

Please check the online Beth El calendar or email office@bethelhebrew.org before leaving to attend ANY event. As we go to press, most May events are still online.



Beth El Bulletin

Beth El Hebrew Congregation

May 2021
Iyar/Sivan 5781

Worship Services

Saturday, May 1

Family Services
10:00 am
Shabbat Morning Services
10:30 am

Friday, May 7

Erev Shabbat Services
6:30 pm
Fourth Grade
Student-Led Services
7:30 pm

Saturday, May 8

Shabbat Morning Services
10:30 am
Tot Shabbat, 11:00 am

Friday, May 14

Erev Shabbat Services
6:30 pm

Saturday, May 15

Shabbat Morning Services
10:30 am

Monday, May 17

Shavuot Festival/Yizkor Services
10:30 am

Friday, May 21

Erev Shabbat Services
6:30 pm

Saturday, May 22

Shabbat Morning Services
10:30 am
Tot Shabbat, 11:00 am

Friday, May 28

Erev Shabbat Services
6:30 pm

Saturday, May 29

Shabbat Morning Services
10:30 am

BETH EL BROTHERHOOD

Mother's Day 2021 Virtual Concert



More information on page 20

Also coming up: Permanent Endowment Fund Annual Meeting June 13, Annual Congregational Meeting June 22, and Dinner with Friends (virtually) TBD in June

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...and lots of tantalizing tidbits scattered throughout, so don't skip a page!





Rabbi's Remarks: *Jefferson and the Jews*

LIKE MANY OF YOU, I am also a student of Jewish history. Occasionally, I enjoy sharing a chapter of our history from the current month, but a different year.

On May 28, 1818, Thomas Jefferson, former president of the United States, responded to a letter he had received from Mordecai Manuel Noah by setting out his philosophy of religious freedom. In Jefferson's letter to the distinguished American Jew, Jefferson pointed to the Jews as an example of a people who had been unfairly oppressed simply because of the prejudices of others and who deserved to have their religion put legally "on equal footing" with other faiths.

At the time, Noah was perhaps the most important Jewish lay leader in New York and was one of the first Jews born in the United States to reach national prominence. By 1818, Noah (1785-1851) was a former US diplomat, a journalist, and a spokesman for the Jewish community of the young republic. On April 17 of that year, he spoke at the consecration of the new home of Congregation Shearith Israel, the Sephardi synagogue that had been founded in New York in 1654. Noah spoke of the Jews' desire to reestablish their own homeland, but declared that, "until the Jews can recover their ancient rights and dominions," the United States would serve as their "chosen country," where they could "rest with the persecuted of every clime, secure in person and property, protected from tyranny and oppression, and participating [in] equal rights and immunities."

Noah sent a copy of his remarks to three former American presidents: John Adams (in office 1797-1801), Thomas Jefferson (1801-1809), and James Madison (1809-1817). All three men responded graciously to him, even Madison, despite the unpleasantness that had been caused during his presidency when Noah had been recalled from his position as US consul in Tunis. That year, the Secretary of State alleged that he had not known that Noah was a Jew and wrote him that his religious identity was deemed to be "an obstacle to the exercise of [his] consular function" in a Muslim country.

To this day, Jefferson's written response to Noah remains an articulate, eloquent statement of his philosophy regarding the role of the state in protecting religious freedom for all. Writing from Monticello, Jefferson first thanked Noah for sending him a copy of his "Discourse," which he said taught him "some valuable facts in Jewish history which I did not know before." Jefferson pointed to the case of the Jews and their sufferings as "a remarkable proof" of the universal intolerance that every religious sect seemed to possess for others, an intolerance "disclaimed by all while feeble, and practiced by all when in power." To Jefferson, it was only the law that could serve to protect a people's religious and civil rights, "by putting all on an equal footing."

Nonetheless, Jefferson continued, although "we are free by the law, we are not so in practice. Public opinion erects itself into an inquisition, and exercises its office with as much fanaticism as fans the flames of an *Auto-da-fé*." (An *Auto-da-fé* is the burning of a heretic by the Spanish Inquisition.)

While formally a member of the Episcopal Church, Jefferson was dubious of organized religion and philosophically shared certain ideas with Deism, which embraces rationalism and the belief in the universe being governed by natural laws, rather than by an all-powerful god. In his letter to Noah, writing as a Christian, he referred to Judaism as "your section of our religion altho' the elder one."

Its particular doctrines, like those of any other religion, wrote Jefferson, are the business of nobody other than its specific followers. The best way to further the cause of toleration and pluralism, he suggested, is through "the more careful attention to education, which you recommend, and which, placing its members on the equal and commanding benches of science, will exhibit them as equal objects of respect and favor." Jefferson closed his communication by praising Mordecai Manuel Noah on his own letter, which he deemed a "fine specimen of style and composition."

— *Rabbi Spinrad*

Beth El's Evening with Friends fundraiser will be returning in June as a virtual dinner experience. Watch your inbox for details coming soon.



Cantor's Corner

AS I HAVE SHARED during numerous Shabbat services, a little less than a year ago, my husband Kirk and I bought a house in the Seminary Hill area of Alexandria and we are now the incredible beneficiaries of beautiful gardens that surround our property. The previous homeowner is an extraordinary person who, with creativity and love, created numerous gardens around our home, of which I am now the proud custodian. We have every type of flower one could want - roses, peonies, lilies, hydrangeas, hellebores, and bulbs of tulips and daffodils of every color, to name a few of the flowers that I have fallen in love with this year. Sadly, we don't yet have a cherry blossom tree, but we plan on planting one as soon as we can determine where it should go! My favorite thing to do in the morning and the evening is to walk around our house and see what is growing and changing throughout the day.



I never gardened before this year, so you can imagine how nervous I was at the thought of needing to care for this beautiful little oasis. I have spent the last year reading all sorts of gardening books and watching hours of gardening shows on YouTube, and I am most grateful for the support and generosity of so many Beth El gardeners who have shared their expertise with me. It's amazing how much I have learned this year about gardening — and how much more there is for me to learn.

I'm constantly amazed at what nature teaches me when I keep my eyes and heart open to its lessons. For me, a walk through a beautiful garden feels like a life lesson taught by some of my favorite professors — beautiful plants and flowers! Here are some of the lessons that I have taken from this past year that I would like to share with you that seem to have wisdom in them that go far beyond the garden.

- 1) "To everything, there is a season." Plants evolve throughout the year. They will flower and they will wilt and I must see the beauty in each stage of their development.
- 2) Though I want everything to be in bloom at the same time, the universe has other plans. Life is not about encountering beauty at every moment. It's about making every moment beautiful.
- 3) Patience is crucial... as is constant tending. God is the one in charge of when and how things grow but I still need to water and weed the plants if I want them to thrive.
- 4) Change is important. If you don't like how something looks in your garden, change it! (But before you do, make sure you understand why it was there in the first place.)
- 5) Diversity is key. All of one type of flower or plant would be boring!
- 6) Sing to your flowers! Happy gardening leads to happy flowers. Happy flowers then lead to a happy gardener.
- 7) A garden is never finished, nor will it ever be perfect.
- 8) We are just custodians of the piece of earth that we are fortunate to tend. Make it beautiful and make it hospitable to all living creatures, especially butterflies and bees.
- 9) Make sure your garden is fun and silly. Don't take yourself so darn seriously!
- 10) Thank God every single moment of the day for the beauty and richness of our world.

— Cantor Kaufman

April Showers Bring May Flowers!

ABIG THANK YOU for those who volunteered to help with watering our Beth El gardens this summer. There is still time to volunteer, just send me an email to spruce.fraser@gmail.com with your contact information. It's much appreciated!

As well, I am looking for any mint donations for our Havdalah garden. If you can spare a few mint plants, of any variety, you can send me an email. You can drop them off anytime at the exit driveway near the bench, and I will plant them. Please know that they will be appreciated by all!

Thank you, Stay safe,
— Spruce



Mint



President's Point of View

Hello Friends

LOTS GOING on here at Beth El, even though the building is closed. The tent is open. Although we are proceeding cautiously, by the time the May *Bulletin* lands in

your mailbox we will have successfully held several B'nei Mitzvah ceremonies, Religious School gatherings, and a Beth El auxiliary group event or two.

A return to normalcy is coming! As I said in my April column, I hope you have received the annual dues statement either in your inbox or mailbox. Beth El's free-will sustaining dues amount for FY 2021-22 is \$2,800. The pay-what-you-can free-will dues model works best when members who are able to contribute more than the sustaining amount of \$2,800 do so in order to help those members who might have been impacted by our current financial downturn. For a benchmark, consider two percent of one's annual income.

Looking ahead, the annual meeting will be held via Zoom on June 22 at 7:00 pm. Further communication via email, the *Bulletin*, and the website will contain the agenda, the annual budget, and I hope other agenda items of import to the congregation.

Additionally, we are working through the planning and the logistics for the High Holiday service schedule. To be clear, we are not ready to make any announcements in this month's *Bulletin* but working collaboratively, the Covid Re-opening Task Force, the clergy, the lay leadership, and the executive director are all moni-

toring the Commonwealth of Virginia and CDC guidance and will announce what our plans will be in the near future.

I am always available to chat with any member. Look me up. I am in the directory. Together we will move forward.

L'Shalom,
— Alan Cohn



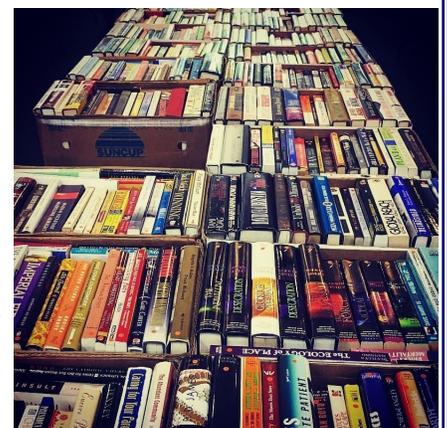
We Are Looking Forward to Our 19th Annual Book Sale (Someday) and It Will Be Bigger Than Ever!

Now is a great time to go through your book shelves and put aside the books, movies, and puzzles you no longer want for this very popular fundraiser.

Even while we are closed, you can bring your contributions to the building and leave them in the vestibule. If the stairs are a problem or you have a lot, unload near the loading dock and ring the bell there to let the staff know you have brought books. If you need help, just let us know and we will pick them up.

Eventually we will be asking for volunteers to help with this gigantic fundraiser. It's not too soon to let Rhoda know you are willing to help sort books when the time comes.

Questions or need help? Contact **Rhoda Goldman** at lennieg@cox.net or 703-992-9370.



Religious School Report

Counting Up



FOR 49 DAYS WE COUNT the Omer. We count towards something rather than away from it. We count up, rather than down, to the giving of the Torah and the Ten Commandments on Mt. Sinai. During the period from Passover to Shavuot, we exist in a liminal space between one way of being and another. The Kabbalists attached *middot*, Jewish values, to each of the seven weeks leading up to Shavuot, helping us to see ourselves growing in this transitional space of the wilderness. We are physically free, but we haven't yet attained spiritual freedom and full connection with God.

As more and more of us have been vaccinated, and as the world begins to open up, I feel as I imagine our ancestors did. They were thrilled to be physically free, and yet their hearts and souls still felt the trauma of bondage. We are not so unlike our ancestors in this way. We are slowly being freed from the bounds of COVID-19 restrictions, and yet we are still processing our experiences. We long to hug and hold our friends and loved ones, and yet even with the vaccine, some of us feel hesitant, unsure, and scared. We are still reliving the trauma of the last year and processing it, and that's okay. As we slowly return to Beth El through our Religious School-Tent Program, with families and children joining together in the tent, portico, and Chapel in the Woods, we begin to draw nearer to our metaphorical Mt. Sinai, being together in person to pray, learn, and sing together.

But, we're not only counting up to Shavuot, we're also counting up to the end of the school year with Confirmation and our end-of-the-year celebration. On May 15, our confirmation class will be confirmed in a small ceremony in the tent surrounded by their family and clergy. Our Confirmands include **Molly Backer, Emily Cramer, Harrison Hannan, David Rubinstein, and Faren Sachs**.

On May 23 we will have a drive-through celebration for our K-5 families between 10:00–11:00 am where we will thank and honor our teachers, madrichim, volunteers, and families. Later that afternoon, we will celebrate the end of the year with our 6th–11th graders with color war activities by grade designed by our 8th grader, **Hannah Warschaw**.

We will also be opening Religious School and Netzer registration this month! While we're still refining our plan for next year, we know you and your family won't want to miss it! If you have questions about registration, please reach out to **Ronit Goldstein** at rgoldstein@bethelhebrew.org.

Together we have experienced the challenges of COVID-19, and now we move "hand in hand" towards Sinai. As we stand at the foot of the mountain this month, may we each receive the Torah that we need in our lives as we continue this journey together with more strength, resiliency, and joy than ever before.

Confirmation Announcement

Mazel Tov to our Confirmands **Molly Backer, Emily Cramer, Harrison Hannan, David Rubinstein, Faren Sachs**, and their families on the celebration of their Confirmation on May 15 in the tent.

Many thanks to their teacher **Simon Gershman** for all his hard work in helping our students to reach this season.

Rabbi Bailey Romano

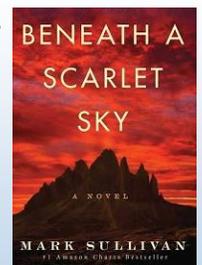
bromano@bethelhebrew.org

Readers of Beth El

OUR NEXT MEETING will be on Monday, May 17, and the book will be *Beneath a Scarlet Sky* by Mark Sullivan. This book is based on a true story and is being made into a movie starring Tom Holland. Set in World War II Italy, it is the story of a young man who joins an underground railroad helping Jews escape over the Alps and falls for Anna, a beautiful widow six years his senior.

For those who wish to read ahead, we will meet on June 28 to discuss *Florence Adler Swims Forever* by Rachel Beanland. Also based on a true story, this is a perfect summer read, set in 1934 in Atlantic City. Both books are available in the library.

— Lynne Orens





Executive Director's Entry

IT HAS BEEN TWO MONTHS since my first day as Executive Director at Beth El. Wow, the time has flown by. In some ways I am grateful for the Covid shutdown because it has given me a chance to slowly acclimate myself and

figure things out before the daily interruptions that come from being in the office.

Last weekend I had the pleasure of attending my first B'nei Mitzvah at Beth El as Executive Director... in a tent, during a global pandemic! I wanted everything to be perfect and it really was. I posted on Facebook and I will say again here for those who aren't on Facebook - "As **Rabbi David Spinrad** and **Cantor Jason Kaufman** began singing Ma Tovv with the birds singing along and flowers blooming in the background it felt so good." I felt myself take a deep breath to appreciate our surroundings and the beauty of the day. I am greatly looking forward to all the B'nei Mitzvah families experi-

encing this feeling. These are the moments that we remember, that make belonging to a community like Beth El so important. I hope that as we return to gather in person in whatever ways we can, we all appreciate these moments together as a community.

As we move into spring we are now beginning to plan a few small events in the tent. The WRJ and membership teams are working to make meaningful programs that will provide a safe way for you to interact. I am looking forward to the May 2 WRJ event where I will have an opportunity to meet some of our members. If you are a member of WRJ, I hope to see you there. There will be more events in the Tent announced in upcoming weekly newsletters, so be on the look out!

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

Standing at Sinai:

A Tikkun Leil Shavuot Across the East Coast

ON SUNDAY, MAY 16, join Rabbi Spinrad along with 25+ rabbis and cantors from Jewish communities across the East Coast for prayer and learning in celebration of Shavuot.

We will begin together at 6:30 pm to set an intention and participate in the recitation of the Ten Commandments. Following our opening session, participants will have the option to choose from a number of different learning sessions, with multiple opportunities available for each hour, beginning at 7:30 pm and concluding at 11:30 pm. Join for one session or all, learn from your own clergy or meet new friends, and enjoy as we stand at Sinai together.

Keep an eye on your weekly email and on other Beth El communications for the Zoom link and the final roster of teachers and topics.

Note: It is NOT necessary to RSVP for this event.



ECLC Update



MAY IS ALWAYS special because it honors a special part of our Early Childhood program. May is Educator Appreciation Month. This year, more than any other, our educators deserve all of the kudos in the universe — and then some! I am so proud of our team.

When we prepared to re-open in August after six months closed, we knew it was going to be tough... and so very different from anything we've ever been through before. There were so many new protocols and so much more to remember and see to — all in the name of keeping everyone safe and healthy. The biggest difference was the mask wearing. How does one wear a mask *all day long*? We did it... for safety. We perfected the "pod:" each class formed a small pod — they did everything together and each set of educators was in charge of one group of students. Next, no parents in the building: our educators perfected the carpool arrival system making it functional... and fun for the kids! What a great thing to have your own teacher collect you from the car! And, oh the cleaning! We have always cleaned our toys... but now we doubled down on the system — with no arguments! Never have I worked with a staff that demonstrates flexibility and consistent problem solving on a daily basis as well as these folks.

All of the cleaning protocols were enough to handle and yet, our educators continued to provide the best learning experiences. For starters, our wonderful educators spread love, kindness, and warmth over our kids

like a big fuzzy blanket. Our educators are the best when it comes to understanding the needs of our youngest friends. They are also the best at helping them grow, leading them towards new things and independence. Observing their students, seeing their interests, and guiding them to explorations with those interests was the core of our days. Alexandra Trenfor said "The best teachers are those who show you where to look, but don't tell you what to see." These are our wonderful educators. Educators were creative when it came to learning *and* keeping up with the new safety protocols.

Robert John Meehan once said "the most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspective." These wonderful educators have collaborated, leaning on each other for strength and ideas, supporting and helping each other.

Hats off to the wonderful educators who have made the best of an unpredictable and unprecedented year. You all are simply the best, and it is an honor to work beside you each and every day. Thank you for being our heroes!

L'shalom,
Dina Backer
Director, J-Care Alexandria

PSA Place

Technology for Seniors: OATS from AARP

WANT TO UP YOUR tech skills? Information on how to master your computer, smart phone, and other devices is now available through a new AARP program.

AARP has joined forces with the nonprofit Older Adults Technology Services to create OATS from AARP. Through its Senior Planet program participants will experience doing a Zoom teleconference, and learn how to protect their identity online, find reliable internet health resources, and get the most out of their smart TV.

For a full list of programs, visit www.seniorplanet.org.



Other Useful Resources



<https://seniorservice-salex.org/programs/>

<https://aging-disability.arlingtonva.us/>

arlingtonva.us

Aging & Disability



<https://www.fairfaxcounty.gov/familyservices/older-adults>

WRJ News

OUR PRE-PESACH ZOOM SOCIAL wasn't comparable with past years' in-person events. As with so many events during the pandemic, it wasn't better, it wasn't worse, it was ... different. About 15 participants shared Pesach recipes, cooking tips, and memories. At one point, the conversation turned to the plagues, grasshoppers, whether grasshoppers are kosher, and inevitably, whether cicadas are kosher. Thanks to the power of Google, we confirmed that grasshoppers are kosher, but that cicadas (thankfully!) are not. No one offered any recipes with grasshoppers among the ingredients, but **Judy Jankowski** did locate a cookbook titled "CICADA-LICIOUS: Cooking and Enjoying Periodical Cicadas," which you can download at <https://www.doc-developpement-durable.org/file/Elevages/Insectes/Cooking%20and%20Enjoying%20Periodical%20Cicadas.pdf>. If you don't fancy cooking with cicadas, and want to get a head start on planning for Pesach 2022, recipes from the Pre-Pesach Zoom social are posted to WRJ's Google Drive, <https://drive.google.com/drive/folders/1Ya-byF1LkirQSWx0JdqQfu4r8swpUwbQ?usp=sharing>.

REMINDER: The WRJ Annual Spring Raffle drawing will take place May 30.

Winners will be randomly drawn for 3 Prizes:

- \$100 Gift Certificate to Giant Foods
- \$100 Gift Certificate to Wegmans
- \$100 Gift Certificate to Whole Foods

The instruction flyer and a page of tickets were included in the April 2021 edition of the Beth El Bulletin. For additional tickets, you may photocopy or print the ticket page from the April Bulletin, or email WRJ Co-President **Linda Shapiro** at BEHCWRJ.President@gmail.com.

A sheet of 14 tickets is \$20.00. Tickets can also be purchased individually for \$3.00 each. Proceeds from the raffle will benefit WRJ's activities and causes, including our Beth El youth. Each year, WRJ makes contributions to the Religious School and other Jewish youth programs to support the Madrachim program and provide opportunities for youth to gain their needed service hours and acquire leadership skills. WRJ also purchases gifts for B'nei Mitzvah and confirmands. For any questions about the raffle, please call **Jo Ann Allen** at 202-431-4634.

Pat Collins and Linda Shapiro

WRJ Co-Presidents

BEHC.WRJ.President@gmail.com

WRJ in the Tent!

WRJ'S SPRING IN-PERSON SOCIAL and annual general membership meeting will be held in the tent (in the Beth El parking lot) on May 2 from 2:30–3:30 at Beth El. **Liz Bayer**, Beth El's new Executive Director, will be our special guest.

Due to the COVID-19 restrictions, attendance is limited to 30 persons so RSVPs must be received by Jo Ann Allen by April 28. In a lamentable departure from one of our most cherished traditions, we are unable to offer refreshments. Because of the attendance limitations, this event is for MEMBERS ONLY, but as with all WRJ events, if you haven't paid your dues this year and want to attend, *you can pay your dues at the event*. If you're not sure whether you've paid your dues this year, you can check with WRJ Treasurer **Dina Katz** (please refer to Beth El's online directory for Dina's contact information).

The main business of our annual General Membership Meeting will be the bi-annual election of officers. The Nominating Committee has presented the following slate:

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

In "normal" times, we would take additional nominations from the floor (with the approval of the nominee(s)) immediately prior to the election. In these not-so-normal times, we don't want anyone to miss the opportunity to make a nomination from the floor or to vote, so members have received emails inviting them to submit nominations (via email) by midnight, April 23, and to vote "absentee" via a Google Docs ballot form between April 24 and midnight, April 30. Any candidates nominated via email and consenting to nomination will be included in the absentee ballot.

— **Linda Shapiro**

Our WRJ *Zelle Account* user name: BEHCWRJ.Treasurer@gmail.com

Brotherhood News

HAVING RECENTLY received my own vaccination, count me among those who believe that we are getting close to normalcy but are not yet out of the woods. That sentiment is prevalent throughout so many aspects of our lives. The same goes for Brotherhood, which continues to make adjustments addressing changed realities brought about by the pandemic. Once again, by a unanimous vote, the Brotherhood Board agreed to extend this year's complimentary membership to next year as well. In continuing to do our small part in financially helping out, every adult Beth El man is automatically a member of Brotherhood for the next fiscal year and **all Brotherhood dues are waived for FY 2021-2022**. This membership gift is noted on your Beth El Free Will Dues statement. If anyone wishes to make contributions to Brotherhood (either as a "write-in" amount on your statement or to us separately), such gifts will be appreciated and recorded as "undesignated donations" to Brotherhood. To that end, we gratefully acknowledge recent donations to Brotherhood by **Ike Alberts** and **Peter Suchman**. Such contributions help Brotherhood continue its support of a wide range of essential Beth El and Jewish programs and activities.

Brotherhood is forever appreciative of the volunteers who help with our events and contribute to our activities. Thanks to the full list (accidentally omitted last month) of volunteers who helped with the on-line Purim fun is included here. Even though we have not been able to cater a single event this past year, our catering crew has remained active in preparing for that day when our services are once again available. Thank you particularly to

Joel Bernstein, Jake Gallun, and Matt Mutterperl for the essential work they have been doing in the background. Also, because of the excellent efforts of **Ron Sturman** and the Brotherhood Program Committee, we continue to benefit from a variety of on-line activities including the recently presented webinar on the "Relationship between America's Reform Jews & Israel," moderated by **Robert Siegel**. And as highlighted on the front page of this *Bulletin*, thanks in advance to **Bob Holden** and the Rock Hard Bagels for their **Mother's Day** encore performance video *Salute to Women*. (Full details are found elsewhere in this *Bulletin*, and full acknowledgments will be provided in the next *Bulletin*.) Although it was "touch and go" for some time now, **Brotherhood softball** is back! Anyone interested in playing on the team can still contact **Jim Goldwater** (jimauh2o@aol.com) to sign up or for more details.

Special congratulations are extended to **Stuart Davis**, who was an easy "first vote" selection as **Brotherhood's 2021 Man of the Year**. This annual award is bestowed on a "Beth El man who has worked the hardest and contributed the most to Brotherhood and/or Beth El throughout the previous year." Stuart's numerous contributions are summarized in an accompanying article in this *Bulletin*. The 2021 award will be presented at an upcoming on-line Friday evening Shabbat service yet to be determined. Congratulations Stuart!

John Jankowski
Brotherhood President
brotherhood@bethelhebrew.org

CCC Volunteers Wear Many Hats

NEEED A MEAL? The Caring Community Committee is happy to arrange for volunteers to deliver meals in a number of situations, most commonly when a congregant is recuperating from an illness or surgery or when a family has experienced a recent death. Our on-call list is contacted and always responds! Pork and shellfish are not included in the meals, and dietary needs and restrictions are honored. Please know that all meals are greatly appreciated, whether they consist of homemade delicacies or a rotisserie chicken and sides from the supermarket. During the pandemic, meals have typically been left outside the recipients' front doors, but we all look forward to being able to deliver the meals with a more personal touch when life is a bit more normal.

A list of providers of home care or other services that are recommended by BE members is being developed. If you have had a good experience with such assistance

and would be willing to share information about the provider, please contact **Pamela Zitron** at zitronspks@aol.com.

The Positive Aging Group, which received excellent reviews for its first program, begins again on Monday, May 3. For information and to register, please call **Ruth Perlstein** at 703-978-9341.

Thank you to **Paula Whitacre** for sending beautiful congratulatory and bereavement notes to members, to **Susan Mosse** and **Diane Suchman** for preparing the Passover bags that were delivered to homebound members, and to all those who have recently prepared the meals that say "we care."

Please continue to let us know if you or another congregant can use a helping hand. We can deliver meals, run errands, suggest resources, and listen. Call Ruth as above.

Israel Committee News: *A Remembrance*

IT IS APRIL 8 and people across Israel stand in place to commemorate Holocaust Remembrance Day, in silence except for the two-minute wail of the siren.

What would we experience? What would run through our minds if we had we been in Israel on this day? I would have remembered being a kid visiting Herbie Flambaum’s apartment in the Bronx only to hear the crying way out in the hallway. Herbie opened the door, and there I saw men in broad black hats and women wearing outdated dresses crying — more like wailing — speaking a language I could not understand, showing the Flambaums markings tattooed on their arms.

Ordinarily, here in Alexandria we would be acknowledging this solemn Remembrance Day at City Hall in a program planned by Alexandria’s Remembrance Day Committee chaired by Beth El’s Joyce Gordon. (I am proud to be a member of the committee.) Unfortunately,

the Covid pandemic required us to cancel this year’s commemoration as we did last year.

Alexandria was one of the first municipalities in the country to sponsor a non-sectarian Holocaust Remembrance and has sponsored this event at City Hall for more than thirty years.

The city’s commemoration conveys the message that we cannot forget the Holocaust.

The events of January 6 where demonstrators displayed Holocaust denial messages and Nazi symbols, the 2017 “Unite the Right” rally in Charlottesville, and the 2018 shootings at the Tree of Life Synagogue, remind us of growing antisemitism in this country and around the world. It is important for us to remember our Holocaust history on this solemn day and to prevent such evil occurrences in future years. The Remembrance Day Committee is working to that end.

The Israel Committee values diversity of opinion. This includes opportunities for committee members to address different perspectives that form our decisions about Israel. This article was written by Ron Sturman.

Questions about the Israel Committee may be addressed to the Co-Chairs:

Alex Buttgenbach
Co-Chair

buttgenbach@gmail.com

Ron Sturman
Co-Chair

rgsturman@msn.com

Gardening Lovers Group Forming

DO YOU ENJOY gardening? Do you look forward to planting flowers and vegetables? Do you have plants to share? Anyone who is interested in meeting up virtually to talk about your garden, learn about ways to improve your garden, or just to share your love of gardens is invited to join our new gardening group. We will share our secrets, enjoy each other’s company, and hopefully in the near future incorporate a field trip or two. We will endeavor to meet once a month. Our first meeting will be Monday, May 17 at 7:30 pm. The Zoom link will be sent separately. RSVP to **Joanne Rhodes** morah814@gmail.com.



Permanent Endowment Fund News

THE PERMANENT Endowment Fund welcomes new members at any time.

If you’d like information about joining the Permanent Endowment Fund and contributing to Beth El’s future, please contact any of the trustees: **Dana Arnold**, chair; **Michael Bluestein**, treasurer; **Jeremy Flachs**, secretary; **Janet Garber**; **Ann Levy**; **Dorrit Lowson**; and **Dan Rothschild**.

There are three levels of voting membership: Member (\$500), Sponsor (\$1,500), and Visionary (\$5,000). Membership can be accrued through donations over time to remember loved ones, express appreciation of others, celebrate life cycle simchas such as special birthdays, anniversaries, and the birth of children, and other notable events.

Dana Arnold
darnold.57@gmail.com

B'nei Mitzvah

Sofia Rubenstein
May 1, 2021

Sofia is a seventh-grade honors student at Carl Sandburg Middle School. She loves all forms of performing arts, especially singing and drama. Sofia has performed in many musical theater productions over the years, including many Beth El Purim spiels and community theater shows. She enjoys spending time with friends, both online and in person.

For her mitzvah project, Sofia assisted Beth El's Caring Community Committee by creating handmade greeting cards for the committee to include with their bags for home-bound seniors.

Sofia thanks her tutor, Robin Thompson, all of her Religious School teachers, Rabbi Spinrad, Cantor Kaufman, and Rabbi Romano, for helping prepare her for this special day. She also thanks her parents, brother David, grandparents, aunts, uncles, and cousins for their love and support.

Jacob Hannan
May 22, 2021

Jacob Hannan is a seventh grade AAP student at Mark Twain Middle School. He enjoys playing football and playing video games with his friends.

For his mitzvah project, Jacob supported ALIVE! by assembling food packages for families in need.

Jacob thanks his tutor, Mrs. Astrow, all of his Religious School teachers, Rabbi Spinrad, and Cantor Kaufman for helping prepare for this special day. He also thanks his parents and his brother, Harrison, for their love and support.



Michael Folb
May 8, 2021

Michael is a seventh-grade student at Thomas Jefferson Middle School in Arlington. He enjoys reading, playing baseball, and as a result of Covid, has discovered hiking.

For his mitzvah project, Michael worked with New Hope Housing, which supports people re-establishing roots in the community. He made a special laundry soap from base ingredients, then individually packaged single use packets so that they could be distributed to clients.

Michael thanks his tutor, Laura Mandeles, all of his Religious School teachers, Rabbi Spinrad, and Cantor Kaufman for helping prepare him for this special day. And he thanks his parents and his grandparents Rabbi Ann Folb, Sharon Nash, and Louis Nash for all their love and support during this most unique Bar Mitzvah preparation.

Madelyn Backer
May 29, 2021

Madelyn is a seventh grade student at the Geshar Jewish Day School. She enjoys being outside, reading, listening to music, learning lyrics to musicals, and hanging out with her friends.

For her mitzvah project, Madelyn is involved with an intergenerational pen pal program. She is enjoying getting to know a new senior friend in the Beth El community, trading stories, and sharing current happenings in their lives.

Madelyn thanks Cantor Kaufman for tutoring her. She also thanks Rabbi Spinrad, Rabbi Romano, Barry Smith, all of her Religious School teachers and Geshar teachers for helping prepare her for this special day. Additionally she thanks her parents and her siblings, Eric, Olivia, and Molly for their support and love.

What's the Liberty Bell Doing at Tot Shabbat?

COME ZOOM INTO our Saturday, May 8 Tot Shabbat to learn from "Beverly," my Muppet-like puppet, what the Liberty Bell has to do with Tot Shabbat.



Then join us two weeks later, on May 22, to learn where the *Y'varechecha* blessing comes from. Maybe I'll ask the children if they'd like to create a blessing of their own.

Tot Shabbat begins online at 11 am. If your child can bring along a rhythm instrument or something else that makes noise — a pot with a big spoon works, too — we'll play together in our Mi Chamocha band.

See you there! Let's stay connected!
Miss Carol (Carol Boyd Leon)



~ May 2021 ~ J

Sun	Mon	Tue	Wed
	<p>Love, whose month is ever May, Spied a blossom passing fair Playing in the wanton air.</p> <p><i>(Love's Labour's Lost, Act IV, Scene 3)</i></p>		<p>It was a lover and his lass, With a hey, and a ho, and a hey nonino That o'er the green cornfield did pass, In the spring time, the only pretty ring time, When birds do sing, hey ding a ding, ding; Sweet lovers love the spring.</p> <p><i>(As You Like It, Act V, Scene 3)</i></p>
<p>2 National Truffle Day</p> <p>10:00a Religious School 10:00a Beginning Adult Hebrew 11:00a Intermediate Adult Hebrew 2:30p WRJ Get-Together</p>	<p>3 World Press Freedom Day</p> <p>1:00p Positive Aging Program (must be pre-registered)</p>	<p>4 Star Wars Day</p> <p>12:00p Coffee and Clergy 6:00p HaMakom: A Place and Time to Pray 7:00p EC Meeting</p>	<p>5 National Hoagie Day</p> <p>Noon Member Online Drop-In Chat 6:00p Religious School 7:00p WRJ Meeting</p>
<p>9 Mother's Day</p> <p>10:00a Religious School 10:00a Beginning Adult Hebrew 10:00a Brotherhood Virtual Mother's Day Program (beginning at 10:00a and repeating all day) 11:00a Intermediate Adult Hebrew</p>	<p>10 Clean Your Room Day</p> <p>1:00p Positive Aging Program (must be pre-registered)</p>	<p>11 Twilight Zone Day</p> <p>12:00p Coffee and Clergy 6:00p HaMakom: A Place and Time to Pray 7:00p Genius of the Rabbis</p>	<p>12 National Limerick Day</p> <p>Noon Member Online Drop-In Chat 6:00p Religious School</p>
<p>16 Erev Shavuot</p> <p>10:00a Religious School 10:00a Beginning Adult Hebrew 11:00a Intermediate Adult Hebrew 2:00p Beth El Knitters 6:30p Standing at Sinai: A Tikkun Leil Shavuot</p> <p>Candle lighting 7:57p</p>	<p>17 Shavuot</p> <p>J-CARE CLOSED OFFICE CLOSED</p> <p>10:30a Shavuot Festival/ Yizkor Services 1:00p Positive Aging Program (must be pre-registered)</p> <p>Havdalah 9:05p</p>	<p>18 World Museum Day</p> <p>J-CARE CLOSED</p> <p>12:00p Coffee and Clergy 6:00p HaMakom: A Place and Time to Pray 7:00p Board of Directors Meeting</p>	<p>19 Devil's Food Cake Day</p> <p>Noon Member Online Drop-In Chat 6:00p Religious School</p>
<p>23 World Turtle Day</p> <p>10:00a Religious School 10:00a Beginning Adult Hebrew 11:00a Intermediate Adult Hebrew</p>	<p>24 National Escargot Day</p> <p>1:00p Positive Aging Program (must be pre-registered)</p>	<p>25 National Wine Day</p> <p>12:00p Coffee and Clergy 6:00p HaMakom: A Place and Time to Pray 7:00p Genius of the Rabbis 7:00p RSY Team Meeting</p>	<p>26 World Otter Day</p> <p>Noon Member Online Drop-In Chat</p>
<p>30 Creativity Day</p> <p>Beth El Bulletin May 2021</p>	<p>31 Memorial Day</p> <p>J-CARE CLOSED OFFICE CLOSED BUILDING CLOSED</p>	<p>In addition to all the daily "observances" that you find on y Pacific Islander Heritage Month, Foster Care Awareness Mon National Bike Week. There are always food ones: National Ba (Please note that different websites list different observances interested in all the places I go to for wacky holidays for the o</p> <p>The one we hope everyone will take note of in May is Old isolated at times. But it has been that much harder for our eld get worse in the winter when weather contributes to just hun Touch a life or two this month. ♥</p>	

Year/Sivan 5781 ~

Thu	Fri	Sat	Torah
<p><i>One touch of nature makes the whole world kin.</i></p> <p><i>(Troilus and Cressida, Act III, Scene 3)</i></p>		<p>1 Batman Day</p> <p>9:00a Torah Study</p> <p>10:00a Family Services</p> <p>10:30a Shabbat Morning Services</p> <p><i>Havdalah 8:51p</i></p>	<p>EMOR</p> <p>Numbers 8:1-12:15</p> <p>Zechariah 2:14-4:7</p>
<p>6 National Nurses Day</p>	<p>7 World Tuba Day</p> <p>5:45p Candles with the Cantor</p> <p>6:00p Shabbat Social Hour</p> <p>6:30p Erev Shabbat Services</p> <p>7:30p Oneg Table Talk</p> <p>7:30p Fourth Grade Student-Led Services</p> <p><i>Candle lighting 7:48p</i></p>	<p>8 World Red Cross Day</p> <p>9:00a Torah Study</p> <p>10:30a Shabbat Morning Services</p> <p>11:00a Tot Shabbat</p> <p><i>Havdalah 8:57p</i></p>	<p>BEHAR/BECHUKOTAI</p> <p>Leviticus 25:1-27:34</p> <p>Jeremiah 16:19-17:14</p>
<p>13 Apple Pie Day</p> <p>7:30p Interfaith Learning</p>	<p>14 National Decency Day</p> <p>5:45p Candles with the Cantor</p> <p>6:00p Shabbat Social Hour</p> <p>6:30p Erev Shabbat Services</p> <p>7:30p Oneg Table Talk</p> <p><i>Candle lighting 7:55p</i></p>	<p>15 World Day of Family</p> <p>9:00a Torah Study</p> <p>10:30a Shabbat Morning Services</p> <p>5:00p Confirmation</p> <p><i>Havdalah 9:04p</i></p>	<p>BAMIDBAR</p> <p>Numbers 1:1-4:20</p> <p>Hosea 2:1-22</p>
<p>20 Get a Rescue Dog Day</p>	<p>21 Bike to Work Day</p> <p>5:45p Candles with the Cantor</p> <p>6:00p Shabbat Social Hour</p> <p>6:30p Erev Shabbat Services</p> <p>7:30p Oneg Table Talk</p> <p><i>Candle lighting 8:01p</i></p>	<p>22 National Solitaire Day</p> <p>9:00a Torah Study</p> <p>10:00a Family Services</p> <p>10:30a Shabbat Morning Services</p> <p>11:00a Tot Shabbat</p> <p><i>Havdalah 9:10p</i></p>	<p>NASSO</p> <p>Numbers 4:21-7:89</p> <p>Judges 13:2-5</p>
<p>27 National Hamburger Day</p>	<p>28 National Brisket Day</p> <p>5:45p Candles with the Cantor</p> <p>6:00p Shabbat Social Hour</p> <p>6:30p Erev Shabbat Services</p> <p>7:30p Oneg Table Talk</p> <p><i>Candle lighting 8:07p</i></p>	<p>29 World Jazz Day</p> <p>9:00a Torah Study</p> <p>10:30a Shabbat Morning Services</p> <p><i>Havdalah 9:15p</i></p>	<p>BEHA'ALOTCHA</p> <p>Numbers 8:1-12:15</p> <p>Zechariah 2:14-4:7</p>

your Bulletin calendar, each month has a host of monthly and weekly "holidays," as well. For example, May is Asian-month, and National Photograph Appreciation Month. The first week of May is National Nurse's Week and the third week is Barbecue Month and National Salad Month; and health ones: National Blood Pressure Month and Lupus Awareness Month. Weird, huh? The one your editor used for this is <http://www.holidayinsights.com/moreholidays/may.htm>. If you are a calendar, email bulletin@bethelhebrew.org.)

der Americans Month. The pandemic and lockdown have been hard for everyone; we have all felt overwhelmed and lonely members and neighbors who may have been somewhat isolated even before all this started. And isolation tends to be wearing down, even without a pandemic hanging over us. If you have people you might could reach out to, please do it.

Brotherhood Man of the Year

BROTHERHOOD'S annual Man of the Year award is in "recognition of one or more Beth El men who have worked the hardest and contributed the most to Brotherhood and/or Beth El throughout the previous year." The **2021** award will be presented to this year's recipient, **Stuart Davis**, at an upcoming on-line Shabbat service. Congratulations Stuart!

Stuart and his wife **Nancy** joined Beth El in 1987. Both of their children, **Josh** and **Leah**, attended Beth El Religious School and became Bar and Bat Mitzvah and confirmands. Stuart is retired from the Army Corps of Engineers, where he was an economist and community planner working on floodplain management and public surveys.

Since joining the synagogue, he has been extremely active in multiple Beth El and Brotherhood activities. Stuart served seven years as the co-chair of Beth El's Social Action Committee, which established Beth El's first Mitzvah Day. He also was a founding board member of Beth El House, which was a transitional home with counseling services for single women and their children. Stuart and Nancy have been active for many years in the Beth El Torah discussion group and various chavurahs.

Stuart is now serving his third term as Brotherhood's second vice president, in charge of membership and national programs. In his first term, about ten years ago, he published a periodic Brotherhood newsletter as an insert in the Beth El Bulletin. That effort provided the inspiration for the more recent Brotherhood virtual newsletter sent to pandemic-constrained members. In his current term, membership came up with the idea of Bagels and Banter as a way to bring the men of the congregation together on a personal basis. Before the pandemic, men would gather at tables with coffee and bagels to discuss whatever topic was on their minds, from the news of the day to personal experiences and memories. Bagels and Banter has continued on Zoom as a welcome way to keep up Brotherhood camaraderie.

The Chapel in the Woods (CIW) is a favorite Brotherhood-sponsored activity that Stuart has been instrumental in promoting. In line with his humble nature and personality, Stuart insists that Nancy and fellow Board member **Jeremy Flachs** get equal acknowledgment. However, there is little doubt that Stuart's leadership in developing and maintaining the Chapel in the Woods and the surrounding greenery has provided the Religious School and ECLC students and members of the congrega-



tion with a beautiful outdoor space for learning, prayer, and quiet reflection. His work has been recognized in feature stories published in the *Washington Jewish Week* and *The Washington Post*. Recent efforts have also included replacement of the CIW ark doors, bridge repairs, and improvements in the prayer circle.

Outside of Beth El, Stuart promotes healthy trees through Tree Stewards and the Glencarlyn Tree Committee. He is an active Toastmaster and enjoys reading, movies, theater, hiking, and occasional culinary experiments. Stuart notes that Brotherhood has been a place to enjoy and contribute to nearly every aspect of synagogue life, and it has presented many opportunities to make new friends.

It is Brotherhood's distinct honor to recognize Stuart's important contributions by naming him Brotherhood's 2021 Man of the Year! Mazel Tov, Stuart!



Stuart and congregant Helen Manich just finishing up planting 16 small trees and shrubs that Helen has donated to the chapel in the woods. The bulk of them now reside on the banks of the West ravine where they will help control erosion. They include native spicebush, buttonbush, red bud, tea and beauty berry.

Help Out Carpenter's Shelter

ARE YOU LOOKING FOR an easy way to help? As we have mentioned in past bulletins, Beth El has long been a supporter of the Carpenter's Shelter, a shelter in Alexandria for people struggling with homelessness. But did you know that it also supports clients who live in the community? As part of that support, CS will soon start a program for its community clients to ensure that they have access to fresh fruit and veggies, and they could use your help. The plan involves subscribing to monthly deliveries of veggie boxes provided by local farms and delivering them to our clients. The subscriptions will begin in June and the boxes will be delivered to Beth El on Wednesday, June 9, June 23, July 14, July 28, August 18, September 1, September 22, October 6, and October 27 between 3:00 pm and 6:00 pm.

Carpenter's Shelter is asking for volunteers willing to pick up the boxes from Beth El and deliver them to clients' homes. There are ten families participating in the program — nine live in Alexandria and one in Annapolis. CS will provide the addresses and this will be a contactless delivery process. The boxes would just need to be left at either the door or in the office of the apartment complex. You can volunteer to deliver as many or as few times as you like. If you are interested in helping, please contact **Esther Belenker** at (703) 256-3201 or estherbelenker@verizon.net.

We are so grateful for your continued support! To learn more about the veggie subscription service: <http://www.groundworksfarm.com/farm-share-options/summer-produce-farm-share/> or <http://www.groundworksfarm.com/>



Our Partner Organization, the Haberman Institute, Has Great Courses This Spring!

A Window on Israel Through Its Literature
Three Tuesday mornings in May

Jewish and Christian Interpretations of Prophecies
Four Tuesday evenings in May

The State of Israel: Exploring Primary Sources
Eight Wednesday mornings in May and June

*(Still) Making Sense of Israel's Elections:
How Different Democracies Operate*
4 Tuesday mornings in June

Find more information at
<https://www.habermaninstitute.org/classes-2021-spring>

Who ARE These People?

THIS IS THE FIRST in an occasional series about the many, many names you will see on dedication plaques around our building. It was sparked from last Veteran's Day's submission by **Henry Brooks** that mentioned that veteran and member **Leroy Bendheim** was a past mayor of Alexandria. Thanks to Beth's El's official archivist (and how many shuls even have one of those?!) **Catherine Weinraub** for the research.

Let's start with the social hall which has not one, not two, but three plaques!



Sarah Billowitz and her husband Herbert were very active in Beth El. She was Sisterhood President from 1962-1964, during which time she helped plan the celebration of the 50th anniversary of a sisterhood chapter at Beth El.



Froma Lippman served as Sisterhood President from 1976-1978, and then President of the congregation 1985-1987. She won the **Martin M. Mintz** Outstanding Service Award in 1993. She and her husband John helped plan the 125th anniversary celebration of Beth El in 1984 and were benefactor-level donors to that event.

The third social hall plaque has a lot of names on it, and we are out of room for this month.

Stay tuned for more exciting episodes of Who ARE These People?

Chapel in the Woods: *Bear Witness to Cicadas*

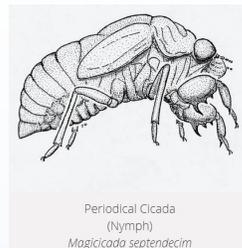
WHAT DO CICADAS and Jews have in common? They both bear witness to the weight of ancient history. However, whereas Jews survive for generations despite being a minority population, scientists say that cicadas survive because of burgeoning numbers.

By mid-May, the ground in the Chapel in the Woods will warm to 65 degrees and “Brood X” cicadas will emerge after a 17-year hiatus. This is a very special occasion in nature. In all the world, this Eastern U.S. region is the only place these particular insects emerge, grow, reproduce, and die once every 17 years. Their numbers will be impressive.

Yet cicadas don’t harm people, animals, or birds unless animals, including pets, eat too many at once. So, come enjoy Beth El’s forest and bear witness to an amazing cycle of life.

You will see cicadas definitely benefit birds and mammals that feast on them. And they make a lot of noise. The three species in Brood X each make a slightly different sound — one is said to sound like a chirping squirrel. These cicadas are not the same as biblical locusts that consume crops. They make slits in small trees and shrubs to lay eggs and this does damage, particularly to fruit trees. The eggs hatch, the nymphs tunnel underground — and the trees and shrubs, like the Jews, survive. For more information about cicadas, view the video at <https://mgnv.org/brood-x-cicadas-video/>.

Volunteers are currently planting the new terraces in the West ravine and pulling garlic mustard. Volunteers work individually or in distanced pairs, with masks. Please bring work gloves and trowels if you have them, other equipment will be provided. Families are most welcome. To sign up for a day and time, please call **Stuart** or **Nancy Davis**, 703-671-5906, or email nmdaviswriter@aol.com.



*Drawings from the University of Maryland
Department of Entomology at <https://insectdrawings.umd.edu/aphids-cicadas-scale-insects--allies-homoptera.html>*



*Spring arrives in the
Chapel in the Woods*

2021 Permanent Endowment Fund Annual Meeting

DUE TO THE ONGOING COVID-19 pandemic, this year's annual meeting of the Permanent Endowment Fund membership will again be online instead of in-person. It will be held on Sunday, June 13 at 10:00 am. Permanent Endowment Fund members, please RSVP to **Dana Arnold** at darnold.57@gmail.com, chair of the Permanent Endowment Fund trustees, to let us know that you will attend and to receive the Zoom login and password information.

This year marks the 40th anniversary of the Permanent Endowment Fund. The trustees have been developing new donation opportunities, which we will share with you at the annual meeting.

Trustee terms are ending for **Dana Arnold** (second term) and **Jeremy Flachs** (first term). The nominating committee nominated Jeremy for an additional three-year term and **Harmony Knutson** for a three-year term. Their brief bios are below. Please vote by sending an email to **Jeremy Flachs** at jeremy.flachs@flachslaw.com, secretary of the Fund trustees, by close of business on Friday, June 4.

Jeremy Flachs is completing his first term as a Permanent Endowment Fund trustee and secretary. He is married to Elizabeth Hernandez and is the father of a 2020 Bat Mitzvah, Amarantha. Jeremy is a personal injury attorney and is the owner of the Law Offices of Jeremy Flachs. He has been a Beth El member since 1994, a past board member of Beth El, and a current and long-time Brotherhood board member. Jeremy is a member of the Beth El Re-opening Committee and the Chapel in the Woods Committee and was recently appointed Beth

El's representative to the Seminary Ridge Civic Association. He was a Carpenter's Shelter board member for nearly 20 years. His past Brotherhood activities included managing the softball team, moderating political forums, and overseeing the Purim Carnival. He looks forward to serving another term on the PEF.

Harmony Knutson is the founder and president of IVoteFor.us, a 501(c)(3) non-profit organization that is maximizing voter participation by building a network harnessing the collective power of women. Harmony also serves on the board of 314 Action, the nation's premier organization for scientists, technologists, engineers, and mathematicians (STEM) serving in public office and previously served as the organization's director of advocacy and candidate training. An accomplished political fundraiser, Harmony has worked with the DCCC, EMILY's List, and US Senators Mark Warner and Heidi Heitkamp among others. In the 2020 election cycle, Harmony served on the national investment committee for Mayor Pete Buttigieg's presidential campaign. In her advocacy and government relations work, Harmony has represented Fortune 100 companies before Congress and organizations such as the Campaign for Tobacco Free Kids and the American Association for Justice. Harmony lives in Alexandria with her husband Alan Cohn and two Norwegian Forest cats, Oskar and Grethe. She is an avid Washington Capitals fan and enjoys running, travel, cooking, and wine.

Dana Arnold
Chair
Permanent Endowment Fund Trustees

Member News

Mazel Tov to:

Audrey Agranov, Bernard Grand, Cully Warren, Gregory Leisch, Jane Kraft Burstein, Lotte Goldman, Margaret Lorber, and Susan Horowitz who have special birthdays in May

Marc & Amy Schulwolf, Lami Jeffrey-Coker & Thomas James, and Harold & Bronna Steiman who have special anniversaries in May

Condolences to:

Friends and family of long-time **Beth El member** and past Brotherhood president Ernest Heilberg

Lucy Civitello and Howard Cohen on the death of beloved cousin Pat DeLello

Gary Hauptman and Debbie Diener on the death of beloved mother Martha Hauptman

Cantor Jason Kaufman and Kirk McPike on the death of beloved aunt Betty Kahn

Annette Paley; Julia Paley, and Susan Paley and Dean Pinkert; and Zeke Farkas, Natalia Paley Whitman, Isaiah Paley Whitman, and Rose Pinkert, on the death of beloved husband, father, grandfather and **Beth El member** Norton Paley

Sandra Rosenblatt; Sheryl Olitzky (Rabbi Kerry), Stephen (Mimi), and Scott; on the death of beloved husband, father, grandfather, great-grandfather, brother, and **Beth El member** Melvin Rosenblatt



AN OPEN LETTER FROM Jennifer Ayers, executive director of ALIVE!
 On behalf of the ALIVE! executive board we thank your congregation for several acts of generosity benefitting our organization and the people we served over the last year.

Since March of last year, Beth El supported our virtual food drive with \$2,878 allowing ALIVE! to purchase food in large quantities for distribution and participated in our fall harvest food bagging helping ALIVE! deliver food in a contactless way to families in need of food assistance. Beth El participated in StepALIVE! raising awareness and funds to support all ALIVE! programs. Beth El volunteers were also responsible for collating nearly 4,000 flyers providing critical information to the public about COVID-19.

To note the significance of these acts, we estimate that Beth El Hebrew Congregation completed nearly 2,000 bags of groceries for families in Alexandria and provided for another ton of food.

Beth El Hebrew Congregation was there to help and because of this, we can hope for a better tomorrow for every member of our community.

www.alive-inc.org   @alive4alexandria  @alive4alexVA

Deborah Schaffer
schaffer4@gmail.com

Social Action at the J and Beth El

THE POZEZ JCC continues to collect non-perishable food and personal care items for those in need in our community. We offer members the ability to drop off donations throughout the week in the J lobby during operating hours. Pozez JCC will continue to bring items to Food For Others once a week. Each week during business hours, please bring non-perishable food and personal care items to the Guest Services desk at the J's entrance to help us Jam the J-Trolley and donate these items to those in need in Fairfax County.

- Suggested non-perishable foods include: canned chicken, canned chili, canned fruit, rice, spaghetti sauces, and canned tuna.
- Suggested non-food items include: toothpaste/toothbrushes, deodorant and lotions, diapers and baby wipes, feminine hygiene products, adult incontinence underwear, laundry and dish detergent, household cleaners, paper towels, and toilet paper. They could also use your accumulated grocery store plastic bags (and who doesn't have too many of them!) to help with food distribution.



During April, Beth El collected food for the Arlington Food Assistance Center (AFAC) as part of Good Deeds Week. Just one day of collection filled **Janet Garber's** car to overflowing! And this same photo and a mention of Beth El are included in the ABC Channel 7 coverage of Good Deeds Week at this link: <https://wjla.com/news/local/jewish-federation-greater-washington-turns-good-deeds-day-into-good-deeds-week>.

Thank You, Purim Volunteers

Brotherhood and the Beth El congregation extend our appreciation to **Rabbi Bailey Romano** and Brotherhood's **Matt Mutterperl** for organizing our 2021 virtual Purim Carnival. Thank you to the numerous volunteers who contributed to its success. Apologies in advance if any volunteer's name was accidentally left off this list.

- | | | |
|-----------------|------------------|-----------------------|
| Dina Backer | Ben Lowsen | Aurora Stankow-Mercer |
| Molly Backer | Gus Nathanson | Arlene Tave |
| Sheir Clark | Erin Phillips | Lindsey Tilles |
| Becca Cook | Nori Plunkett | Nancy Tobin |
| Lauren Cybuski | Joanne Rhodes | Rachael Turner |
| Tammy Duprey | Donna Sachs | Dahlia Turner |
| Rabbi Ann Folb | Faren Sachs | Hannah Warschaw |
| Bobbie Gershman | Clair Sassin | Joan Weber |
| Max Heltzer | Danielle Sassin | Bob Weiman |
| Amanda Johnson | Acadia Schechter | Lena Weiman |
| Dina Katz | Leah Shosteck | Michael Weinraub |
| Sue Keitelman | Roger Smith | Susan Zernick |

The Congregation Gratefully Acknowledges the Following Donations

BETH EL GENERAL FUND

- Donor**
Mark Dearing
Borris Stan
- Donor**
Richard Yaskin
- In Appreciation of**
Gilah Goldsmith & the Saturday morning Torah study group
- Donor**
Judy Stark
- In Memory of**
Hannah Stark
- Rabbi Sheldon, Jenn & Adam Ezring
Irene Ezring
- Pat Collins
Janet & Michael Collins
- David Ratner
Dorothy Scherzer
- Evy Englander
Florence Englander

PERMANENT ENDOWMENT FUND

- Donor**
Anonymous
- Donor**
Annette Kilian
- In Memory of**
Rebecca Love, Joseph Love, Lillian Lindenberg, & Reva Rack
- Carolyn Miller & Henry Brooks
Eunice Miller
- Vicki Warren
Clyde Warren
- Risa Gordon
Lois Gordon
- Francie & Alan Schweber
Jeff Goldfarb
- Francie & Alan Schweber
Ronda Koslow
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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.

BETH EL BROTHERHOOD

Mother's Day 2021 Virtual Concert

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Entertainment by Rock Hard Bagels

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Paul Edelstein

David Itkin

John Miuccio

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Sunday, May 9

Concert Repeated All Day beginning 10:00 am

View the event by logging onto the Rock Hard Bagels Channel:

<https://www.youtube.com/channel/UChLHZPTOWTt7TEg2R3gP27A>

Contact: Ron Sturman at rgsturman@msn.com.



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The ECLC is a partnership of Beth El Hebrew Congregation and the Pozez JCC. We offer a 12-month, full-time program for preschool children who will be two, three, or four years old by Sept. 30. Our full-time toddler program accepts students from 16 - 23 months. Also, our new kindergarten program will offer a 10-month, full-time program.

The ECLC offers a Reggio-Emilia-inspired philosophy, is licensed by the Commonwealth of Virginia, and is open to all members of the community.

Year round program, Monday -Friday 8:00 am-5:00 pm.

Health and safety protocols are in place.

For more information or a virtual tour, please contact:

Director **Dina Backer**
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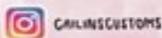
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Hold the Date

Pozez JCC: Wonder Women of Israel Series #4:
Sharon Gavish, Health & Cooking Expert, June 6

Hebrew Union College: *Not the Same as White: Latinx
Students Talk About Jewish Schooling*, June 10

Permanent Endowment Fund Annual Meeting, June 13

Beth El Annual Congregational Meeting, June 22



Spring arrives in the Chapel in the Woods

Please check the online Beth El calendar or email office@bethelhebrew.org before leaving to attend ANY event. As we go to press, the building/grounds may start opening up SLOWLY, but there are few in-person events in May.