar with local Afghan restaurants viewed it as being superior to the others in the area. The one complaint was that it took the servers a long time to calculate the bill for the 17 of us. I believe that issue would not apply to a regular-sized party of 2-6 people. We all give Panjshir a thumbs up for anyone who wants to enjoy a special and unusual meal.

Jenny Genser White



Chapel in the Woods: Environmental Yin-Yang

THERE IS A LOT of bad news. The Chapel in the Woods lost three of its largest oaks to climate change, repeating cycles of drought and heavy rain, and resulting insect damage. Rainy weather this spring canceled workdays; poor attendance at other workdays delayed maintenance, allowing invasive species to re-emerge, including one not previously seen at Beth El: mile-a-minute. Daily, a surfeit of deer devour unprotected trees and shrubs.

Yet there is also good news that brings hope. Some examples:

- That same rainy weather brings a proliferation of raspberries for the first time in years, the result of reducing the amount of invasives such as wineberry, porcelain berry, and Japanese honeysuckle. Raspberries feed more resident birds than invasives do. Similarly, berry-producing grape vines and elderberry bushes flourish.
- The 3-year-old Audubon garden that congregants planted continues to thrive. Last fall, volunteers began transplanting wildflowers from the Audubon garden to the east side of the east ravine, and some have taken hold.
- Adult and student volunteers have begun planting native grass and wildflowers in a new location — the hillside behind the east ravine. They replace invasive porcelain berry and ivy.
- Preschoolers in the dinosaur class recently planted a silky dogwood in the Chapel in the Woods, gift of the **Packard** family in honor of daughters **Maya** and **Olivia**, to celebrate the fun the girls and their family had in the woods. The children named the tree May-livia.
- Most tree saplings and shrubs planted by volunteers in the last few years thrive. Volunteers pruned them in the spring, although many have now become covered with invasive vines that need to be removed.
- Birds and the wind plant a few beneficial species. Others emerge from the earth after a long hiatus. These include a primrose shown below and Canadian black snakeroot.

Please continue the work of rehabilitating the Chapel in the Woods by volunteering at workdays from 10:00 am to noon on Sundays, July 10, Aug. 17, and Sept. 18. Please wear long pants, long-sleeved shirts, socks, and closed-toe shoes, and bring trowels and work gloves if you have them. Other equipment will be provided. For more information, please contact **Nancy and Stuart Davis**, nmdaviswriter@aol.com.



ECLC dinosaur class planting the grey dogwood



↑The bad news: mile-a-minute

The good news: elderberry→, raspberries↙, and primrose↓



Beth El's Butterfly Garden

IF YOU VISIT OUR new playground or drive through the parking lot, take a look at the gorgeous flowers growing along the fence. This is our new butterfly garden. Started in 2021 with yellow yarrow (Achillea) and purple bee balm (Monarda), this year we planted more seeds of perennial plants. We can see yellow and orange tickseed (Coreopsis) blooming. These are also perennial plants that attract butterflies.

If you can help water this garden in the summer please contact **Spruce Fraser** at spruce.fraser@gmail.com.



Readers of Beth El

THE READERS OF BETH EL will pick up again Sept. 12 with *Gateway to the Moon* by Mary Morris. We are still uncertain if we will continue on Zoom or come back together in real time. If you would like to get on the Readers of Beth El mailing list or if you have questions or suggestions for books, please contact me.

For those of you who enjoy seeing the list of what we have read during this past year, here is our year in review:

- *Florence Adler Swims Forever* by Rachel Beanland
- *Crazy Blues* by Beth El member **Chuck Harris**
- *The Color of Love* by Marra B. Gad
- *The Third Daughter* by Talia Carner
- *My Father's Paradise* by Ariel Sabar
- *Song of the Jade Lily* by Kirsty Manning
- *The Nesting Dolls* by Alina Adams
- *Last Summer at the Golden Hotel* by Elyssa Friedland

Lynne Orens
lorens750@aol.com

Torah Portions for July and August 2022

Date		Portion
July 2, 2022	CHUKAT	Numbers 25:10–29:40 1 Kings 18:46-19:21
July 9, 2022	BALAK	Numbers 22:2–25:9 Micah 5:7-6:8
July 16, 2022	PINCHAS	Numbers 25:10–29:40 1 Kings 18:46-19:21
July 23, 2022	MATOT	Numbers 30:2-36:13 Jeremiah 1:1-2:28
July 30, 2022	MASEI	Numbers 33:1-36:13 Jeremiah 2:4-28,3:4
August 6, 2022	DEVARIM	Deuteronomy 1:1-3:22 Isaiah 1:1-27
August 13, 2022	VA'ETCHANAN	Deuteronomy 3:23-7:11 Isaiah 40:1-26
August 20, 2022	EIKEV	Deuteronomy 7:12–11:25 Isaiah 49:14–51:3
August 27, 2022	RE'EH	Deuteronomy 11:26–16:17 Isaiah 54:11–55:5



ALIVE!

JULY/AUGUST food collection: The ALIVE! food program strives to meet the needs of the people it serves. We are collecting bags of dried lentils and dried chickpeas for the large number of Afghan refugees in Alexandria. Reusable bags are always welcome as well.

The ALIVE! Food Hub is now open Tuesday–Saturday in the Van Dorn Station Shopping Center (510-F S. Van Dorn St.). People can go there for food, personal items, and cleaning supplies. Wegmans, Giant, and Amazon Fresh donations of meat and produce to the food program are also available there. While there, clients can also receive information about legal services, eviction and rental assistance advice, and connections to other needed services. We are looking for a space to open another food hub in Arlandria.

Thinking about doing some volunteer work? To find out about the many volunteer opportunities with ALIVE! you can write to volunteermg@alive-inc.org or go to [VOLUNTEER INFO](#). As always, you can contact **Deborah Schaffer** at schaffer4@gmail.com for more information about how Beth El supports ALIVE!

The Congregation Gratefully Acknowledges the Following Donations

BETH EL GENERAL FUND

Donor	
Martin & Jo Frost	
Donor	<i>For the recovery of</i>
Michael Gaffen	Dorothy Samenow
Donor	<i>In Appreciation of</i>
Steve Kalin	Ruth Perlstein & Jeanette Astrow
Donor	<i>In Memory of</i>
David Ratner	Dorothy Scherzer & Robert Ratner
Evelyn Englander	Florence & Edward Englander
Patricia (Patsy) Vyner Hawks	Harold Vyner & George Taubman
Scott Gallagher	Brian Gallagher
Mary Goldwag	Barry Weinstein
Everyone at ARMADA, Llc.	Barbara Lasser
Joyce & Bernard Grand	Sheila Freundlich Mofson
Judy Stark	Carl Stark

CANTOR'S DISCRETIONARY FUND

Donor	
Julie Brodie	<i>In Appreciation of</i> Candles with the Cantor
Howard Lasser	Cantor Kaufman
Donor	<i>In Honor of</i>
Mark & Stacy Weiner	Samantha Weiner's bat mitzvah

CONFIRMATION

Donor	
Michael Menchel	

RICHARD FAKOURY MUSIC FUND

Donor	
Sheila Wexler	<i>In Memory of</i> Dr. Isadore & Rella Blaustein Wexler

HOLOCAUST MEMORIAL FUND

Donor	
Spruce Fraser	<i>In Memory of</i> Erika Gaertner-Fraser

Julie Brodie The 6 million Jews killed

INCLUSION FUND

Donor	
Janet Hlatky	<i>In Memory of</i> Larry Vogel

PRAYER BOOK FUND

Donor	
Evelyn Sherman	<i>In Celebration of</i> Lennie Goldman's special birthday
Donor	<i>In Memory of</i>
Gilberto Vicente Martinez	Ana Lopez

RABBI ISSEROW PLAYGROUND FUND

Donor	
Corey & Corey Kahn	<i>In Honor of</i> Samantha Weiner's bat mitzvah
Donor	<i>In Memory of</i>
Dina Herbert & Benjamin Cooper	Ehud Felix Cooper

REFUGEE ASSISTANCE FUND

Donor	
Janet Garber & Kris Keydel	
Carol Schrier-Polak & Rudolph Polak	
Donor	<i>In Honor of</i>
Millie Schreiber	Lisa Sheldone for all her help in Torah Study on Saturday mornings
Donor	<i>In Memory of</i>
Joann Gottlieb	Dorothy Weinman Gottlieb

PERMANENT ENDOWMENT FUND

Donor		<i>In Appreciation of</i>
Mark & Stacy WeinerJeanette Astrow	
Adrienne AparJeanette Astrow for preparing	Samantha Weiner for her bat mitzvah
Donor		<i>In Celebration of</i>
Myrna & Paul BeckLennie Goldman's special birthday	
Linda Waller		
Donor		<i>In Memory of</i>
Karen WeinbergerShirley Horn	
Francie SchweberBess Hankin	
Sue RabinHarry Dangel	
Kris KeydelDoris, Robert, & Hans Keydel	
Lennie GoldmanEdwin Rosenbaum	
Myra Wendel Roney		
The Weiser FamilyGrandpa Jack Weiser	
Paul & Myrna BeckYetta & Morris Kosow	
Enid & Jerry LiessSheila Freundlich Mofson	
Sara and Louis Moore		
Annette KilianLouis Lindenberge	
Kenneth BergerPhilip Berger	
Kenneth BergerBarbara Lasser	
Annette Paley and FamilyNorton Paley	

RABBI'S GOOD DEED FUND

Donor		<i>In Appreciation of</i>
Margaret Evans		
Donor		<i>In Celebration of</i>
Adrienne AparRabbi Spinrad for naming Zoe Jane Kahn	
Corey & Corey KahnRabbi Spinrad giving Zoe Kahn her Hebrew name	
Donor		<i>In Celebration of</i>
Mark & Stacy WeinerSamantha Weiner's bat mitzvah	
Mark & Stacy WeinerThe baby naming of Zoe Jane Kahn	
Roberto & Susan MosseLennie Goldman's special birthday	
Peter & Diane Suchman		
Donna & David HayfordRabbi Spinrad for making Sierra's baby naming such a beautiful and wonderful family event	
Donor		<i>In Memory of</i>
Rachael TurnerIrving Stern	
Greg & Marcy BabitzSamuel Center	
Amy & Mark JuhasEmanuel Feldman	

RELIGIOUS SCHOOL FUND

Donor		<i>In Memory of</i>
Brotherhood		
Donor		<i>In Memory of</i>
Allison LevySydney Levy	
Donor		<i>In Appreciation of</i>
David & Ellen Itkin		
Marilyn Stearn		
Julie Brodie		
Paul Richman		
Janet HlatkyTemi Albert's recent accomplishment	

SECOND NIGHT SEDER

Donor		<i>In Appreciation of</i>
Joan AltshulerLauren Soltani Rubin	

SOCIAL ACTION FUND

Donor		<i>In Honor of</i>
Joan AltshulerLauren Soltani Rubin	

Thank you for your generous donations. No donation is too small. All donations are acknowledged in The Bulletin two months following their receipt. Acknowledgements are mailed with a minimum of \$18 per person per acknowledgement.

Alexandria Days of Remembrance



- ↖ Rabbi Spinrad confirming our responsibility as Jews to stand up against attacks of religious persecution.
- ↑ Rabbi Spinrad receiving the Proclamation of the 33rd Ceremony of Commemoration to Days of Remembrance of the Victims of the Holocaust from Alexandria Mayor Justin M. Wilson
Cantor Kaufman singing the closing hymn. ↗

WRJ Shabbat



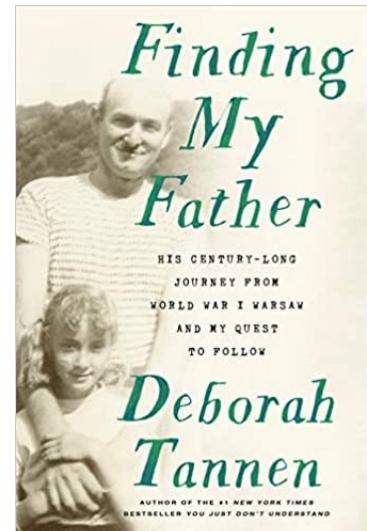
↑ Linda Shapiro, WRJ President

↑ L to r: Janet Garber, Joanne Rhodes, Susan Meisner, Naomi Mercer, and Cantor Kaufman

We're Back! Book and Author Event Returns this November

AFTER THREE YEARS, the long-anticipated Book and Author Event returns to Beth El Hebrew's Social Hall on Sunday, Nov. 13 at 2:00 pm in person, as well as live streaming. The event is co-sponsored by Beth El Hebrew's WRJ and the Brandeis National Committee Northern Virginia Chapter.

Our very own **Robert Siegel**, Retired Host of NPR's *All Things Considered*, will once again moderate the program. Deborah Tannen, PhD, New York Times Best-Selling Author and Professor of Linguistics at Georgetown University will be one of our guest authors. Dr. Tannen will discuss her most recent book, *Finding My Father: His Century-Long Journey from World War I and My Quest to Follow*. Hooray for Books will be handling the book sales. Stay tuned for our other special guest author and more details in the next *Bulletin*.



Religious School Retrospective



Mother's Day Brunch



↑ Beth El's own Rock Hard Bagels, from l to r: Fred Reiner, David Itkin, David Weinraub, Bob Holden, John Miuccio
← Brotherhood helpers Ike Alberts, Jeff Davidson, Stuart Davis, Evan Bolick
↓ Mothers Joann Rhodes and Carol Boyd Leon getting into the party spirit



63rd Annual Interfaith Dinner with Fairlington United



Religious School End-of-Year Picnic



Toddlers | Preschool | Kindergarten

Reggio Emilia Inspired Curriculum
16 months - 5 years old
Monday - Friday
Full-Time | Year-round

703.573.3084
ECLC.Alexandria@theJ.org

Now accepting applications for
the 2022-2023 school year

Register Now! *Im Tirtzu* 2022 (If you will it)

June 27-August 5
A summer of fun & friends
28 wooded acres at GJDS in Fairfax

Camp Achva
Powered by Pozez JCC

Transporation to and from camp is available from Beth El

theJ.org/camp
703.537.3092

Whether buying or selling your first home, a transition home or your forever home, I can help you find your place or reimagine your existing space.

When you use me to buy or sell your home,
I will donate 10% of my commission to
Beth El Hebrew Congregation or a 501(c)(3)
organization of your choice.



Change your address. Support your community. Imagine the possibilities.



Shoshanna Tanner, J.D., LL.M.
Realtor® VA/DC
Accredited Staging Professional
202.957.9399
shoshanna@compass.com

COMPASS

 Compass is a licensed real estate brokerage that abides by Equal Housing Opportunity laws. Information is compiled from sources deemed reliable but is not guaranteed. All measurements and square footages are approximate. This is not intended to solicit property already listed. Compass is licensed as Compass Real Estate in DC and as Compass in Virginia and Maryland. 3100 Clarendon Blvd. Ste 200, Arlington, VA 22201 | 703.266.7277

HAVE YOU SUFFERED BODILY INJURY?



CALL JEREMY FLACHS
FOR A FREE CONSULTATION

Jeremy Flachs is a member of Beth El Hebrew Congregation. He is an attorney licensed in both Virginia and the District of Columbia. His law firm of 2 attorneys focuses only on serious personal injury claims.

- Serious Injury From Car and Truck Accidents
- Wrongful Death
- Slip & Fall
- Medical Malpractice



NO ATTORNEY FEE IF NO RECOVERY.

SPANISH SPEAKING STAFF.

SERVICING CLIENTS IN VIRGINIA AND WASHINGTON, DC.

WE BELIEVE IN THE EXISTING LEGAL SYSTEM WHICH COMPENSATES FOR INJURY CAUSED BY ANOTHER'S CARELESSNESS.

6601 Little River Turnpike

Suite 315
Alexandria, VA 22312
Phone: 703.879.1998

jeremy.flachs@flachslaw.com
<http://www.flachslaw.com>

SPECIALIZING IN MASSAGE FOR MUSCULAR PAIN AND STRESS REDUCTION



333 N. Fairfax St.
Suite 303
Alexandria, VA 22314

(703) 548-2270
fax (703) 549-2770
www.alexmyo.com

Brotherhood Catering

Bar/Bat Mitzvahs
Receptions
Fundraisers
Parties

Catering@BethElHebrew.org



Presto Valet of Va. Inc.

Certified Environmental Dry Cleaner

Exclusively



1623 N. Quaker Lane
Alexandria, VA 22302
presto@prestovalet.net
703-998-6464



Jenifer Morris
photography
Customized Mitzvah Photography Coverage

Standard 6 hours of coverage includes both:
Rehearsal session on Bema and family photos
Celebration coverage in Social Hall or other location

18 years of experience—looking forward to capturing
the accomplishment and joy.

703-405-3846 jenifer@jenifermorrisphotography.com
web: jenifermorrisphotography.com

The Bulletin

Beth El Hebrew
Congregation
3830 Seminary Road
Alexandria, VA 22304

Member: Union for
Reform Judaism
Founded in 1859
Office 703-370-9400

www.bethelhebrew.org

Senior Rabbi
Rabbi Emeritus
Cantor
Executive Director
Rabbi, Director of
Education
Preschool Site Director

President
Executive Vice President
Vice Presidents

Treasurer
Secretary
Brotherhood President
WRJ President
Bulletin Editor



July – August 2020
Volume 77 – No.6

School: 703-370-6644

office@bethelhebrew.org
bulletin@bethelhebrew.org

David Spinrad
Brett Isserow
Jason R. Kaufman
Elizabeth Bayer
Bailey Romano

Dina Backer

Alan Cohn
Dorrit Lowsen
Jake Gallun
Naomi Mercer
Adam Zissman
Helene Cohen
Matt Mutterperl
Linda Shapiro
Janet Hlatky

Look for the services schedule on page 2, Torah portions on page 20, lots of pictures of people you know throughout, and find the full up-to-the-minute calendar at:

<https://www.bethelhebrew.org/calendar>

