

BETH EL SYNAGOGUE SHOFAR

FEBRUARY 2014 • ADAR 5774

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

In this Issue:

View from the Bimah:

Singing Trees 2-3

Synagogue News..... 3

President's Message:

Same Old Same Old..... 4

More Beth El EATS! 6

Gemilat Hesed 8-9

Education & Youth... 10-11

Tributes 14-15

Life Cycles..... 15



Hallah Bake-Off & Shabbat Dinner February 28, 2014

Share your braiding and baking skills at Beth El's first ever Hallah Bake-Off. During the congregational Shabbat dinner, we will taste and judge some of Beth El's best Hallah.

Baking may be done in the synagogue's Synder Family Kitchen or at home following the synagogue's kashrut guidelines. Once registered we will send you information for either option. Bakers are to attend the dinner and must register for the competition by February 14 by contacting Rabbi Davis, adavis@bethelsynagogue.org.

Dinner \$22/adult; \$15/kids under 10
Register at: www.besyn.org/hallah-bake-off-and-dinner

KOSHER CHINESE TAKEOUT



TAKEOUT WEDNESDAY.

Amen Lo Mein

Every Wednesday, Beth El Synagogue and Spirit of Asia offer Kosher Chinese Takeout. Go to www.besyn.org/chinese-takeout for more information and to order by Tuesday at 1 p.m. (**NEW ORDER BY DAY!**) and smaller entrée portions.

Beth El EATS!

...and Beth El Feeds!

FOOD SUMMIT

Sunday, March 23, 1- 4 p.m.



Hear from speakers on the Jewish Perspective on Hunger in our Community. Participate in hands-on projects benefiting organizations like Second Harvest, STEP, ImpactLives.

An event for the entire family. Take action, get involved, make a difference!

Watch *Kesher, Hakol, Shofar* for sign up information.



**Beth El Pesah
Community
2nd Seder
Tuesday, April 15,
6 p.m.**

Facilitated by
Cantor Abrams & special guests

\$30/person; \$15 (children 8 and under) Registration due by 4/4
(After 4/4 additional reservations will be on "space available" basis only and price will be \$35/person; \$18 (children 8 and under)

Sign up at:
www.besyn.org/community-seder

Contact Cantor Abrams at 952-873-7317
or aabrams@bethelsynagogue.org



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

See Page 10

Notable Times

חדלקת נרות Candle Lighting

February 7	5:14 p.m.
February 14	5:24 p.m.
February 21	5:34 p.m.
February 28	5:43 p.m.

הבדלה Havdalah

February 8	6:15 p.m.
February 15	6:25 p.m.
February 22	6:35 p.m.
March 1	6:45 p.m.

תפילות Services

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

שבת Shabbat

Shaharit	9:00 a.m.
Minha	4:30 p.m.

מנין 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

a view from the bimah **מהבמה**



Singing Trees!

by Rabbi Alexander Davis

There is a tree in my backyard that needs to be cut down. It is a tall birch with thick, rough bark and long branches. Its light green leaves shade my neighbor house more than mine. But in the summer, it's my boys who enjoy the tree. They hook up ropes, hoses and bungee cords to hoist themselves up to the first branch or to climb like mountain climbers around its base.

Over the past few years, we began noticing more and more branches without leaves. And when we saw large chunks of bark peeling off and falling to the lawn, we had a bad feeling. A visit by an arborist confirmed our suspicion- the tree was slowly dying. Before it falls and does damage to the house, we were told, we should have it cut down.

I know I shouldn't be upset. After all, this is Paul Bunyan's State. Chopping down trees is not a foreign concept. And we can always replant a new tree. But I am saddened. Perhaps it is the Oregon born-tree-lover in me; perhaps it is because this tree is so old and stately; or maybe it is because this birch adds a simple beauty to the landscape I daily enjoy.

A Midrash (Tanhumah, Teruma 9) tells a story about trees that unlike my backyard were happily cut down. At Mt. Sinai, the Israelites were told to build a Tabernacle (portable sanctuary) using "the" acacia trees. While acacia trees can be found growing wild in the Sinai desert, what trees were being specified? The Midrash explains, that when Jacob went down to Egypt to reunite with Joseph, he received a prophecy: his descendants would be redeemed from there and be commanded to build a Tabernacle in the desert. In Egypt, Jacob instructed his children to plant acacia trees and over the hundreds of years of slavery, those saplings grew into large, mature trees. Before the Exodus, the Israelites cut down those trees and brought them with them through the Sea of Reeds into the desert. When the Israelites finally built the Tabernacle out of these trees, the trees

sang jubilantly before God, as it says in Psalms, "then all the trees of the forest will sing with joy before God" (96:12).

It is a wonderful story. Even as the Israelites sank deeper and deeper into slavery, the sign of their ultimate salvation grew taller and taller. I imagine Israelite children playing around the trees, taking shade under the trees, carving their names into the trees. Then one day they saw their parents cut them down. But the children hardly had time to be upset- the plagues were growing worse, redemption was nearing.

So why were their parents worrying about the trees at this time? Did they intend to make swords to fight the Egyptians? To make a boat to cross the Sea of Reeds? Only when they arrived at Sinai did the children understand. Seeds from the Holy Land planted by their ancestor, Jacob grew in a diaspora soil. Nurtured by their grandparents and parents, these trees became the raw building materials for the Holy Ark and the Tabernacle. Though saddened to see their trees cut down, I picture the Israelite children delight at the sight of their trees incorporated into the Ark. This was not about taking a bit of Egypt with them. No, those trees which literally rooted them to their past, symbolized a prophecy of redemption, the promise of a future. No wonder that the trees sang out in joy. Undoubtedly, so too did the children.

Why am I sharing this tale? Tu B'shvat (the "Birthday of Trees") is long past and Pesah is not yet. On page 13 of the *Shofar*, you can read about Beth El's new Simha Tree. Read about the people who built it, sponsored it, envisioned it and how you can share the joy of a lifecycle or special moment with your Beth El family. But our tree is more than a fundraising tool. Written above the Simha Tree are the concluding words from the midrash,

Continued on next page

Singing Trees! (continued)

by Rabbi Alexander Davis

“Then all of the trees of the forest will sing with joy before God” (you might also recognize these words from Kabbalat Shabbat services where they appear in a Psalm).

We chose these words to express the core idea that when one family knows joy, our entire congregation rejoices with them (“then **all** the trees of the forest will sing”). In the context of our midrash, we are reminded of something more-

the wood of our Beth El sanctuary carries a history. It was not just a tree. It was a tree with a story, a tree carried by our parents and grandparents, family and friends used to build “A House of God.” As we fill in our Simḥa Tree in the coming years, our joy grows knowing that a prophecy and a promise has come true in us: “Let us build a Sanctuary and I will dwell amidst them.”

Cycle Across Israel

Thursday, February 13 | 7:00 p.m. | Beth El Synagogue

Prepare for the adventure of a life time- a five day ride from Jerusalem to Eliat. This ride through some of Israel’s most dramatic landscapes, brings together cyclists from across the world. In addition to connecting with the Land, therefore, participants will connect with a wonderful community of cycling enthusiasts. The ride is sponsored by Hazon and supports the work of the Arava Institute for Environmental Studies. At the informational meeting, you will hear from David Eisenberg, vice-chair of the ride and Beth El member, Steve Klane who rode in 2012.



**Join In City-Wide SLP
Conversation
about Healthy Living
Attend A Health In The Park
Meeting**

Thursday, February 20, 2014 | 6:30 – 8:30 p.m.

Sunday, March 2, 2014 | 1:30 – 4:30 p.m.

The City of St. Louis Park (SLP) invites all those who live, work, worship and/or play in the municipality to engage in conversation about total well-being through the Health in the Park (HIP) initiative. Please consider lending your support and influence to this important discussion by attending one of the professionally facilitated sessions. You can help define priorities and develop strategies to make healthy living more accessible. Beth El is represented on the HIP Steering Group, and hosted a focus group to help further ensure the collective Jewish voice is woven into HIP. Over the years the city has successfully invested in building its infrastructure. Now, the community looks forward to the opportunity to focus energy and resources on the human capital. Ultimately, the goal is to have HIP become part of the fabric of the SLP culture. SLP believes that government should not try to define what a healthier community means, but instead the city should provide opportunities to hear from the citizens. Look for more details at hipslp.org, www.twitter.com/hipslp, or www.facebook.com/healthinthepark.

Doing What's Good and Right: Including Jews with Disabilities**February 22**

Beth El will recognize Jewish Disability Month as **Shelly Christensen**, Program Manager, Minneapolis Jewish Inclusion Program for People with Disabilities speaks about how our congregation can journey toward

meaningful inclusion with people with disabilities and those who love them. She will include why and how congregations utilize Inclusion Committees to raise awareness, create strategies and work with the congregation to bring about meaningful participation. Shelly points out that up to 20% of the Jewish community has some sort of disability, and that as Jews, we must take it upon ourselves to intentionally welcome people with disabilities so that they too can live meaningful Jewish lives of their own choosing.

New Beth El Staff Highlighted

Liz Rappaport, Welcome Desk Coordinator



Liz was born and raised in Kansas and came to Minneapolis after graduating with a Bachelors degree in English from the University of Kansas in 2002. Liz live in New Hope with her husband, Matt and children, Max and Sarah. After working as a childcare provider for seven years, Liz has taken the last four years off to raise her own two children. During this time Liz

has been a volunteer on many projects at Beth El including the Young Families Group, Aleph Preschool events and most recently manning the Welcome Desk on Friday mornings. Liz is looking forward to meeting and greeting all of you as you come into Beth El!

** look for more staff highlights in upcoming Shofars!*



Same Old Same Old

By John Orenstein, Beth El President

It's the month of Adar! That's the traditional month of silliness, even craziness, and so I can write a completely frivolous, fun column, right?

Unfortunately, wrong. This year, there are two Adars. The Jewish calendar is lunar, so unlike our regular calendar, which slips in a "leap day" every four years, the Jewish calendar puts in a "leap month" every once in a while. That's Adar I. Adar II is the fun month that contains Purim.

All Adar I has is "Purim Katan," or "Little Purim." Let's be clear on just how minor a holiday that is. Purim itself is minor relative to the Shalosh R'galim (literally, three legs): Pesah, Shavuot and Sukkot. Not to mention the High Holy Days. So when you get down to Little Purim, it's a little like the AAA ball club of holidays. Or maybe the Florida Instructional League.

And as befits an off month on the Jewish calendar, there are no splashy things going on at Beth El. World-class speakers? Not this month. Electrifying musical performances? Nope, Michelle Citrin was last month. Gourmet dinners? Well, you can still get kosher Chinese take-out, and it's very tasty, but no eight-course meal cooked by master chefs like the Tu B'Shvat seder.

I had the idea that we should have a special President's Day celebration to fill the void this month, but strangely, I've gotten no traction with this. Think of it: everyone would just find the nearest synagogue president and shower him with flowers, gifts or admiring correspondence. I think this would be delightful. The rabbis keep telling me it's an "interesting" concept and they'll get back to me. (Note, I expect to have no interest in this idea next year.)

So what *is* going on at Beth El in a month that mysteriously coincides almost exactly with February, one of the dreariest months of the (solar) year? Do we just go into hibernation until the real Purim comes along?

In fact, there is more than enough going on. Let me point out some highlights:

Services. As president, I was shocked to learn we have a service *every Saturday morning*. And I'll be brutally honest: it's the whole morning, not just a half hour. You have to drink that coffee and read the paper pretty early if you want to get there for most of it. But if you do go, there is always something from the rabbis or a guest that makes you think, and always something from the cantor or a guest that makes you sing. There is probably not a week for any of us that can't be improved by a little singing.

Aleph Preschool. Every week, 126 preschoolers will be greeted by Karen Burton as they walk through our doors. They will learn Hebrew songs (and therefore some Hebrew

vocabulary), they may go visit the people in assisted living at Sholom ("I'm going to make the bubees and zaydees happy" one of them announced last time), they may make snow angels in the playground or run around the pirate ship, and they will practice good manners at lunch time and clean up after themselves, proving that everything you need to know you learned in preschool. They may even learn about real presidents on President's Day, just as they learned about Martin Luther King last month. (He was King Luten Martha when our daughter was at the Aleph school; I guess she thought if he was that great, he must have been a real king.)

B'nai Mitzvah training. Boys and girls will meet with the rabbis to learn to put on tefillin. There will be dozens of meetings between the rabbis and upcoming b'nai mitzvah to develop their divrei Torah, and there will be 'dress rehearsals' with Cantor Abrams. About 45 kids will begin Torah trope class and/or will learn Ashrei and other prayers well enough to go to the next step in the program. They will learn from recent graduates themselves – that is, an enthusiastic and huge cadre of Rimonom. There will be other private tutoring and 'check-ins' with our volunteer corps of teachers. Kids will plan, refine, or go out and do their mitzvah projects in the community.

Meetings. The Beth El Young Adults will have a shabbaton, which about 40 people half my age will attend. The Cemetery Association board adopted a long-range landscaping plan for the Beth El Memorial Park; this month it will review the plans to implement the first steps. People are dying to serve on this committee (oh, that one never gets old!). The Building and Grounds Committee will review HVAC, roof and other building issues, keeping an expert eye on our maintenance needs. The National Guard Committee will meet to pack food and other items to send to our adopted unit in Afghanistan. The Women's League will make large quantities of hamantashen, but because it's only Purim Katan this month, we can't eat them yet. (Sorry.) USY will have weekly get-togethers, because the best chapter in the world never rests. Families with babies will have weekly music classes. People will hang out with coffee and a book, or an iPad, in the Learning Center. There will be one-on-one meetings between the clergy and people who need their help on deeply personal concerns. Study groups will meet here, there and everywhere in the building, morning, noon and night.

There's more, but as I recall the question was, what's going on in February? As you can see, the answer is, nothing. And also, everything.

But if you still want something with pizzazz, let's go back to that President's Day idea. I've registered for it at Macy's ...



Minne-Apple to the Big Apple: From the Minneapolis Talmud Torah to New York City's Famed Carnegie Hall

By Cantor Audrey Abrams

I want to tell you about an amazing group of teens that I have the privilege of working with this year. They are 17 members of the newly re-formed Minneapolis/St Paul chapter of HaZamir – the International Jewish High School Choir created by Matthew Lazar – heading off to sing in a Gala Concert, with 200+ other Jewish teens, at Carnegie Hall in the Spring.

HaZamir provides Jewish high school-age teens the unique opportunity to gather together, sing Jewish choral music, build community and connect culturally. By providing a high-quality, structured program, HaZamir's experience helps foster a lifelong commitment to Jewish culture and music in young people, and builds a strong foundation for future Jewish involvement among its participants. HaZamir spans across the Jewish denominations, giving young people an opportunity to forge close bonds, and to transcend the boundaries through their common love of singing.

The 17 students in grades 8-12 participate in a class at the Minneapolis Talmud Torah for two hours every Sunday. I have the fun of conducting the group, assisted by Etta Bernstein and Beth El singers who are graciously giving of their time and talents to help out: Chris Brand, Jim Bukstein, Shana Marchand and Bill Torodor. They rehearse a body of music that all 30+ chapters learn so

that they can perform together at an Annual Gala Concert.

On March 27 we will travel to New York and spend Thursday night to Sunday morning in the Catskills with chapters from across the US and Israel. We will fine tune our music and build friendships during the course of the weekend, including a multi-denominational Shabbat experience. Then on March 30, the collective HaZamir will perform at Carnegie Hall for the Gala Concert.

Susie Chalom, Executive Director of the Minneapolis Talmud Torah, and the one responsible for organizing the local chapter of HaZamir, says, "Talmud Torah is so proud to provide such an important, life changing experience for our talented teens! I have heard from a few of our previous HaZamir graduates who have continued their friendships and ties with Jewish music in college. Just being able to say 'I sang at Carnegie Hall!' that's quite a memory! "

It's exciting to see these young students embracing Jewish choral music. They love to come to class, they love to sing. Come to the local gala and hear for yourself! If you are interested in supporting our students through additional donations please contact Cantor.



Apple to Apple HaZamir Gala Benefit Concert Saturday evening, February 15, 2014

7:00 p.m.

"Wander and shop the streets of New York"

8:00 p.m.

Concert with the HaZamir choir, local cantors
and choir members from area synagogues

Tickets: \$15/adult; \$10/student
(\$20/\$15 at the door)

Purchase at: [www.talmudtorahmpls.org/
Donations_donations.asp](http://www.talmudtorahmpls.org/Donations_donations.asp)
Or call 952-381-3300



Pictured from left to right (**Beth El singers are bolded**)

1st row: Isabelle Jones, Kelsey Bailey, Madaline Kelner,

Lilly Kaufman, Emma Feinberg

2nd row: Chava Buchbinder, Grant Cohen, **Polly Lehman,**

Shoshana Altman, Rachel Potter, Libby Harris

3rd row: Megan Searles, Josh Freeman, Shoshana Kusnetz,

Etta Bernstein

4th row: **Cantor Audrey Abrams, Emma Seymour,**

Brianna Johnson, Talor Blustin

Keep it Kosher *By Barbara Bach*

One would think that a person decides to keep kosher for religious reasons. But the push to start keeping a kosher home can come from any number of reasons, not all of them religious.

For **Jeff and Judy Victor** the impetus was a phone call. Judy's friend Lori called the couple to tell them that she had a speaking engagement coming up in Minneapolis. The Victors invited her to stay with them while she was in town. Lori kept kosher, but the Victors didn't. "No problem," said Lori. "Just call a rabbi, and he will kasher your house in a day." It took more like a couple of days, but the house was ready in time. Lori stayed with the Victors. That was several years ago. Since then the Victors moved to a new house in St. Louis Park. Besides having separate dishes and pots and pans, their new kitchen has separate sinks and dishwashers for meat and milk. For Jeff the reason to keep kosher is mysterious and mystical. "I have no clue as to why we are forbidden from eating pork or shellfish, or mixing milk with meat, but I trust The One who created us and ...this is my way of demonstrating my trust." Jeff describes himself as a "Tweener," a person on a journey between two cultures. He and Judy still eat in restaurants. Jeff eats chicken but no pork or seafood and doesn't mix milk and meat. Judy eats fish or vegetarian.

For **Wendy Lovell Smith and Colin Smith** the push to keep kosher was a new home. The Smith's children were in Heilicher Minneapolis Jewish Day School. Wendy kept kosher off and on before her marriage. The family had thought about keeping kosher and having a new home seemed the right time to start. Wendy said that she "toured" several kosher homes in the area to help her plan her new kitchen. She asked Rabbi Davis how to kasher as much of her old dishes and utensils that could be kashered, and she

bought new dishes and equipment to replace what could not be kashered. All the appliances in the kitchen were new. On Shabbat they have a hot pot for water and a hot tray to reheat their food. They are ardent bikers and bike rather than drive to Shabbat and Yom Tov services. Wendy said that keeping kosher elevates her spiritually and makes her more mindful of what she puts into her body. Her kids, she said, by having to wait the required time after a meat meal to have something dairy, have learned an important life lesson: you can't always have what you want when you want it. Sometimes you have to learn to wait.

For **Chris Brand**, the switch to keeping kosher actually was a religious decision. He was Jewish, a Jew keeps kosher, therefore he would have a kosher home. Cantor Newman helped Chris kasher his kitchen. Chris bought two new sets of dishes and new kitchen equipment. He heated his oven to a temperature that was "so hot that you would never even think about cooking food at that temperature." Chris feels that keeping kosher is a type of holiness, akin to the same feeling that he gets every Shabbat as a regular Torah reader at services. Chris still goes to restaurants with his friends even though not all of them understand his decision to keep kosher or his refusal to eat non kosher foods. His family, though, is behind him all the way. His mother makes sure, that when he is at her house, she has kosher food for him and special plates and cutlery for him to use.

Do they miss some things from their "pre-kosher days?" Wendy misses chicken parmesan. Chris misses shrimp and Maryland crab cakes. Judy misses five spiced crabs. But they do not regret their decision to keep kosher.

Beth El EATS!



Chefs Preparing Food for the Tu B'Shevat Seder in January



**"When's Dinner?!"
Feast on the Haggadah's Texts Relating to Food
and Blessings**

with Cantor Art Shragg
9:45 a.m. Sunday mornings following
9:00 a.m. minyan and hevre breakfast.
Now through April 6

Great Fun with Michelle Citrin at the BEMA Shabbat Shira Coffeehouse



Building a Loving Marriage Workshop

Dates: Feb. 26, March 5, 12, 19
7:30-9:00pm Free

Geared to engaged couples or couples who have recently married, this workshop focuses on issues that are very important in building a loving and trusting relationship, including communication, values, expectations, sexuality and finances. During the series, participants will also have the opportunity to get to know other couples who may be experiencing some of the same joys and challenges as they know.

The marriage workshop is a project of Adath Jeshurun and JFCS. Rabbis Alexander Davis, Avi Olitzky, Adam Titcher and Harold Kravitz facilitate in their homes together with licensed counselor, Jill Kozberg. Contact Rabbi Davis to sign up adavis@bethsynagogue.org.



Ladies' "Escape Weekend"
A Shabbaton with the ladies of Beth El

May 2 (6 p.m.) – May 4 (10:30 a.m.), 2014

Bonding, relaxing, girl talk, spiritual exploration and more

Led by Mollie Feldman, Youth Director and Cantor Audrey Abrams

Where: Herzl Camp

Cost: \$150/pp (2 – 4 per room)

Sign Up: besyn.org/ladies-escape

Space is limited

"Jewish Love Songs" with the Twin Cities Jewish Chorale

Sunday, February 9 | 3:00 p.m. | Beth El Synagogue



The program will include a wide range of Israeli, Yiddish, Sephardic, and Gershwin pop music celebrating love, friendship, and community. Cantor Audrey Abrams will solo and the Aleph

Preschool children will lend their voices to the concert. Tickets are \$15 (\$10 for students and seniors 65+) and can be purchased at twincitiesjewishchorale.org or at the door. The TCJC, now in its Fifth season, is a 35-member, community-wide, multigenerational concert choir dedicated to performance of the full range of Jewish choral music.

Purim is Coming! Don't Miss Out!

On *Purim* it is a mitzvah to give *Mishloah Manot*, a gift of at least two kinds of food to friends and family.

You have the opportunity to perform Two Mitzvot for the Price of One!

How you might ask?

By purchasing Beth El's Gemilat *Hesed Mishloah Manot* gift bags to give or send to **your** family and friends. This way you do the *mitzvah* of sending Purim treats

and

the mitzvah of supporting Beth El's *Gemilat Hesed* programs which strengthen our community through acts of loving kindness.



Mishloah Manot bags feature hamantashen, candy treats & more in a fun gift bag

Cost: \$10

bags need to be picked up at Beth El, on March 9 from 12:00 p.m. – 2:00 p.m.

or

Cost: \$16

bags will be shipped anywhere in the USA on March 10

Send in order form below by **Feb 28** (write additional orders on a separate piece of paper) or for an easier method visit <http://www.bethelsynagogue.org/mishloah-manot> by **March 7**.

**If multiple boxes are ordered to be sent to the same person/family, only one box will be sent with multiple personal greeting cards.*

Questions: Jeanne Kaufman at 763-533-1888 / jeannekaufman@comcast.net

From: _____

Address: _____ Phone: _____

Send to: Name _____

Address _____

Phone _____ Pick-up _____ or Mail _____

Message on Card: _____

Don't be restricted by the space on this form! Order many!!!

For additional orders, please use a separate piece of paper
 # of boxes picked up (\$10 each) _____ # of boxes mailed (\$16 each) _____
 Total boxes ordered _____ Total \$ enclosed _____

Please mail (or drop off) this form by February 28th to:
 Mishloah Manot, Beth El Synagogue, 5225 Barry Street West, St Louis Park MN, 55416

What on Your Mind?

by Jan Hamilton, RN



This last fall there was an article in the *Star Tribune* about mindfulness; specifically about the practice of mindfulness taking “a seat in the workplace.” Target, General Mills, and Mayo Clinic were listed as providing support to their employees in its practice, believing that it leads to better focus and productivity.

My own interest in mindfulness stems from an interest in healthy living and a desire to avoid, or at least reduce the impact of, chronic diseases and those associated with advancing age. Our minds and bodies are connected, and there’s no shortage of research to substantiate the fact that what we have on our minds effects how our body functions. When the mind is not focused on a particular task, it’s free to wander, one thought after another, often with great rapidity. Are these thoughts life-draining or life-nourishing? Engaging in a mindfulness practice, and there are many ways to do this, simply allows us to be aware of what’s on our mind. We’re watching what goes on in our mind and not just letting it have its way with us.

Awareness allows for choice, a choice in how we respond to the negative, life-draining messages. No denial or judgment here, please, just an awareness that could lead to a specific action, a change, a letting go, or simply an acceptance of some aspect of our life situation that we wouldn’t choose.

Perhaps what you note is simply a very busy mind, and taking a break to be mindful simply allows for it to slow down a bit. A quieter mind is beneficial too. Your body will thank you.

I believe I’ve just told you what my New Year’s resolution is. You got it.....to practice mindfulness!

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

Caregiver Tip of the Month

Make the best decision you can with the information you have at the time, and then don't look back.

SAVE THE DATES!

Caring for Our Aging.....Support for the Caregivers

February 9 | 10:00 a.m. to 12:00 p.m.
 “Moving Through Life Transitions”

Speakers

Jeff Sherman, Sholom Community Liaison
 Jonathan Rosenberg, owner of Twin Cities CARE

Jeff and Jonathan will provide an overview of the various senior living options and what to look and watch for. Included will be tips on communicating when change is needed, the emotional impact on those involved, and the shifting role of the caregiver.

March Food Drive

Beth El is a founding member of the Minnesota Food Share Campaign and has participated for 32 consecutive years! In 2013, people in Minnesota visited food shelves more than three million times. According to a Gallup poll, more than one out of eight Minnesotans indicated that there were times in the previous 12 months when they did not have enough money to buy food. In the last decade, senior citizens and working families increasingly visited metro food shelves due to high housing costs, prescription drug costs and unemployment.

Beth El will be participating in the Minnesota Food Share Campaign during the month of March. **We encourage you to donate healthy foods such as cereals, rice, pasta, flour, canned fruit, canned vegetables, applesauce, fruit juice, canned soups, peanut butter, beans, canned tuna and salmon, nuts, baby food, coffee, tea, salad dressing, vegetable oil, and toilet paper.** Please remember that opened, damaged, or outdated food cannot be accepted. Volunteers are also needed to transport food to STEP during the drive. Please call Len Zeff at 952-544-2005 or Robin Estrin 952-500-9200 to volunteer. Let's show once again that Beth El is a caring congregation.



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 the synagogue at 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.



Youth Department: Kadimaniks Head to their First Kinnus!

Mollie Feldman, Youth Director

In January, Beth El's Abraham Joshua Heschel Honor Society spent a weekend learning together at Herzl Camp. In the midst of a busy event calendar this month,

USY is hard at work on the Purim Carnival. **Please consider supporting the Youth Department by sponsoring a booth at the Purim Carnival. Donations may be made online at besyn.org/boothsponsor.** See below for full information about this month's event:

EMTZA Region Winter Shabbaton, Jan. 31-Feb. 2 – USYers from across EMTZA Region will gather in St. Louis for the annual Winter Shabbaton. Teens will connect with old and new friends to enjoy Shabbat together.

USY Lounge Night, Feb. 4 – Tuesday night is USY night! Join USY from 7:15-8:30 p.m. in the Youth Lounge. There will always be food, friends, and exciting programming planned by USYers!

The Big Thrill Factory, Feb. 9, 1-3 p.m. – Join members of B'resheet and Kadima (5-8th grade) from Beth El and Adath for an afternoon at The Big Thrill Factory. Big Thrill features laser tag, ropes course, bumper cars, and arcade games. Pick up and drop off is at The Big Thrill Factory (17585 Minnesota 7, Minnetonka 55345). Participation cost is \$25. Please register in advance at besyn.org/big-thrill.

Ladies Night Out and Male Time, Feb. 11 – Once every other month, regular lounge nights make way for some gender bonding. Don't miss the latest installment of LNO and Male Time! 7:15-8:30 p.m.

USY College Night, Feb. 18 – Jewish college students from the University of Minnesota will join USYers for lounge night to talk about their college experiences, discuss Jewish organizations on campus, and answer any questions! 7:15-8:30 p.m.

USY Lounge Night, Feb. 25 – Don't miss the final lounge night of February! 7:15-8:30 p.m.

Kadima Kinnus, Feb. 28-Mar. 2 – Kadimaniks get their first taste of a regional convention at Kadima Kinnus. Seventh and eighth graders from around EMTZA Region will meet at Lake Doniphan Camp in Excelsior Spring, MO to have fun, learn, and enjoy Shabbat together!

Looking Ahead:

Mar. 4, 11, and 18: Save the date for USY Lounge Nights, 7:15-8:30 p.m.

Mar. 7: Shabbas House is coming! Don't miss a special Shabbat with USY, complete with singing, learning, and eating. Register now at besyn.org/shabbas-house.

Mar. 16: USY needs YOU to help at the Purim Carnival! Teen volunteers are needed to help with booths and set-up. Please email Mollie to volunteer. The Carnival is from 11:00 a.m.-2:00 p.m.

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**



“Home of the International USY Chapter of the Year 2012-2013”

Left to Right: Mollie Feldman, Ethan Friedman, Ari Weinstein, Jamie Halper and Rabbi Avi Olitzky



A Message from the Director

*Karen Burton,
Director of Early Childhood
Education, Aleph Preschool*

We are over half way through our school year and our students continue to immerse themselves in creativity, learning and fun! Our mornings are filled with many exciting activities including our Chalav U'Dvash Hebrew Immersion program with specialist Galia Daniel-Titcher, Hebrew music with specialist Dori Weinstein, hallah baking each Friday morning and more. Our afternoon Enrichment and Yom Shalaim programming continue to deliver enriching and engaging learning experiences that include Math and Science, Reading and Writing, Judaics, Soccer, Cooking, Stretch & Grow and Amazing Athletes.

We have some wonderful Parent Education programming lined up this winter/spring!

- February 2 | 10:00 a.m.: Baby Boot Camp, Jewish Prenatal Education
- Tuesday, February 4 | 6:30 p.m.: "Behave Your Best" workshop series with Jamie Waldvogel, MS, BCBA and owner of Behave Your Best, LLC will begin with Empowered Parenting
- Tuesday, February 11: ECJFE (early childhood Jewish family education) spring session

We would like to wish a warm welcome to two new families that joined our school community in January 2014:

- Cassie and Zachary Berman and their parents join us all the way from Montreal, Quebec Canada! They joined respectively, Deb, Susie and Faith in the Peace Room and Barb, Wendy and Janie in the Owlets classroom. We welcome the entire Berman family to Minnesota and the Aleph Preschool community.
- Ayelet Parker joins Gail, Cindy and the Circle of Friends classroom. We welcome Ayelet and her parents Aaron Parker and Karen Curry to the Aleph Preschool!

We invite you to our Aleph Preschool Open House on Friday, February 7 at 9:30 a.m. The morning will begin with Musical Shabbat with our music specialist Laurie Herstig, and will be followed by a tour of our preschool. Meet our wonderful teachers, observe our classrooms in action and enjoy Breadsmith treats and coffee in the Learning Center. New family registrations on the day of Open House will receive a \$50 gift card!

Aleph Preschool registrations for Chaverim B'shemesh and School Year 2014-2015 are now available online. Visit <http://www.adamcsallany.com/student-manager/registration/> to reserve your space for next year!

Shalom,

Karen Burton



Upcoming Events

Apples & Honey Young Family Service

Saturday, February 1 | 10 - 11 a.m.

Location: Beth El Synagogue, Fiterman Chapel

Apples & Honey Grown Up Learning

(following the family service)

Saturday, February 1 | 11 - 11:40 a.m.

Guest Speaker: Cantor Audrey Abrams

Location: Learning Center

Sunday FUNday- Cardio Kids!

Sunday, February 9 | 10 - 11:30 a.m.

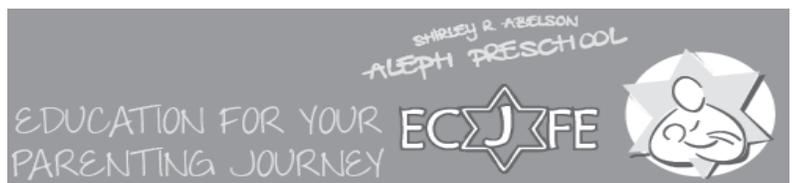
Location: Beth El Synagogue

<http://www.besyn.org/cardiodkids>

USY Purim Carnival

Sunday, March 16 | 11:00 a.m. - 2:00 p.m.

Location: Beth El Synagogue



ECJFE Spring Session

Begins Tuesday, February 11 for Eight Weeks | 5:45-6:45 p.m. Beth El Synagogue

Our Spring ECJFE (Early Childhood Jewish Family Education) class, facilitated by Dori Gelfman and Ali Berdass, will be geared towards first time parents and is open to anyone in the Jewish community. Cost to participate in the series is \$100. Children eventually enrolling in the Aleph Preschool will have a \$100 tuition reduction at the time of registration. For more information or to register, please contact Sam Gordon, Associate Director of Early Childhood Education, at sgordon@bethelsynagogue.org or 952-873-7312.



A Message from Women's League
Joyce Prohofsky, President

February Luncheon

February 4

We are looking forward to sisters, **Meryll Page** and **Leslie Adler**, discuss their new book, *Jewish Life*. The reviews are amazing and we are lucky to claim Meryll and Leslie as our own.

Beth El Book Club

February 25 | 6:30 p.m.

M.L. Stedman | *Light Between the Oceans*

A novel set on a remote Australian island, where a childless couple live quietly running a lighthouse, until a boat carrying a baby washes ashore. Book Club questions? Please contact Debby Deutsch at debdeutsch11@gmail.com or 612-718-6250.

Vashti's Banquet

Sunday, March 9, 2014

Once again, we will have a Mediterranean themed luncheon along with Belly Dancing and Henna Tattoos!



Beautiful Custom Metal Judaica Now Available For Order Through Gift Shop

Our Gift Shop is now carrying samples of incredibly distinctive ritual pieces by award-winning artist Joy Stember. Joy uses pewter, brass, bronze, silver and copper and has many different finishes, any of which can be used on any of her pieces – so you can create your own custom work of art! Seder plates, tzedakah boxes, mezuzot, candle sticks, Hanukkiot, yadayim, dreidels and more!

Joy's work is inspired by the clean lines and repetitive nature in urban landscapes, as well as mid-century design. Her three-dimensional ritual objects have gorgeous, layered textures, and are handcrafted in the U.S. You can see more of what she does on her website: Joystember.com. We are able to order any of her designs for you. And remember, if you are Women's League member, you can receive a 10% discount on all your Gift Shop purchases.

The Gift Shop is open on Sunday mornings from 9:30 – 11:30 a.m. or by appointment. For more information contact Linda Estrin at 763-545-4301 or Sara Zuk at 763-529-1285.

Mazel Tov!

We want to extend a hearty Mazel Tov to Beth El Rishon USY for its well-deserved honor of Chapter of the Year! And Mazel Tov and well wishes to **Ari Weinstien** as he embarks on his journey as a member of the International USY Board.

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.

Yasher Koah

To those of you who have and continue to bring donations for STEP and our Adopted National Guard Unit. Please continue your support with cash donations for STEP to Barbara Gottlieb. For an updated National Guard needs list, to go besyn.org or contact Cindy Amberger 952-936-9226 or Rachel Parnes 763-519-1370.

Women's League Knishes Available Year-Round



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!



Join The Beth El Hamantashen Baking Collective

**Every Sunday through
March 8 | 9:30 a.m. - 12:00 p.m.
Select Thursdays | 8:30 - 11:00 a.m.**

Thanks to all who have come out already for Hamantashen baking -- despite the cold weather! We are off to a great start but still need more help. Everyone is welcome - men and women, children 10 and up with a parent or grandparent, members and non-members. Let Linda Tell know you are coming and she'll be sure to save you a spot and an apron.

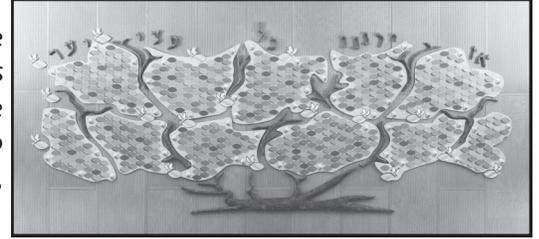
It's not too early to place your order for Beth El's Famous Purim tasty pastries! Contact Linda Tell to place your order or fill out printable form on-line and at Welcome Desk.

Questions: Linda Tell LRNTELL@gmail.com or 952-938-7177. Please let me know if you want to be on my email reminder list.

Use the link below to view the Purim Hamantashen video!
<https://www.dropbox.com/s/influk80i9131bw/Purim%20Hamantashen%202011video.m4v>

Our Simḥa Tree Blooming

It might be cold outside, but just like in Israel, spring has sprung in the Gruman Social Hall! Our gorgeous Simḥa (Celebration) Tree is blossoming. Leaves are budding. Acorns are sprouting. And there are doves fluttering about amongst the branches. You can now help nurture and grow our Simḥa Tree by adding inscriptions to an acorn, leaf or dove.



The Simḥa Tree was the vision of congregant **Stefanie Karon**. Her idea “grew” out of a desire to offer families the opportunity to help remember joyous occasions and mark them in our community. Donors can have their s'maḥot - births, b'nai mitzvah, weddings/anniversaries, etc. - engraved on this tree of life just as they are inscribed in the Book of Life.

Rabbi Davis taught: “We have memorial plaques in the Fiterman Chapel that mark the death of a loved one. But there are so many joyous occasions in life that deserve to be remembered by the congregation. As its name implies, the Simḥa Tree offers this very opportunity. And in so doing, we pray that the joy of that simḥa will continue to reverberate throughout our lives and for generations to come.”

Thank you to an incredibly creative team that helped the Simḥa Tree come to life as living piece of art:

Reuven Rahamim z”l, committed and greatly missed congregant and Accent Signage Founder, who was instrumental in the initial planning of the project and provider of materials through Accent.

Yossi ben Harush, Aleph Preschool parent and Accent Production Manager, who initially designed -- and continues to lovingly cultivate -- the Simḥa Tree.

Jodi Reeb, Mixed Media Artist, for her inspired, textured Hebrew lettering, tree trunk and branches.

Larry Pepper and **Todd Craig**, committee members, for providing ongoing artistic input and support.

Thank you our generous Simḥa Tree sponsors, who have brought lasting celebration to our Gruman Social Hall and to our Beth El community:

Bernard z”l & Fern Badzin
Dr. Ivan & Karen Brodsky
Richard & Diane Cohen
Michael & Linda Fiterman
Dr. Howard & Heidi Gilbert
Arthur & Penny Glassman
Dr. Steven & Bonnie Heller

Robert & Stefanie Karon
Gary & Barbara Krupp
Judge Allen & Marcia Oleisky
Bruce & Lisa Lebedoff Peilen
Laurence Pepper & Dana Yugend-Pepper
Dr. Mark Satz & Dr. Gail Bender Satz

Honor Your Loved One on Our Simḥa Tree

Birth

Bar/Bat Mitzvah

Wedding

Milestone Anniversary/Birthday

Graduation (Aleph Preschool, HMJDS, high school, Talmud Torah, college)

Special Accomplishment/Other

Acorns: \$180 (your choice of location, reserved for birth of a child only)

Leaves: \$360 (your choice of color and location)

Doves: \$1,000 (your choice of location)

For more information contact Abbe Payton, Director of Engagement & Outreach, at 952-873-7303 or apayton@bethelsynagogue.org. Abbe can assist you with wording and placement selection. All donors will have the opportunity to have their photo taken in front of the tree for posterity and/or publication.

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 December 11, 2013 - January 11, 2014. Contributions received after January 12, 2014 will be listed in the March 2014 issue of the *Shofar*. If you **do not** want your name listed, please include a note when you make your contribution

Cantor Abrams Celebrate the Arts Fund

In memory of David Lasky
 Freada & Sandra Golden,
 Sheri, Harvey & Carly Ettinger

In memory of Abraham Goldberg
 Freada & Sandra Golden

Cantor Abrams Discretionary Fund

In honor of Cantor Abrams
 Adam & Deborah Fefferman

Congregational Nurse Fund

In memory of Harold Ring
 John & Debra Orenstein
 Peni & Steve Gensler
Happy Birthday for Ellen Kleinbaum's Special Birthday
 Gary & Barbara Krupp

Greater Beth El

In appreciation of Danny Goldfarb's Honor as Hatan for Simhat Torah
 Bruce Kessler

In memory of Tom Lieberman's Mother
 Bruce Kessler, from the dog park

In memory of Abraham Goldberg
 Simon & Leah Temkin

In memory of Beloved Brother, Harold Ring
 Diana Idelkope

In memory of Ricky Calvin
 Judy Witebsky

In memory of Harold Ring
 Ron, Laurie, Lizz & Ellen Trach
 Joan Strouse & Family
 Richard & Judith Spiegel

In honor of Bonnie Zeff's Special Birthday
 Dr. David & Linda Estrin

In appreciation of Temple Staff for Admission to High Holiday Services
 Sanford White

In appreciation of Ken Raskin & Lynn Lederman
In appreciation of Dan & Mindy Ribnick

In appreciation of Mark Appelbaum & Yaffa Cohen-Appelbaum

In appreciation of Mike & Nancy Schoenberger

In appreciation of Lisa Heilicher

In appreciation of David & Susan Abelson

In appreciation of Steve Lear

In appreciation of Kupritz & Miller Families

In appreciation of Jerel & Judy Shapiro

In appreciation of Mort & Artie Silverman

In appreciation of M Elie Alyeshmerni

In appreciation of Tom & Sheva Sanders

In appreciation of Gil & Debbie Mann

In appreciation of Linda Goldberg & Dennis Laveris

In appreciation of Mayer Krupp
 Shereen Rahamim

Jeff & Lisa Gottstein Technology Fund

Happy Birthday to Jerry Gottstein
 Joyce Rubin

Prayer Book/Sanctuary Fund

Happy Birthday to Maureen Fine
 Susan Snyder
In honor of the 50th Wedding Anniversary of Maxine & David Kravetz
 Dr. David & Lesli Rubin

In honor of Bonnie Zeff
 Sandra Winer

Rabbi Avi S. Olitzky Discretionary Fund

In honor of Rabbi Olitzky's Amazing Marrying Skills
 Michael and Dana Neiman

The Barney & Gladys Applebaum Aleph School Scholarship Fund

In honor of Dobie Hunegs' 80th Birthday
 Stanford & Jo Ellen Robins
In honor of Bonnie Zeff's Special Birthday
 Clifford & Barbara Gerstenhaber

The Alvin & Audrey Kaufman Camp Ramah Fund

In memory of Harold Ring
 Alvin & Audrey Kaufman

The Daryle Silver Aleph School Fund

In honor of Ellen Kleinbaum
In honor of Rae Kleinbaum Cooper
 Harry & Terry Cohen

The Fay & Leonard Ribnick Program Fund

Mazel Tov on the Recent Marriage of Dr. Diane Burhenne & Ms. Judy Ribnick
 Michael & Nancy Schoenberger

The Florence & Sam Bright Aleph School Fund

In memory of Ruth Hampton
 David & Karen Katz
In honor of Lucille Abramovitz's Special Birthday
 Bill & Myrna Schaeffer

The Jack and Roz Hyman Camp Ramah Scholarships Fund

In memory of Steve Orloff's Mother, Ricky
 Dr. Gary Goldish & Dr. Bonnie Bongard Goldish
 Lou Ann Bongard

The JoAnne Ring-Levine Underprivileged Fund

In memory of Harold Ring
 Margo Berdass

The Nemerov-Lava General Scholarship Fund

In memory of Dr. Abe Kern
In memory of Harold Ring
 Dr. Neil & Diane Hoffman

The Philip & Bobby Bloom Camp Ramah Fund

In memory of Beloved Brother, Harold Ring
 Phil & Bobby Bloom

The Shirley R. Abelson Aleph School Fund

Happy Birthday to Sophia Strauss on Her 1st Birthday
 Ali, Josh, Myra and Annie Berdass
 The Schein Family

In memory of Gwendoline Burton
 Ms. Abbe Payton

In memory of Edward Devitt
 Ms. Abbe Payton

In honor of Bonnie Zeff's Special Birthday
 Philip & Barbara Herman

In honor of our Grandson, Noah Hage
 Tristram & Sandra Hage

In memory of Ed Devitt, Father of Steve Devitt
In memory of Andy Burton's Mother
 Robert & Andrea Oleisky

The Steven Gregory Rice Fund for the Physically and Mentally Challenged

In memory of Dorothy Wener, mother, grandmother, great-grandmother
Mazel Tov on the birth of Rivka, granddaughter of Dr. Kenneth & Charlene Zuckerman

Mazel Tov on the birth of Rivka, great-granddaughter of Sally Gertz

In loving memory of Shlomo Gedaliah Rice
 Malka Rice

The Women's League Kitchen Fund

In memory of Herb Weiner
 Joy Wener Bang

USY Scholarship Fund

In memory of Edward Devitt
 Seymour & Nettie Frank, Betty Sue, Martha, Michael, Tony & Sue

Witebsky Fund

In memory of Ricky Calvin
 Judy Witebsky

Yahrzeit Contributions

In memory of:

Mary Krishef
Joseph Gantman
Kiva Bunin
Irving Robbins
Sally Sperling
Aaron Sasner
Dora Reznick
Freida Goyhenberg
Harry Vermes
Thomas Spiegel
Michael Abramovitz
Peggy Gruber
Charles Udison
Irene Siegel
Benjamin Miller
Jacob Bearman
Sol and Sally Krishef
Edith Snyder
Rubin Jurisz
Edith Snyder
Herbert Walder
Rebecca Kaplan
Harold Ring
Seretta Rudin
Barbara Bigelow
Anna Rawitch
Morrey Lava
Morrey Lava
Harry Heiligman
Bert London
Abe Baker
Sam Schloff
Sophie Feldman
Gladys Applebaum
Anna Michelle Isestein
Rose Nathenson
Ben H. Davis
Jean D. Oxman
Charles Sadoff
Sylviette Magy
Anne Newman
Hyman Ratner
Louis Ansel
Lea Charniss
Anna Roginsky
Lillian Garston
Kate Finkelstein
Hy Selnick
Esther Paykel
Judith Silverman
Norton Zouber
Ronald Zouber
Harry Zouber
Bela Kowalski
Minnie Zouber
Jacob Kowalski
Jennie Gary
Morton Confeld
Reva Atlas
Richard Cutts
Bess Klugman
Howard (Zvi) Silverman
Mark Kowalski
Hyman Appleman
Jack Harold Lee
Reuben Leiderman
Robert Silvers
Jack Burnett
Della Burnett
Abe Percansky
Herbert Wolk
Jay Pieser
Abe Baker
Milly Nancy Goldfish
Arthur Snyder

Contributed by:

Robert & Dale Krishef
Harley & Ellen Greenberg
Alla Bunin
Maxine Robbins
Phyllis Sperling
Dr. James & Marlene Bukstein
Dr. James & Marlene Bukstein
Zhan & Anna Berkovich
Arthur & Sandra Lavintman
Richard & Judith Spiegel
Lucille Abramovitz
Joshua & Pamela Gruber
Dolores Schlaifer
Rick & Helen Siegel
Esther Burke
Roz Bearman
Robert & Dale Krishef
Gerald Snyder
Louis & Shirley Jurisz
Daniel Snyder
Daniel & Mindy Ribnick
Steven Kaplan
Donald Rudin
Donald Rudin
Nancy Kremisdorf
Phil & Wendy Freshman
Dr. Neil & Diane Hoffman
Edith Lava
Harvey & Shirley Ansel
Elaine Rothman
Dr. Lowell Baker
Irvin & Ruth Schloff
Sharon Levine
Dr. Howard & Heidi Gilbert
Dr. Aaron & Judith Nathenson
Irving & Teresa Victor
David & Susan Magy
Cantor Neil & Saranee Newman
Bernard & Pauline Ratner
Harvey & Shirley Ansel
Nathan & Darlene Schwartz
Boris & Falina Avrutin
Mr. & Mrs. Martin Harris
Stanley & Marsha Finkelstein
Sandy & Deborah Selnick
Florence Rudoy
Orlin Silverman
Jack & Sylvia Zouber
Stanley & Harriet Phillips
Dr. Kent Confeld & Freda Ann Kramer-Confeld
Clarice Cutts
Clarice Cutts
Sheldon Klugman
Morton & Artice Silverman
Jack & Sylvia Zouber
Sarahalee Magrisso
Ellis S. & Riva Nolley
Harry & Shelley Jacobs
Dr. Frederick Silvers
Eleanor Torodor
Eleanor Torodor
Morton & Marilyn Percansky
Jodi Wolk
Shirley Korengold
Howard & Elaine Schwimmer
Jeffrey & Cindy Goldfish
Janet Snyder

We welcome our newest members!

B'ruchim Habaim!

Natasha and Alex Karchevsky
Dena (21 yrs)
Anya (11 yrs)

Daphne and Aaron Gahagen

Condolences to *(members in bold)*...

- **Dale Hillman** on the loss of his father, Herbert Irving Hillman
- **Sharon Gelperin** on the loss of her brother, Marshall Shields
- **Shirley Raucher** on the loss of her husband, **Norbert Raucher**
- **Norton "Nordy" Rockler** on the loss of his wife, **Bertha "Bert" Rockler**
- To family and friends on the loss of **Mary Burland**
- **Jane Weiner** on the loss of her dear friend, **Herb Weiner**

Mazel Tov to...

- Wendy and Gary Fine and Bev Fine on the marriage of their daughter and granddaughter Mirra to Daniel Klein.
- Mark and Ana Sneider, siblings Sofia and Diego, on the birth of their baby boy, Alex, born on January 7 weighing 6 lbs., 8 oz.
- Our USYers, their families and our entire Beth El Congregation on becoming home of the International USY Chapter of the Year 2012-2013!
- Ron and Janet Plotsker on the birth of their grandson.
- Susan and Rick Bunin on the birth of their granddaughter

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.

February Anniversaries

Robert Bemel & Randi Livon
February 5 30th

Thomas & Diane Sherman
February 18 25th

Charles & Elaine (Cookie) Abramson
February 22 50th

Barry & Midge Frailich
February 24 40th



It's Been Two Years Since An Iowa Invasion!



Join the BETHELDERS and their guests, the B'nai B'rith-ers & Adath Super Seniors on an exciting excursion to:



MORE WAYS TO PLAY!

Diamond Jo Casino
Northwood, IA (just over the MN border)
Sunday, March 30, 2014
10:30 a.m. Departure

Your Bethelders Cost: \$6.00 per person (includes tip to driver). Plus a \$20 check must be made out to Best Bet Tours (cash accepted, too). After arriving, the Casino will give you a \$20 credit on your Diamond Club card to use for various games of chance. Diamond Jo has 900 different machines and offers roulette, craps tables and Texas Hold 'Em in the Poker Room.

Your additional package includes:

- Round trip luxury motor coach transportation (with restroom).
- Free soft drinks, bottled water, candies & cookies available en route.
- Play bus BINGO with hostess, Lori.
- Added Bonus—The first 31 reservations will receive **2 free tickets** per household to a playoff bound Minnesota Timberwolves basketball game, courtesy of Flip Saunders and Glen Taylor. Choose from the April 2 - 7:00 p.m. encounter with Memphis or the April 16 - 7:00 p.m. battle with Utah.
- The Casino has Burger King & Subway eateries on the premises.
- Extra yummy: drawing on bus for five (5) FREE Diamond Jo buffets.



Bus leaves Beth El Parking lot, (West 26th Street, between Raleigh and Salem,) at 10:30 a.m. and returns about 6:00 p.m. We'll be staying 4 hours. Reservations are due by **March 26, 2014**. Before you mail, call Jerry Bronstien at 952-920-4908 to claim a space. Book early! There are only 52 seats on the bus, and they could go fast.

*Proceeds from these trips enable the Bethelders to charge less for other events.
Next Casino trip will be mid-July 2014 to Treasure Island or Jackpot Junction.*

Mail this form with your \$6.00 per person check, made out to Bethelders, and a \$20.00 check to Best Bet Tours to Jerry Bronstien, Bethelders, 4908 Morningside Road, Minneapolis, MN 55416. Invite your spouse, relatives or friends for March 30th. Cash can be paid on day of trip.

Name(s) _____ Diamond Club Card# _____

Address: _____

Phone: _____ Amount Enclosed: _____



Beth El USY Presents the 2014
**PURIM
CARNIVAL**
Sunday, March 16th
11:00 AM - 2:00 PM

Bring the **WHOLE FAMILY!**



The annual USY Purim Carnival is looking for booth sponsors! The Purim Carnival is a special event and serves as an important fundraiser for the Youth Department. Support of the Purim Carnival supplements Youth Department expenses, gives scholarships for programs and conventions, and allows for the continuation of youth-led congregational events. Please consider supporting the Youth Department with a booth sponsorship at one of the following levels:

\$36 - Support

\$50 - Pillar

\$100 - Foundation

\$250 - Purim Angel (recognized on both booth and auction program)

All booth sponsors will be recognized on a sign at the Purim Carnival. Booth sponsorships may be purchased now at besyn.org/boothsponsor or by calling Mollie Feldman at 952-873-7330.



Behave Your Best!

Beth El Synagogue's Aleph Preschool and ECJFE presents a parent education series led by Jamie Waldvogel, MS, BCBA, and owner of Behave Your Best, LLC. This series of four workshops is designed to empower parents to transform even the most challenging parenting moments into teachable moments!

Sessions will be held the first Tuesday of each month, from 6:30-8:30 p.m., beginning February 4, 2014.

February 4, 2014: Empowered Parenting

Parents will leave with proactive, positive, evidence-based parenting strategies designed to minimize challenging behaviors and maximize functional skills.

March 4, 2014: Getting Your Child(ren) to Listen the First Time

Jamie will discuss reasons why children don't consistently listen and how to break down the complex task of listening into teachable components so that parents and children are successful. Each family in attendance will receive one complimentary fifteen minute phone consultation 1-2 weeks after the workshop.

April 1, 2014: Toilet Learning using "Rapid Training Technique"

Jamie will review age norms based on literature, prerequisite skills, supplies to have (and not to have), important components to rapid potty training, common challenges parents face, and how to identify the necessary steps for your child to prevent challenges and promotes success.

May 6, 2014: Promoting Healthy Sleep Habits

Jamie will review age norms of sleep, strategies to promote healthy sleep at all ages, common sleep concerns parents report and ways to address these common concerns.

	Person	Couple
Individual Session	\$15	\$25
Register for Entire Series	\$50	\$80

Register ONLINE:

[www.besyn.org/
parent-education](http://www.besyn.org/parent-education)

Disclaimer: The views and opinions expressed in these workshops are those of the instructors and do not necessarily reflect the position of Beth El Synagogue or the Aleph Preschool.

Beth El Synagogue
5225 Barry Street West
St. Louis Park, MN 55416

Phone: 952-873-7320
Fax: 952-873-7301
E-mail: sgordon@bethelsynagogue.org





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

PRSRT STD
U.S. Postage
PAID
Permit #1998
TWIN CITIES, MN

Rabbi

Alexander Davis

Rabbi

Avi S. Olitzky

Rabbi Emeritus

Kassel E. Abelson

Cantor

Audrey Abrams

Cantor Emeritus

Neil Newman

Executive Director

Linda Goldberg

Finance & Administration Director

Jerry Frick

Facilities Director

Peggy Kerska

Director of Engagement & Outreach

Abbe Payton

Education Director

Mary Baumgarten

Marketing & Communications Director

Kelly Velander

Youth Director

Mollie Feldman

Director of Early Childhood Education, Aleph Preschool

Karen Burton

Director of Shorashim & Young Families Engagement

Amanda Awend

Congregational Nurse

Jan Hamilton

President, Beth El Synagogue

John Orenstein

President, Women's League

Joyce Prohofsky

President, Beth El Rishon USY

Phoebe Cohen

President, Bethelders

Freada Golden

DATED MATERIAL



Don't miss this once-in-a-lifetime opportunity as world-renowned astrophysicist Neil deGrasse Tyson guides us through space-yesterday, today and tomorrow.

Learn more and order tickets:

<http://www.besyn.org/ndt>

Thursday, May 8, 2014 | 7:00 p.m. | Beth El Synagogue