

BETH EL SYNAGOGUE SHOFAR

APRIL 2014 • NISAN 5774

"Home of the International USY Chapter of the Year 2012-2013"

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WOW, LOOK AT THE FUN WE HAVE HERE!

Beth El Feeds! Food Summit



**Thank you to all those who
chanted Megillat Esther:**

**Sid Konikoff, Mike Blehert, Cantor
Audrey Abrams, Jim Bukstein, Sarah
Parnes, Sam Herman, Dan Weiss,
Jenny Hage, Danny Levey, David
Estrin, Brianna Johnson.**

**And to those who participated in
the "ROYALZ" Purim Shpiel,
written by John (aka Synagogue
President) and Debbie (aka Zeresh)**

Orenstein: Jenny Feinberg, Bob
Fine, Annalee Friedman, Pam
Friedman, Linda Goldberg, Phyllis
Harris, Shira Herder, Jeanne
Kaufman, Matthew Krelitz, Shana
Marchand, Gilah Mashaal, Debbie
Orenstein, Gail Rosenblum, Amy
Shapiro, Cantor Art Shragg, Judy
Shragg, Bill Torodor, Sharon
Torodor, Dori Weinstein, Cantor
Audrey Abrams, Rabbi Alexander
Davis, Rabbi Avi Olitzky, John
Orenstein, Brian Sobol, Jeff Rudoy,
Bruce Campbell, Marsha Campbell.

Notable Times

חדלקת נרות Candle Lighting

April 4	7:29 p.m.
April 11	7:37 p.m.
April 18	7:46 p.m.
April 25	7:55 p.m.

הבדלה Havdalah

April 5	8:30 p.m.
April 12	8:39 p.m.
April 19	8:47 p.m.
April 26	8:56 p.m.

תפילות Services

Friday Evening ערב שבת
Kabbalat Shabbat 5:45 p.m.

שבת Shabbat

Shaharit	9:00 a.m.
Minha	5:45 p.m.

מינין Minyan

Sunday
9:00 a.m. and 5:45 p.m.

Daily
7:00 a.m. and 5:45 p.m.

General Information

Beth El Synagogue
5225 Barry Street West
Minneapolis, MN 55416-1901

952-873-7300
FAX: 952-873-7301
www.bethelsynagogue.org

Office Hours

Mon-Thurs....9:00 a.m.-5:00 p.m.
Fridays.....9:00 a.m.-3:30 p.m.
Sundays.....9:00 a.m.-Noon

Aleph Preschool: 952-873-7320
Youth Dept: 952-873-7330

מהבימה a view from the bimah



Matzah's Many Blessings

by Rabbi Alexander Davis

There is nothing that says "Beth El Eats" more than Pesah. Indeed, during the seder we recite a blessing saying that "we are commanded to eat." This blessing appears in relation to matzah and marror. The blessing for matzah is particularly noteworthy because it contains not one but two brachot. We recite the regular "hamotzi" blessing the meal followed by "al akhilat matzah" for the mitzvah of eating matzah.* The haggadah refers to these two blessings as "motzi matzah."**

We don't often pay strict attention to the instructions in the haggadah. In this case, however, the "how to" has much to say about the "why." Here is the correct procedure:

You'll recall that we begin the seder with three matzot. The top and bottom matzah represent lehem mishneh, the double portion of manna provided to the Israelites as they wandered the desert. Just as we regularly place two hallot on our Shabbat and Yontif table, so too do we adorn our seder table with two "loaves." The middle matzah is broken at the beginning of the seder to remind us of "the bread of affliction." Just as a poor person rations his bread, so too do we reserve a portion for later (as the afikommen).

Just before the meal is served, we recite two blessings over the matzah. First we hold up the top and bottom matzot (along with the middle matzah) and recite hamotzi. This follows the pattern of a typical Shabbat when we hold up our lehem mishneh (two hallot) and recite hamotzi.

Next, we put the third (bottom) matzah down, hold the top matzah and the middle (broken) matzah and recite "al akhilat matzah" ("for the commandment

to eat matzah.") The leader then distributes pieces of the top and middle matzah to all guests who eat while reclining. (Unlike hallah on Shabbat, we do not put salt on our matzah.)

These two blessings tell two different stories.

The motzi is said over a double portion to acknowledge that we have plenty. Al akhilat matzah is recited over less than a full loaf to symbolize scarcity. The motzi reminds us of our desert wandering, al akhilat matzah of our slavery in Egypt. The motzi recalls manna from heaven, God's gift of sustenance which was perfect in every way; al akhilat matzah recalls the imperfect (i.e., unrisen) human-made loaves.

Together, these two blessings capture the contradictory messages of the seder meal. On the one hand we eat the bread of affliction and remember our slavery; on the other hand, we eat the bread of freedom and taste our liberation.

This Passover as we gather with family and friends around the seder table, may matzah's many blessings help us celebrate the freedom that we have and acknowledge that which still enslaves us.

**Interestingly, whereas our haggadot contain two blessings, the Karaites (a medieval group who broke off from and rejected rabbinic Judaism) combined them into one blessing: "Blessed are You God... who brings forth the bread of affliction from the earth."*

***During the week of Pesah, we only recite the motzi when eating matzah.*



April 26, 2014 • 26 Nisan 5774

Kedoshim

SAMUEL SEGELBAUM

שמואל בן חיים ועדה גיטל

Son of Amy and Chuck Segelbaum

Honoring Samuel on his bar mitzvah,, his parents are sponsoring the kiddush and congregational Shabbat lunch.

Mitzvah Program: The most important mitzvah project that I participated in was donating toys during the Christmas Season for the St. Louis Park Emergency Program (STEP). On Christmas Eve we drove to Target, were greeted by people that work at STEP, and given a list of toys that were recommended. I brought my own money to buy a toy for somebody less fortunate. I also packed food in the food shelf at STEP, helped package food at Feed My Starving Children, and played Bingo with residents of the Sholom Home. I have enjoyed helping others in these ways.



May 3, 2014 • 3 Iyar 5774

Emor

ANTHONY DAVID

אליעזר בן יוסף ושרה

Son of Sarina and Yosef David

Honoring Anthony on his bar mitzvah, his parents and grandparents, Tina and Morley Lehrer are sponsoring the Kiddush.

Mitzvah Program: Throughout my childhood I have done many things to help others. The most important and meaningful mitzvah was learning about the Holocaust at the Yad Vashem - World Center for Holocaust Research in Jerusalem, Israel. This was especially meaningful to me because my great-grandfather was the only member of his family to survive the concentration camps. Other mitzvot that were just as important to me included taking part in VOICE week at my school for the last seven years, donating supplies to the troops in Iraq and Afghanistan, participating in a Shiva Minyan, and helping my mom cook Shabbat dinners.

Abraham Joshua Heschel

Honor Society Applications Due May 2

Beth El's Abraham Joshua Heschel Honor Society (AJHHS) is a select group of exemplary high school students, selected for their current strengths and passions - especially with Jewish life and learning. AJHHS students participate in monthly learning, monthly hesed projects, supervised Torah study, and tefillot opportunities. For the coming year, AJHHS is accepting applications from students who will be freshmen, sophomores, or juniors in fall 2014. Any Beth El student passionate about Jewish life and learning and committed to abide by society standards is encouraged to apply. To apply, one must fill out the online application form at besyn.org/heschel-application, submit one letter of recommendation, and commit to the standards of participation, including monthly study, volunteer, and tefillot requirements. **All application materials are due by 5:00 p.m. on May 2, 2014.** Please contact Rabbi Olitzky aolitzky@bethelsynagogue.org or Mollie Feldman mollie@bethelusy.org with any questions.



"We Were Once Strangers: Jews & Immigration"

Shabbat Morning Sermon | April 12

Robert Aronson, HIAS Board Member

Robert Aronson is the managing attorney of Aronson & Associates, a Minneapolis-based immigration law firm. He is a graduate of the Indiana University School of Law, a Fulbright Scholar at the law schools of Harvard and Moscow State University. He was quite active in the Soviet Jewry movement locally and has served on the Board of HIAS since 1989. The Hebrew Immigrant Aid Society is the Jewish agency working for immigration reform and refugee protection of Jews and other persecuted populations.



Welcome Susan Lieberman

We are pleased to welcome Susan Lieberman to Beth El in the newly formed position as Foundation Director. The Beth El Foundation will soon be established as a 501 (c) 3. Susan will help lead the growth and development of financial resources, specifically planned giving and endowment funds.

"I am excited to become part of Beth El to help lead this critical effort. A strong Foundation will ensure that this wonderful, vibrant congregation thrives far in to the future. I am honored to collaborate with staff, leadership and the entire community to build the Beth El Foundation."

Susan has over 10 years of experience in fundraising; most recently, as Director of Development at Hamm Memorial Psychiatric Clinic in St. Paul, and at the Jewish Community Relations Council of Minnesota and the Dakotas.

Susan earned her undergraduate degree in Psychology at the University of Michigan followed by a master's degree from the University of Chicago, School of Social Service Administration. She has also earned a certificate in non-profit management from the University of St. Thomas Center for Nonprofit Management.

Susan is a licensed clinical social worker with over 10 years of experience in education, health care and human services settings.

Susan is a Minnesota native. She enjoys outdoor activities, international travel and spending time with family and friends including her seven nieces and nephews.

Susan's office is upstairs in the Beth El office suite. Please stop by and visit! You can reach her at 952-873-7309 or slieberman@bethelsynagogue.org.



Talmud Torah

By John Orenstein, Beth El President

I still remember my first day of Talmud Torah, in third grade. It was thrilling. I'm serious.

Our teacher was this young, charismatic guy who seemed like he was from some exotic country. He didn't say hello. He didn't tell everyone to be quiet. He just somehow got the room down to complete silence by walking to the blackboard and pointing to it. He said, "Zeh luakh." Then he strolled over to the window, pointed to that, and said, "Zeh halon." Then he walked back to the door on the other side of the room, and pointed again: "Zot" – he paused for dramatic effect – "delet."

Just as I was beginning to feel sorry for this man who, apparently, could only point and speak gibberish, he turned a friendly face to one of the kids in front, gestured to the blackboard, and said, "Mah zeh?" Eventually someone had the courage to try: "Zeh luakh." And for the rest of the hour we were off, speaking Hebrew. Although I don't remember, we must have learned to ask and answer "What is your name," because we learned our new teacher's name: "Mar Ettedgui."

I read ahead in the book, learned all the letters. Howard Mark did the same; I was always trying to stay a page or two ahead of him. (Esta Eiger was suspected of being ahead of both of us.) I loved that this language read backwards. I showed it to my non-Jewish friends, who were completely baffled, though only for a minute, until they suggested we do something else.

Gradually, of course, I developed other interests. After a few years, when Talmud Torah moved to the new building just off Texas Avenue, a couple of friends and I realized we could walk out and go to Texa-Tonka and no one would notice. So we did, a lot. My grades went down to steady gimels in everything. I wondered how I was doing even that well.

If anyone had told me then that I would be on the Talmud Torah board someday – well, I wish someone *had* told me. I would have tried to raise my grades, maybe.

Today, Talmud Torah essentially is a joint venture of Beth El and Adath. What that means is simple: when I started on the executive committee of Beth El, we never

talked about Talmud Torah. If it was a problem, it wasn't our problem, at least not directly. Now, whether you call it a problem or not, it's ours, and our partner's too.

I vote for calling it an opportunity. When you own something, you tend to take better care of it; in the case of Talmud Torah, this has meant listening carefully to parents and making some responsive changes. We've had town hall meetings, surveys and focus groups. We've dramatically changed the scheduling alternatives. Starting next year, kids from second through fifth grade can go on Sunday plus one weekday, or two weekdays – as opposed to three days a week, which was how it was for everyone at the elementary school level just a couple of years ago. (It was four times a week when I was a kid, which I now deeply resent.)

We're launching a strategic planning initiative, which I expect to be highly substantive, particularly with **Dan Weiss** involved from Beth El and **Marty Chester** from Adath. You're entitled to be skeptical about strategic plans, but this is one of those rare moments when we get to think about our identity, our purpose, and our practices at the start of a brand new chapter in the life of the organization. Unfortunately one of the reasons it's brand new is that **Barry Gruber**, the principal, is leaving at the end of the school year – and we'll miss him terribly, both at Talmud Torah and Beth El. But Barry's departure makes it that much clearer that now is the time to take stock of Talmud Torah and assure that it's going the right direction. **Susie Chalom** as Head of School will be a great contributor to this process; so will Beth El's **Lev Buslovich**, who has ably led Talmud Torah to this point as president for nearly three years.

Look back at my opening anecdote (such as it was) above, and you'll see most of the elements of what I think we want kids to take away from Talmud Torah: joy in learning; Jewish content; joy in socializing (although perhaps not at Texa-Tonka); and good memories. It's hard to make all that happen when you're throwing it on top of regular school. But with the help of our board (which includes Beth El members **Dan Mosow**, **David Magy**, **Jerry Ribnick**, **Joey Kristal**, **Joel Levintman**, **John Seymour**, **Lisa Heilicher**, and **Rick Soskin**), we look forward to nurturing Talmud Torah as if it were our own. Because it is.

Beth El is taking a trip to Eastern Europe (April 12 – 23, 2015) Informational Meeting

Sunday, April 27 | 3 p.m. | Cantor Abrams' house, 11501 Fetterly Road West, Minnetonka, MN 55305

Join trip leaders Cantor Abrams and Dana Yugend Pepper for a meeting to hear details. See the flyer in this *Shofar* for more specifics regarding the trip. Please RSVP to aabrams@bethelsynagogue.org or 952-545-9270 if you are interested in learning more about this trip and can/cannot attend the meeting.

PASSOVER: A QUICK REVIEW OF SELECT LAWS AND TRADITIONS



Selling Hametz

One must not have any hametz (leaven) in his or her legal possession during Pesah. After doing a complete and thorough cleaning of your house/apartment/dorm room, you should throw away any opened packages of hametz, thereby beginning Pesah in a hametz-free environment. Consider donating all new and closed hametz items to a local food pantry. Because of the complexities of our economy, it may be far too costly to get rid of all of your sealed and unopened hametz. For this reason, a ceremony was developed which in effect “sells” hametz to a non-Jew for the duration of the holiday. (You should sell your hametz even if you will be away for the duration of the holiday.) This symbolic sale is carried out by a rabbi whom you appoint by filling out a shtar harsha'ah, or document of permission (see below).

What is Siyyum B'khorim?

On the day before Passover, the first born of our people fast to commemorate their being spared the fate of the first born Egyptians. One may eat, however, if he/she participates in a seudat mitzvah, the festive meal which accompanies the performance of certain mitzvot. One such mitzvah is Talmud Torah, study. Thus, when a person completes a significant section of material (e.g., a tractate of Talmud) it is customary for all present to join in a siyyum, a ceremony of completion with a meal. Any first born who participates in the ceremony may eat. This is known as the Siyyum B'khorim. The Siyyum B'khorim will be held at the morning minyan on **Monday, April 14**, after the 7:00 a.m. minyan led by **Sid Konikoff**.



Pesah Preparation Check List

- ☐ **Mekhirat Hametz** (Sale of Hametz)
If you have not yet sold your hametz, there is still time. Contact Rabbi Davis, visit www.besyn.org/hametz-sale or see cut-out below.
- ☐ **Ma'ot Hittim** (literally, “coins for wheat”)
Gave tzedakah in honor of Pesah
Participated in Beth El's food drive.
- ☐ **B'dikat Hametz** (Hametz Search) **April 13**
Search my house the night before the first seder by candlelight and feather for the last crumbs of hametz.
- ☐ **Biur Hametz** (Hametz bonfire) **April 14**
Burned hametz the morning of first seder.
- ☐ **Hakhana L'seder** (Seder Preparation)
Thought of ways to make Seder thoughtful, fun and interesting.
- ☐ **Ta'anit B'korim** (Fast of the first born) **April 14**
On erev Pesah if you are a first born and not planning on fasting, break your fast after the 7:00 a.m. morning minyan by attending a siyyum (ceremony that concludes a period of study).
- ☐ **Sefirat Haomer** (Omer counting)
Look forward to cheesecake on Shavu'ot by counting the omer each night beginning at the second Seder.



חג כשר ושמח!

APPOINTMENT OF AGENT FOR THE SALE OF HAMETZ

I, _____ hereby authorize Rabbi Alexander Davis to act as my agent to sell any hametz that may be in my possession, that I'm aware of and that which I'm not, wherever it may be, at home, place of business, car or elsewhere, in accordance with Jewish law. I understand that any hametz in my house will not be mine for use from the morning of Monday, April 14 through the conclusion of Passover on Tuesday evening, April 22. The sale must be completed by Sunday evening, April 13.

Name: _____

Address: _____

Signature: _____

I enclose \$_____ for Ma'ot Hittim (gifts for the poor), payable to Beth El Synagogue.

Please cut out and return this form (or go online www.besyn.org/hametz-sale) by April 11 to:
Beth El Synagogue, ATTN: Rabbi Davis, 5225 Barry Street West, St. Louis Park, MN 55416

PERMITTED FOODS FOR PASSOVER

What **DOES NOT** need a Kosher for Passover label?

IF PURCHASED BEFORE BUT **NOT** DURING

(Should have a year round kosher symbol and not opened until Passover):

- 100% Fruit Juices (no additives including vitamins, Omega 3 or iron/calcium)
- Filleted Fish
- Frozen Fruit - Plain, frozen, unsweetened fruit pieces
- Lactaid Milk
- Milk - Plain Whole/Low-Fat/Skim (fresh – not long shelf-life)
- Natural Coffee without Cereal Additives
- Non-Confectioner's Sugar
- Olive Oil - Extra Virgin Only
- Pure Tea - not flavored herbal or decaf
- Pure White Sugar - with no additives
- Salt with no iodine
- Quinoa – provided that it is checked before Passover and any foreign substance removed since it may be processed on equipment used for grain.

IF PURCHASED BEFORE OR DURING PASSOVER:

- Baking Soda
- Bicarbonate of Soda
- Coffee (unflavored regular)
- Eggs
- Fresh Fruits and Fresh Vegetables (not coated)
- Fresh kosher fish (from a kosher source)
- Fresh kosher Meat (from a kosher source)
- Frozen, Raw hekshered meat, other than chopped/ground products
- Nestea regular and decaffeinated unflavored tea
- Pure black, green or white tea leaves or teabags
- Whole, unground spices and nuts (Passover permitted), including whole or half pecans (not pieces)

What **DOES** need a Kosher for Passover label?

IF PURCHASED BEFORE OR DURING PASSOVER:

- | | |
|---|-------------------------|
| All baked products (matzah, cakes, matzah flour, farfel, matzah meal, and any products containing matzah) | Frozen Vegetables |
| Canned or Bottled fruit juices | Candy |
| Canned tuna | Chocolate flavored milk |
| Honey | Ice cream |
| Wine | Yogurt |
| Vinegar | Soda |
| Liquor | Decaf Coffee |
| Oils | Herbal teas |
| Dried fruits | Decaf tea |
| | Cheeses |
| | Butter |

Babies and Passover

Ashkenazi Jews (those who descended from the Jews of Eastern Europe) refrain from eating *kitniyot* on Passover. *Kitniyot* are small foods like legumes, corn and rice.

Most infant formulas contain *kitniyot* and therefore likely would not get a Kosher for Passover certification in the United States. However, since the prohibition against eating *kitniyot* is generally understood to be *minhag* (custom) and not *halakhah* (law), we understand that *kitniyot* is permitted for consumption by children who need them and are not yet old enough to understand the laws of Passover. This is also true for those frail or in poor health who need nutritional supplements.

Nevertheless, be sure that the ingredients in said *kitniyot* products do not contain *hametz* or *hametz* derivatives. Likewise, although it is permissible to eat *kitniyot* off of Passover plates, it is best to use separate plates for these items to be "safe."

According to the OU, the following products are understood to be halakhically acceptable for infants and those who are ill.

Infant Formulas:

Alsoy	Heinz Nurture	Pathmark
America's Choice	Home 360 Baby	PBM Solutions
Baby Basics	Hy-Vee	Premier Value
Bear Essentials	Isomil	President's Choice
Belacta	Kirkland Signature	Price chopper
Berkley & Jensen	Kozy Kids	ProSobee
Bright Beginnings	Kuddles	Publix
CVS	Lactofree	Rite Aid
Daily Source	Laura Lynn	Safeway Select
Discount Drug	Life Brand	Shopko
EnfaCare	Little Ones	Similac
Enfalac	Meijer	Supervalu
Enfalyte	Member's Mark	Supreme
Enfamil	Mother's choice	Target
Enfapro	My Organic Baby	Top Care
Follow-Up	Nature's Place	Topco
Food Lion	Nestle Good Start	Up & Up
Full Circle	Next Step	Vermont Organics
Giant	Nutra Infant	Walgreens
H-E-B	O Organic Baby	Wegman's
Hannaford	Parent's choice	Western Family

Pediatric Supplements:

Boost Kid Essentials
D-Vi-Sol
Enfamil 5% Glucose Water
Fer-in-Sol® Drops
Poly-vi-Sol® Drops
Tri-vi-Sol® Drops
Resource Just for Kids with Fiber

Kosher for Passover

Soy Milk

The following soy milks do not contain any hametz ingredients:

Soy Dream Original un-enriched soy milk

Anyone for whom it is necessary to consume kitniyot may drink these products. However, because we are unable to verify the kosher for Passover status of the equipment on which they are produced, we recommend purchasing these items before Passover.

Another alternative would be to use a Kosher certified almond milk which does not contain hametz. The following are OU certified Almond Milk in the "original" variety that can be used for infirm and children who need an alternative to standard milk on Passover:

SOY MILK

Original:

365 Everyday Value
(Original, Light, and Unsweetened)
Best Choice Clearly Organic
Fit & Active Organic
Fit & Active
Fresh & Easy
SoySense
Giant
Green Way
Harris Teeter
Naturals
Organic
Harvest Farms
Hy-Vee
Krasdale Organic
Market Basket
Unsweetened

Meijer
Natural Directions
Organic
Nature's Place
Nature's Promise
Organic
O Organics
O Organics
Shop Rite Organic
Shop Rite
Smart Menu Organic
Stop & Shop
Western Family
Aseptic
Winn-Dixie Organic
Original Enriched:
Brighton Falls
Full Circle
Hy-Vee Health
Market
Market Basket

Our Family
Price Chopper
Roundy's
Soy Dream
SoySense
Wild Harvest

ALMOND MILK

Original:

365 Everyday Value
AlmondSense
Essential Everyday
FredMeyer
Fresh & Easy
Friendly Farms
Full Circle
Harris Teeter
H-E-B
Hy-Vee
King Soopers
Kroger

Laura Lynn
Market Basket
Meijer
Natural Directions
Nature's Place
Price Chopper
Ralphs
Roundy's
Shop Rite
Sunnyside Farms
Trader Joe's
Tree Of Life
Winn-Dixie

RICE MILK

Original:

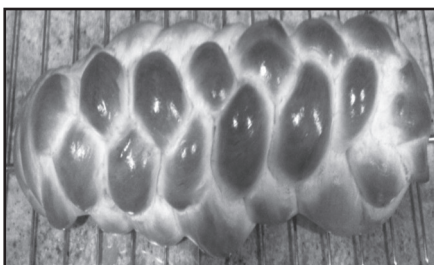
Clearly Organic
Harris Teeter
RiceSense
Full Circle
Hy-Vee

Krasdale Organic
Meijer
Nature's Place
Shop Rite
Market Basket
Nature's Promise
Price Chopper
RiceSense
Wild Harvest
Rice Dream –
(unsweetened only)

Nutritional and Dietary Supplements

Many of the following products contain kitniyot, and it is therefore preferable that a certified alternative be used. Products that contain flavors should only be provided when no unflavored alternative exists. Since natural flavors are more likely to contain a hametz-derived compound than an artificial flavor, an "artificial flavors" designation on an ingredients label is preferable to "natural flavors" or a "natural and artificial flavors" designation.

Medical	Dietsource Sweet N'	Shake	with Nutrishield	Oxepa	Resource Frosty Thick	Resource Thickened
Nutritional	Free	Ensure Plus	Nepro	PBM	Resource Fruit	Coffee
Supplements	Sugar Free Drink Mix	Ensure Plus HN	Nepro Vanilla	Pediasure Vanilla	Beverage	Powder
Arginaid	Ensure (not Ensure	Ensure Plus HN Drink	Nepro with Carb	Powder	Resource Glutasolve	Resource Thickened
Arginaid Extra	Fiber with FOS)	Ensure Plus Next	Steady	Pediatric Electrolyte	Resource Health	Juice
Benecalorie	Ensure Complete	Generation	Flavored	Solution	Shake	Resource Thickened
Beneprotein	Nutrition Shake	Ensure Shake	Novasource 2.0	Peptamen	Resource Health	Water
Boost Glucose Control	Ensure Complete	Isocal Globe	Novasource Renal	Peptinex	Shake	Shake Plus
Boost High Protein	Therapeutic Nutrition	Isosource VHN	Nutra Balance	Polycose	No Sugar	Suplena
Boost Kid Essentials	Ensure Enlive	Jevity (except Jevity	Nutra Focus	Promote (except	Resource Just for Kids	Tow-Cal HN
Boost Kid Essentials	Ensure Flavored	1.2	Nutren (Product line)	Promote	with Fiber	Ultracal
1.0	Powder	and 1.5)	Nutritious Drink Mix	with fiber)	Resource Milk Shake	Vivonex Pediatric
Boost Kid Essentials	Ensure Glucerna OS	Liquid Diabetisource	Nutritious Pudding	Pulmocare	Mix	Vivonex Plus
1.5	Ensure Healthy Mom	AC	Optifast 800	Resource 2.0	Resource Optisource	Vivonex Ready to
Boost Kid Essentials	Shake	Liquid Fibersource HN	Optifast 800 Soup	Resource Benefiber	High	Feed
with Fiber	Ensure High Calcium	Liquid Fibersource	Optifast HP Drink Mix	Resource Boost Breeze	Protein Drink	Vivonex Ten
Boost Nutritional	Shake	with Nutrishield	Optitrim	Resource Boost Fruit	Resource Plus	
Pudding	Ensure High Protein	Liquid Isosource	Osmolite (unflavored)	Flavored Beverage	Resource Sweet N'	
Boost Plus	Shake	Liquid Isosource HN	Osmolite Fiber	Resource Dairy Thick	Free	
Diabetisheid	Ensure HN	with Fiber	Osmolite HN	Resource Diabetic	Sugar Free Drink Mix	
Diabetisource AC	Ensure Homemade	Liquid Isosource	(unflavored)	Resource Diabetishield	Resource Thicken Up	



Hallah Bake Off Winner Announced!

On February 28, 2014 "Beth El Eats!" held a beautiful Shabbat Dinner and Hallah bread making competition. Of our over 50 dinner guests we had 8 bakers that included recipes from all over the world. There were traditional hallot, Asian inspired flavors, artisan loaves and a delicious one with a hint of orange essence. All in all we were able to taste nine incredible hallot. The hallot were judged by the congregants that attended the dinner. The score cards included categories of appearance, taste, texture, density

and over all favorite. **The baker that rose to the top was (DRUM ROLL PLEASE) Brian Hage.** His hallah was a beautiful golden brown and reminded some of us Fishman's Hallah! In a close second place was Rabbi Davis with his beautiful artisan Hallah and separated by only two votes was Lisa Elzufon with her delectable loaf with a hint of orange essence. All of the hallot were delicious and we are grateful for all the bakers that participated. In honor of our winning hallah and baker Brian Hage, the Beth El Eats committee made a donation to Mazon. Our complete list of bakers included: Brian Hage, Rabbi Davis, Lisa Elzufon, Andy Burton, Arriel Elizur, Amy Amberger, Jim Bukstein and Uriel Lewis. Thank you to all of our wonderful bakers and guests for helping make our "Beth El Eats" Shabbat Dinner a success!

Cookbook Collection By Barbara Bach

Karen Rubin got her first cookbook as a bat mitzvah gift. Now she has a collection of over 5000 cookbooks, about 200 of them Jewish cookbooks. Besides being a cookbook collector, Karen is an accomplished cook, a cooking teacher, and a cookbook writer. Some cookbooks in her collection are regional which she picked up as souvenirs of her travels. Others she purchased at thrift shops and garage sales. Friends and family don't have to ask what she wants for a birthday present. A cookbook, of course. Some of her books are fun to read but not easy to cook from, and some are books that Karen actually uses when she cooks.

Karen shared the titles of some of her more unusual Jewish cookbooks. One of the books, *Tempting Kosher Dishes*, was published in 1930 for Manischewitz. The recipes in the front of the book are in English. When the book is flipped, the back of the book has the same recipes written in Yiddish. A label pasted on the cover of the book reads, "Compliments of Abe Weisman wholesale grocery and kosher delicatessen, 24 Glenwood Avenue."

She has a facsimile edition of a book titled *The First Jewish-American Cookbook*, published by Mrs. Esther Levy of Philadelphia in 1871. The book has recently been reissued by the American Antiquarian Cookbook Collection with its original title, *Jewish Cookery, or Principles of Economy: Adapted for Jewish Housekeepers, with the Addition of Many Useful Medicinal Recipes, and Other Valuable Information Relative to Housekeeping and Domestic Management*.

Karen has kosher Creole, kosher Chinese, kosher French, and kosher Cajun cookbooks. She has Israeli cookbooks and a Polish Jewish cookbook from 1988 with the note on the cover saying that it is available in Polish, French, and English. She has a cookbook published by a Jewish high school in Australia and Jewish recipes collected in a pamphlet

for the 1945 Minneapolis Aquatennial by the Minneapolis Chapter of Hadassah. In her collection there is a cookbook called *A Russian Jew Cooks in Peru* and another called *Jewish Cooking from Boston to Baghdad*. A cookbook called *Simple Jewish Cooking* from the Council of Jewish Women in New Jersey comes with a sticker urging you to vote for "your Congressman Beilenson," and includes as "simple," a recipe for fruit punch for 300. She has several different editions of *The Settlement Cookbook* but finds the 1947 edition the most useful.

Her two favorite kosher cookbooks are *California Kosher* by the Women's League of Adat Ari El Synagogue of North Hollywood, California, a collection of contemporary and traditional Jewish recipes, and *Passover Treasures*, a Passover cookbook from the Minneapolis Talmud Torah.

You don't need a collection of 5000 cookbooks to find a Jewish cookbook in our area. The Max Shapiro Library collection in the Learning Center at Beth El has Jewish cookbooks including recipes from Beth El members collected by the Beth El Women's League and cookbooks by nationally known authors such as Joan Nathan, Susie Fishbein and Gil Marks. The cookbooks are found in the 699 classification in the Learning Center.

If you want to search a larger local library, the Hennepin County Library system lists 176 books under the heading of "Jewish Cooking" in its online catalog.

As with all cookbooks that claim to be Jewish or kosher, check the recipes carefully. Some recipes may include ingredients which are not kosher or may call for mixing dairy and meat.

B'tayavon, bon appetit, enjoy your meal, es gezunterheyt!

Beth El EATS!

**Look at all the
bags and boxes of
groceries collected
at our March 23
Food Summit - a
HUGE success!
Thanks to so many
of you who
donated!**





A Message from Women's League Joyce Prohofsky, President

Todah Rabah to Hamantashen Team Leaders Linda Tell and Phyllis Harris and their scrumptious success! The dedication and many hours of work gave all of us who bought the best product in the city. I also want to thank the congregants that helped every Thursday and Sunday. We at Beth El are truly a family working together for the good of the community.

A special thank you to the Orenstein's and the Purim Shpielers for an interesting and entertaining program. A woman studying for her Masters Degree was my guest at the Megillah reading and it was her first experience in a synagogue. She was very attentive and interested in the program and kept asking if we always had so much fun.

On behalf of the entire Women's League membership we wish you all a Hag Pesah Sameah and a spring with no snow and temperatures above 50 degrees.



Why Not Break Passover with a Knish?

This year we have potato, rice and a new feature - sweet potato. They are \$16/dozen. To order call Ronnie Burstein

763-544-4974 or Jodi Lebewitz-Davis 952-525-1267. Thanks for your support! Women's League knishes are available year-round!

Attention Bakers - We Need You!

We continue to need baked goods for the winter months for our sponsored Kiddushim. Contact Suzy Krelitz 612-227-5128 if you can bake for Shabbat mornings.

The Beth El Community Rocks "Hummie-Style"

By Linda Tell

Although Purim is over, I have my own Shpiel. It is a tale of todahs (thank yous), on behalf of Women's League.

Todah to everyone who bought a record number of mixed fruit, poppy, apricot, peanut butter/chocolate chip, chocolate lovers and plain chocolate chip Hamantashen.

Thank you to our seven skilled and dedicated dough makers -- Phyllis Harris, Stuart Borken, Judy Goulin, Annette Walder, Stan Segelbaum, Joe Rine and Adina Goldstein -- who made enough dough for 800 dozen triangular treats.

Todah to our more than 80 volunteer rollers, fillers, kleppers. Giant shout out to Phyllis Harris, Karen Rubin, Nadine Kivens, Arline Bloom, Arti Silverman, Vika, Sasha and Michael Resig, Susan Rees and Carly Bass -- who made it in to bake almost every week (even during the polar vortex).

Thank You

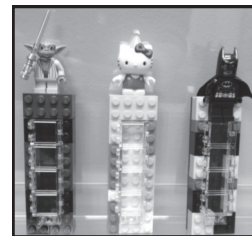
**Thank You to Women's League
for donating three yadayim
for Torah reading**

Myriad of Mezuzot in Gift Shop

Check out our large selection of mezuzot!

- Contemporary and traditional
- All price points
- Glass, metal, wood, plastic
- Children's Mezuzot -- including the

Lego ones featured in photo made by Jewdads Ritual Kitsch



Our Gift Shop is open every Sunday from 9:30 – 11:30 a.m. For more information or to make an appointment for during the week, contact Linda Estrin 763-545-4301 or Sara Zuk 763-529-1285. *Remember: All Gift Shop profits support the congregation!*

Beth El Book Club

April 29 | 6:30 p.m.

Louise Erdrich | *Round House*

A National Book Award finalist, *Round House* set on the North Dakota Ojibwe reservation tells the story of Joe, a 13-year-old who seeks justice after his mother is brutally attacked. Erdrich has created an intricately layered novel that not only untangles our nation's history of moral and judicial failure, but also offers a portrait of a community sustained by its traditions, values, faith, and stories.

May 20 | 6:30 p.m.

Leslie Levine Adler and Meryll Levine Page | *Jewish Luck*

Book Club questions? Please contact Debby Deutsch at debdeutsch11@gmail.com or 612-718-6250.

Mishloah Manot Committee Thanks You!



Thank you to everyone who enables the Gemilat Hesed Committee to carry out Acts of Loving Kindness! Todah rabah to the Sunday Tarbut students with Sheryl Sue Warren and Ellen Kleinbaum who helped to assemble the bags! Thanks to the Beth El maintenance crew who move things which such ease, to staff who help publicity and orders flow, to Cantor Abrams for advice and support and a special thank you to all who purchased Mishloah Manot!

- Jeanne Kaufman, Mishloah Manot Chair



B'nai mitzvah Sunday class helping to pack Mishloah Manot Gift Bags with Jeanne Kaufman, chair of the project, and Sheryl Sue Warren, teacher.



Moms packing Mishloah Manot for their College Kids.

SAVE THE DATE

**Stillman Torah Scholar in Residence Weekend
with Professor Joe Regenstein
May 9 - 11, 2014**

How the Oreo became Kosher; Working with the Muslim Community to Address anti-Semitism and Islamophobia in Europe; Kosher and Halal: Similarities and differences; and more! More information and registration available at www.besyn.org/stillman

Military Support Committee Update



February and March have been busy months for Military Support. Thanks to generous donations and volunteer time, more care packages have reached our deployed soldiers. Beth El partnered with HMJDS for their Volunteer Service Day where students filled bags with powdered drink mix, wrote cards and made bracelets for the soldiers and the families of the 849th MAC. It was great exposure for Beth El and the Military Support Project. The Food Summit brought many new volunteers who committed long term to bring much needed items for our soldiers.

The 95 men of the 849th MAC spend many, many hours in their vehicles performing long, slow and dangerous work clearing roads of IEDs (improvised explosive devices). Having high protein snacks to take along is critical. Soldiers have specifically requested beef jerky and meat sticks, protein / granola bars, powdered drink mixes, dried fruit, tuna in pouches, trail mix, sunflower seeds, foot powder, shaving supplies, word puzzle books, card games, and recent issue sports and news magazines. Consider bringing something each time you come to Beth El to put in our National Guard boxes located by the reception area.

Upcoming packing dates: Sundays, April 13, May 18 at 10 a.m. at Beth El in the Reading Nook. Contact Co-Chairs of the Military Support Committee if you have any questions: Rachel Parnes at rachelparnes@comcast.net 763-519-1370 or Cindy Amberger at cindy.amberger@gmail.com 952-200-1699.

Food Summit Results

**3,959 lbs of food donated to STEP
19,482 meals packed and donated for ImpactLives
34 kids sponsored for the Sheridan Story***

A great effort for one day, but there is more to be done! Please get involved in one of the ongoing hunger initiatives in which Beth El's Gemilat Hesed committee participates. Go to the Beth El website to find out more.

*We are hoping to sponsor 100 kids for this food initiative. To sponsor one child for the year, so they may have food over weekends, is \$130. If you'd like to sponsor a child, please send a check made out to the Sheridan Project, to Beth El Synagogue, attn: Cantor Abrams.

Caring for our Loved Ones...What's Next?

by Jan Hamilton, RN



In my space here in the *Shofar*, you've heard me refer often to the "Caring for Our Aging Loved Ones" presentations that we've had here in the Learning Center. While there are no further sessions planned for this year, the information shared at these meetings has been valuable. The committee and I are most grateful for the contributions of members and others who've shared their knowledge and expertise. We're also grateful for the feedback we've received from participants, those who benefited from the presentations and those who provided constructive comments.

So...not wanting to let go of what we've started, we're having conversation about what's next. Information and resources are needed when they're needed. How can we assist our community in getting the help and resources when they need it? One of the ways is to have a resource center on our website. We consider that plan a "work in progress" and you'll certainly hear more as it gets closer to becoming a reality. As I like to say when I have the chance, this community, both Jewish and the metro area at large, are not lacking in resources. The trick is learning about their existence and who you can count on for what.

I've had to come to terms with the fact that I don't always have "the" answer at my fingertips, but I *always* have access to people and ways of getting answers. I would like to encourage you to use me, as well as others who've had experiences similar to yours. To that end I'm suggesting a caregiver's support group. Many of you are caregivers (spouses, adult children, friends, etc.) Anyone who fills a need for someone that they can't fill it on their own is a caregiver. The support group is a great way to share experiences, what's worked and what hasn't, and get feedback, suggestions, and support from others. Please contact me if you are interested. With enough interest.....say, 6-8 people, I would be happy to facilitate such a group. Let me know how I can help. Let me know what you think. And I wish you all the feeling of a spring "renewal." We need it!

Jan Hamilton
jhamilton@bethelsynagogue.org
 952-873-7356

Caring Volunteer Drivers Wanted

We are looking for congregants to help fulfill a great and important need:

- provide rides to minyan for mourners, so they can say kaddish
- provide Shabbat service rides for members that have limited mobility or transportation

If you are available to share your time and "pay forward" acts of kindness within our Beth El family, please email Jo Ann Gruesner directly at jgruesner@gmail.com, or call 952-873-7300. The Yad'v'lev (Helping Hands, Helping Hearts) Committee would be honored to add your name to our congregation's network of helpers.

Gemilat Hesed Volunteer Opportunities

Second Harvest Heartland

Tuesday, May 13, 2014

Thursday, July 17, 2014

Thursday, September 4, 2014

Tuesday, November 25, 2014

Tuesday, January 13, 2015

For More Info Contact: Norma Kaplan
skaplan6@comcast.net.

Loaves and Fishes

May 27, 2014

September 23, 2014

November 25, 2014

Cooking, serving, cleaning

For More Info Contact: Diana Rosen
rose0392@umn.edu.

Ronald McDonald House

First Sunday morning of each month

Cook in advance, cook/serve 9:30 - 11:30 a.m.

For More Info Contact: Sarah Gruesner
smg7381@gmail.com.

Yad V'Lev Committee

Join the YVL committee and receive e-mails for your opportunity to help and comfort members of the Beth El family who are experiencing challenging times. This is accomplished by reaching out with "yad v'lev" open hands and hearts to perform gemilat hesed (acts of kindness). Email: jgruesner@gmail.com.

Shabbat Transportation Service

Volunteers are needed to provide transportation to Beth El from Knollwood Place. Contact Margie Goldfine at smmaahome@aol.com.



We Need Your Help

HIPPA laws now prohibit hospitals and nursing homes from releasing names to us. We want to know when you or a loved one are hospitalized or in need of help. Please contact the clergy or our congregational nurse, Jan Hamilton at jhamilton@bethelsynagogue.org or 952-873-7356, who would like to reach out to you and your loved one.



Youth Department Updates: *Saturday Night Lights* and USY Board

Mollie Feldman, Youth Director

Last month, Beth El Kadimaniks joined with other 7-8th graders from all over EMTZA Region for a weekend of bonding, learning, and fun at Kadima Kinnus. This month brings Spring Kallah – the final USY Convention of the year – and *Saturday Night Lights*, a dance for all Twin Cities Jewish youth, and a collaborative effort of USY, NFTY, and BBYO. In addition to providing a memorable evening for Twin Cities Jewish teens, the event will raise money for a charitable organization selected by the votes of USYers attending. See below for more details on *Saturday Night Lights* as well as other upcoming Youth Department programs:

Saturday Night Lights, Apr. 5, 9 p.m.-midnight: Don't miss an amazing evening at *Saturday Night Lights* at the **Radisson Blu Hotel at MOA**. The event is for all Jewish 9-12th graders in the Twin Cities, and the event features an amazing location, SnapYourself! photo booth, snacks, and an opportunity to contribute towards *tzedakah*. Cost is \$10 in advance or \$15 at the door, and all proceeds go directly towards the charity of your choosing. Register online now at besyn.org/saturday-night-lights.

Pre-Pesach Lounge Night, Apr. 8, 7:15-8:30 p.m.: Join BERUSY for a pre-holiday lounge night about Passover – there will be plenty of bread!

EMTZA Region Spring Kallah, Apr. 11-13: Spring Kallah is the final EMTZA Region Convention of the year, and over the weekend USYers will elect next year's regional board. Come have your voice heard and make an impact!

USY Board Info Meeting, Apr. 17, 7-8 p.m.: All 8-11th graders interested in running for BERUSY Executive or General Board must attend this MANDATORY information meeting in the Beth El Learning Center. The meeting will be an opportunity to learn more about USY board structure and elections, ask questions, and hear from current board members. At least one parent must attend with their USYer. **The USY Board application must be submitted online at besyn.org/usy-board by 5:00pm on May 1.**

Register to see the MN Twins in May, Apr. 18: Join 9-12th graders from all Twin Cities USY to see the Minnesota Twins play the Boston Red Sox on **May 13!** Cost is \$25, and pre-registration by Apr. 18 is required to attend. Sign up now at besyn.org/twins-game.

Beth and Beth's Lesbian Wedding, Apr. 20, 3:30-5:00 p.m.: The Beth El and Beth Jacob USY groups are coming together for a program about homosexuality and gay marriage within the Jewish tradition. The program will be

hosted in the Beth El Youth Lounge.

USY Weekend Program, Apr. 26, 7:15-8:30 p.m.: Save the date for a USY weekend event!

Kadima and B'resheet final program, Apr. 27, 1:30-3:00 p.m.: Don't miss the final Kadima/B'resheet program of the year – an epic scavenger hunt! This event is for all 5-7th graders from Beth El and Adath, and the event will take place at Adath Jeshurun Congregation (10500 Hillside Ln W, Minnetonka).

'Welcome to USY' Lounge Night, Apr. 29, 7:15-8:30 p.m.: 8th graders are invited to begin attending weekly USY Lounge Nights on April 29. As an important part of next year's BERUSY, current 8th graders will have a chance to meet upperclassmen, learn more about what USY is all about, and have a great evening!

Looking Ahead:

May 1: If you are interested in running for the 2014-2015 USY Executive or General Board, you must submit your application online at besyn.org/usy-board by 5:00 p.m. on May 1

May 2: Applications for Abraham Joshua Heschel Honor Society are due by 5:00 p.m. on May 2! Applications may be submitted online at besyn.org/heschel-application

May 6: Don't miss the last USY Lounge Night of the year – 8th graders welcome!

May 10-11: Save the date for USY's final program and lock-in! The USY Board for 2014-2015 will be held during this event, and all 8-12th graders are encouraged to attend.

May 13: All Twin Cities 9-12th graders are going to see the Minnesota Twins. Advance registration required by Apr. 18 at besyn.org/twins-game (see above for more details).

May 15: All 8-12th graders and families are invited to the USY Final Banquet. At the banquet, we will recognize outgoing seniors, welcoming incoming freshmen, and install the 2014-2015 USY Board.

May 26: Jewish youth groups from across the Twin Cities are heading to Valleyfair! Sign up information will be coming soon.

Contact Mollie Feldman at 952-873-7330 or mollie@bethelusy.org with any questions.

***check the BERUSY website at besyn.org/berusy for additional events and details, and you may view a full calendar online at besyn.org/berusy/calendar**



A Message from the Director

Karen Burton,
Director of Early Childhood
Education, Aleph Preschool



A Message from the Director of Shorashim & Young Families Engagement

Amanda Awend

March and the month of Adar flew by with all our Purim activities at the Aleph Preschool and we are now busily preparing for Passover. Our children will visit the Sabes JCC where they will learn how to make hand-made matzah through the Living Legacy Matzah Factory. Preschool and Pre-K will take a trip to the Shalom Home on April 7, to visit the residents and perform some of their Passover songs. The Pre-K children will perform their annual retelling of the Passover story play on Wednesday, April 9 at 10:45 a.m. This is always a highlight of our school year.

We have some exciting events happening this month including the KarBen Book Fair in the Reading Nook from April 2 – April 4. This is the perfect time to choose from a huge selection of Judaic books for all ages and for every occasion. Some of these books include beautifully illustrated haggadot, Shabbat stories, holiday recipe books and so many more. Please stop by our book nook to make your purchase just in time for Afikomen prizes and remember proceeds from this fundraiser go to the Aleph Preschool.

April Happenings:

April 2 – 4: KarBen Book Fair – Aleph Preschool Reading Nook

April 4: Musical Shabbat and Grandparents/Special Person Day – 9:30 a.m., Fiterman Chapel

April 4: Babies & Bagels - 9:30 a.m., Learning Center

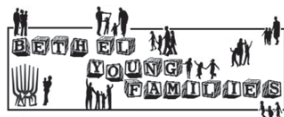
April 6: Annual Pasta Party and Silent Auction – www.besyn.org/pastaparty

We still have a number of openings at the Aleph Preschool for the summer and fall. You can register online at: www.bethelsynagogue.org/aleph_preschool/

We wish you a Happy Pesah from Aleph Preschool.

Hag sameiah,

Karen Burton & Sam Gordon



Upcoming Events

Apples & Honey Young Family Service

Saturday, April 5 | 10 am - 11 am

Location: Beth El Synagogue, Learning Center

Apples & Honey Grown Up Learning

(following the family service)

Saturday, April 5 | 11 a.m. - 11:40 a.m.

Guest Speaker: Barry Gruber,

Principal of Talmud Torah Minneapolis

Location: TBD

Dear Parents,

We are happy to announce the seventh year of Shorashim, Beth El Synagogue's Kindergarten and First grade Shabbat morning religious school program! Shorashim, which in Hebrew means "roots," is the beginning of the Beth El-Talmud Torah Hebrew school experience. Shorashim is an excellent way to introduce or continue your child's Jewish education and be a part of a warm and fun Jewish community.

We are very pleased with the success we have had over the past six years. Shorashim students learn about Torah portions, holidays, and Jewish values. They hear an array of stories, do creative art projects, learn songs, and participate once a month in the Apples and Honey Young Family Service.

As part of the Beth El- Talmud Torah track, our kindergarten class begins with curriculum that emphasizes Hebrew letter recognition which we build upon the following year. Our students learn the important pre-reading skills needed in future Jewish and Hebrew studies.

I have been the head teacher for Shorashim for the last six years, and next year I will continue my third term directing the program, as well. I will be teaching Kitah Aleph (the first grade), joined by Margie Goldfine who will teach the kindergarten group. Margie is a wonderful teacher who truly loves working with children and has several years of experience at Beth El. Margie and I are both very excited to be working together again and look forward to another wonderful year.

The program runs from 10:00 a.m. - noon (or when the main service ends). Once you drop off your child, we invite you to join us in one of our many adult programs.

For pricing and registration, please visit ONLINE: www.besyn.org/shorashim.

I am available to answer any questions or provide you with more information. The best way to reach me is by e-mail at aawend@bethelsynagogue.org or you can call the synagogue at 952-873-7300.

I look forward to seeing you and your children in the coming year!

Shalom,

Amanda Awend

Beth El Endowments and Program Funds provide an important source of income, enabling the synagogue to offer added services and programs and to make improvements to the facility. You can honor or remember family members and friends or special events with contributions to any of the Beth El Endowment Funds or Program Funds. Send donations to: Beth El Synagogue, 5225 Barry Street West, Minneapolis, MN 55416. Indicate the fund to which you want to contribute, the purpose of the contribution, and to whom you would like an acknowledgement sent. A complete listing of funds are available by calling the front desk at 952-873-7300 or donate online at www.bethelsynagogue.org (click on "Donate"). If you would like to establish a new fund in your name or in the name of a loved one, please contact Beth El at 952-873-7300.

Beth El Gratefully Acknowledges the Following Contributions This list reflects donations made to funds from February 7, 2014 - March 4, 2014. Contributions received after March 4, 2014 will be listed in the May 2014 issue of the *Shofar*. If you **do not** want your name listed, please include a note when you make your contribution .

Alvin & Audrey Kaufman Camp Ramah Fund

For Speedy Recovery of Dr. Ron Kaufman
Dr. Stuart & Sue Ellen Borken

Barry & Midge Frailich Yad V'Lev - Caring Community Fund

In Honor Of Midge & Barry Frailich's
40th Anniversary

Nancy & Mike Schoenberger
Jackie & Bill Broze

In Memory Of Caryn Zadik
Barry & Midge Frailich

In Memory Of Doris Walder
Barry & Midge Frailich

Beth El Men's Club Educational Endowment

In Memory Of Caryn Zadik
The Rosen Family

David and Linda Estrin USY Fund

In Memory Of Pauline Sackheim
Jennifer & Jeremy Zacks
In Memory Of Rochelle "Ricky" Orloff Calvin
Jennifer & Jeremy Zacks

Fay & Leonard Ribnick Program Fund

In Memory Of Doris Walder
Diana Idelkope
Esther Burke
Louise & Jerry Ribnick
The Gale Family

Florence & Sam Bright Aleph School Endowment

In Honor Of Lucille Abramovitz's 80th Birthday
Sandra Bjergo

General Congregational Nurse Fund

In Honor Of Ellis Olkon's Birthday
Ruth & David Olkon
In Memory Of Mayer Krupp
Joy Gordon
Joyce & Ed Prohofsky
Louise & Jerry Ribnick
Mazal Tov on the Birth of Linda & David Estrin's
Granddaughter
Joyce & Ed Prohofsky
In Memory Of Irving Hillman
Joyce & Ed Prohofsky
In Memory Of Herb Weiner
Joyce & Ed Prohofsky
In Memory Of Caryn Zadik
Barbara & Gary Krupp
Joyce & Ed Prohofsky
In Memory Of Doris Walder
Barbara & Gary Krupp
In Memory Of Maxine Robbins
Irving & Teresa Victor

Greater Beth El

In Memory Of Doris Walder
Michelle & Larry Shapiro
Lynn Lederman & Ken Raskin
Colin Smith & Wendy Lovell-Smith

Jeffrey Levy & E. Martin Jehn
Karen & Irving Katz
Meryll & Chris Page
Beth Leonard & the Partners at
Lurie Besikof Lapidus & Co., LLP

In Memory Of Sam Glassman

Harriette & Fred Burstein
Michael & Bernice Frisch
Donna & Harvey Leviton
Michael Saxon

In Memory Of Rochelle "Ricky" Orloff Calvin

Colin Smith & Wendy Lovell-Smith

Mazal Tov on the birth of Ron & Janet Plotsker's
grandson

Colin Smith & Wendy Lovell-Smith

In Memory Of David Tychman

Colin Smith & Wendy Lovell-Smith

In Memory Of Idele Vinokour

Peggy & Richard Bloom
Tim & Pam Chandler
Dorothy Goldstein
Thomas Holzman & Alison Drucker
Richard Castle
Judy & Peter Wolf
Alli & Tony Rubin
Barb & Dan Schultz

In Memory Of Caryn Zadik

Abbe Payton & Family
Ron, Sonia, Sarah & Jacob Ungerman
Riva & Craig Kupritz
Meryll & Chris Page

In Memory Of Mayer Krupp

Linda & Mike Platt
Richard & Judith Spiegel
Ken Raskin & Lynn Lederman
Meryll & Chris Page
Debbie & John Orenstein
Fran & Marvin Burstein
Paula & Marshall Lehman

For Speedy Recovery of Dalia Katz

Lee Moral

Happy Birthday Ellis Olkon

Carol & Alan Bensman

In Memory Of Joel Sedley

Jesse & Cym Kibort

For Speedy Recovery of Rabbi Alexander Davis

Diane & Burt Weisberg

In Memory Of Herbert Hillman

Diane & Burt Weisberg

Greater Beth El/Badzin Learning Center

In Memory Of Mayer Krupp

Elliott & Marlys Badzin

In Memory Of Sam Glassman

Elliott & Marlys Badzin

Greater Beth El/Development Fund

In Memory Of Samuel Glassman

In Memory Of Doris Walder

In Honor Of Sarah Gruesner & Brad Hanly's
Wedding

In Memory Of Mayer Krupp

In Honor Of The Birth of Jared Friedman

In Memory Of Caryn Zadik

Saranee & Neil Newman

Hannah Bialick Yom Shalaim Fund

In Memory Of Sam Glassman

Anne & Steve Devitt

Heifetz Education Fund

In Memory Of Bert Rockler

Happy Anniversary Barry & Midge Frailich

Raoul & Ferna Heifetz

Ivan and Karen Brodsky Presidential Fund

In Memory Of Sam Glassman

Dr. Ivan & Karen Brodsky

L'dor Vador Campal Campaign Fund

In Memory Of Sam Glassman

In Memory Of Caryn Zadik

In Memory Of Mayer Krupp

Susan & Michael Bleher

Maurice & Edith Nemrov-Lava Education Fund

In Memory Of Idele Vinkour

Diane & Neil Hoffman

Philip and Rivel Greenberg Family Fund for Holocaust Awareness

In Memory Of Roma Kleiman

Philip & Rivel Greenberg

Prayer Book/Sanctuary Fund

In Memory Of Harvey Hoberman, Brother & Uncle
Gene & Sally Gittelsohn

Rabbi Alexander Davis Discretionary Fund

For Speedy Recovery of Rabbi Davis

Dan & Jodi Rosen

David & Nancy Goldstein

Aaron & Judi Nathenson

Jospeh Rine

Pam & Ron Kaufman

In Memory Of Marshall Shields

Heidi & Howard Gilbert

In Memory Of Mayer Krupp

Aaron & Judi Nathenson

Happy Anniversary to Paula & Mike Beugen

Heidi & Howard Gilbert

In Memory Of Idele Vinokour

Elliott & Marlys Badzin

Rabbi's Ramah Appeal

In Memory Of Marshall Shields

Harriette & Fred Burstein

In Memory Of Rochelle "Ricky" Orloff

Jeff & Sara Braverman

For Speedy Recovery of Rabbi Alexander Davis

Marvin & Bonnie Zeff

Ralph Fine Israel Fund

In Honor Of Beverly Rockler Fine's Birthday

Stephen & Katherina Liston

Judy & Michael Sigelman

Yahrzeit Contributions**In memory of:**

Alex Epstein
Celia Marofsky
Nathan Winerman
Helen Bialick
Gladys Winerman
Jacob Weiss
Max Rotenberg
Israel Pomush
Ida Halpern
Lorraine Sandler
Ben Brodsky
Royal Orren
Rose Bukstein
Libby Berman
Sol Schertzer
Harry Juster
Sheldon Pomush
Israel Pomush
Henry Freier
Lillian Sternfeld and Ben Berkowitz
Robert Kraines
Steven Davidson
Ben Katz
Sam Zieve
Harold Herman
Hymie Gutterman
Florence Heiligman
Bill Prohovsky
Gittel Walder
Ethel Gershone
Moicy Goyhenberg
Helen Lubet
Louis Goldich
Fanny Goldich
Sylvia Selnick
Mary Doroshov
Marcia Silverfarb
Maurice Frank
Joseph Vertelney
Rita Vertelney
Ben Katz
Ken Appelbaum
Lorraine Sandler
Ron Ungerman Senior

Contributed by:

Shirleymae Lane
Morton & Artice Silverman
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Lowell (Butch) & Linda Bialick
Mildred Ingber
Esther Kaufman
Naomi Rotenberg
Nathan & Darlene Schwartz
Elisabeth & Norman Sandler
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Lois Perwien
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Dr. James & Marlene Bukstein
Philip & Rivel Greenberg
Ide Schertzer
Martin & Sue Ring
Mrs. Shirley Haskovitz
Mrs. Shirley Haskovitz
Boris & Sara Zuk
Esther Burke
Shirlee Bank, Debbie Bank & Shari Greene
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Barney & Cerene Rosen
Jacqueline Herman
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Harvey & Shirley Ansel
DeDe Armel
Robert & Sandy (Sorah) Blumenfeld
Jeff Gershone
Zhan & Anna Berkovich
Richard & Judith Spiegel
Louis Goldich
Louis Goldich
Sandy & Deborah Selnick
Sandy & Deborah Selnick
Stephen & Laura Silberfarb
Deanie Lerner
Mark Vertelney
Mark Vertelney
David & Karen Katz
Mark Appelbaum & Yaffa Cohen-Appelbaum
Morris Sandler
Ron, Sonia, Sarah & Jacob Ungerman

We welcome our newest members!
B'ruchim Habaim!

Susan Lieberman

Shane and Bryn Wasserman

with Addison (7 yrs) and Davin (4 yrs)

Daniel Ruthman and Andrea Weisberg
with Noah (9 yrs)

Condolences to (members in bold)...

- **Dale, Amanda, Sophie and Ari** on the loss of their wife and mother, **Debbie Hillman**

Mazal Tov to...

- Jeff and Jeanne Stein on the birth of their grandchild, Daniel Joseph Magnezy, son of Debbie and Oren of Tel Aviv and Boston.
- Helen and Rick Averbach and Rose Averbach, as well as Pam and Jeff Fine and Hanna Hochster, on the birth of their granddaughter and great-granddaughter Shoshana Beth, born on February 12 in Dallas, Texas to parents Lauren and Ben Fine.
- Jackie and Harold Sadoff on the marriage of their daughter, Malka (Michelle), to Yosef Kalish. The newlywed couple will be residing in Israel.

April Anniversary

Mark & Shirley Lerner

April 225th

If you would like to ensure that your or your loved ones' milestone, simcha or other celebration are acknowledged in future publications, please contact Abbe Payton, Director of Engagement and Outreach, at 952-873-7303 or apayton@bethelsynagogue.org. Abbe can also provide you with information about how to mark your "mazel tov" with the purchase of an acorn, leaf or dove on our beautiful Simcha Tree.

Ralph Z. Yellen & Bess Yellen Cohen**Scholarship Fund**

In Honor Of Richard & Susan Bunin's new granddaughter

Dian & Stuart Yellen

Roberta M. Weber Congregational Nurse Fund

In Memory Of Sam Glassman

Philip & Chana Weber

Rose & Sol Bukstein Sukkah Fund

In Memory Of Sam Glassman

In Memory Of Mayer Krupp

In Memory Of Doris Walder

Mazal Tov on the birth of Ron & Janet Plotsker's grandson

Jim & Marlene Bukstein

Sally & Sam Greenberg Herzl Camp**Scholarship**

In Memory Of Idele Vinokour

Shirley & Bert Politz

Shelley Kornblum & Mickey

Greenberg

In Honor Of The Special Birthday of Ellen Greenberg

Julie & Steve Friedman

Shirley R. Abelson Aleph School Fund

In Honor Of The birth of Shira Malamud

Colin Smith & Wendy Lovell-Smith

Mazal Tov On the arrival of Charlotte Grey

Colin Smith & Wendy Lovell-Smith

In Memory Of Gwendoline Burton

Colin Smith & Wendy Lovell-Smith

In Memory Of Sam Glassman

Linda & Jim Stein

Leo & Evelyn Weiss

Heather & Mark, Marlee & Kenneth Stesin

Sally & Jimmy Lorberbaum

Paula & Marshall Lehman

Nancy & Mike Schoenberger

Rich & Marilyn Chern

DeDe Armel

Ellen Kleinbaum

In Memory Of Doris Walder

Tristram & Sandy Hage

Caryn Goldberg

In Memory Of Idele Vinokour

Margie & Mitch Fink

Stuart Applebaum

Sally & Jimmy Beloff

In Memory Of Herbert Hillman

Laurie Goldfarb

In Memory Of Roberta Chargo, beloved sister

In Honor Of The birth of Charles Henry

In Honor Of The birth of Adalyn Rae

DeDe Armel

Steve & Bonnie Heller Leadership Fund

Mazal Tov on Ethan Kahn's Bar Mitzvah

Heidi & Howard Gilbert

Summer Experience in Israel

In Memory Of Doris Walder

Jodi & Michael Davis

The Judy Silverman Memorial Yad Hazakah Program Fund

In Honor Of Orlin Silverman, on your special birthday

Stuart & Dian Yellen

Torodor & Levy Family Summer Scholarship Fund

For Speedy Recovery of Mary Baumgarten

In Memory Of Sam Glassman

Bill & Sharon Torodor

In Memory Of Idele Vinokour

Eleanor, Sharon & Bill Torodor

Yad V'Lev Fund

For Speedy Recovery of Rabbi Alexander Davis

Carole Davidson



**Bethelders at
Bloomington Theater and Art Center for
Gypsy**



Sunday, May 25, 2014

**Bus departs 1:00 p.m. Sharp
from the Beth El (Barry St. W. & Salem) parking lot to the
Bloomington Theater and Art Center in Bloomington.**

\$36 per person
Includes ticket for performance and bus

Reservations must be received by May 6, 2014
Friends and guests are invited to attend in addition to spouses.

Please make your \$36 check payable to: Bethelders
Send it with the form below to:
Freeda Golden, 2600 Toledo Ave. So., St. Louis Park, MN 55416
Questions? Call Freeda at 952-922-6667.



RESERVATION FOR "Gypsy" at Bloomington Theater and Art Center on May 25, 2014

NAME _____

ADDRESS _____

PHONE # _____ NUMBER ATTENDING _____ AMOUNT ENCLOSED _____



Join Cantor Audrey Abrams & Dana Pepper, Chairperson on an in-depth tour to

EASTERN EUROPE

April 12 - 23, 2015

This Amazing Tour Includes:

- 2 nights at the Mercure Centrum in Warsaw, Poland
- 2 nights at the Novotel Centrum in Krakow, Poland
- 3 nights at the Mercure Korona in Budapest, Hungary
- 3 nts Maria Falkensteiner Hotel in Prague, Czech Republic
- All touring in a deluxe air-conditioned vehicle with an English-speaking guide
 - Internal flight to Budapest to Prague
- First Class train from Warsaw to Krakow
 - Breakfast daily
- Welcome dinner in Warsaw
- Dinner at Beit Warsawa
- Dinner in Krakow
- Shabbat dinner at Beit Orim in Budapest
- Shabbat boxed lunch in Budapest
- Farewell dinner in Prague
- Danube dinner cruise
- Enjoy a Chopin Concert in Warsaw
- Tour Old Town Square & Nozyk Synagogue
 - Visit key sites in the Warsaw Ghetto
- Tour Warsaw's new Museum of the History of Polish Jews
 - Tour the Old Jewish District, Kazimierz
 - See Wawel Castle & St. Mary's Church
- Experience a moving visit to Auschwitz-Birkenau
- Visit Budapest's Raul Wallenberg Memorial Statue
 - See Prague's Royal Castle & the Charles Bridge
- Visit Terezin, the Nazi "model" concentration camp
- Walk the streets of Josefov, Prague's Jewish Old Town
- Transfers included if arriving/departing with the main group
 - Entrance fees per itinerary
 - Porterage

...AND SO MUCH MORE!

Tour Costs	Full Cost (Paid by CC)	Discounted (Paid by Check)
Land Costs	\$2,985.00	\$2,899.00
<p>Land costs are per person, based on double occupancy. Single occupancy is \$720.00 or \$699.00 paid by check.</p> <p>Internal flights from Budapest to Prague is included in land cost.</p> <p>Airfare will be available by Summer 2014</p> <p>Complete this form or register online at: www.ayelet.com/AbramsApril2015.aspx</p>		



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Tour does not include: Roundtrip airfare (available by Summer 2014), departure taxes and fuel surcharges (subject to change until ticketed), any border taxes or visas, tips to guides, driver and dining room waiters (\$15.00 per person, per day, pre-collected), March of the Living registration (approx. \$200 per person); travel insurance (highly recommended), or items of a personal nature. Participants arriving at other times (not with the group flights) are responsible for their own transfers. Ayelet Tours will be happy to arrange private transfers at an additional cost. **CANCELLATION POLICY:** \$100.00 per person charge if cancelled once booked plus any applicable airline penalties. \$250.00 per person plus any additional airline penalties charged if cancelled 60-31 days before departure. 100% penalties apply if cancelled 30 days or less before departure.

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Rabbi

Alexander Davis

Rabbi

Avi S. Olitzky

Rabbi Emeritus

Kassel E. Abelson

Cantor

Audrey Abrams

Cantor Emeritus

Neil Newman

Executive Director

Linda Goldberg

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Ladies' "Escape Weekend"

A Shabbaton with the ladies of Beth El

May 2 (6pm) - May 4 (10:30am), 2014

Women of all ages are invited to join us at Herzl Camp for a weekend of bonding, relaxation, girl talk, exploration, and more.



Where: Herzl Camp

Cost: \$150/pp (2-4 per room)

Led by Cantor Audrey Abrams and Mollie Feldman.



Sign up now at besyn.org/ladies-escape



MASORTI ART SALON
MAY 7, 2014
6 pm • wine reception

79 13th Ave. NE, #208
Minneapolis, MN 55413

Join us for an art sale, featuring artworks by local & Israeli artists and a presentation by visiting Masorti Rabbi Yonatan Sadoff of the Magen Avraham Congregation in Omer, Israel.

Proceeds support the Masorti (Conservative) Movement in Israel.

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RSVP AT FACEBOOK.COM/TCMASORTI
For more info or to contribute an item to the sale, contact Veronica: veronicagraphics@me.com

