



## Mitzvah613 - Write Your Letter in Our Torah

By Rabbi Alex Freedman

Outside the chapel of my former New Jersey synagogue rests a sign: "Nine rabbis cannot make a Minyan but ten farmers can." It memorably makes the point that rabbis do not count more than any other Jew. I love this idea, and I want to take it even further.

The Jewish tradition teaches that the Torah belongs equally to all Jews. Rabbis tend to have more years of study, but we enthusiastically wish to share ownership, not hoard it for ourselves.

The penultimate Mitzvah in the Torah is called Hakhel, where the entire community comes to Jerusalem to hear the Torah read aloud every 7 years. Check out who is invited: "Gather the people - men, women, children, and the strangers in your community - that they may hear and so learn to revere the L-rd your G-d and to observe faithfully every word of this Torah" (Dt. 31:12). Rabbis are not mentioned here (OK, they didn't exist then), but the vision of Torah ownership is unquestionably inclusive. It's everybody, including a whole lot of farmers (OK, that was just about everybody then).

ual ownership in our collective Torah. Everybody in our community is invited this year to physically inscribe a letter in our new Torah scroll! One that will be used for hundreds of years going forward.



One that will be used at B'nai Mitzvah and Shabbat mornings for generations.

Jewish life is most powerful when it brings multiple generations together to encounter timeless moments. That's exactly what this project is.

Please join us this year in writing your own letter in our congregation's scroll, adding your own voice to our people's story.



**Scan this QR code to go directly to our Mitzvah613 web page to learn more about the project and how you can participate!**

Over 3,000 years later, we have a special opportunity at Beth El to write our own Torah scroll. I am most excited about the idea of all of us performing an act to demonstrate our individ-

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**North Suburban Synagogue Beth El**  
1175 Sheridan Road  
Highland Park, IL 60035  
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## President's Corner

# It is a Mitzvah

By Stuart Hochwert, NSS Beth El President



Ever since I was a little boy I have stood in front of the open Ark looking at the Torahs with some sense of awe. And when we return the Torahs to the Ark, I especially like the melody of Etz Hayim Hi. I stare at the Torahs and know this connects us from generation to generation.

If you have not had an Ark opening recently and have an interest, please reach out to me personally. I will be glad to assist you and/or your family in scheduling an Ark opening at Shabbat Services or over the High Holidays. It is a wonderful and moving experience.

Hopefully, you have heard Beth El is writing our own brand-new Torah. Our Sofer (scribe) is busy at work and will

be visiting us about monthly over the next 12 months. You and your family are invited to help write a letter in the new Torah. It is a Mitzvah to help write a Torah and we look forward to your participation. We have a lot of fun,



educational and photo opportunities planned so please schedule your time soon. I know this will be a once in a lifetime experience for everyone.

I am also proud to announce that our 2022 – 2023 budget is balanced and has been approved by the Board of Direc-

tors. Our staff, committees and Board worked extremely hard looking at every line item. We have a congregation with so many talents both on our staff and amongst our Board of Directors. From accounting to finance to construction to technology to education – we have the expertise to create and execute very well. Our budget process is long and arduous and amongst the best I have seen in the non-profit and for-profit worlds.

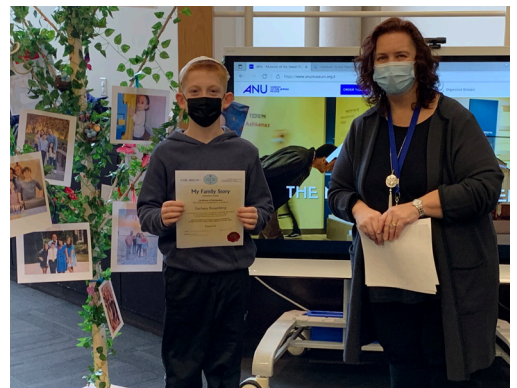
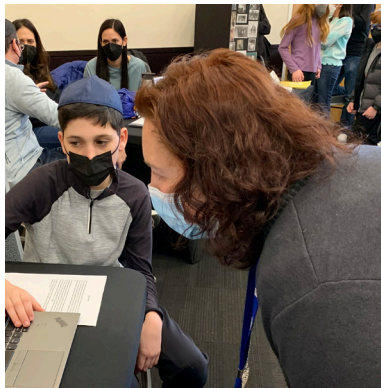
For those who are leaving our Executive Board, or Board of Directors, I thank you for your service. Beth El is fortunate to have such an active congregation and a wonderful group of lay leaders that add to our success. You enhance our congregation and our community. We are blessed with your leadership, and I am thankful for your time.

*Continued on page 8*

## Recent Happenings



My Family Story



Purim Festivities for Families



# Shabbat Schedule

## Daily Service

Please refer to our NSSBE@ Home page for accurate Minyan times as they will be changing in the upcoming months.

[www.nssbethel.org/about/nssbehome/](http://www.nssbethel.org/about/nssbehome/)

You can also find weekly Minyan times in the Thursday Kol Beth El email blast.

### Clergy:

Rabbi Michael Schwab\*  
Rabbi Alex Freedman  
Hazzan Jacob Sandler  
Rabbi Vernon H. Kurtz,  
Emeritus



## Every Shabbat

### 9:00 am Shacharit Service

### 10:30 am Junior Congregation

Services for students in 2nd - 6th grade.

### 11:00 am Tot Shabbat

Year-round services for families with children 1st grade and younger.

### Please note:

For weekly Torah and clergy commentary, please open your weekly Thursday Kol Beth El emails.

For classes, meetings and other scheduled events, please refer to our website calendar or call the synagogue office at (847) 432-8900.

\*Rabbi Schwab occupies the Vernon H. Kurtz Senior Rabbinic Chair

## June

### Friday, June 3

6:00 pm Kabbalat Shabbat  
8:04 pm Candle Lighting

### Saturday, June 4 Erev Shavuot Blessing Our Babies on Generations Shabbat

Parashat Bamidbar  
9:00 am Shabbat Service  
7:00 pm Mincha (See Shavuot  
Schedule at: [www.nssbethel.org/shavuot/](http://www.nssbethel.org/shavuot/))  
9:15 pm Ma'ariv/Havdalah (Zoom)  
9:15 pm Candle Lighting

### Friday, June 10

6:00 pm Kabbalat Shabbat  
8:08 pm Candle Lighting

### Saturday, June 11

Parashat Nasso  
9:00 am Shabbat Service  
9:20 pm Shabbat Ends  
9:20 pm Ma'ariv/Havdalah (Zoom)

### Friday, June 17

6:00 pm Kabbalat Shabbat  
8:11 pm Candle Lighting

### Saturday, June 18

Parashat Beha'alotcha  
9:00 am Summer Shabbat Service  
9:23 pm Shabbat Ends  
9:25 pm Ma'ariv/Havdalah (Zoom)

### Friday, June 24

6:00 pm Kabbalat Shabbat  
8:13 pm Candle Lighting

### Saturday, June 25

Shabbat Mevarchim/Parashat Sh'lach  
9:00 am Summer Shabbat Service  
9:25 pm Shabbat Ends  
9:25 pm Ma'ariv/Havdalah (Zoom)



## July

### Friday, July 1

6:00 pm Kabbalat Shabbat  
8:13 pm Candle Lighting

### Saturday, July 2

Parashat Korach  
9:00 am Summer Shabbat Service  
9:24 pm Shabbat Ends  
9:25 pm Ma'ariv/Havdalah (Zoom)

### Friday, July 8

6:00 pm Kabbalat Shabbat  
8:11 pm Candle Lighting

### Saturday, July 9

Parashat Chukat  
9:00 am Summer Shabbat Service  
8:00 pm Mincha /Ma'ariv (in person)  
9:21 pm Shabbat Ends

### Friday, July 15

6:00 pm Kabbalat Shabbat  
8:07 pm Candle Lighting

### Saturday, July 16

Parashat Balak  
9:00 am Summer Shabbat Service  
9:16 pm Shabbat Ends  
9:20 pm Ma'ariv/Havdalah (Zoom)

### Friday, July 22

6:00 pm Kabbalat Shabbat  
8:02 pm Candle Lighting

### Saturday, July 23

Parashat Pinchas  
9:00 am Summer Shabbat Service  
9:09 pm Shabbat Ends  
9:10 pm Ma'ariv/Havdalah (Zoom)

### Friday, July 29 Rosh Chodesh Av

6:00 pm Kabbalat Shabbat  
7:55 pm Candle Lighting

### Saturday, July 30

Parashat Matot-Masei  
9:00 am Summer Shabbat Service  
9:01 pm Shabbat Ends  
9:05 pm Ma'ariv/Havdalah (Zoom)

## August

### Friday, August 5

6:00 pm Kabbalat Shabbat  
7:47 pm Candle Lighting

### Saturday, August 6 Erev Tisha B'Av

Shabbat Hazon/Parashat  
Devarim  
9:00 am Summer Shabbat Service  
7:30 pm Mincha/Ma'ariv (in person)  
9:01 pm Shabbat Ends

### Friday, August 12 Tu B'Av

6:00 pm Kabbalat Shabbat  
7:38 pm Candle Lighting

### Saturday, August 13

Shabbat Nachamu/Parashat  
Vaetchanan  
9:00 am Summer Shabbat Service  
8:41 pm Shabbat Ends  
8:45 pm Ma'ariv/Havdalah (Zoom)



### Friday, August 19

6:00 pm Kabbalat Shabbat  
7:27 pm Candle Lighting

### Saturday, August 20

Shabbat Mevarchim/Parashat Eikev  
9:00 am Shabbat Service  
8:29 pm Shabbat Ends  
8:30 pm Ma'ariv/Havdalah (Zoom)

### Friday, August 26

6:00 pm Kabbalat Shabbat  
7:16 pm Candle Lighting

### Saturday, August 27 Rosh Chodesh Elul

Parashat Re'eh  
9:00 am Shabbat Service  
8:17 pm Shabbat Ends  
8:20 pm Ma'ariv/Havdalah (Zoom)

## Music

# Notes from Hazzan Sandler



It's hard to believe that this summer marks the end of my first year here at Beth El. With a relatively quiet summer ahead, now seems like a wonderful opportunity to reflect on these past 12 months. Despite the ups and downs of the ongoing Covid pandemic, I feel blessed by all the amazing opportunities we created in just one year at Beth El.

Every holiday provided unique and exciting opportunities to connect with this community. I'm still meeting folks who recognize me from the High Holiday livestream who I hope

Despite the ups and downs of the ongoing Covid pandemic, I feel blessed by all the amazing opportunities we created in just one year at Beth El.

will be able to join us in person this year. Simchat Torah I got to dance with you, and Purim provided a chance to laugh together. The Beth El+ Spiel was a definite highlight of year one for me!

Musically, I couldn't have gotten luckier! We had Rabbi Josh Warshawsky once a month, Six13 for Hanukkah and

Achinoam Nini (NOA) in March – my fellow cantorial graduates were definitely a little jealous. It's a lot of work and it takes a village to put these programs on, but the payoff is so worth it!

Getting to sing with people of all ages has been a joy as well. Rinat Shabbat Davening Team get-togethers fill my spiritual cup. Everyone who has even a spark of joy for Shabbat, music or davening should reach out and join the fun. Even on 'regular' shabbatot, I've been so impressed by this community. There's an openness to new melodies, and a yearning to participate in prayer that makes it so easy and fulfilling to lead services.

I could go on for pages about the different teaching and singing I've done throughout the year, but the most enjoyable part of this first year has been the opportunity to get to know the individuals who make up this synagogue. Kiddush schmoozing, post-minyan conversations, and digressions in meetings all remind me that it's the relationships we're building that have made this year feel so successful. I look forward to deepening those connections in the year ahead and forming new ones.

## Purim 5782



## Congregational Learning



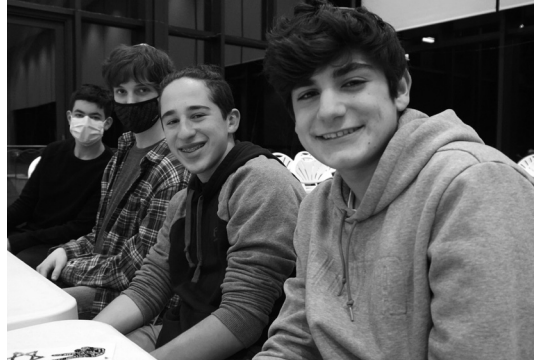
# Learning that Prepares Teens for Life

By Ali Drumm, Director of Congregational Learning

We are thrilled to have completed a year of growth and learning in our Jewish Teen Project with a siyyum (end of study celebration) in March. Our students experienced an interactive Purim themed gallery walk, a "Pardon the Interruption" style open conversation with their three clergy teachers, and celebrated with delicious food. They also heard a bit more about our plans for next year.

The Miriam and Bernard H. Sokol Hebrew High School's Jewish Teen Project, our cooperative learning experience for 8-12th graders in partnership with Moriah Congregation, will participate in Hadar's Maimonides Moot Court competition. We will study an ethical dilemma (this past year's was about online shaming) and in a combination of social action programs and week-night learning, we will engage teens in

meaningful conversations that allow them to translate Jewish ethics, values, and practices into their lives and to connect and build relationships with



our community and each other. We hope to be able to compete in the actual competition in person in New York during spring break. More details will be available towards the end of the summer.

We shared all of this recently in our Cohen Religious School 7th grade

class as Rabbi Freedman led the group in a text study about our responsibility for inclusion and building a generous identity grounded in the stories of our tradition. The students engaged in a conversation about the importance of continuing study as young adults. They grappled with the fact that they are just beginning to learn aspects of our tradition that can have a practical application to the challenges they face as teenagers.

We are proud to have attracted students from public school

and day school, as well as those who have attended day school and now attend public high school- Jewish Teen Project is really for everyone. You do not need to be a member of either congregation to join the Jewish Teen Project- for questions or to register, please contact me at [adrumm@nssbethel.org](mailto:adrumm@nssbethel.org).

## Religious School



# Summer Mitzvah Projects

By Anna Besser Director of Formal Education

Summer is here! While you are enjoying fun in the sun, we encourage you to find time to put mitzvot in action. Pick from a few ideas below and have fun!

### Bal Taschit - (Not Destroying) בל תשחית

- Sometimes things that seem like garbage can be recycled for different purposes. Collect recyclable objects and make a sculpture or useful object out of them.
- Go to JUF TOV Volunteer network website. Make a family commitment to help on a project.
- Do some summer cleaning. Donate gently used clothes, toys, games, books, etc. to local charitable organization.

### Shalom Bayit - (Peace in the Home) שלום בית

- Give the family cook the night off! Volunteer to make an easy picnic

dinner for your family. Set up a blanket in the backyard and enjoy a picnic dinner under the stars.

- Read a Jewish story book to a younger sister or brother. Visit Beth El's library for a wide range of books.
- Playing games together is a great way to strengthen family bonds.

### Shabbat - שבת

- Check out a book from the library on paper flower making. Create a beautiful bouquet for your Sabbath table.
- Take a family outing to a fruit orchard. Gather fresh fruit and make a scrumptious dessert for Shabbat dinner.
- Take a Shabbat nature walk with a friend or family member. Compose a blessing for some wonder in nature that is new - a wildflower or bird you have never seen before, or a bug that



is new and different. After Shabbat, put together a personal book with your special blessings.

### Tzedakah - (Giving Charity) צדקה

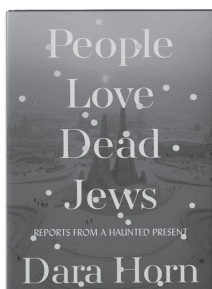
- Start a lemonade/cool refreshment stand and raise money for a cause important to you.
- Love pets? Make blankets and treats for Orphans of the Storm.
- Random Acts of Kindness. Make someone's day by checking in on an elderly neighbor, making treats for a friend, buying coffee for a stranger, etc.

# Come out of Hiding . . . it's Time to Take Part in Jewish Life

By Rachel Kamin, Director of Lifelong Learning



*People Love Dead Jews: Reports from a Haunted Present*, by award-winning novelist Dara Horn, was the most decorated book from 2021. A Sophie Brody Honorable Mention and National Jewish Book Award Winner, Horn also received recognition outside the Jewish world as an American Library Association Non-Fiction Notable, a Finalist for the Kirkus Prize, and was on the New York Times' list of top 100 books of the year.



As Horn writes: "This book explores the many strange and sickening ways in which the world's affection for dead Jews shapes the present moment."

Our society, Horn argues, prefers to tell stories about how Jews died, rather than how they lived, because it is much easier to mold dead Jews into martyrs and morality tales than it is to coexist with living ones.

This winter, 66 adult learners came together on Zoom to discuss this thought provoking and interesting book with me. We discussed topics ranging from Anne Frank, the traveling "Auschwitz" exhibit, the Jewish history of Harbin, China, Varian Fry, and more. Many readers found the essays provocative, disturbing, and unsettling. But then, Horn concludes the collection with a discussion of her own embarkation on *Daf Yomi*, the ritual study of a single Talmud page per day, reminding readers that one of the best ways to respond to the hateful words and actions directed toward us as Jews is

to embrace our traditions ever more strongly and proudly.

As David Mikics wrote in Tablet Magazine: "*People Love Dead Jews* reminds us that Jewishness is not a museum, a graveyard, or a heritage site but a lively ongoing conversation at a long table that stretches before and behind us. Come out of hiding, Horn urges us, it's time to take part in Jewish life." I invite all of you to do the same. Come out of hiding and take part in all of the opportunities that Beth El has for you to take part in Jewish life and Jewish learning. Visit the Continuing Education page on the Beth El website, sign-up to receive the weekly Lifelong Learning e-mail updates on Tuesdays, and reach out to me if you have any questions about our continuing education courses and upcoming programs and events.

## Don't Trash Our History!

By Mort Steinberg, North Suburban Synagogue Beth El Historian



A certain closet in the Price mansion at Beth El is often used as a depository for unwanted items. Several months ago, a small box marked "archives" was discovered hidden behind some larger items in that closet. Upon opening the box, 43 small brass plaques were found, each with its own inscription honoring or memorializing an individual. These small plaques had been affixed to shelves or bookcases in the

placed in the library for permanent display. The dedications, many made by Beth El's Sisterhood, contain names which would be familiar to many congregants. So that friends and families of those honored in the past by benefactors of the library can visit the library to view these dedications, the names of those honored are listed to the right:

Maxwell Abbell Library between 1950 and 2002. They had been removed and stored away in the closet at the time of the renovation of the library in 2004.

Rather than discard these historic dedications, Rachel Kamin and Marcie Eskin of the Gray Cultural and Learning Center decided to arrange for them to be re-mounted on one larger plaque and

- |                       |                       |
|-----------------------|-----------------------|
| Maxwell Abbell        | William Joshua Holab  |
| Corrine Baker         | Lillian R. Jacobs     |
| Fred P. Belloff       | Shona Jacobson        |
| Rose Belloff          | Charlotte Kamin       |
| Betty Benson          | Rabbi Philip Lips     |
| Michael Benson        | Mary Anne Meyer       |
| Edith Bernstein       | Stella Natenberg      |
| Jean Bernstein        | Ruth Pinsof           |
| Samuel Biller         | Lorraine Pohn         |
| Robert Blechman       | Eliot Ratner          |
| Gerald Blumberg       | David Rosenblum       |
| Harold Blumberg       | Mr. and Mrs. Marshall |
| Joy Blumberg          | Rosenshine            |
| Ruby Blumberg         | Roberta Saper         |
| Sarah Elkin Braun     | Louis Shapiro         |
| Dorothy Briskman      | Bernard H. Sokol      |
| David B. Cohen        | Norma Spak            |
| Greta and Arthur      | Jo Sternberg          |
| DeBofsky              | Dr. Jack Teplinsky    |
| Gabrielle Hannah      | Grete Weininger       |
| Edidin                | Harry I. Young        |
| Jennifer Paley Edidin |                       |
| Ryan Ezra Edidin      |                       |
| Hilda Finkle          |                       |

## Membership & Development



# Mitzvah613 Fundraising Progress and Support

By Judy Berkeley, Membership & Development Director

We hope you received your Mitzvah613 brochure in the mail!

We are pleased to report that we have received generous donations throughout our private fundraising phase, and the mailing of our brochure marked the beginning of our public phase.

We are well on our way towards our goal but still need your help in reaching it!

Proceeds from this project will not only be used to fund our new Torah, but also help us grow our ritual fund and provide the dollars necessary to completely enhance and renovate our education wing.

Please contact me at (847)432-0703 or Mitzvah613@nssbethel.org, or scan the QR code on the front page to find the online form and receive a link for your scribbling date.

## Ner Tamid (legacy giving) Society

On Sunday, April 24, we held a Planned Giving program, "Ways to Plan Charitable Gift Giving," with speaker David Rosen, Senior Vice President, Legacies and Endowments, Jewish United Fund (and Beth El member).

We invite you to think about leaving a lasting legacy on behalf of Beth El by joining our Ner Tamid society. It starts with signing a simple Declaration of Intent form. We are here to help you!

## End of Year Annual Fundraising Statistics:

We have surpassed our annual fundraising goals for the 2021-2022 fiscal year and we look forward to this year's campaign. Our annual Campaign includes the following categories:

## Chesed Dues

Members who voluntarily contribute additional dues amounts to help others in need of financial assistance. The categories of participation are:

## Bonim

Rabbi's Circle (\$25,000), President's Circle (\$18,000), B'Yachad (\$10,000), Double Dues (\$7,200) and Sustainers (\$5,000)

Benefactor – \$1,500 – \$4,999

Guarantor – \$1,000 to \$1,499

Donor – \$750 to \$999

Patron – \$500 to \$749

Builder – \$250 to \$499

## Kol Nidre Appeal

Our appeal during the High Holidays that fulfills the commandment to make an offering in Leviticus chapter 23 and "May you be sealed in the Book of Life for a good year."

We thank you for your support!

## Pre-School



# Grateful for Our Kehillah

By Kory Goldenberg, Paul S. and Sylvia Steinberg Pre-School Director

In a world with so much uncertainty, this year has proven to be especially meaningful to the children and families in our Pre-K program.

In years past, the timeline of the school year culminated in a Shabbat dinner for our Pre-k families.

We are especially grateful to be able to come together as a community of Clergy, teachers, families and students again this year.

As we center our program around the Jewish calendar, we also focus on Jewish values.

These values are highlighted and woven into the provocations that greet the children each morning and provide the foundation upon which we create our emergent curriculum.

Through teaching Hakarat haTov, recognizing the good, we teach gratitude and reinforce a positive

perspective. We recognize the good and encourage our pre-schoolers to look for good in each other and in all situations.



Our Kehillah, our community, has shown us through words and actions that together we are stronger.

Together we have raised money, performed mitzvot, planned community building events and worked together to make the Steinberg Pre-School the special place that it is...

As we prepare to honor our children and their families, we recognize the good and are grateful for our

Kehillah.

The 4's Shabbat dinner

It is a time of prayer and of celebration.

A time to reflect on a year of learning...

A year of making lemonade out of lemons.

It is a time to bring families together.

To show pride in our oldest students - who will be moving on to

Kindergarten in the Fall

To show appreciation to our teachers - who embraced the children, in these difficult times. To acknowledge our families whose oldest child will be moving on -

we honor and thank them for years of dedication and partnership.

Mazel tov to all of the children and their families!

## Youth Community



# Countdown to the Summer...and Beyond

By Sarah Topal, Director of Youth and Family Engagement

As our year winds down and our kids begin to look towards the summer of camp, outside playing and vacations, it's an opportunity to celebrate all our youth have accomplished this year and to celebrate them. This June we have the opportunity to send our kids off to camp (with the help of Rabbi Josh Warshawsky) with hopes for a meaningful summer and to reset for the upcoming year.

From our Jeans and Jammies-Countdown to Summer to our Shabbat Summer Send Off, we are sending our kids off to their adventures which we hope are opportunities for fun, growth, exploration and unforgettable memories.

This year has seen incredible programming by our youth and new opportunities for our kids to join back in person. A special shoutout and "thank you" to our incredible BEANS USY board led



by **Rose Miller**, who encouraged and planned programs that brought teens together and brought back some of the teen-favorite programs. From our dessert hop to escape rooms, bowling and games, **Rose, Ari Jacobson, Mia Feinberg, Lorelai Lindon, David Pickard and Nathan Spellberg** worked hard to help grow our chapter. We look forward to an ever stronger 2022-2023 year with the help of **Ari Jacobson** as President, **Mia Feinberg, Lorelai Lindon, David Pickard** and **Sophie Ripes**.

We will also be reaching out to our 6th-8th graders to take on leadership roles and plan out programs of their own. USY Gesher (formerly Kadima) is an opportunity for middle school students to begin learning what it means to be a leader in the community, how to plan programs, and create new opportunities of their own.

On **Sunday, August 28**, both groups of leaders (BEANS USY Board and USY Gesher board members) will begin their planning of the year-exploring potential dates, establishing their goals for the year and beginning to plan out programs for the High Holidays. While this summer is a chance for our kids to reset, it's a chance to plan, imagine and dream big on where our youth community can go!

## Membership

# Membership Recap

By Judy Berkeley, Membership & Development Director

## Spring New Members Event

We coordinated across departments for our spring new members event held on Sunday, May 1 that included something for all members, new members and lifelong ones alike! The event featured a



light breakfast, an open playground, the Frankel Memorial Lecture with David Goldenberg, tours of the Cohen Religious School, and a special presentation from Beth El Historian, Mort Steinberg.

What a wonderful, educational, meaningful and fun morning we had!

## College Connection

We have really enhanced this program this year as a result of our extremely dedicated committee. We culminated the year by mailing out Pesach packages that included chocolate lollipops and elite chocolate bars, fruit slices and cookies, along with a personal letter from our clergy. Parents of current and future college kids – be on the lookout for the sign-up form to sign up your children so they won't miss out on this amazing experience!

## Blessing our Babies Saturday, June 4

Piggy-backing off Generations

Shabbat, we worked with Rabbi Freedman and HAZAK to combine for one program called, Blessing Our Babies On Generations Shabbat. We look forward to sharing a wonderful Shabbat experience as we welcome in our new babies along with their parents and grandparents!

## Volunteer opportunities roll-out

We hope you took note of our stand-alone article in last quarter's bulletin asking all members to log into their ShulCloud accounts and fill out the "Interest Groups and Volunteer Opportunities" link. We will be following up by sending out a stand-alone e-mail this month to really roll this out to the congregation. Our goal is to create and enhance programming based on your hobbies and interests, and to connect you with volunteer opportunities and positions that you might want to participate in and become involved. We hope you will join us in this new and exciting endeavor!

## Ritually Speaking



# L'Hitraot, Not Good-bye

By Hazzan Barbara Barnett, Ritual Director

"May it be Your will, L-rd, our G-d and the G-d of our ancestors, that You lead us toward peace, guide our footsteps toward peace, and make us reach our desired destination for life, gladness, and peace..." –Tefilat Haderech

By the time you are reading this, my last, Ritually Speaking Column you and I will have parted ways, our footsteps, in some respects now, on different paths as we make our new home in Pittsburgh. As we leave our NSS Beth El Family, I wanted to take the opportunity to thank the entire community for their warmth, support, encouragement and friendship these past ten years. (It is, indeed, ten years since I first joined the teaching staff of the CRS!)

Over those years, many of us have forged relationships that will leave enduring impressions upon both Phil and me. As some of you know, my passion is and always will be connecting each of us to our inner spark of the divine. Helping children and adults to find the "wow" in G-d's creation. To view *Yirat Hashem*, not as "fear" of G-d, but, instead "awe," leading ultimately, hopefully to a profound sense of G-d's presence

wherever we journey and in whatever we do.

We have had many such wow moments, you and I, over these years. Maybe it was during a class exploring the mystery and magic of liturgy, or

arose out of a less joyful time, being together at minyan each day working through the pain and grief of losing a loved one as even (or especially) on Zoom during the eleven months and beyond, bonding as part of a community.

So many people to thank, I cannot name you all individually or I will surely exceed any reasonable word length for a column in Kol Beth El Quarterly, so I hope that you and I have been able to connect before we leave for Pittsburgh. I hope it is enough to say it has truly been a blessing to call you "friend," *chaver*, over these past years.

But for now it is l'hitraot, not good-bye. Technology has brought us closer (even more so during the pandemic and its aftermath—silver linings anyone?). I would love to stay in touch either on Facebook or via email at [sasmom1@gmail.com](mailto:sasmom1@gmail.com). So, no good-byes.

And, so it is worthwhile to repeat the words with which I began from *Tefilat Haderech*, the traveler's prayer: "May it be Your will, L-rd, our G-d and the G-d of our mothers and fathers, that You lead us toward peace, guide our footsteps toward peace, and make us reach our desired destination for life, gladness, and peace..."



in the simple appreciation of the sparkling cerulean lake on a sunny afternoon. Or the spectacular moment of "yotzeir or" during morning minyan just as the sun begins to rise over Lake Michigan and we come to just that moment in our service. Or davening together joyfully as families "under the tent." Or kvelling together at a grade-level service as your children awed us with the joy of their prayer. Truly "mah rabu ma'a'sechah Hashem" (How abundant are your Creations, Hashem!)

Or maybe our moments together

## It is a Mitzvah By Stuart Hochwert, continued from page 2

I'd also like to recognize longtime member Ramona Choos who was honored by the Board of Jewish Education of Metropolitan Chicago with the *L'dor V'dor* Award which recognizes Jewish community members who help ensure the continuity of the Jewish people by instilling and reinforcing Jewish values within the family and community. (Ramona pictured center to the right).

On a sad note, longtime Board Member and Past President Howard Turner passed away recently. Ever since I joined the Board of Direc-

tors, Howard was attending Board and Committee meetings as an active participant. He cared deeply about



Beth El and he and his family were members for over 57 years. Howard's wisdom, historical perspectives and

dedication will indeed be missed. Our thoughts and prayers are with his family.

Finally, we have a new tent in the Beth El back yard. Larger than before and with spectacular Lake Michigan views. Perfect for meetings, events, weddings and more. Call the office for more details.

We are planning many outside events this summer and hope to see you soon.

Thank you for the opportunity to serve our congregation. Please don't hesitate to reach out to me at [president@nssbethel.org](mailto:president@nssbethel.org).



For my final column of the 2020-22 term, I'd like to share some thoughts from the d'var Torah I delivered on Sisterhood Shabbat, when I spoke about the pivotal role that the women of Beth El play in our community, particularly as relating to Sisterhood. I reflected on how women are learning about and practicing our tradition and modeling this commitment to others, with the goal of strengthening Judaism from within so that it can withstand threats from without.

Women today are very fortunate that we can make our mark in society in so many more ways than were available to our mothers and grandmothers, and we certainly see this in the involvement of women within every arena of the Beth El community. Sisterhood, however, is the one area where women can band together to nurture passions and interests that are more geared toward this particular demographic.

I feel that Sisterhood has, in recent years, been reborn in heart and spirit. I sense a palpable excitement about Sisterhood in our community. Seldom does a week pass when I don't hear praise for our Sisterhood from a congregant. Sisterhood has

always provided a vast array of programming, both educational and social, to our community but I truly feel that we have "stepped up our game" over the past few years, as we continue to offer outstanding opportunities for growth to our women even as we have recently been unable to schedule many in-person activities.

Through the "magic" of Zoom, we've had the privilege of learning from some exceptional female teachers both in our own community and from across the country on a variety of woman-centric topics and we've visited museums and cities across the globe.

Our Torah Fund classes (with "tuitions" going directly toward providing scholarships and programs in the worldwide Conservative/Masorti institutes of higher Jewish learning) offer options for adult Jewish education beyond what's available through our other outstanding Continuing Education classes.

Our affiliation with Women's League for Conservative Judaism allows us to share in the first-rate programming and educational opportunities available at its national and regional levels.

Sisterhood has always seen its role as

being at the forefront of leadership any time our synagogue or local community needs assistance. Whenever there's any significant need in our community, Sisterhood is one of the first groups asked to help and I'm proud that we are usually able to answer that call. Sisterhood is a group of women of many ages, backgrounds and interests, with something for almost everyone. If you aren't currently participating, please join us for a program soon. If you don't see anything that meets your needs, let us know!

### NS Beth El Sisterhood's HONEY FUNDRAISER



Send jars of kosher honey to wish friends & family a "Sweet New Year."

**\$13 per jar; free shipping on orders placed by 8/1**

Order at **[www.orthoney.com/NSG](http://www.orthoney.com/NSG)** (website opens in early June) or call Merle Tovian at 312-615-6802.

## We Welcome Hazzan Jenna Greenberg

By Marla Grossberg, VP Ritual

Shalom! This month, we bid a loving farewell to Hazzan Barbara Barnett and her husband Phil. There are three, adorable reasons for their move to Pittsburgh—their grandchildren! And, their daughter and son-in-law, of course! Hazzan Barnett has been a fixture of our schools and then as our Ritual Director for more than 10 years. She's left an indelible mark on so many Beth El members and families. We are grateful to her and Phil for ALL that they've done and wish them all the best in their new adventure in Pittsburgh.

I'm thrilled to let you know that Hazzan Jenna Greenberg will be joining our Beth El family as Ritual Director/Tefillah Educator. She is a 2004 graduate of the Cantorial School at JTS in New York, and

she holds a Bachelor of Arts degree in Music and Jewish Studies from Earlham College. She served as Ritual Director at Adas Israel Congregation in Washington, DC and has also been an educator at both the Skokie and Northbrook campuses of Solomon Schechter Day School.

A seasoned educator currently teaching 3rd grade Judaics at the Columbus Jewish Day School, Hazzan Greenberg has taught Judaics, Tefillah, and Hebrew in various settings – both Jewish and secular – throughout her career.

Hazzan Greenberg recently served as the Director of the Dayton Jewish Chorale, a community choir that she co-founded in 2015, earning her the prestigious Jack Moss Creativity Award. In addition, she enjoys playing piano at Temple Israel



for the Columbus Torah Academy's youth choir, and just for fun, with a little accordion-playing mixed in as well! She believes teaching is a sacred vocation, and, even during the pandemic, has been working virtually with several B'nai Mitzvah and conversion students. She, her husband, and three young children will be moving here soon. Please say "hello!" when you see her in services starting in July.

## Men's Club

# Men's Club Corner

By Ben Channon, Men's Club Member

What do you think of when you think of our NSSBE Men's Club? Scotch at Kiddush? Steak and Scotch? Deli Kiddush? Caveman Dinner or maybe softball? While the Men's Club certainly enjoys a good time and hosting a l'chaim (or two) from time to time, that is not our primary focus.

Our focus is and always has been service to NSSBE and the larger Jewish community. The less visible contributions of the Men's Club include packing and mailing Yom Hashoah candles for the entire congregation, providing stipends to students traveling to Poland and Israel, providing Chanukah treats to the Sunday school, and partnering with the Sisterhood in the sponsorship of educational programs and the organization of the Beth El wide blood drive.

We look at ourselves as a service organization within the larger NSSBE community, supporting the direction of NSSBE; we feel responsible for supporting congregants in need, and



love to celebrate with the congregation at every opportunity. Several of the members of the Men's Club board also participate in lay leadership, the Board of Directors, and the Executive board.

We are also involved in supporting Maot Chitim, an agency focused on providing food to those in need so that they may be able to

celebrate Rosh Hashanah and Passover with dignity. These are just a few of the ways that the Men's Club is happy to support our community.

As you begin to think about your membership for next year, please consider joining (or renewing your membership to) the Men's Club. We would be happy to have you as a member. You will be helping an organization that provides additional service to NSSBE and the larger Jewish population. If you like what we do, we are always

looking for additional board members to become more involved. New participants at the leadership level is critical for sustaining the work that Men's Club does into the future. Please don't hesitate to reach out to us at [mensclub@nssbe.org](mailto:mensclub@nssbe.org).

## Synagogue Facility Update

By Jeff Baden, Executive Director

Over the past few months, we have been busy working to improve the facility for our membership and visitors to enjoy. Over spring break, we completed a renovation of the second floor of the Price mansion. All classrooms, offices and hallways have been freshly painted and recarpeted and are now suitable for adult education classes and meetings as well as our Cohen Religious School and Sokol Hebrew High School classes. In

addition, we now have three new mobile computer carts on the second floor that can be used for Zoom meetings as well as educational classes.

Behind the synagogue, you will see that we have installed a new tent overlooking the lake that is 20 feet longer than the tent we rented last year. We will now be able to accommodate services, events, and weddings of over 200 participants. We have also put down a flooring system under the tent that drains



quickly, so that it can be used even after a heavy rain. The tent has lighting and even a built-in sound system. Also in the backyard, you will notice that we have done some extensive work on the bluff to stabilize the hillside. An added benefit of doing this work is that we have a much-improved view of the lake!

This summer, we will be making some much needed improvements to our Field Family Sanctuary. First, we will be re-carpeting the sanctuary floor under the fixed seating with



the same carpeting used in the Blumberg, Pa-set and Rotunda for continuity. At the same time, we will be repairing and reupholstering all seating in the Sanctuary.

Finally, new lighting is being installed to brighten up the Bimah for evening services and programs. The lighting will also make our Livestream broadcasts appear much clearer and brighter.

## HAZAK Continues to Support Members in Need

By Mary Ellen Bowers and Jackie Melinger, Co-Chairs HAZAK Committee

HAZAK continues to provide for our members throughout the year and especially on Chagim.

For Purim, our HAZAK Volunteers delivered Mishloach Manot containing groggers, masks, hamantaschen and other treats. Members enjoyed receiving these fun treats. This Pesach we provided full Seder meals to 13 individuals. Many of our older members are compromised healthwise and needed to stay at home for their Seders. Our meals helped to make their holiday



feel more celebratory. HAZAK volunteers also delivered Pesach bags filled with Kosher for Passover treats to 35 members living in Assisted Living and Skilled Care Communities and some congregants who are homebound.

One of our long-time members broke her arm prior to Pesach and had difficulty attempting to kasher her kitchen. Rabbi Freedman alerted the HAZAK Co-Chairs and within an hour, Janie Levitan, Simon Levitan, Ari Schwab and an Israeli teen currently hosted by the Levitan family quickly volunteered to clean the member's kitchen the very next day. We are so proud of our HAZAK Caring Community and especially our young volunteers who continue to give of their time!

With great appreciation we would like to share that the Leonard and Diane Sherman Family Foundation has bestowed a very generous legacy gift

to the HAZAK Caring Community. This gift will allow HAZAK to add to and expand current services for our Beth El members. Please stay tuned to learn more about our future plans.

Generations Shabbat will be celebrated June 4, in conjunction with Blessing our Babies. We hope generations of families will join together as we highlight and emphasize the true meaning of l'dor va'dor.

As we all look forward to the summer, warmer temperatures and sun, HAZAK is hoping to host an outdoor event for our members that is safe, fun and welcoming. Details to follow.

If you would like to join the HAZAK Caring Community, as a volunteer or a member of the HAZAK Committee, please contact Mary Ellen Bowers, [eyerishmar@comcast.net](mailto:eyerishmar@comcast.net) or Jackie Melinger, [jackiemelinger@gmail.com](mailto:jackiemelinger@gmail.com).

## Environmental News: Energy Policy Adapting to War in Ukraine

By Richard Schlosberg

This note is an update on the very volatile world of the energy-environment nexus. A short while ago Beth El hosted a panel discussion where we spoke about the impact of the War in Ukraine, on prices at the pump, etc. The war has brought about a shift in immediate priorities so that sometimes we feel that we are bouncing from pillar to post in terms of response to climate change. Conference Of the Parties (COP) on one hand and the war in Ukraine on the other hand give us whiplash.

At the Glasgow meeting last November, "COP26 Reaches Consensus on Key Actions to Address Climate Change. Adaptation, mitigation and finance are all strengthened in a complex and delicate balance supported by all parties (197 countries)." This is all directed at reducing carbon dioxide emissions into the atmosphere with the goal of keeping global temperatures from rising more than 2 degrees Centigrade (3.6 Fahrenheit), preferably no more than



1.5C (2.7F) by reducing coal and petroleum usage, carbon capture, etc.

Then there was the run up to war and on February 24 the Russian invasion of Ukraine. Prices jumped at the gas pump as well as for everything connected to oil and gas. Even with some purchasing reduction, it is estimated that from February 24 to March 22, nearly \$19 billion worth of Russian oil was still purchased by Europe.

In response to rising prices, the US has opened up its Strategic Petroleum Reserves, some oil producers are seeking to increase production, drilling

on some Federal lands is again allowed, etc. These are hopefully short term actions, but for now it is full steam ahead to try to meet ongoing demand and try to control inflation.

On the environmental side, where there is "low hanging fruit," companies are implementing strategies to reduce fugitive emissions and improve efficiency of production to reduce greenhouse gases.

We need to remain committed to the long term goals of less than 2 (or better 1.5) degrees Centigrade rise in global temperature. Beth El members can make a difference via individual actions (plantings, compost piles, reduced driving, participating in one of the large number of appropriate local environmental initiatives, etc.), letting elected officials at all levels know of your concern that more needs to be done, etc. This is not a sprint, but a marathon being run for future generations.

## MAZEL TOV TO:

**Leah Brajer** on her birthday

**Linda Clark** on her 70th birthday

**Marcie and Rick Eskin** on the birth of their granddaughter, Elisheva Yonah Eskin

**Marcie and Rob Freeman** on the engagement of their son, Andrew, to Joelle Swatez

**Rachel Greenbaum** on her 84th birthday

**Rebecca Jacobson** on her birthday

**Gerry Kaplan** on the engagement of her grandson, Ben Kaplan, to Melissa Adler and on the birth of her great-grandchild

**Debra and Barry Kravitz** on the engagement of their son to Jordan, to Danielle Perle

**Janet and Gary Resnick** on the marriage of their daughter, Rebecca, to Brad Ader

**Susan and Marc Sacks** on the marriage of their son Josh, to Tess Glassman-Kaufman

**Andy and Ken Saffir** on the birth of their grandson, Riley Jules

**Hazzan Jacob Sandler** on his birthday

**Rabbi Ora and Dr. David Schnitzer** on the birth of their granddaughter, Riley Jane Jones

## CONDOLENCES TO:

**Mara (Joshua) Berman** on the loss of her mother, Rosalee "Rosie" Weinstock Bamberger

**Lenore Blum** on the loss of her husband, Melvin Blum

**Alan Gandelman** on the loss of his wife, Nancy Gandelman

**Naomi Holtzman** on the loss of her husband, Arthur Holtzman

**Stuart (Sheryl) Lipnick** on the loss of his father, Stanley Lipnick

**Drina and Michael Nadler** on the loss of their son, David Henri Nadler

**Keith (Deena) Pascal** on the loss of his father, Robert A. Pascal

**Robbie Schreiber** on the loss of her mother, Selma Hoffman

**The Family of Shirley Schuster** on the loss of their mother and grandmother

**Ariel and Ayelet Sheffey** on the loss of their sister, Orli Sarah Sheffey

**Timna and Steven Sheffey** on the loss of their daughter, Orli Sarah Sheffey

**Myrna (Shael) Siegel** on the loss of her sister, Madeline Shiffman

**Ilana (Adam) Spector** on the loss of her mother, Rosalee "Rosie" Weinstock

Bamberger

**The Family of Howard Turner** on the loss of their father and grandfather, Howard Turner

## IN MEMORIAM:

Melvin Blum  
Nancy Gandelman  
Selma Hoffman  
Arthur Holtzman  
Shirley Schuster  
Howard Turner

## KIDDUSH SPONSORS:

Jennifer and Todd Deutch  
Marcie and Derek Faust  
Dr. Andrea Goldstein  
Era and Ben Green

Marla and Terry Grossberg and family  
Rebecca, Brian, Ari and Mason Jacobson  
Michelle and Jeff Leon  
North Suburban Synagogue Beth El Men's Club

North Suburban Beth El Sisterhood  
Janet and Gary Resnick  
Susan and Marc Sacks  
Fran and Jon Sherman

## NEW MEMBERS:

We welcome the following new members to our Beth El family:

Lawrence Chester  
Ben & Wendy Chiswick and Maya, age 11  
Steve & Natalie Cohen and family  
Jordan Feiger & Margalit Tocher and children Penelope 12, Julian 15 & Kaiden 17

Eric & Jennifer Fried and Gabriel, age 3  
Jordan Gross and Harper, age 1  
Daniel & Carlee Gutman and Kameron, age 1  
Joshua Lerner and baby Eliana  
Susan Livingstone

Sanford & Jody Perl and their children David & Hannah 25, & Lauren 22  
Danny & Marisa Pogofsky and Lior, age 2  
David & Susan Sherman and their children Ned 27, Gordie 25, Adeline 23, Jacob & Eli 19

## LGBTQ Committee Museum Visit

By Tami Warshawasky

On Sunday, March 20th, members and friends of NSSBE attended an in-person, docent-led tour of Rise Up: Stonewall and the LGBTQ Rights Movement Exhibit at the Illinois Holocaust Museum and Education Center. The event was coordinated by NSSBE member Tami Warshawasky and Ellen Krumbein, who chairs the LGBTQ committee at NSSBE. Members of the group also stayed for the virtual reality exhibit featuring a Q and A with survivors of the Holocaust.



### **Rabbi Schwab Discretionary Fund**

*In honor of Jonathan Faust, grandson of Linda and Wayne Goldstein, on becoming a Bar Mitzvah -* **Ira and Debbi Rosenberg**

*In honor of Jonathan Faust, son of Marcie and Derek Faust, on becoming a Bar Mitzvah*

- **Ira and Debbi Rosenberg**

- **Joan Shapiro**

*In honor of Lexi's Pesach Torah reading and Robyn's Pesach Aliyah -* **Robyn Newman and Martin Rosenthal**

*In honor of Liana Schwab, daughter of Erica and Rabbi Michael Schwab, on becoming a Bat Mitzvah*

- **Laurel and Barry Abramowicz**

- **Michael and Naomi Cahr**

- **Wayne and Linda Goldstein**

- **Seth and Marlene Halpern**

- **Stuart and Barbara Hochwert**

- **Daniel and Wendy Kahn**

- **Dr. Jerome and Mary Kaltman**

- **Michael and Betsy Katz**

- **Robert and Minde Korman**

- **Jay Lerner**

- **Michael and Terri Lipsitz**

- **Ed and Paulette Margulies**

- **Joseph and Harriet Resnick, Howard and Helaine Resnick and Ron and Rachel Cooper**

- **Dale and Deborah Strauss**

- **Greg Pestine and Naomi Wexler**

*In honor of my special birthday -* **Barry and Debra Kravitz**

*In honor of Rabbi Schwab for officiating at Eli's bris -* **Dr. Josh and Michelle Newman**

*In honor of Ronan Dinkowsky, son of Madi and Benjamin Dinkowsky, on becoming a Bar Mitzvah -* **Simon and Elizabeth Halfin**

*In honor of Sharon and Robert Abrams' 65th wedding anniversary -* **Steven and Wendy Abrams**

*In honor of the birth of Laurie and Andrew Hochberg's grandchildren -* **Stuart and Barbara Hochwert**

*In honor of the birth of Stuart and Barbara Hochwert's grandson, Eli Lawrence Newman*

- **Laurel and Barry Abramowicz**

- **Joel and Basia Retsky**

*In honor of the marriage of Ellie Goone and Jordan Bender -* **Irwin and Jill Bernstein**

*In honor of the wedding of Kyle Bank and Allie Rosen and with appreciation to Rabbi Schwab -* **Keith and Barbara Bank**

*In memory of Alan Sporn, beloved brother-in-law -* **Gary and Debbie Lindon**

*In memory of Arthur Holtzman, beloved husband and with appreciation to Rabbi Schwab -* **Naomi Holtzman**

*In memory of Barbara Rosenfield, beloved wife of Richard Rosenfeld, beloved mother and grandmother -* **Karyn Goldstein**

*In memory of Cara Madansky, beloved wife of Mayer Stiebel, beloved mother of Susan (Dan) Groner, Noreen (David) Ohcana, Cynthia Madansky and Michele (Travis Mowbray) Madansky and beloved grandmother -* **Karyn Goldstein**

*In memory of David Henri Nadler, beloved son of Drina and Michael Nadler, beloved brother of Sara, beloved husband of Adrian Fogel and beloved father of Raleigh Evelyn Nadler -* **Len and Bobbie Tenner**

*In memory of Dr. Melvin Sered, beloved husband of Hedy Sered, beloved father of Lynne (Jeff Schoenberg) Sered, David (Tracy) Sered and beloved grandfather -* **Karyn Goldstein**

*In memory of Dr. Pierre Elian -* **Karyn Goldstein**

*In memory of Irving Kushner, beloved father -* **Susan and Mark Pollack**

*In memory of Jennie Reisin, beloved grandmother -* **Richard and Karen Reisin**

*In memory of Julius Goldberg, beloved father and grandfather -* **Ron and Eileen Goldberg**

*In memory of Madeline Shiffman, beloved sister of Myrna (Shael) Siegel -* **Sally Aaron**

*In memory of Marjorie Birnbaum, beloved mother -* **Marc and Jacalyn Birnbaum**

*In memory of Mary Schechtman, beloved mother -* **Mitch and Sari Kovitz**

*In memory of Max Smiley, beloved father -* **Stephen and Judy Smiley**

*In memory of Melvin Blum, beloved husband and with appreciation to Rabbi Schwab -* **Lenore Blum**

*In memory of Nathan Talman, beloved grandfather -* **Marc and Jacalyn Birnbaum**

*In memory of Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin*

- **Marc and Mindy Botbol**

- **Karen Ebroon**

- **Ron and Eileen Goldberg**

- **Michael Gurtman and Lois Lourie**

- **Anton and Tracey Hendler**

- **Earl and Rochelle Rubinoff**

- **Cindy Shekhtman**

- **Marc and Melissa Spellman**

*In memory of Robert Pascal, beloved father of Keith (Deena) Pascal, beloved husband, beloved grandfather and beloved great-grandfather*

- **Marc and Melissa Spellman**

- **Greg Pestine and Naomi Wexler**

*In memory of Robert Pascal, beloved husband, father, grandfather and with appreciation to Rabbi Schwab -* **Lynne Pascal and Family**

*In memory of Ronald L. Boorstein, beloved father of Brian (Gail) Boorstein, beloved brother, grandfather and great-grandfather*

- **Steve and Linda Feinstein and Family**

- **Annette Feller**

- **Michael and Terri Lipsitz**

- **Jay and Mindy Sterns**

*In memory of Sarah Bichunsky, beloved mother -* **Doreen and Philip Feitelberg**

*In memory of Saul Silverstein and with appreciation to Rabbi Schwab -* **The Family of Saul Silverstein**

*In memory of Sol Lerner, beloved father -* **Jay Lerner**

*In memory of Stanley Lipnick and with appreciation to Rabbi Schwab -* **The Lipnick Family**

*With appreciation to Hazak for providing Shabbat dinner -* **Joel and Fran Rabinowitz**

*With appreciation to Rabbi Schwab for his support during Shiva and difficult times following the death of Bernie Alpert -* **Fran Alpert and Family**

*With appreciation to Rabbi Schwab for making our Mitzvah happen -* **Todd and Jennifer Deutch**

*With appreciation*

- **Andrew and Laurie Hochberg**

- **Jackie and Victor Meskin**

- **Richard and Lois Werner Family Foundation**

### **Rabbi Freedman Discretionary Fund**

*In honor of the baby naming of our grandchildren Maya and Eli, and with appreciation to Rabbi Freedman -* **Andrew and Laurie Hochberg**

*In memory of David Henri Nadler, beloved son of Drina and Michael Nadler, beloved brother of Sara, beloved husband of Adrian Fogel and beloved father of Raleigh Evelyn Nadler -* **Steven and Beverly Gordon**

*In memory of Melvin Blum, beloved husband and with appreciation to Rabbi Freedman -* **Lenore Blum**

*In memory of Morris Wilk, beloved father -* **Roger and Ronnie Wilk**

*In memory of Nancy Gandelman, beloved wife, mother and grandmother and with appreciation to Rabbi Freedman -* **Alan Gandelman and Family**

*In memory of Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin -* **Debra and Arnold Landis**

*In memory of Robert Pascal, beloved father of Keith*

(Deena) Pascal, beloved husband, beloved grandfather and beloved great-grandfather - **Roger and Ronnie Wilk**

*In memory of* Ronald L. Boorstein, beloved father of Brian (Gail) Boorstein, beloved brother, grandfather and great-grandfather

- **Debra and Arnold Landis**

- **Roger and Ronnie Wilk**

*In memory of* Saul Silverstein and with appreciation to Rabbi Freedman - **The Family of Saul Silverstein**

*With appreciation for* Rabbi Freedman's creativity and in honor of my special birthday - **Barry and Debra Kravitz**

*With appreciation to* Rabbi Freedman for his support during Shiva and difficult times following the death of Bernie Alpert - **Fran Alpert and Family**

### Hazzan Sandler Discretionary Fund

*In memory of* Nancy Gandelman, beloved wife, mother and grandmother and with appreciation to Hazzan Sandler - **Alan Gandelman and Family**

*In memory of* Saul Silverstein and with appreciation to Hazzan Sandler - **The Family of Saul Silverstein**

### Rabbi Kurtz Discretionary Fund

*In memory of* Marcia Witzel, beloved friend - **June Back Frydman**

### Arnold Rissman Family Kol Ami Museum Endowment Fund

*In memory of* Elsie Kanin, beloved mother of Judith Joseph - **Larry Pachter and Sandy Starkman**

### Ba'al Korei Fund

*In honor of* Joyce Joseph reading Torah on 1/29 and being Team Torah's 100th reader - **Larry Goldsmith and Mary Ellen Bowers**

*In honor of* Joyce being the 100th Team Torah reader - **Joyce and Don Joseph**

*In memory of* Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin - **Gerald and Adrienne Lasin**

### Ben and Marion Drachler Education Endowment Fund

*In memory of* David Scott Drachler, beloved son - **A. Michael and Nancy Drachler**

### Edward S. Frank Israel Study Endowment Fund

*In honor of* Nessia Frank on her birthday - **Benjamin and Wendy Frank**

### General Fundraising Fund

*In honor of* Liana Schwab, daughter of Erica and Rabbi Michael Schwab, on becoming a Bat Mitzvah

- **Michael and Judy Smith**

*In honor of* the marriage of Ellie Goone and Jordan Bender - **Ira and Debbi Rosenberg**

*In memory of* Melvin Blum, beloved husband of Lenore Blum, beloved father and beloved grandfather - **Anthony Bergamino and Jenna Moon**

*In memory of* Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin - **Judy and Allen Soden**

### Gertrude Lederman Family Continuing Education Fund

*In honor of* Fran Sherman on her 60th birthday - **Larry Pachter and Sandy Starkman**

*In memory of* Melvin Blum, beloved husband of Lenore Blum, beloved father and beloved grandfather - **Victor and Arielle Levitan**

*In memory of* Selma Hoffman, beloved mother of Robbie Schreiber, beloved grandmother and great-grandmother - **Judith Sarnat**

### Hazak Fund

*In honor of* Jacqueline Melinger - **Gerald and Annette Blumberg**

*In honor of* Mary Ellen Bowers Goldsmith for her dedication to the community - **Sam and Kate Hirsh**

*In honor of* Mary Ellen Bowers Goldsmith - **Gerald and Annette Blumberg**

*In honor of* Mary Ellen Bowers Goldsmith, Jackie Melinger, Terri Gordon and Pam Schlosberg for receiving the Character Counts Pillar Award - **David and Francine Ephraim**

*In honor of* Mary Ellen Bowers Goldsmith receiving the Character Counts Pillar Award - **Gloria Taussig**

*In memory of* Bianca Pekin - **Mildred Lidov**

*In memory of* David Henri Nadler, beloved son of Drina and Michael Nadler, beloved brother of Sara, beloved husband of Adrian Fogel and beloved father of Raleigh Evelyn Nadler - **Gerald and Annette Blumberg**

*In memory of* Dr. Pierre Elian - **Ludo/Block Families**

*In memory of* Marilyn Snyder - **Mildred Lidov**

*In memory of* Orli Sarah Sheffey, beloved daughter

of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin

- **Gerald and Annette Blumberg**

- **Marla and Terry Grossberg**

- **Stuart and Barbara Hochwert**

*In memory of* Sally Levin Lerner, beloved mother - **Kenneth and Marcy Levin**

*In memory of* Sidney L. Starkman, Mildred Lashinsky Starkman and Annette Berg on Pesach Shanuot Yizkor - **Larry Pachter and Sandy Starkman**

*With appreciation to* Hazak for their thoughtful gift - **Phyllis Shalowitz**

*With appreciation to* the Hazak community - **Betty Ann Levin**

*With appreciation to* - **Mayer Stiebel**

### Holocaust Memorial Endowment Fund

*In memory of* Robert M. Kupchick, beloved husband - **Ruth Kupchick**

### General Israel Scholarship Endowment Fund

*In memory of* Madeline Shiffman, beloved sister of Myrna (Shael) Siegel - **Larry Goldsmith and Mary Ellen Bowers**

### Jack and Mildred Cohen Religious School Fund

*In memory of* Jack M. Hirschfield, beloved brother - **David and Pamela Hirschfield**

*In memory of* Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin - **Steven and Wendy Abrams**

*In memory of* Ronald L. Boorstein, beloved father of Brian (Gail) Boorstein, beloved brother, grandfather and great-grandfather - **Steven and Wendy Abrams**

### Jean T. and Morton Bernstein Camp Ramah Endowment Fund

*In memory of* Alan Caplan - **Mort and Miriam Steinberg**

*In memory of* Madeline Shiffman, beloved sister of Myrna (Shael) Siegel - **Mort and Miriam Steinberg**

### **Joseph and Mae Gray Cultural and Learning Center Fund**

*In memory of Morris M. Banks, beloved father*  
- **Theodore and Cheryl Banks**

### **Kopin Family Fund for Children's T'filot Endowment Fund**

*In memory of Elaine Kabiller, beloved mother, grandmother and great-grandmother*

- **Myrna and Herb Natkin**

- **Myrna Kopin**

*In memory of Estelle Agrest* - **Myrna Kopin**

*In memory of Madeline Shiffman, beloved sister of Myrna (Shael) Siegel* - **Myrna Kopin**

### **LGBTQIA+ Inclusion Fund**

*In memory of Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin* - **Jeff and Stacy Goldsmith**

### **Maxwell Abbell Library Fund**

*In honor of Rachel Kamin and Marcie Eskin for leading our CLC so professionally and with a smile* - **Sandy Starkman and Larry Pachter**

*In memory of Florence Ziker, beloved sister-in-law* - **Mildred Lidov**

*In memory of Kaisal Steinhardt, beloved husband* - **Joyce Steinhardt**

*In memory of Louis Lidovsky, beloved father-in-law* - **Mildred Lidov**

*In memory of Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin* - **Ben and Mary Channon**

*In memory of Sally Lidovsky Davis, beloved mother-in-law* - **Mildred Lidov**

### **Minyan Service Fund**

*In memory of Abe Brickman, beloved grandfather* - **David and Barbara Lansing**

*In memory of Abe Frydman, beloved father-in-law* - **June Back Frydman**

*In memory of David Grossberg, beloved father* - **Marla and Terry Grossberg**

*In memory of David Henri Nadler, beloved son of Drina and Michael Nadler, beloved brother of Sara, beloved husband of Adrian Fogel and beloved father*

*of Raleigh Evelyn Nadler* - **Joseph and Susan Ament**

*In memory of Eddie Friedman, beloved uncle* - **Marla and Terry Grossberg**

*In memory of Hortense Rubinoff, beloved mother* - **Earl and Rochelle Rubinoff**

*In memory of Melvin Blum, beloved husband of Lenore Blum, beloved father and beloved grandfather* - **Gabriel and Deborah Aizenberg**

*In memory of Nettie Zelkowitz, beloved grandmother* - **Marla and Terry Grossberg**

*In memory of Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin*

- **William and Sharon Gertz**

- **Daniel and Wendy Kahn**

*In memory of Phil Zelkowitz, beloved grandfather* - **Marla and Terry Grossberg**

*In memory of Rachel Frydman, beloved mother-in-law* - **June Back Frydman**

*In memory of Robert Pascal, beloved husband of Lynne Pascal, beloved father of Keith (Deena) Pascal, Lori Hockman and John (Penni) Pascal, beloved grandfather and great-grandfather* - **Gabriel and Deborah Aizenberg**

*In memory of Ronald L. Boorstein, beloved father of Brian (Gail) Boorstein, beloved brother, grandfather and great-grandfather* - **Danny and Michele Wilk**

*In memory of Sondra Regina Gash* - **Gabriel and Deborah Aizenberg**

*With appreciation Chag Purim Sameach* - **Joseph and Susan Ament**

*With appreciation* - **Audra Kaplan and Alan Spellberg**

### **Miriam and Bernard H. Sokol Hebrew High School Fund**

*With appreciation* - **Ronnie Jo Sokol**

*In honor of Mary Ellen Bowers Goldsmith, Jackie Melinger, Pam Schlosberg and Terri Gordon* - **Ronnie Jo Sokol**

### **Music Fund**

*In honor of Jonny Faust, son of Marcie and Derek Faust, on becoming a Bar Mitzvah* - **Patti Shapiro**

*In memory of David Henri Nadler, beloved son of Drina and Michael Nadler, beloved brother of Sara, beloved husband of Adrian Fogel and beloved father of Raleigh Evelyn Nadler* - **Jeri and Roger Smith**

*In memory of Madeline Shiffman, beloved sister of Myrna (Shael) Siegel* - **Bobbie and Len Tenner**

*In memory of Melvin Blum, beloved husband of Lenore Blum, beloved father and beloved grandfather* - **Larry and Abby Block**

*In memory of Orli Sarah Sheffey, beloved daughter of Steven and Timna Sheffey, beloved sister of Ariel and Ayelet Sheffey, beloved granddaughter, niece and cousin* - **Joe and Shelly Kaszynski**

*In memory of Robert Pascal, beloved husband of Lynne Pascal, beloved father of Keith (Deena) Pascal, Lori Hockman and John (Penni) Pascal, beloved grandfather and great-grandfather* - **Larry and Abby Block**

### **NSS Beth El Sisterhood Special Gifts Fund**

*In honor of Felissa Kreindler's new grandson, Harrison* - **Seth and Marlene Halpern**

*In honor of Ramona Choos, recipient of BJE Chicago L'dor Va'dor Award* - **Larry Goldsmith and Mary Ellen Bowers**

*In memory of Diane Levin, beloved wife* - **Stephen Levin**

*In memory of Ethel and Sidney Sharpe, beloved mother and father* - **Mortin and Karen Levy**

*In memory of Harold Siegel, beloved father* - **Dov and Eileen Kahana**

*With appreciation for the anniversary greeting* - **Doreen and Philip Feitelberg**

*With appreciation* - **David and Barbara Lansing**

### **NSS Beth El Special Gifts Fund**

*In honor of Linda and Steven Feinstein who make holidays sweeter because we celebrate together* - **Jeffrey Marks**

*In honor of Stacy Daybook* - **Todd and Jennifer Deutch**

*In memory of Barbara Goldberg, beloved grandmother* - **Renee Bova**

*In memory of David Henri Nadler, beloved son of Drina and Michael Nadler, beloved brother of Sara, beloved husband of Adrian Fogel and beloved father of Raleigh Evelyn Nadler*

- **Phyllis Bentley**

- **Naomi Jaffe**

*In memory of Eva Goldberg, beloved great-grandmother* - **Renee Bova**

*In memory of Evelyn Schiffrin, beloved great-grandmother* - **Renee Bova**

*In memory of Irina Warren, beloved mother, grandmother and great-grandmother*

- **Lenore Blum**

- Rosa Schloss

- David and Jody Schmidt

*In memory of* Ludwig Blum, beloved father-in-law -  
**Lenore Blum**

*In memory of* Madeline Shiffman, beloved sister of  
Myrna (Shael) Siegel - **Benjamin Kopin and Beth  
Shapiro Kopin**

*In memory of* Martin Maiman, beloved father and  
grandfather - **Steven and Linda Feinstein**

*In memory of* Orli Sarah Sheffey, beloved daughter  
of Steven and Timna Sheffey, beloved sister of Ariel  
and Ayelet Sheffey, beloved granddaughter, niece  
and cousin

- Jillian Kantor

- Ken and Andy Saffir

*In memory of* Robert Pascal, beloved father of Keith  
(Deena) Pascal, beloved husband, beloved grandfa-  
ther and beloved great-grandfather

- Larry and Barbara Field

- Mark and Robin Greenberger

*In memory of* Ronald L. Boorstein, beloved father of  
Brian (Gail) Boorstein, beloved brother, grandfather  
and great-grandfather - **Debbi and Ira Rosenberg**

*In memory of* Rose Bova, beloved mother - **Renee  
Bova**

*In memory of* Samuel Bova, beloved brother  
- **Renee Bova**

*In memory of* Saul A. Kwall, beloved father  
- **Jeffrey and Bobbi Kwall**

*In memory of* Selma Hoffman, beloved mother  
of Robbie Schreiber, beloved grandmother and  
great-grandmother - **Kurt Wandrey**

*In memory of* the 6 million Jews who perished in the  
Shoah - **Steven and Linda Feinstein**

*In memory of* Zelda Starr, beloved friend - **Renee  
Bova**

*With appreciation for* Shabbat services - **Laeh Grant**

### **NSS Beth El Special Men's Club Gift**

*In honor of* Rob and Marcy Freeman and their Simcha  
- **Matt Pestine and Jamie Glass-Pestine**

### **Paul S. and Sylvia Steinberg Pre-School Fund**

*In honor of* Dr. Laurie Hochberg. Thanks for her guid-  
ance and support and are so fortunate to have you as  
our pediatrician - **Brian and Lucy Bortman**

### **Prayer Book Fund**

*In memory of* Rochelle Dlugie, beloved mother  
- **David and Joyce Dlugie**

*In memory of* Sylvia and Albert Wishick, beloved  
mother and father - **Adrienne Eckerling**

### **Pushke/Tzedakah Fund**

*In memory of* David Henri Nadler, beloved son of  
Drina and Michael Nadler, beloved brother of Sara,  
beloved husband of Adrian Fogel and beloved father  
of Raleigh Evelyn Nadler - **Laurence and Corinne  
Baskin**

*In memory of* Irvina Warren, beloved mother, grand-  
mother and great-grandmother - **Judy Schweich  
and Fred Stevenson**

*In memory of* Joan Epstein, beloved mother - **Jerome  
and Mary Kaltman**

*In memory of* Madeline Shiffman, beloved sister of  
Myrna (Shael) Siegel - **Judy Portman and Myrna  
Shames**

*In memory of* Orli Sarah Sheffey, beloved daughter of  
Steven and Timna Sheffey, beloved sister of Ariel and  
Ayelet Sheffey, beloved granddaughter, niece and  
cousin - **Dr. Jerome and Mary Kaltman**

*In memory of* Ronald L. Boorstein, beloved father of  
Brian (Gail) Boorstein, beloved brother, grandfather  
and great-grandfather - **Scott and Maureen Chaikin  
and Family**

*In memory of* Samuel Kaltman, beloved father  
- **Dr. Jerome and Mary Kaltman**

### **Ritual Refurbishment Endowment Fund**

*In memory of* Madeline Shiffman, beloved sister of  
Myrna (Shael) Siegel - **Barbara Blumberg**

*In memory of* Orli Sarah Sheffey, beloved daughter of  
Steven and Timna Sheffey, beloved sister of Ariel and  
Ayelet Sheffey, beloved granddaughter, niece and  
cousin - **Paula Blumberg**

*In memory of* Sarah Ehrlich, beloved mother  
- **Pearl Zaid**

*With appreciation to* Hazzan Barbara Barnett  
- **Charlene Eilian and Family**

### **Sarah and Henry Stiebel Camp Ramah Endowment Fund**

*In honor of* Jackie Melinger, Pam Schlosberg and Mary  
Ellen Bowers for all they do for Beth El  
- **Mayer Stiebel**

### **Social Action Fund**

*In memory of* Orli Sarah Sheffey, beloved daughter of  
Steven and Timna Sheffey, beloved sister of Ariel and  
Ayelet Sheffey, beloved granddaughter, niece and  
cousin - **Michael and Barbara Salberg**

*In memory of* Robert Pascal, beloved father of Keith  
(Deena) Pascal, beloved husband, beloved grand-  
father and beloved great-grandfather - **Daniel and  
Sheryl Perlman**

### **Solomon Schechter Fund**

*In memory of* Orli Sarah Sheffey, beloved daughter of  
Steven and Timna Sheffey, beloved sister of Ariel and  
Ayelet Sheffey, beloved granddaughter, niece and  
cousin - **Larry Goldsmith and Mary Ellen Bowers**

### **Willard and Sally Aaron Camp Ramah Endowment Fund**

*In memory of* Edward "Mickey" Kniff, loving lifetime  
partner of Barbara Goldsmith, mother of Larry Gold-  
smith - **Larry Goldsmith and Mary Ellen Bowers**

### **Youth Community Fund**

*In honor of* Jonny Faust, son of Marcie and Derek  
Faust, on becoming a Bar Mitzvah - **Holly and Jona-  
than Reinsdorf**

*In honor of* the birth of Laurie and Andy Hochberg's  
grandchildren, Eli Isaac and Maya Hannah - **David  
and Francine Ephraim**

*In memory of* Orli Sarah Sheffey, beloved daughter  
of Steven and Timna Sheffey, beloved sister of Ariel  
and Ayelet Sheffey, beloved granddaughter, niece  
and cousin

- **Joseph and Susan Adler**

- **Daniel and Ronit Ripes**

### **Youth Community Program Endow- ment Fund**

*In memory of* Orli Sarah Sheffey, beloved daughter of  
Steven and Timna Sheffey, beloved sister of Ariel and  
Ayelet Sheffey, beloved granddaughter, niece and  
cousin - **David and Cheryl Heisler**

# Mitzvah613: Enjoy a Sacred Moment with Our Scribe This Summer!

The final commandment or “mitzvah” in the Torah, number 613, is for every Jew to write a Torah.

On **Sunday, May 22, 2022**,

Beth El inscribed the first letters in its new Torah with the congregation present during our kickoff event.

Now, the opportunity is open for every congregant to have

a sacred moment writing a letter in our Torah.

Several dates are available this summer to join with our Sofer (scribe) and help to write a letter in the Torah. In addition to writing with the Sofer, you will enjoy learning more about the special meaning of this mitzvah and about the Torah by visiting our education stations, as well as receive a certificate that documents your completing the mitzvah.

NSS Beth El's newest Torah scroll is being created in Israel by the Sofer, who will spend the next year writing the Torah for and with our community. Once a Torah section is almost complete, the Sofer will come to our synagogue. On the dates below\*, the Sofer will be writing our Torah at Beth El. To sign up to write



your letter, follow the QR code. You can also sign up now to volunteer to help the Mitzvah 613 committee on Torah writing days or, as this is truly a congregational effort, join the committee at large. You can also show your support for this exciting initiative through a donation - \$6.13 is a great

place to start! For questions or more information about letter-writing sign up, volunteering or donating, contact Judy Berkeley, jberkeley@nssbethel.com.

**Torah Writing Dates for June and July, scan QR code below to sign up:**

Wednesday June 15

Tuesday July 12

Wednesday July 13

Wednesday August 17

Thursday August 18

\*Dates may be subject to change. Please check <http://www.nssbethel.org/mitzvah613> for updates.



## Mazel Tov to Our B'nai Mitzvah Students



**Bat Mitzvah - Phoebe Berkowitz**

daughter of Yael Mirelman and Pere Berkowitz

**Shabbat, June 11**



**Bat Mitzvah - Julia Block**

daughter of Sara and Gregory Block

**Shabbat, August 25**

## FRIDAY, JUNE 10 Join us for

# LUAU on the Lake

**ALOHA Beth El!**

Enjoy the magic of a tropical Kabbalat Shabbat

Come join us for:

Stunning landscapes, magnificent views of Lake Michigan,  
ukulele music featuring Hazzan Sandler and Jeff Baden;  
and extraordinary tropical food

**5:15 pm** Appetizers/Tiki Bar/Kids Activities

**6:30 pm** Kabbalat Shabbat Services

**7:45 pm** Shabbat Luau Dinner; kid-friendly menu



# NSS Beth El Welcomes the Stranger

By Margaret Cohn, NSS Beth El HIAS Volunteer



"We once helped refugees because they were Jewish. Now, we help refugees because we are Jewish." (Mark Hetfield, President and CEO, HIAS)

On May 10th, 2022, NSS Beth El had the opportunity to perform the mitzvah of welcoming the stranger. With support and direction from HIAS Immigration and Citizenship at JCFS Chicago, the NSS Beth El community was able to give a dignified reception to a refugee family of 6 from Syria. Efforts were spearheaded by more than 40 volunteers plus the Steinberg Pre-School and the Cohen Religious School.

The process included raising funds, furnishing an apartment with the help of the Chicago Furniture Bank, stocking the kitchen and pantry, providing household items and creating a welcoming atmosphere. Our volunteers generously gave of their time, expertise and resources to ensure that this family would feel supported in their new home.



Steinberg Pre-School students creating artwork to welcome refugee family



Julia Block with pantry supplies

ing through HIAS. She gathered items from her own pantry, shopped to fill the family's refrigerator with fresh produce and dairy, as well as organizing their pantry. She bought the groceries with her own money and has committed to donating 10 percent of

her Mitzvah money to the resettlement fund.

Also, a special shout out to the Steinberg Pre-School for creating beautiful wall art to decorate the apartment. NSS Beth El is blessed with the spirit of generosity and the understanding that tzedakah means justice.

*"The stranger who resides with you shall be to you as the native among you, and you shall love him as yourself, for you were aliens in the land of Egypt."*  
Leviticus 19:34

Kol hakavod to all of our wonderful volunteers!

Resettlement is an ongoing process that includes acculturation, language acquisition and skills for daily living. Ten of our NSS Beth El volunteers are working as mentors and tutors directly with the family to make sure that they acquire basic English language skills and familiarity with American culture. The volunteers will continue to offer guidance and support for the next three months.

Special thanks to Julia Block for making this project part of her Bat Mitzvah celebration. Julia is so glad to have been able to help resettle the Syrian refugee family we are co-sponsor-

## Mitzvah Day 2022



## “Date” Night

By Chef Laura Frankel, Director of Circle of Life Catering



Date Night is every night when you can enjoy the caramel goodness and health benefits of dates. Date Palm trees originate in the Middle East. The fruit of the tree, dates, is grown in large bunches and trees can produce as many as 1000 dates a year.

Dates are indeed a super-food. High in fiber, potassium, flavonoids (which can help reduce risk of cancer, inflammation, Alzheimer's) brain boosting properties and more, dates are a powerhouse. As a natural sweetener, dates have a lower glycemic impact on our bodies than honey. Dates are also easier on the environment and bees.

Dates are versatile and while they are certainly delicious eaten out of hand, they are used in both savory and sweet recipes. Medjool dates are the king of dates. Plump, large and with a syrupy flavor, Medjool dates are the most commonly grown date and easiest to find in a grocery store.

Deglet Noor have a subtle flavor and hold their shape when cooked. I love these dates for savory dishes like my Lamb Tagine or Braised Chicken with Dates. Barhi, Halawi and Khadrawi are super sweet, a bit fragile and very delicious. These dates are best used for baking and smoothies.

### Date and Olive Relish with Roasted Feta

Hot Summer Date Nights call for quick and easy tapas style meals. Keep your cool with this Mediterranean inspired dish. Serve as a first course or as a light dinner with a salad.

Serves 4+ as a light dinner and 6+ as a tapa.



### For the relish

4 ounces pitted kalamata olives, lightly chopped

4 ounces pitted cracked green olives, lightly chopped

Zest and juice of 1 lemon

Pinch of crushed red chilies (optional)

½ cup pitted dates, lightly chopped

3 tablespoons extra virgin olive oil

¼ cup toasted almonds, lightly chopped

¼ cup chopped flat-leaf parsley

2 small shallots, minced

16 ounces feta cheese in 1 chunk

1 baguette or rustic bread

Preheat oven to 350F.

1. Combine olives, zest and lemon juice, crushed chilies, dates, evoo, almonds, parsley and shallots. Stir to combine.

2. Place feta in an oven-proof dish. Drizzle cheese with evoo and roast in oven for about 15-20 minutes until the edges are slightly browned and toasty and the cheese is soft.

3. Transfer cheese to a serving dish. Pile relish on top of cheese.

4. Serve with sliced bread or grill sliced bread and serve.

### Date Smoothies

Serves 2

2 bananas, frozen

½ cup yogurt

2 cups almond milk (or your favorite alt. milk)

1/3 cup pitted dates

½ cup ice cubes

Splash of vanilla extract

Dash of cinnamon

Pinch of sea salt

1. Process bananas, yogurt, almond milk, dates, ice, vanilla, cinnamon and salt in a blender until creamy and smooth.

