



Congregation Beth El Bulletin

Pre-Shabbat Carnival and Cookout Annual Meeting and Spiritual Kabbalat Shabbat (with instruments before sunset and maariv)

Save the Date

Friday Evening, June 3rd

This is a great night for everyone in the Beth El Family!

4:30 - 7:30 pm - Pre-Shabbat Carnival and Cookout. A different kind of Shabbat dinner!
(The Carnival will be open to kids during the Annual Meeting.) Food will be served at 6:15 pm.

Please RSVP to the office at 625-7821 so that we can prepare enough food.

5:30 - 6:15 pm - Annual Meeting - A brief review of synagogue finances
and voting on the new slate of officers and the board.

7:45 pm - Spiritual Kabbalat Shabbat with instruments
(Instruments are allowed at Beth El before sunset and ma'ariv)

8:20 pm - Maariv

8:45 - Finish

“New Educational Initiatives at Beth El”

By Jeffrey M. Arnowitz

There is no more precious guarantor of the Jewish future than our children. Over the last six months Congregation Beth El has been executing a wide-ranging assessment of the educational programming for our children. We are committed to continually building upon and improving the programs that we have, as well as satisfying unmet needs. The effort over the last six months was spearheaded by our clergy, education director and our incoming President, Betsy Karotkin. An exceptional committee of teachers, parents and master educators brought insight, guidance and helped us evaluate what was working well and where we could improve.



Rabbi Jeffrey M. Arnowitz

We are now excited to share with you some important changes we anticipate making in our programs next year. This is a program of education that lives up to our mission as a congregation, and we want to make sure everyone knows about the changes. If you'd like to keep up with the programs as they develop, please “like” our new Facebook page, www.facebook.com/BethElYouthEducation, where we will be posting program details, information and announcements. Also, feel free to contact me or the cantor.

Beth El Religious School (BERS)

Our analysis found that we love our teachers and are mostly satisfied with the basic structure of the program (time and location.) However, we can do better. Coherence of the curriculum, communication of curriculum to the parents, and innovative engagement of students in and out of the classroom are just some of the areas that our new Shalom Learning Curriculum is designed to address.

Shalom Learning divides the school year into seven values and has four lessons based on each value. The values are timed to match the Jewish calendar (i.e. *Teshuvah* (Repentance/Relationships) to start with the High Holidays, *Gevurah* (Heroism) around Chanukah time, etc.). Each year the same values are taught, but with a new, age-appropriate spin. So, in third grade Heroism may focus on how we can each help others, while in sixth grade it may be a unit about bullying. Each lesson is comprehensive with trigger videos, games, movement, guiding questions for discussion, and in-class projects - all pre-planned. Best of all, there are web-based activities for the students to do at home so that they can stay engaged and parents can check in to see what they are doing in class!

In order to take full advantage of everything Shalom Learning has to offer, we will be equipping all the classrooms with computers and television monitors. Shalom Learning will also be hosting our teachers at a seminar in New York City over the summer where they can learn how to best utilize the new technology and resources in their classrooms. Find out more about Shalom Learning at <http://www.shalomlearning.org/>.

One exciting result of these changes is that the program is so impressive, Temple Israel and KBH leadership are in conversation with our own about partnering with us, so we anticipate their students joining ours for Sundays next year.

UHS 2.0

As our committee analyzed our students' Hebrew education at the United Hebrew School, we learned that while the program has its merits, 20%-25% of our eligible students were not attending for one reason or another (conflicts in time, unique learning needs, etc.). For our students who do attend, the program did not always match their learning needs. It was clear that we need a more flexible, dynamic and individualized program to meet the needs of today's students and their families. Therefore, we are developing UHS 2.0.

UHS 2.0 is a Hebrew program that combines personal, individualized tutoring with an online Hebrew learning curriculum. Each student will receive half an hour of learning time with a personal tutor every week.

“New Educational Initiatives at Beth El” *continued*

By Jeffrey M. Arnowitz

The time and location of each session will be arranged between the tutors and parents in locations designated by the school (JCC, Beth El, Temple Israel, KBH, virtual, etc.). For those who prefer it, tutoring can be done in small pods of a few students, to be arranged as requested.

The curriculum will be based on Shalom Learning’s online Hebrew platform, which is 100% web-based. Each tutor will receive a laptop to work from at tutoring sessions and the students will then be able to log in and practice. Parents will also be able to log in to see what their child is learning and encourage at-home practice. This will also allow for virtual tutoring when no other time or location can be found. Among the many benefits of UHS 2.0 are that students will learn at their own pace and will build off of the level of Hebrew knowledge they have already attained. Furthermore this model provides a tremendous amount of flexibility. All student and family needs can be met, and there is no reason why 100% of our students should not be participating.

We are very excited about this new model and are thrilled that our UHS partners, Temple Israel and KBH, are excited about it too.

Other Programming

Serious and Engaging Jewish Education for Teens:

In addition to these two main programs, we are currently working with Temple Israel to develop a program for all local teens called the Tidewater Midrasha. The vision for this program is a high-quality, relevant teen education program open to all local teens and taught by master teachers including our area clergy. We are very excited about the potential for this program to fill the vacuum of serious and engaging Jewish education for our teens right through twelfth grade. We are still developing this program and will keep you posted as it comes into clearer focus.

Reinvigorated Youth Groups:

Because we are taking away one time every week when our students can be together (Wednesday afternoons), we are strategizing on how to reinvigorate our youth groups – Kadima (grades 6-8) and USY (grades 9-12), as well as developing youth programs for younger students to have opportunities for informal Jewish education too – Machar (grades 4-5) and Cochavim (grades 1-3). Look for information on these groups over the next few months.

Join us for Confirmation 2016

Shabbat, June 4th



Left to right - Cantor Wendi Fried, Jamie Alperin, Lily Berz, Evan Gordon, Rabbi Jeffrey Arnowitz

Tikkun L'eyl Shavuot and Seudah Shelishit
Saturday Evening, June 11th – 7:00 pm to 9:15 pm
Join us for dinner and a panel discussion in honor of
the anniversary of our receiving the Torah at Sinai.

To observe this evening, we will be serving a traditional Shavuot dairy dinner (\$10 per person) – think blintzes and cheese cake. (Technically this is a special meal called Seudah Shelishit because Shabbat will be winding down).

Then, after dinner, we will host a panel of committed Jews featuring: Chris Kraus, educator from Ohef Shalom Temple; Rabbi Yitzak Mende, Director of Jewish Studies of Hebrew Academy of Tidewater; our own Cantor Wendi Fried and moderated by Rabbi Arnowitz. Each from the different streams of Judaism bringing their perspectives on “Why Torah is Central to Us?” and sharing at least one key text that their movement (or they personally) turn to explain their ideas.

Schedule for the Evening:

- 7:00 pm – Seudah Shelishit – A dairy feast! (\$10 per person)
- 7:45 pm – Mincha services to conclude Shabbat
- 8:00 pm – Panel Discussion “Why is Torah Central to Us?”
- 9:00 pm – Maariv for the Festival of Shavuot
- 9:15 pm – Program concludes

*Please RSVP to 625-7821 to reserve your spot at dinner so we can insure blintzes for everyone
(Dinner is \$10 per person)*

The Rest of the Holiday

Sunday, June 12th

- 9:30 am - Morning services for Shavuot in the Chapel
- 10:30 am - “A Tikkun for the Kinder”

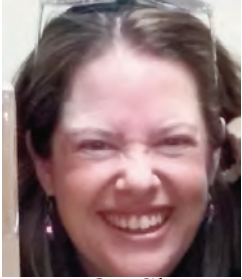
On Sunday morning in the Library, we’ll be having a special, active and engaging program about the 613 mitzvot in the Torah and finish our get-together with a sundae bar! Between the learning and the ice cream, this will be a totally awesome Shavuot 5776!

- 8:30 pm - Evening service for Shavuot

Monday, June 13th

- 9:30 am - Morning services for Shavuot
- 10:45 am - YIZKOR Memorial service
- 8:30 pm - Evening service for Shavuot

A Note From Cantor Wendi



Dear Beth El family,

Recently, I was looking through the new Conservative movement siddur called Siddur Lev Shalem. It is very much like our new machzor and is full of inspirational readings, commentary, poetry, and new outlooks on what our prayer experience can be. I was searching for inspiration on counting the Omer (which is how we count the 49 days from Pesach to Shavuot.) This year we will be celebrating Shavuot starting at sundown of June 11th to the 13th.

On Shavuot, we recreate the giving of the Torah on Mount Sinai. This is one of the most important holidays we have and because of where it falls in the year for us, it is also the most anticlimactic.

Everything else during the year is celebrated with pomp and circumstance, and yet, the holiday where we receive the document that is at the very core and essence of our Peoplehood... The holiday that has its own countdown even, is often overlooked and very few come to see the ball drop!

So let me share with you the top 10 reasons to come out for Shavuot this year.

1) In honor of the Torah, we eat cheesecake and stay up dialoging, grappling, and interacting with our sacred texts ALL NIGHT! Ok, while we aren't going to last all night, we WILL be having a wonderful session on Saturday night and we invite you to come!!

2) Shavuot falls on the weekend this year so you don't have to miss work to come experience it!

3) We get to eat cheesecake! And blintzes too! All dairy we want! Why? Go to this link for a great article which covers many reasons and customs that have come about for why we eat dairy. <http://www.myjewishlearning.com/article/why-dairy-on-shavuot/>

4) We read the book of Ruth which is its very own soap opera or dramatic film. There are plot twists, touching scenes, family scandal, and love lost and found again. It is worth the admission price!

5) Did I mention the cheesecake?

6) We also get to chant Hallel which is my most favorite service of all!

7) It is only a 2 day holiday as opposed to 8 days!

8) Shavuot has its own countdown or count up as the case may be which makes the wait exciting!

9) We read the 10 commandments and akdamut (a poem lauding and praising God, His Torah, and God's people!)

10) CHEESECAKE!!!!

So those are my top 10 but I want to focus on #8 for the rest of my article because we don't often talk about this concept of "counting up" to Shavuot... What is that all about? The general answer is that we count the days from Passover to Shavuot in anticipation of the receiving of the Torah! Well, I've been counting the Omer for years but it's been a while since I've looked for new insights into how to make it meaningful for myself. So I went to the new siddur, Lev Shalem (which you are welcome to borrow from me or the Rabbi to daven with on Shabbat if you'd like) and there I found some beautiful and thought provoking ideas in a reading about the Omer and why we "count up" which I had never thought of before.

The reading said that the only other time we count up is when we are waiting for a baby. Then you count the days and the weeks just waiting for the incredible miracle of this new life's arrival, much the same way as the Israelites waited for the Torah which would provide a new way of life!

Along with this thinking is a practical and beautiful way for us to put this "counting up" to work in our lives. In Siddur lev Shalem, we are told about a Chassidic tradition whereby each of the 7 weeks leading up to Shavuot is dedicated to a different attribute for us to work on so that by the time we get to Shavuot we are ready, mentally and spiritually, to accept the Torah into our hearts completely. *(continued on page 6)*

The attributes are explained in an adaptation of Eliyahu Kitov's *The Book of Our Heritage*.

WEEK ONE: Chesed — Lovingkindness. In practice: the ability to love others in a way that enables them to draw close to the Divine.

WEEK TWO: Gevurah — Strength of character. In practice: the personal resolve to make necessary personal sacrifices without faltering.

WEEK THREE: Tiferet – Glory. In practice: acting without ulterior motives.

WEEK FOUR: Netzach – Eternity. In practice: discerning what is of enduring importance in life.

WEEK FIVE: Hod – Splendor. In practice: pursuing peace in every situation.

WEEK SIX: Yesod – Foundation. In practice: the moral commitment that is the foundation for human social life.

WEEK SEVEN: Malchut – Sovereignty. In practice: rising to do what we have been appointed by God to do.

Even though we only have a couple of weeks left before Shavuot, I encourage you to take this exercise with you into the summer. Each week find some way to integrate the new trait into your life. I guarantee that your summer months leading up to the High Holidays in October will be richer and more meaningful with these traits to focus on.

With that message, from my family to yours, we wish you a beautiful summer full of fun, adventure, and discovery!!!

See you on Shavuot!! Cantor Wendi

COME JAMM WITH US!

This opportunity is for music lovers OF ALL AGES!!! If you love music and you sing or play any kind of instrument, then these JAMM sessions will be for you!! We know many of you have been exposed to the traditional Jewish sounding music like what you hear at services, weddings, or B'nai Mitzvah and we love all that. However what you may not have heard before extends to Jewish Jazz, rock, funk, country, classical, and even blues! We want to expand your Jewish palate at our three Jewish Music in the Making (JAMM) sessions happening throughout the month of August (exact dates and times TBA) The basic structure of a session will be that each participant will receive the music of the day as they come in. The first half of the session everyone will be broken up for sectional practice by instrument. Each section will be led by an experienced teacher and guide who will be able to bring the group together. The second half of the session we will come back together as a full band to practice and run the pieces together in a massive JAMM session! Due to the summertime scheduling issues we have made sure that each session will be able to stand on its own. Each session we will focus on different pieces so no one will have to play catch up or feel that they can't participate. Come when you can! So you don't have to come to each session but believe me, you won't want to miss out!!



The goals for these JAMM sessions are:

- 1) To grow our communal knowledge of all kinds of Jewish music that we don't necessarily get exposed to in the traditional formats (grade school, music lessons, and traditional services)
- 2) To get to know other musicians and singers in the community
- 3) To come together as a community to share our love for playing and making music together and have a blast doing it!

If this sounds like a program for you, then please watch through the weekly emails for more information coming out about this over the coming weeks. Can't wait to JAMM with all of you!!!

It's Casual Summer at Beth El!

We are dressing down starting June 11th and continuing through August.



No Jacket?
No Tie?
No Problem!

Guidelines: While we are going casual, we still want to be respectful. So, we discourage jeans and shorts, but other pants are okay (even encouraged) for men and women.

Let's all be comfortable in our spiritual home this summer!

Wednesday Learning with Rabbi Ruberg

(Sorry, no Lunch)

4 Sessions: June 8th, 15th, 22nd, 29th

12 noon to 1:00 pm

Topic: Guidelines for Ethical Behavior:

A look at *Pirkei Avot (Ethics of the Sages)*

Call the Beth El office at 625-7821

to sign up



It's our final Torah on Tap of the season

Join us at Commonwealth Brewery on June 23rd for food (kosher food being brought in, hopefully schwarma, and sponsored by Shawn Lemke and his crew), fun, folks and learning, not to mention the excellent libations served at this local craft brewery.

When: June 23rd, 7 pm - 9 pm

Where: Commonwealth Brewery
2444 Pleasure House Rd in Virginia Beach

Please RSVP to the office so we know how many reservations to make.

חזק
Hazak

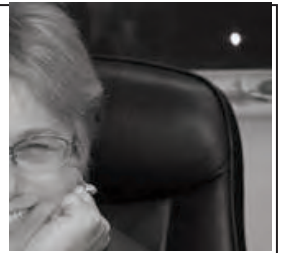
HAZAK and Estée Lauder will get together this fall (tentatively scheduled for September) to present an exciting event which will be open to all Beth El members. A local person known to many of you will speak about the work of the Lauder family particularly Ronald Lauder's financial support of summer programs geared to Jewish children in Eastern Europe.

Following this brief presentation, the Estée Lauder cosmetics group will demonstrate their products and talk about everything you need to know from your foundation to the finishing touches to keep you looking good and well-maintained. And those who make reservations will receive a "goodie" gift bag of Estée products and be eligible for a limited number of makeovers.

Watch your email for more information!

“Summer Jobs that Pay Well” by Sharon Wasserberg, Education Director

Yes, I can (and do) remember when the minimum wage was \$1.65 an hour. Babysitters earned 50 cents an hour. Getting into a movie cost 95 cents and the buttered popcorn could be had for a quarter. Gas was 29 CENTS per gallon (we once filled up a Datsun for \$2.00). A dozen eggs plus a pound of oleo and a loaf of bread was a buck. Memories like these are sweet reminders of our past; of days gone by without much notice or fanfare. I can also, and do, recall with great fondness some of the books I consumed years ago. “The Phantom Tollbooth,” “Gone with the Wind,” “The Jungle,” “Madame Bovary,” “Sister Carrie,” “A Tree Grows in Brooklyn,” and “The Chosen.” They remain with me today as clearly as if I had just read them last week. Why such intense nostalgia now? Nat King Cole sang about “Those Lazy, Hazy, Crazy Days of Summer” back in 1963 (I checked). Fifty-three years later, summer may still be crazy and a bit hazy but lazy? Not a chance thanks to summer camps and summer school and summer reading lists and endless other commitments regardless of one’s age or shoe size.



And so Mrs. ‘W’ is prepared to toss her kippah into the mix with recommendations of how to respond to the inevitable, sure-to-be-heard-whine “I’m bored; there’s nothing to do!” Yes, I realize none of these suggestions come with a paycheck. The truth is while nobody will become rich doing anything on any of my lists; the effort put into these projects will enrich the lives of those who accept the challenge of exploring something different. B’hatzlacha!

Active Activities:

1. Visit the Zoo to take selfies with “my” giraffes and any other animals who would have been on Noah’s Ark. Find out the Hebrew name for each of the animals. If you bring along a change of clothes, you can play in the fountain and laugh and get soaked. This is appropriate for people of all ages.
2. Stroll through the Botanical Gardens and find out which plants would have been our foods of choice before we got the privilege of eating meat. For bonus points, find out their Hebrew names.
3. Sea creatures can be found at the aquarium. Sort out which are ‘kosher’ and which are not. Since you already know how to find out the Hebrew names of things, find out about whales and dolphins and sea horses.
4. Create a picture depicting the kind of Ark you would have built if you were Noah. Remember to allow sufficient room for all the animals! If you use sidewalk chalk and your sidewalk or driveway, take a photo of your artwork.
5. Go through your home library and put aside any holy books or materials with G-d’s name that are no longer able to be used. We will be having a Genizah ceremony on October 9th and you will be able to bury these objects properly.
6. Come to Kabbalat Shabbat (5:45 on Friday evening) and/or Shabbat morning services (the Torah service starts about 10:15). The summertime dress code is ‘casual’ so sandals and shorts for the kids works. Whether or not you make it to services, make Havdalah at the end of Shabbat and maybe invite some friends over to share in this very special ritual.
7. Take a train ride up to DC and visit the Holocaust Museum. This is an appropriate museum for older children (probably 6th grade and older).

Not-so-active Activities:

1. Read. Regardless of your age, I recommend the “All-of-a-Kind Family” series, “The Phantom Tollbooth,” “The Chosen,” the Torah (English, JPS), “The Blessing of a Skinned Knee,” any book written by Erma Bombeck, any Peter Decker-Rina Lazarus mystery by Faye Kellerman, Pirke Avot, and “The Seven Questions You’re Asked in Heaven.” If you have read them before, read ‘em again just for the fun.
2. Think. Consider the questions posed by the Pesach Haggadah. Mull over the intended impact of the Unetaneh Tokef of the Yamim Noraiim (the High Holy Days). Explore how your belief in G-d has changed over time.
3. Meditate. Select one prayer or blessing each week on which to concentrate.
4. Learn. Go to www.myjewishlearning.com and explore a variety of Jewish topics ranging from preparing for a holiday to recipes.
5. Compose. Make a Jewish Bucket List of what you’d like to learn to do over the coming year (5777).

And finally:

1. Buy a pair of white, canvas shoes to wear for Yom Kippur along with a white shirt or dress. Summer is the easiest time to find these clothing items and you may be able to purchase them on sale. Consider getting a new, white tallit for the upcoming Holy Days.
2. Create a Rosh Hashanah card and send it via email (unless you can and will write out addresses on envelopes and put on a real stamp in order to send them via snail mail).
3. Call loved ones and chat with them. If you contact one person or family a day, you’ll be able to have spoken with at least 40 folks over the summer (not counting Shabbat and other holidays).

Yup, this has been a long article but this bulletin is for the whole, long summer. Enjoy and write me about your adventures!
B’shalom, Sharon

Shabbat Morning Programming
for Kinder

June the 4th

Getting ready to get those Ten
Commandments!

**Summer Break until
September 3rd**

Shavuot Tikkun for Kids
Kindergarten and older
Sunday morning, June 12th
10:30 to 11:30 in the Library
Topic:

We just got 613 Commandments!
Now what do we do?
Plus make your own sundaes!



Are you going away to camp?

- Would you like to get a REAL letter with a stamp on it? Provide Mrs. 'W' with the address details!



Schmooze-at-the-Shore Contest!
August 28th

(see info on back cover)

Get together a tug-of-war team and compete for a gift card to Skinny Dip or Barnes & Noble!

ROSH HASHANA



It's not too early to sign-up for a Rosh Hashanah Family Service Torah Reading.

Contact Mrs. 'W' ASAP so you can take your materials along to camp or on vacation.



**SCHOOL REGISTRATION FORMS
FOR THE 2016-2017 SCHOOL YEAR
ARE ONLINE!
GO TO WWW.BETHELNORFOLK.COM**



Tisha B'Av Observance with Seudah Shelishit

Saturday Evening, August 13th – 7:00 pm to 9:45 pm

Join us for Dinner, a Panel Discussion and the chanting of *Megilat Aicha* (*Lamentations*) in observance of this saddest day on the Jewish calendar.

2,000 years ago, the Temple in Jerusalem was destroyed because of *Sinat Chinam* or Senseless Hatred. That *Sinat Chinam* was not from outside the Jewish community, but within it. As is too often the case, we were our own worst enemies.

So, on Saturday evening, August 13th, we will finish Shabbat with a special meal (*Seudah Shelishit*) which will also serve as our last meal before the Tisha B'Av fast (*Seudat Mafseket*) **(\$10 per person, please RSVP to the office if you plan to attend the dinner.)**

Following the meal, we will daven the mincha service for Shabbat and have a discussion about the effects of *Sinat Chinam*, intra-Jewish hatred, today.

After the discussion, we will adjourn to Zedd Lobby for the ma'ariv service for Tisha B'Av including the special reading of *Megilat Aicha* by candlelight. If you have not experienced the ritual of the reading of *Lamentations*, you won't want to miss it. It is a very sad, but very beautiful ritual.

Evening Schedule:

7:00 pm – *Seudah Shelishit/Seudat Mafseket* – the third meal of Shabbat and last meal before the fast (\$10 per person, please RSVP to the office if you plan to attend the dinner.)

7:45 pm – Daven minchah for Shabbat

8:15 pm – Panel discussion on Intra-Jewish hatred in our time including personal accounts

9:00 pm – Ma'ariv with the chanting of *Aicha*

9:45 pm – Evening program concludes

Greetings to all,

A new executive committee has been formed for Beth El Sisterhood. We no longer have a President, but we will continue under committees for the coming year.

The Executive Committee is as follows:

Helene Smith
 Helene Rosenfeld
 Ina Leiderman
 Debbi Kaufman
 Judy Smith
 DeAnne Lindsey
 Valerie Warsof
 Jody Laibstain
 Barbara Rossen
 Nettie Groves
 Sue Ellen Kaplan

We will continue with the following committees:

Gift Shop - Marilyn Ashe
 Garage Sale - Nancy Kanter
 Catering - Nancy Kanter
 Torah Fund - Ina Leiderman
 Floral Fund - Nettie Groves
 Membership - Valerie Warsof
 Publicity - DeAnne Lindsey

We have 4 programs planned for the coming year. They are as follows:

1. Social in the Sukkah-Jewish Mothers in Film-October 19 or 20-Make your own subs, chips and desert
2. Paid Up Membership
3. Tu B'shvat Seder-Wine party
4. Creating a Zhavah membership

If you would like to volunteer for any of the above programs, please contact Helene Smith at helenetravel@aol.com or text at 408-3858.

Please bring your ideas. All volunteers are welcome and appreciated.

Shalom, Helene Rosenfeld and Helene Smith

TORAH FUND

As we are winding down our Torah Fund campaign for 5776, we would like to thank all of our members who have joined us this year. YOUR Torah Fund contribution strengthens and perpetuates Conservative/Masorti Judaism throughout the world.

All pledges need to be paid NOW! You do not have to become a Benefactor (\$180), Guardian (\$300), Associate Patron (\$600) or Scholarship Patron (\$2500), to take part in Torah Fund. ANY and ALL contributions are extremely important, appreciated and help us reach our goal. You can send a check in any amount made out to TORAH FUND to Ina Leiderman. If you wish to put your donation on a credit card (VISA, MASTERCARD, DISCOVER & AMERICAN EXPRESS), please call Ina at 757-463-9043 with your credit card information.

We are very proud to announce our newest Benefactor. Dr. Jessica Kell was made a Benefactor by her sister, Sheryl-Lynn Makela in honor of their sons, Eli and Erik who celebrated becoming B'nai Mitzvah in May. We hope others will think about doing this for their loved ones.

We look forward to sharing the NEW Torah Fund pin for 5777 in August.

Thank you again for your ongoing support!

Barbara Abraham, Ina Mirman Leiderman & Judy Mitnick

Torah Fund Co-Chairs



MEET OUR NEWEST MEMBER



Meet Mendy Fisch. He is very happy to find a community at Beth El after moving to the area. He moved to Norfolk in October after receiving orders here from the Navy. He is a judge advocate and works in the Region Legal

Service Office on Naval Station Norfolk. He is happy exploring the area and getting to know people here. Mendy grew up in New Jersey and has lived in New York and Washington, D.C. He has two brothers, Ben and Adam. At Beth El, Mendy enjoys leyning and kiddush. In his spare time, he runs a website for Zemirots call the Zemirots Database and loves reading the newspaper.



MILESTONES IN THE BETH EL FAMILY

Mazal tov to Cilda Meltzer on the engagement of her grandson, Zach Alexander of Virginia Beach and Carly Creef of Manns Harbor, North Carolina. Zach is the son of Ruth and Dan Alexander of Virginia Beach. The wedding will take place on October 29th.

Ask the Rabbi A Monthly Q and A with RJA

Question:

What is the difference between Tisha B'Av and Tu B'Shevat? I always get those two confused.

Answer:

Tu B'Shevat is the New Year of the Trees and usually falls in late January or early February. It is celebrated by eating the produce of the Land of Israel and with a ritual known as the "Tu B'Shevat Seder" where the environment and Israel are celebrated. Each year our Sisterhood hosts a Tu B'Shevat Seder that is co-hosted with Temple Israel.

Tisha B'Av couldn't be more different. It falls in late summer and is the anniversary of the day that both the First and Second Temples were destroyed, as well as several other tragedies that befell the Jewish people. The only thing that they have in common is the sound of their names, which are derived the same way. Tu B'Shevat actually means the 15th day of the month of Av and Tisha B'Av means the 9th day of the month of Av.

The rituals for Tisha B'Av are very beautiful, but also very sad. We read the Book of Lamentations, known in Hebrew as Megilat Aicha, which gives a poignant and disturbing description of the siege and sacking of Jerusalem and the destruction of the Temple. The megillah combines that account with poetry lamenting the abandonment of the Jewish people by God. On Tisha B'Av we also observe other mourning customs like not listening to music (or even singing our prayers) and it is the only major fast day (a full 25-hour fast) other than Yom Kippur.

This year Tisha B'Av starts on Saturday night, August 13th. For details about our Tisha B'Av observance, see the description elsewhere in this Bulletin.

Men's Club News

OUR RECENT EVENTS...

Yom HaShoah Holocaust Remembrance Day – Thursday, May 5th.

Yom HaShoah is a solemn experience, but always impactful. Thanks to Howard Horwitz for continuing to organize and support this program to enable members of our community to honor Holocaust victims' by reading (or listening as others read) victims' names and other information at the Simon JCC. Additional thanks to Harold Zedd for annually continuing his distribution of FJMC Shoah Yellow Candles™ to students and teachers at Beth El Religious School and Hebrew Academy as well as our Beth El Morning Minyan!



Men's Club Shabbat – Saturday, May 21st.

Thanks again to Norman Soroko for planning the program. We are appreciative of everyone who attended this unique Shabbat service and had the opportunity to see many of our Men in action leading all parts of the service. During the service, Rabbi Arnowitz performed the respective de-installation of past and installation of current officers and board members. We appreciate Dr. Craig Schranz's commitment and leadership as President over the past 2 years and look forward to Howard Horwitz's leadership in the next term. Mazel Tov to all outgoing and incoming officers and directors.

NEXT ON TAP...

Seaboard Region FJMC Biennial Retreat – Friday, July 15th through Sunday, July 17th, 2016.

Join other men from around the Seaboard Region for "Good to Great: Empowering Men and Clubs to Make the Leap" Rabbi Stuart Weinblatt of B'nai Tzedek Congregation will be the scholar-in-residence for the retreat weekend. Other session leaders include the FJMC International President, a Poet in Residence and a renowned management consultant. Share fun, learning, brotherhood, growth, and healthful, delicious meals at Pearlstone Conference and Retreat Center, nestled in the beautiful rolling hills near Reisterstown, MD, an idyllic setting for a weekend of relaxation, camaraderie, and learning. Capacity is limited. Sign up now at seaboardfjmc.org to reserve your place. First come, first served. Partial subsidies reduce the cost to only \$68 for Men's Club members! Visit the website or contact any Men's Club officer for more details.



OTHER...

Our Men's Club proudly met a stated goal by once again contributing \$5,500 to the Scholarship Fund at Beth El designated to provide scholarship assistance to Beth El children attending Jewish summer camps and programs.



**Walking the Holy Land
A Hiking Tour of Israel
April 27th - May 7th, 2017**

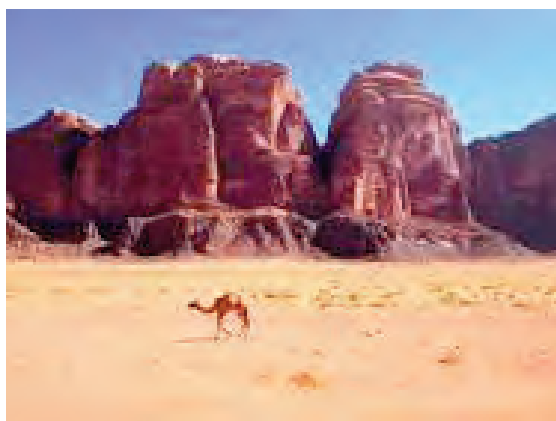
Details are coming together for our Israel Hiking Trip!

It's a trip that affords you the opportunity to walk in the footsteps of the Ancient Israelites as well as the trails of modern Israelis in both the wilderness and the cities. If you like to hike and would like to experience Israel on your own two feet, this trip is for you!

The trip is being planned for April 27th – May 7th 2017.

The itinerary will include: exploring the mystical mountains of the north, hiking (and wine tasting) in the Golan Heights, wandering the deserts of the south including the oasis of Ein Gedi and the Dead Sea and explorations of Jerusalem and Tzvat on foot – the way our ancestors experienced them.

If you are interested in connecting with Israel not only spiritually and emotionally, but also physically, let Rabbi Arnowitz and our trip co-chairs Robert Laibstain and Norman Goldin know by emailing Rabbi Arnowitz at jarnowitz@bethelnorfolk.com.



Would you like an Aliyah?

If you would like to celebrate a simcha (birthday, wedding anniversary, b'nai mitzvah anniversary), or honor a loved one's yahrzeit on a Shabbat, please call Ina Leiderman at 757-463-9043. She would be happy to arrange for you to have an aliyah in honor of your special day or in memory of your loved one.



**Annual Sisterhood
Garage Sale
July 2016**

Bring your gently used household goods, linens, collectibles, lamps, dishes, and gently used clothes to Beth El (call ahead for assistance). All merchandise should be at the synagogue by June 15th.

Volunteers are needed to set up and work the sale. Call Nancy Kanter at 497-2212 or email her at elkandnlk@yahoo.com

We are grateful for the generous contributions of those who support Beth El

by remembering and honoring their friends and loved ones.

Betsy Karotkin becoming president of Beth El

Sam & Diane Werbel*

The bar mitzvah of Ed & Betsy

Karotkin's grandson Ethan Segerman

Sam & Diane Werbel*

Jeremy & Jill Rider, chag sameach Pesach

Marty & Elaine Schefflin*

Sharon Schloss's special birthday

Bert & Joyce Legum*

Evan & Hallie Werbel, chag sameach Pesach

Marty & Elaine Schefflin*

Sam & Diane Werbel, chag sameach Pesach

Marty & Elaine Schefflin*

JEFFREY KESSER

SCHOLARSHIP FUND

IN HONOR OF

Larry Dobrinsky's birthday

Ashley & Judi Cytron

Hubert Shapiro's birthday

Ashley & Judi Cytron

SPEEDY RECOVERY TO

Pam Gladstone

Ashley & Judi Cytron

SUNDAY SCHOOL FUND

IN MEMORY OF

Barry Behrman

Norman Soroko

Rose Frances Glasser

Norman Soroko

SPEEDY RECOVERY TO

Adele Rhodes

Norman Soroko

RABBI ARNOWITZ

DISCRETIONARY FUND

IN MEMORY OF

Barry Behrman

Jerry & Sharon Browne

Arnold Slone & Paula Alperin (B)

Miriam Drory

Arnold Leon*

Stanley Toporek

Fred & Barbara Rosenblum

SPEEDY RECOVERY TO

Pam Gladstone

Alan & Janet Arnowitz*

RABBI RUBERG

DISCRETIONARY FUND

IN HONOR OF

The Ruberg's, chag sameach

Pesach

Vivian Forman

CANTOR DISCRETIONARY FUND

IN HONOR OF

Cantor Wendi, thank you

David Leon (S)

KIDDUSH FUND

SPEEDY RECOVERY TO

Pam Gladstone

Freida Goldstein

JAY BARR ART FUND

IN MEMORY OF

Arthur Swartz

Raye Swartz Keller (B)

SHARON SPITALNEY

SCHOLARSHIP FUND

IN MEMORY OF

Karen Bazar

Martin & Trudy Waranch

Barry Behrman

Barry & Kay Kesser*

Ron & Dorothy Spitalney

Rose Frances Glasser

Ron & Dorothy Spitalney

IN HONOR OF

Ron Spitalney's birthday

Jon & Ellen Harris

Barry & Kay Kesser*

SPEEDY RECOVERY TO

Jon Harris

Ron & Dorothy Spitalney

Martin & Trudy Waranch

ARTHUR & HANNA KONIKOFF

MEMORIAL FUND

IN MEMORY OF

Stiles Bartley

Albert & Wendy Konikoff*

Ruth Colen

Stephen & Ronnie-Jane Konikoff

Miriam Drory

Albert & Wendy Konikoff

Stephen & Ronnie-Jane Konikoff**

Rose Frances Glasser

Stephen & Ronnie-Jane Konikoff**

Robert Rosenfeld

Albert & Wendy Konikoff

IN HONOR OF

Calvin & Linda Belkov's 50th

anniversary

Albert & Wendy Konikoff***

FREDA & TAVIA GORDON

MEMORIAL FUND

IN MEMORY OF

Barry Behrman

Allen & Barbara Gordon*

Rose Frances Glasser

Allen & Barbara Gordon*

SPEEDY RECOVERY TO

Pam Gladstone

Allen & Barbara Gordon*

Shirley Levin

Allen & Barbara Gordon*

MELVIN ZIMM HOLOCAUST

EDUCATION MEMORIAL FUND

IN MEMORY OF

Rose Frances Glasser

Sheila Drucker, Sophie & Clara

Zimm***

ROSE & ARMOND CAPLAN

MEMORIAL FUND

IN MEMORY OF

Karen Bazar

Jimmy & Randy Caplan

Barry Behrman

Stephen & Renee Caplan*

Rose Frances Glasser

Jimmy & Randy Caplan**

Stanley Toporek

Bessie Banks & Family (B)

IN HONOR OF

Sadie Cohen's bat mitzvah

Jimmy & Randy Caplan*

SPEEDY RECOVERY TO

Pam Gladstone

Herbert & Susan Brewer*

Jimmy & Randy Caplan**

Stephen & Renee Caplan**

Jon Harris

Jimmy & Randy Caplan

Kay Kesser

Jimmy & Randy Caplan**

SHIPOWITZ FAMILY

COUNSELING FUND

IN MEMORY OF

Helene Shipowitz

Moss & Ina Friedman*

Barry & Kay Kesser*

Brad & Sonnia Kesser (G)

Charles & Sandra Marquis (B)

MINYAN FUND

IN MEMORY OF

Miriam Drory

Neil & Gina Rose**

Harold Geringer

Frank & Amy Zelenka*

Rose Frances Glasser

Clay & Jo Ann Macon (B)

HIGH HOLIDAY PRAYER

BOOK

IN MEMORY OF

Rose Ann Leventhal Grossman

Sonia Land

Robert Rosenfeld

Alan & Beverly Frieden

IN HONOR OF

Calvin & Linda Belkov's 50th

anniversary

Neil & Gina Rose

TREE OF LIFE

IN HONOR OF

Calvin & Linda Belkov's 50th

anniversary

Barry & Kay Kesser

Sadie Cohen's bat mitzvah

Hugh & Lynn Cohen

SPEEDY RECOVERY TO

Pam Gladstone

Bernie & Helene Grablowsky

TREE OF MEMORY

IN MEMORY OF

Barry Behrman

Jimmy & Randy Caplan

Condolences to

Sharon Schloss on the loss of her brother, Barry Behrman of blessed memory.

Gabi Rosenblum on the loss of her sister, Ingrid Schwartz of blessed memory.

REMEMBRANCE DONATIONS

* = Chai = \$18

** = Double Chai = \$36

B = Bronze = \$19 - \$49

S = Silver = \$50 - \$99

G = Gold = \$100 or more

June, July and August Yahrzeits

*We record the sacred memory of the following departed members
of the families of our congregation on the occasion of yahrzeit.
The names of our beloved departed are read from the pulpit at each evening minyan.*

<p style="text-align: center;"><u>JUNE 1</u></p> <p>Mata Rosenfield Yetta Levy Phillip Levine Edward Chenman Isaac Mandel Ben Ganderson</p> <p style="text-align: center;"><u>JUNE 2</u></p> <p>Hyman Bress Robert Glasser Sanford Haskell Dale Levy Jennie Rauch</p> <p style="text-align: center;"><u>JUNE 3</u></p> <p>Goldyn Balaban Esther Bernstein Abraham Herskowitz Felmore Jacobson Sol Kaplan Samuel Robbins Phyllis Weisberg</p> <p style="text-align: center;"><u>JUNE 4</u></p> <p>Ida Bank Manuel Fivel Ethel Frankel Thelma Ganderson Jeannie Goldman Bessie Schwartz Herbert Sherman Shirley Shultz</p> <p style="text-align: center;"><u>JUNE 5</u></p> <p>Gussie Amelson Jacob Bierman Nettie Coleman Phyllis Frieden Samuel Goldback Mollie Liebman Hilda Oser Isadore Rauchwerger Beatrice Siegel Sam Snyder</p>	<p style="text-align: center;"><u>JUNE 6</u></p> <p>Mary Ehrenworth Tillie Lindsey Ray Novak Fannye Oberman Julia Peck Dora Pinchefskey</p> <p style="text-align: center;"><u>JUNE 7</u></p> <p>Benjamin Abraham Phillip Berman Ellis Feldman Harry Goldsticker Dora Hobowsky Sylvia Kesser Dorothy Laibstain Lorraine Levinson Herman Lind Minnie Moss Bluma Rubin Jerome Simon Shirley Westbrook</p> <p style="text-align: center;"><u>JUNE 8</u></p> <p>Richard Bartley Hank Bernstein Nathan Goldburg Morris Morganstein</p> <p style="text-align: center;"><u>JUNE 9</u></p> <p>Freda Donn Murray Friedman Minnie Friedman Reitha Janney Ben Kaminsky Celia Kaye Jacob Levy Delia Mantinband Anna Prince Jean Rappaport Reba Rose Leona Rosenbaum Jacob Zahler Malka Zahler</p> <p style="text-align: center;"><u>JUNE 10</u></p> <p>Rosalie Furman Fannie Goldburg Sarah Jacobson Betzael Learman</p>	<p style="text-align: center;"><u>JUNE 11</u></p> <p>Stella Davis Sylvia Eichenbaum Reuben Friedman Joseph Gordon Max Greenberg Samuel Kanter Yehudit Shezifi Eve Stredler</p> <p style="text-align: center;"><u>JUNE 12</u></p> <p>Gertrude Fleder Sarah Goldberg Hershel Harris Marguerite Marx Ida Mirman Edna Stein Rosalyn Zeitman</p> <p style="text-align: center;"><u>JUNE 13</u></p> <p>Sarah Berlin Louis Chapel Michael Karp Joseph Leibowitz Shirley Levin Maxwell Rosen Leon Salzberg Howard Werner</p> <p style="text-align: center;"><u>JUNE 14</u></p> <p>Leonard Berman Gussie Cohen Samuel Fried Sybil Friedberg William Levitin Albert Miller Hannah Orkin Doris Posner Lillie Rosenbaum Beverly Sachs</p> <p style="text-align: center;"><u>JUNE 15</u></p> <p>Sarah Glasser Morris Hecht Lori Kaplan William Kroskin Michael Newmark Sarah Rosenbloom Bernard Samuels Philip Ungar</p>	<p style="text-align: center;"><u>JUNE 16</u></p> <p>Edward Beck Leah Feldman Joseph Ginsburg Lena Herzberg Sarah Japha Yetta Levy Jack Mitnick Sara Sachs James Schwartz</p> <p style="text-align: center;"><u>JUNE 17</u></p> <p>Rena Bartley Helen Bunin William Fink Bertha Glaberman Samuel Keller Rose Rafelman Abraham Rines Stuart Schoenhaut Alex Segal Abraham Tavss</p> <p style="text-align: center;"><u>JUNE 18</u></p> <p>Martha Friedberg Julius Rosenfeld Tillie Schein</p> <p style="text-align: center;"><u>JUNE 19</u></p> <p>Jennie Aleck Fannie Epstein Harris Fox Edith Green Leonard Kessler Esther Morris Nathan Straus</p> <p style="text-align: center;"><u>JUNE 20</u></p> <p>Kate Goldstein David Laibstain Joseph Marcus Freda Soroko</p> <p style="text-align: center;"><u>JUNE 21</u></p> <p>Minnie Abramson Leah Aks Celia Dobrinsky Joseph Kroll Edwin Lewis Eva Sandler Max Turer</p>	<p style="text-align: center;"><u>JUNE 22</u></p> <p>Morris Bank Thomas Friedman Coleman Gordon Hill Haber Sarah Harris Sarah Hershman Hanna Izenstein Saralee Kramer Esther Samuels</p> <p style="text-align: center;"><u>JUNE 23</u></p> <p>Sara Amelson Gabiella Becker David Davis Miriam Friedman Maurice Jacobson Bertha Kramer Albert Laderberg Audrey Laskin Rose Lipson Minnie Salasky Stanley Saunders Joel Shapiro Samuel Sonkin Fannie Swersky</p> <p style="text-align: center;"><u>JUNE 24</u></p> <p>Alice Blumenson Joel Friedberg Louis Ginsburg Lena Halpern Simon Harris David Leavitt Beckie Richter Rose Rosenberg Harry Swersky</p> <p style="text-align: center;"><u>JUNE 25</u></p> <p>Gary Drucker Louis Kaplan Anna Laderberg Charles Leavitt Jacob Samuels Tilton Wyron Helen Young Raymond Zedd</p>	<p style="text-align: center;"><u>JUNE 26</u></p> <p>Theodore Amelson Rose Asher Bessie Deitch Bessie Dozoretz Ethel Finestone Myer Geffen Michael Gottlieb Edwin Kanter Samuel Kline Dave Levin Eva Mallenbaum Pincus Paul Alan Permutt</p> <p style="text-align: center;"><u>JUNE 27</u></p> <p>Helen Dworsky Joseph Jaffe Joseph Kellman Yudus Levy Bertha Siegel</p> <p style="text-align: center;"><u>JUNE 28</u></p> <p>Phillip Barr Rachel Rauch Robin Siegel</p> <p style="text-align: center;"><u>JUNE 29</u></p> <p>Frieda Amelson Paul Barkan Ruth Barr Mayer Birshtein Harry Bornstein David Dorf Harold Goldman Paul Jaffe Kaplan Lewis</p> <p style="text-align: center;"><u>JUNE 30</u></p> <p>Pearl Abeloff Alex Berlin Harry Garson Morris Goodman Norman Kozak Ruth Schoener Laura Weiss</p> <p style="text-align: center;"><u>JULY 1</u></p> <p>Lillian Friedman Ada Harris Samuel Jelaza Abraham Legum Alvin Walter</p>
---	---	---	---	---	---

June, July and August Yahrzeits

*We record the sacred memory of the following departed members
of the families of our congregation on the occasion of yahrzeit.
The names of our beloved departed are read from the pulpit at each evening minyan.*

<p><u>JULY 2</u></p> <p>Ruth Caplan Bertha Kan Mary Krukin</p> <p><u>JULY 3</u></p> <p>Samuel Blum Samuel Coleman Katie Frank David Friedman Goodman Higger Rae Hodes Annie Horwitz Richard Laderberg B.D. Laderberg Paul Swartz Ben Wilgard</p> <p><u>JULY 4</u></p> <p>Sarah Cooper Martin Kaplan Irvin Nelson</p> <p><u>JULY 5</u></p> <p>Rebecca Goodman Jean Greenstein Alan Hirsch Ann Max Gayle Newmark Leah Pekarsky</p> <p><u>JULY 6</u></p> <p>Lynn Chapel Franklin Cohen Ida Crockin Bessie Lyons David Sneider</p> <p><u>JULY 7</u></p> <p>Hilda Balsam David Beder Jonathan Edelblute Jennie Fass Douglas Goff Stanley Mirman Samuel Schilansky Harry Sterling</p>	<p><u>JULY 8</u></p> <p>Hyman Batleman Philip Belkov Elaine Brown Hannah Chandgie Jeanette Howard Harris Klaff Abraham Robins Stanley Weigen</p> <p><u>JULY 9</u></p> <p>Liba Rudlin</p> <p><u>JULY 10</u></p> <p>Roslyn Albert Sadie Elson Etta Lind Mary Silverstein</p> <p><u>JULY 11</u></p> <p>Annie Adelston Hymie Cohen Anna Gross Dave Kaplan Maurice Miller Joseph Patish Marsha Rosenblatt Sol Saunders Martha Weissberg</p> <p><u>JULY 12</u></p> <p>Isaac Glazer Meyer Goldberg Maurice Josephberg Sol Kreger Ralph Rossen Walter Waiss</p> <p><u>JULY 13</u></p> <p>Abraham Brownstein Abraham Feldman Max Field Abraham Levy Jerome Levy Susan MacMillan Lorraine Melworth Sadye Rafal Harry Schapiro Morris Sigal</p>	<p><u>JULY 14</u></p> <p>Rose Asbell Florence Berlin Rae Frieden Annette Kaplan Rebecca Marcus Louis Meltzer Harry Mendelsohn Rebecca Nelson Erwin Saupe Shirley Smith Rachel Steele Burnley Tabakin</p> <p><u>JULY 15</u></p> <p>Helen Abrams Harry Axelrod Henry Cohn Irving Glickman Yetta Hecht Reesa Heifler Hyman Krause Eleanor Kruger Edythe Laskowitz Donald Levy Alan Mirman Zena Stein Archie Tonelson Esther Ungar Louis Valenstein</p> <p><u>JULY 16</u></p> <p>Jack Bodner Rose Kaufman Jean Knopping Samuel Lipson William Miller Anne Petock David Saks Joseph Schneider</p> <p><u>JULY 17</u></p> <p>Alan Becker Julius Block Samson Froehlich Herbert Waller</p>	<p><u>JULY 18</u></p> <p>Leopold Brown Benjamin Cohen Max Comess Sara Comess Harry Kramer Lee Myers Lily Solov Bella Stepper</p> <p><u>JULY 19</u></p> <p>Beverly Brager Sarah Cohen Morris Goldberg Isaac January Emery Korel Amelia Myerson Samuel Sinberg Esther Wagenheim</p> <p><u>JULY 20</u></p> <p>Rachel Block Laura Ehrlich Oscar Hamburg Jeffrey Kesser Henry Kroskin Marilyne Rafal</p> <p><u>JULY 21</u></p> <p>Willie Chernitzer Lena Cohen Hillard Friedman Mollie Levin Elizabeth Myers Edith Samet Edwin Siegel</p> <p><u>JULY 22</u></p> <p>Barnett Amelson Louis Banks Zelig Chenman Charles Cohen Meyer Feldman Rashie Flax Reatha Friedman Bessie Leon William Peck Fritz Philipp Sara Prost Bertha Reuben Harry Shea Jake Wyron</p>	<p><u>JULY 23</u></p> <p>Henry Barr Ida Braun George Forman Irving Gould Elise Hofheimer Cecelia Minskoff Sylvia Moskowitz Leon Salzberg Mildred Steinberg</p> <p><u>JULY 24</u></p> <p>Gertrude Behrman Anna Cohn M.B. Finkelstein Etta Goldblatt Gertrude Herzberg Mark Holzswieg Isaac Klaff Abraham Mendelson Esther Mervis Robert Richardson Benjamin Rosen Ida Schneider</p> <p><u>JULY 25</u></p> <p>Helene Froehlich Phyllis Gilbert Rita Kluff Bessie Leon Jutta Loewenbach Dora Meltzer Hyman Myers Beulah Swartz</p> <p><u>JULY 26</u></p> <p>Rebecca Katz Beatrice Kovich Eva Kramer Rachel Perlman Bertha Rosen Goldie Schwartz</p> <p><u>JULY 27</u></p> <p>Sadye Baer Jack Cisenfeld Hyman Kaplan Meyer Staub Matthew Tabakin</p>	<p><u>JULY 28</u></p> <p>Chaya Banks Paula Bukofzer Coleman Davis Ida Diamonstein Morris Parker Rose Rauchwerger Joseph Rose Sadie Rosen</p> <p><u>JULY 29</u></p> <p>Betty Arogeti Jay Barr Dorothy Berman Freida Birshtein Mary Dratler Perry Frank David Jacobson Sara Shipowitz George Topper Burnette Zedd</p> <p><u>JULY 30</u></p> <p>Victor Branfield Kurt Hirsch Ben Juren Ellis Korel Harold Merkle Frank Rosen Lottie Rosenblatt</p> <p><u>JULY 31</u></p> <p>Frank Banks Olga Snyder Julius Ferstman Renee Hebrony Melville Hirsch Rose Tonelson</p>
---	--	--	---	--	--

June, July and August Yahrzeits

*We record the sacred memory of the following departed members
of the families of our congregation on the occasion of yahrzeit.
The names of our beloved departed are read from the pulpit at each evening minyan.*

<u>AUGUST 1</u> Morton Janney Harry Kaplan Rose Levin Selma Saunders	<u>AUGUST 6</u> Nathan Bennett Madeline Block Ursula Brunn Miriam Goldberg Max Kan Clara Kroll Harry Legum Harold Molofsky Jennie Schlain Blanche Warner	<u>AUGUST 11</u> Oscar Birshstein Aaron Fass Jake Friedberg Marie Geffen Anna Glasser Hyman Grace Ann Jacobs Pearl Josefberg Eugene Kanter Jennie Notokoff Helen Sherman	<u>AUGUST 17</u> Nathan Goldfarb Kenneth Levi Ida Swersky	<u>AUGUST 23</u> Phyllis Berkwit Beatrice Epstein Norman Gould Minnie Hyman Mollie Radin Donna Young	<u>AUGUST 28</u> Jacob Bishop Pat Cantarella Rubin Friedman David Gladstone Molly Glickman Gloria Hecht Leonard Karotkin Fannie Peipert Harry Peltz Rosalyn Rossen Herman Schwartz
<u>AUGUST 2</u> Minnie Bass Bernard Behrman Joseph Binder Eleanore Geringer Isaac Goldberg Nellie Hirschfeld Alice Legum Rosa Levine Richard Ornoff Sarah Semel Shirley Sobel Jesse Stern	<u>AUGUST 7</u> Lena Block David Goodman Morris Hamburg Max Leon Isabel Rosenblatt Nathan Rudlin Esther Shea Rhona Weinstein	<u>AUGUST 12</u> Sarah Friedlander Jacob Halpern Abraham Kruger Julius Rieger Carl Rubin Ethel Werbel	<u>AUGUST 18</u> Anna Bress Frank Brodsky Oscar Greenstein Ethyl Roffiman Manuel Rossen Richard Tamburino	<u>AUGUST 24</u> Edward Bartley Philip Coleman Tobie & M.L. Davis Milton Donn Robert Hecht Paul Kreger Paula Kreshin Sam Sandler	<u>AUGUST 29</u> Harry Goldman Rose Goldman Rose Jacobson Sarah Levy Rena Lubaton Ezra Reich Pincus Silverman Clara Spinner Janice Waitsman
<u>AUGUST 3</u> Bernard Geffen Ida Goldberg Florence Goldin Miriam Goldstein Ruth Josephberg Murray Kolinsky William Osterweil Morris Spinner	<u>AUGUST 8</u> Frank Aks Paul Banks Chaya Grossberg Fannie Levenstein Sadie Meyer Morris Peltz Louis Pollack Myer Pudolsky Anna Swersky Dora Waranch	<u>AUGUST 13</u> Barry Cooper Aaron Katz David Levin Joseph Needle	<u>AUGUST 20</u> Samuel Bank Hattie Geffen Norman Lapidus Jeanette Mendelson Paul Tavss June Warner	<u>AUGUST 25</u> Dora Bear David Bensley Juanita Church Samuel Friedberg Martha Glickman William Hebson Ina Jaffe Aaron Salzberg Solomon Taetle Alan Weisberg	<u>AUGUST 30</u> Franklin Eisenberg Celia Fine Claire Geller Edna Goldberg Arthur Konikoff Richard Land David Roesen Frieda Schapiro Louis Stimmel
<u>AUGUST 4</u> Jacob Brodie Florence Dorf Evelyn Fleishman Arnold Gamsey Rose Halpern David Krug Sol Legum Charles Levitin Henry Porter Sylvia Zedd	<u>AUGUST 9</u> Louis Berman Rachel Cohen Florence Cohen Becky Hillman Norma Steingold	<u>AUGUST 14</u> Samuel Epplein Jennie Friedman Morris Rose Jacob Steinman	<u>AUGUST 21</u> Samuel Baumgard William Bierman Barbara Davis Dina Familant Samuel Goodman Sophie Leiderman Ellis Patish Abraham Rapoport Annie Rosen Joseph Sachs Melvin Zimm	<u>AUGUST 26</u> Herman Applebaum Joseph Blacker Herman Cohen Lee Galinsky Sylvan Sheffer Jules Stredler Benjamin Weisman	<u>AUGUST 31</u> Freda Goldman Dena Levy Joseph Sifen Alma Wilgard
<u>AUGUST 5</u> Chalom Arzoine Jeffrey Barkan Esther Comess Minnie Fine Dorothy Oasis Dora Popkin Harry Saunders Sadie Shames Stanley Shipowitz	<u>AUGUST 10</u> Joseph Block Fred Burg Barry Fine David Finestone Joseph Friedberg Esther Miller Bernice Salber	<u>AUGUST 15</u> Estelle Collector Louis Greenberg Donald Howard Mary Landis Irving Leibowitz Robert Mandell George Morewitz Levern Rosen Rebecca Weinstein Bessie Weiss Abraham Zedd	<u>AUGUST 22</u> Mildred Becker Saul Brown Bessie Comess Jacob Epstein Max Frank Eugene Levin Hyman Stromberg Robert White	<u>AUGUST 27</u> Jack Barney Harold Bloom Stanley Finestone Frances Jacobson Kalman Lisak Ina Roshefsky	



422 Shirley Avenue, Norfolk, VA 23517

Non-Profit Org.
U.S. Postage
PAID
Norfolk, VA
Permit No. 1860

OR CURRENT OCCUPANT

Did you know
you can get your
bulletin on the Web?
bethelnorfolk.com

SAVE THE DATE! Schmooze at the Shore Sunday, August 28th

First Landing State Park (on the bay)

2500 Shore Drive
Virginia Beach, VA 23451

The Gazebo

757-412-2300

Directions: <http://baygateways.net/general.cfm?id=44>

Come and have some fun in the sun! Catch some rays
with your Beth El Family!

3:00 pm: Hang out on the beach (Feel free to come earlier and
we'll catch up with you.) Look for the balloons to find Beth El folks.

4:30 - 5:30 pm: Grilled hamburgers and hot dogs courtesy of
Chef Rabbi Arnowitz.

6:00 pm: Daven Mincha/Maariv on the dunes.

***Please bring a cover-up or shirt to wear if you plan to
stay for services.**

All YOU need is your beach chair, towel, sunscreen and appetite!



RSVP by calling the
Beth El office at
757-625-7821
by August 23rd

Check the Beth El website
or watch your email for
cancellation notice due to
inclement weather.

Parking on site: \$5.00

Iyar - Sivan 5776 * June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 24 Iyar	2 25 Iyar	3 26 Iyar Annual Meeting and Cookout 4:30 - 7:30 pm Candlelighting: 8:02 pm	4 27 Iyar Shabbat services: 9:30 am Torah Portion: Bechukotai Confirmation
5 28 Iyar	6 29 Iyar	7 1 Sivan ROSH CHODESH	8 2 Sivan Learning with Rabbi Ruberg 12 noon	9 3 Sivan	10 4 Sivan Candlelighting: 8:06 pm	11 5 Sivan Shabbat services: 9:30 am Torah Portion: Bemidbar Casual Shabbat begins Children's programming EREV SHAVUOT Tikkun L'eyl Shavuot and Seudah Shelishit 7-9pm
12 6 Sivan SHAVUOT Morning services: 9:30 am Children programming: 10:30 am Evening services: 8:30 pm	13 7 Sivan SHAVUOT Morning services: 9:30 am Yizkor: 10:45 am	14 8 Sivan	15 9 Sivan Learning with Rabbi Ruberg 12 noon	16 10 Sivan	17 11 Sivan Candlelighting: 8:09 pm	18 12 Sivan Shabbat services: 9:30 am Torah Portion: Naso
19 13 Sivan FATHER'S DAY	20 14 Sivan SUMMER BEGINS	21 15 Sivan	22 16 Sivan Learning with Rabbi Ruberg 12 noon	23 17 Sivan Torah on Tap Commonwealth Brewing Company 7:00 pm	24 18 Sivan Candlelighting: 8:10 pm	25 19 Sivan Shabbat services: 9:30 am Torah Portion: Beha'alotecha
26 20 Sivan	27 21 Sivan	28 22 Sivan	29 23 Sivan Learning with Rabbi Ruberg 12 noon	30 24 Sivan		

Sivan - Tammuz 5776 * July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 25 Sivan Candlelighting: 8:10 pm	2 26 Sivan Shabbat services: 9:30 am Torah Portion: Shelach
3 27 Sivan	4 28 Sivan INDEPENDENCE DAY OFFICE CLOSED	5 29 Sivan	6 30 Sivan ROSH CHODESH	7 1 Tammuz ROSH CHODESH	8 2 Tammuz Candlelighting: 8:09 pm	9 3 Tammuz Shabbat services: 9:30 am Torah Portion: Korach
10 4 Tammuz	11 5 Tammuz	12 6 Tammuz	13 7 Tammuz	14 8 Tammuz	15 9 Tammuz Candlelighting: 8:06 pm	16 10 Tammuz Shabbat services: 9:30 am Torah Portion: Chukat
17 11 Tammuz	18 12 Tammuz	19 13 Tammuz	20 14 Tammuz	21 15 Tammuz	22 16 Tammuz Candlelighting: 8:02 pm	23 17 Tammuz Shabbat services: 9:30 am Torah Portion: Balak
24 18 Tammuz	25 19 Tammuz	26 20 Tammuz	27 21 Tammuz	28 22 Tammuz	29 23 Tammuz	30 24 Tammuz Shabbat services: 9:30 am Torah Portion: Pinchas
31 25 Tammuz					Candlelighting: 7:56 pm	

Tammuz - Av 5776 * August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 26 Tammuz	2 27 Tammuz	3 28 Tammuz	4 29 Tammuz	5 1 Av Candlelighting: 7:49 pm	6 2 Av Shabbat services: 9:30 am Torah Portion: Matot-Masei
7 3 Av	8 4 Av	9 5 Av	10 6 Av	11 7 Av	12 8 Av Candlelighting: 7:41 pm	13 9 Av Shabbat services: 9:30 am Torah Portion: Devarim SHABBAT CHAZON EREV TISHA B'AV Seudah Shelishit/Seudat Mafseket 7:00 pm-9:45 pm
14 10 Av TISHA B'AV	15 11 Av	16 12 Av	17 13 Av	18 14 Av	19 15 Av Candlelighting: 7:33 pm	20 16 Av Shabbat services: 9:30 am Torah Portion: Va'etchanan SHABBAT NACHAMU
21 17 Av	22 18 Av	23 19 Av	24 20 Av	25 21 Av	26 22 Av Candlelighting: 7:23 pm	27 23 Av Shabbat services: 9:30 am Torah Portion: Ekev
28 24 Av Schmooze at the Shore 3-6 pm	29 25 Av	30 26 Av	31 27 Av			