



HA-SOFER THE SCRIBE

Elul—Tishrei 5783

אלול - תשרי

September 2023

TEMPLE EMANU-EL • 6299 CAPRI DRIVE, SAN DIEGO, CA 92120-4632 • (619) 286-2555 •

High Holy Day Services and Events

Saturday, September 9

8 pm: **Selichot Service and Board Installation**

Friday, September 15

12 pm: **Preschool Erev Rosh Hashanah Service**

7 pm: **Erev Rosh Hashanah**

Saturday, September 16

9 am: **Rosh Hashanah Family Service**

10:30 am: Rosh Hashanah Morning Service

4 pm: Tashlich (in-person only Coronado Tidelands Park)

Sunday, September 24

4 pm: **Preschool Erev Yom Kippur Service**

7 pm: **Kol Nidre Erev Yom Kippur Service**

Monday, September 25

9 am: **Yom Kippur Morning Service**

12:30 pm: Yom Kippur Limmud

2 pm: Afternoon Service

3:30 pm: Family Service and Limmud Breakout Sessions

5 pm: Yizkor Memorial Service

6 pm: Ne'ilah & Havdalah

Friday, September 29

6 pm: **Erev Sukkot Under the Stars Service**

7 pm: **Dinner in the Sukkah (bring your own meal)**

Saturday, September 30

10:30 am: **Sukkot Festival Service**

Friday, October 6

5 pm: **Erev Simchat Torah Dinner (bring your own meal)**

6 pm: **Erev Simchat Torah Service & Torah School
Consecration**

Saturday, October 7

10:30 am: **Atzeret/Simchat Torah Festival Service & Yizkor
Memorial Prayers**



Friday, September 1

Shabbat Service 6 pm

Saturday, September 2

Shabbat Service 10:30 am

Ki Tavo, Deuteronomy 26:1-29:8

Isaiah 60:1-22

Friday, September 8

Family S'More Shabbat Service 6 pm

Saturday, September 9

Shabbat Service 10:30 am

Nitzavim-Vayeilech, Deuteronomy

29:9-30:20, 31:1-30

Isaiah 61:10-63:9

Selichot Service & Board Installation 8 pm

Friday, September 15

Preschool Rosh Hashanah Service 12 pm

Erev Rosh Hashanah 7 pm

Saturday, September 16

Rosh Hashanah Family Service 9 am

Rosh Hashanah Morning Service 10:30 am

Tashlich (Coronado Tidelands Park) 4 pm

Yom Rishon shel Rosh HaShanah,

Genesis 22:1-19

Samuel 1:1-2:10; Jeremiah 31:2-20

Sunday, September 17 (Torah Portion)

Yom Sheini shel Rosh HaShanah,

Genesis 1:1-2:3

Jeremiah 31:2-20

Friday, September 22

Shabbat Shuvah Service 6 pm

Saturday, September 23

Shabbat Service 10:30 am

Haazinu, Deuteronomy 32:1-52

Hosea 14:2-10; Micah 7:18-20,

Joel 2:15-27

Sunday, September 24

Preschool Yom Kippur Service 4 pm

Kol Nidre Service 7 pm

Monday, September 25

Yom Kippur Morning Service 9 am

Deuteronomy 29:9-14, 30:11-20

Yom Kippur Limmud 12:30 pm

Afternoon Service 2 pm

Leviticus 19:1-4, 9-18, 32-37

Family Service 3:30 pm

Yizkor Memorial Service 5 pm

Ne'ilah & Havdalah 6 pm

Friday, September 29

Erev Sukkot Under the Stars Service 6 pm

Dinner in the Sukkot 7 pm

Saturday, September 30

Sukkot Festival Service 10:30 am

Bar Mitzvah

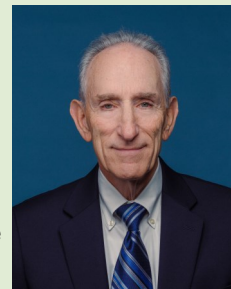
Yom Rishon shel Sukkot,

Leviticus 23:33-44, Zechariah 14:7-9, 16-21



From Our Temple President

by Matt Meis



As the HHD's approach in less than two weeks, I sit here thinking about where we are as a Temple family and what 5784 has in store for us. Hopefully there will be lots of good things coming into our lives. In my own family, my daughter just had her second child, my new granddaughter Catherine. My business is good. My health and the health of my family is good. I have so much to be thankful for this year. Our Temple family also has a lot to be thankful for. We are 475 families strong, our budget is balanced, our preschool is full and well regarded by the community. We have a dedicated and hard working staff and two of the finest rabbis anyone could ask for.

And like a family, a synagogue doesn't succeed and serve its members by itself. It takes every one of us to keep it strong. It takes volunteers and it takes money. We are blessed with several families who are able and willing to step up when the need is great. However the majority of our members are ordinary families like yours and mine who keep the doors open and the lights on every day with our dues, whether on standard dues or our reduced dues program. Every family's contribution is important and appreciated.

I'm sure some of you are saying to yourselves "ok, here it comes, he's asking us for money, I saw this coming a mile away." Well, it is that time of year. But its also the time of year when we ask you, why is Emanu-El important to you? "What does Emanu-El really mean to you?" The answer is as different for each of us as it is so similar. I've never liked the expression "it takes a village to raise a child." I like to think it takes a family. Parents, grandparents, aunts and uncles, brothers and sisters, and close friends who are like family to us. And sometimes it's the stranger among us who touches us when we don't expect it and they become family.

In this time of increasing antisemitism, both on our streets and on social media, we need to look out for each other even more. And in this spirit I ask you to think hard about what our Temple family means to each of you. What role has it played in your lives over the years? What simcha did we celebrate together here? And what sadness did it support us through? Emanu-El isn't just this beautiful building where we pray and where we send our children to study. Emanu-El is the people we meet here, the people who become our friends and sometimes become like family. Emanu-El is so much more than four walls and a lot of chairs. Its a place where we can come when we need help, when we need uplifting, and when we have an uplifting hand to give to others.

President John F Kennedy famously said, "ask not what your country can do for you, but what you can do for your country." I ask you to think about what the Emanu-El family has done for you over the years. How have your interactions here and the relationships you have developed here made your life better? And so I ask you what you can do for your Emanu-El family. How can you help, either with your time or your money? I ask you to think long and hard about this when you drop your HHD pledge card into the box in the Sanctuary lobby next week. Whatever your year brings you, we are here to help you celebrate your simchas and help you get through your difficult times. I wish each of you a wonderful 5784.

Shaun Speaks...



Shaun Copans,
Executive Director

From time to time while speaking about my job with friends or acquaintances I am asked what kind of tasks the Executive Director of a synagogue performs. Most people are not surprised to hear that my days are mixed with meetings and discussions about congregants, finances, facilities and programs. But what they are ALWAYS surprised to learn is that I oversee the management and sales of the Temple's cemetery plots.

In case you are not aware, the Temple owns cemetery plots in a special section for Temple Emanu-El at El Camino Memorial Park in Sorrento Valley. The cost of each plot is \$10,500 and can be purchased in full or financed (interest free) for up to 5 years.

Pre-purchasing cemetery plots will save you money in the long run (the prices are increasing soon) and give you or your loved ones one less thing to worry about when that time comes. If you are interested in purchasing plots, please contact me at scopans@teesd.org or call the office at 619-286-2555.



Temple members who are able to go above and beyond the standard Temple dues requirement enable us to continue our high standard of services and programs for all members, regardless of means. Please consider joining at one of the following levels:



Chai Circle

All levels of Chai Circle and Life Membership will have their names published at High Holy Days and in HaSofer (The Scribe). For more information about our programs, please call the Temple office at (619) 286-2555.

Life Membership

Thank you to our lifetime endowment members



Add Your Strength to Ours!

Below is a list of contacts for committees, projects and other ways to become more involved in the life of Temple EmanuEl. Please reach out to any of these groups to learn more about their work, and how you can become involved.

- **Adult Education** adulted@teesd.org
Madelynn Micon (619) 200-3237
- **Advocacy** advocacy@teesd.org
Barbara Learner
Janice Steinberg
- **Budget and Finance** financecommittee@teesd.org
- **Caring Community** caringcom@teesd.org
Ira Moskowitz (619) 449-2762
- **Endowment** endowment@teesd.org
Bob Rubenstein
- **House & Grounds** housegrounds@teesd.org
Steve Naiman (619) 449-2349
- **Library** office@teesd.org
- **Membership** membership@teesd.org
Amy Blum
- **Mental Health** mentalhealthcom@teesd.org
Marie Raftery
- **Mi Shebeirach Tapestry** tapestry@teesd.org
Claire Fritz
- **Preschool** preschool_com@teesd.org
- **Publicity** publicity@teesd.org
- **Safety/Security** security@teesd.org
Greg Houska
- **Social Action** socialaction@teesd.org
- **Torah School** thscom@teesd.org
Jane Muschenetz
Patricia Cardozo
- **Women of Reform Judaism** wrj@teesd.org
Nancy Marcus
Barbara Chancy
- **Youth** rabbibenj@teesd.org
Rabbi Benj Fried



Mitzvah of the Month – Non-perishable food for High Holy Day Food Drive



Each year, the Social Action Committee coordinates Temple Emanu-El's collection of non-perishable food and grocery store gift cards to be donated to the Jewish Family Service Hand Up Food Pantry. Though many congregations hold food drives during the High Holy Days, Temple Emanu-El often collects more than all other congregations combined. Most needed items this year are canned food, including soups, fruit, vegetables, beans, peanut butter or other nut butters, and high protein items such as canned tuna and canned chicken. Also welcome are pasta, rice, oatmeal, breakfast cereal, cake mixes, and dehydrated mashed potatoes. Please – no glass jars. We should all have food set aside in our homes to be used in case of any emergency or natural disaster. Yom Kippur is a perfect time to donate unexpired cans or packages of food and replace them with fresher items. Grocery bags will be given out following Rosh Hashanah services and will be available in the Sanctuary lobby during the holidays. You may bring your donation any time when you come for Yom Kippur services or drop off food in the lobby of the office building if that is more convenient or if you will be out of town or livestreaming services.

If you prefer, you may bring or mail gift cards from a local store, or donate to the Social Action Fund, and designate the donation for the High Holy Day Food Drive.

We appreciate your support for San Diegans facing food insecurity.

Advocacy and the Audubon Society

by Barbara Learner, Advocacy Committee Co-Chair

One of the Advocacy Committee's primary areas of focus for the next few years is climate change and the environment, especially how it impacts San Diego and California. The Audubon Society's values and approach to tackling this issue line up well with those of Temple Emanu-El and we are very excited to be partnering with them. Let me introduce them to you with their Vision Statement:

"We envision a region in which people and nature are interconnected and thriving, where diverse communities find common ground to prioritize and respond to the climate crisis and other urgent threats to birds and the natural world, and give shape to an enduring culture of conservation and sustainability. Five strategies support our vision to foster the growth of an enlightened, supportive, civically engaged populace:

1. Engage new and diverse audiences, including a special focus on families and youth.
2. Provide experiences in nature that are educational, inspirational, restorative and that strengthen the San Diego Audubon Society community of members, volunteers, donors and partners.
3. Engage in direct conservation actions to preserve and improve habitat for wildlife, with a special focus on birds.
4. Influence public, corporate and personal decisions to better protect and enhance the natural world.
5. Understand and leverage our unique brand and tell our story in a compelling fashion to inspire more people to rally to our mission."

We will all learn more about the Audubon Society and how we can work together on Yom Kippur Day, during Limmud, beginning at 12:30 pm. Andrew Meyer, Director of Conservation, will be our speaker. I hope you will join us!



Please Do Us the Honor...And Let Us Honor You

The High Holy Days are here. While it might be too soon to decide whether roast chicken or brisket, or even both, will grace your break-the-fast dinner table, it's not too early to take advantage of the exciting High Holy Days opportunities.

Aliyot and Readings

Did you know you can request the honor of taking part in either Rosh Hashanah and/or Yom Kippur services? Beginning with Erev Rosh Hashanah, members of synagogues across the country will be called to the bima to participate in High Holy Day services. Rabbi Devorah and Rabbi Benj will assign aliyot, readings, ark openings and closings and other bima rituals as a way to honor members. But we need volunteers for these honors as well!

Can't read Hebrew? Every prayer in our prayerbook is transliterated! Let us know if you would like to participate by emailing Brandy Thomas at bthomas@teesd.org.

Tapestry

Maybe you've never had the honor of holding the Mi Shebeirach Tapestry during High Holy Day services. Or maybe you have, and would love to join in again during this year's presentation of the tapestry during either Rosh Hashanah or Yom Kippur. It's an amazing feeling to be part of the group holding the tapestry and looking out into the sea of your fellow congregants as we all sing the prayer for healing. Let us know you would like this honor by emailing Claire Fritz at Claire.lifetime@gmail.com.

Prayerbooks for High Holy Day Live Streaming

Did you know that Temple Emanu-El live streams High Holy Day services for our members who are unable to attend in person? If you need to join us from home, we can make the experience more meaningful for you by making it possible for you to follow along using the High Holy Days prayerbooks. We will work to deliver the books to anyone that is a *homebound member* so that you too can attend High Holy Day services from home using the live streaming.

To request a High Holy Days prayerbook, either email Brandy Thomas at bthomas@teesd.org or call the Temple office at 619-286-2555. If you have any questions, let us know.

Have you wanted to own a copy of *Mishkan HaNefesh*, the High Holy Days prayerbooks we are currently using? Whether you are looking for the opportunity to become familiar with the prayers, study the readings ahead to begin to emotionally connect with the themes of the holidays, or you are not able to be physically present with us this year, you can now order directly through Amazon and have the two volume set delivered right to your home. You can order either the regular or the large print edition of the books. Books will not be sold through the Temple office or Gift Ship this year but you can go to our website, search for "*Miskkan HaNefesh*."



Memorial Book

Our Book of Remembrance will once again be distributed to the Congregation on Yom Kippur, the Day of Atonement, when we are most poignantly reminded of our loved ones who have passed over the years. It will include the names of the loved ones who have passed on and those who are memorializing them and is distributed during the Yizkor service on Yom Kippur afternoon. If you would like to have your loved ones included in this book and in this sacred ritual of memory, please go to our Temple website at teesd.org to submit their information and make the Yizkor donation.



OUR BIG FABULOUS TEMPLE CAMP!

October 13—15, 2023

If you belong to Temple Emanu-El, you are part of our family and we want you to come to camp with us.

Reserve your space now for a special and memorable two night retreat in San Diego's beautiful back country at Camp Marston. A non-refundable \$100 deposit per family is required at time of registration. Final payment due by October 6. Go to our Temple website at teesd.org to register today.

From the Mailbox

We want to thank Temple Emanu-El for choosing to donate in support of our work around the globe.

World Central Kitchen (WCK) has provided more than 300 million meals since 2010 in response to humanitarian, climate, and community crises across the world. We are dedicated to being first to the frontlines with a fresh plate of food, wherever we are needed.

WCK is truly a people-powered organization. We are able to serve food in times of need because of incredible donors, local chefs and volunteers who show up in different ways. In our response to the crisis in Ukraine alone, we have partnered with more than 500 restaurants, food trucks and caterers - along with countless community organizations, volunteers, and supporters like you.

While we can't predict where the next crisis will occur, we know that we will continue to show up with hot, nourishing meals wherever we are needed. As WCK Founder José Andrés says, "World Central Kitchen was born from the simple idea that food has the power to create a better world. A plate of food is a plate of hope; it is the fastest way to rebuild life and communities."

I share our heartfelt gratitude from the entire WCK family. Thank you for your belief and trust in our mission.

Sincerely,
Erin Gore
World Central Kitchen



Your generous contributions to the Social Action Fund make it possible to respond to needs in our community and around the world.



Adult Education



Supporting Lifelong Jewish Learning

by Madelynn Micon, *Committee Chair*

A Movie with High Holy Day Themes

Have a Little Faith

Wednesday, September 20, 7 pm

Temple Sanctuary, In Person



On a book tour, Mitch Albom (Bradley Whitford), the author of *Tuesdays with Morrie*, meets his childhood rabbi, Albert Lewis (Martin Landau). Fatally ill, the rabbi asks Mitch to write his eulogy. Mitch agrees and regularly returns to New Jersey to interview the rabbi who is a fount of wisdom. This leads Mitch to question his own lack of faith. Around the same time, he learns about Henry Covington (Laurence Fishburne), the pastor of My Brother's Keeper Pilgrim Church in his hometown of Detroit. Henry had been a criminal, drug dealer and drug user before becoming a minister, but now devotes himself to helping the homeless and needy. The movie reenacts Henry's backstory and present which prompts Mitch to deal with his own issues of faith and judging others as he questions whether people can really change. *Have a Little Faith* delivers the same mix of fun, friendship, wisdom and soul searching as *Tuesdays with Morrie*.

The movie, directed by Jon Avnet, was made in the U.S. in 2011.

Laurie Baron will introduce the film and facilitate discussion after its screening.

Please note the change this month from our normal Saturday evening to Wednesday. There will be no bring your own dinner before this film.

Torah Study

Saturday mornings—9:00 am In Person and on Zoom

An in-depth study of Torah portions and commentary. Come in person or connect from home.

Zoom links will be provided in the Temple's weekly emails.

Coffee with the Rabbi

Wednesday mornings, 11 am on Zoom

Drop in when you can for a lively discussion on current events. No registration is needed— just an interest in Jewish learning.

Please consider a contribution to the Adult Education Fund to help support the Committee's efforts to continue to engage speakers and provide the high quality of life-long learning experiences that have become an integral part of Temple Emanu-El.

Program costs are continuing to rise, and we need your support.

Please check your email messages for additional information and other upcoming Adult Ed programs. For questions, contact Madelynn at adulted@teesd.org, or call her at (619)200-3237.



Israel Engagement

By Rhonda Amber and Jonathan Licht

Let's start this new year by learning more about Israel.

In August, some members of our Temple community met Eynat Guez, Israeli entrepreneur, CEO, co-founder of Papaya Global and number nine in Fortune's "15 Most Powerful Women in Start-Ups" in 2022. She spoke about her love for life in Israel and her determination to preserve an inclusive Jewish democratic existence. Her family emigrated from France. Her mother is Moroccan, her father Tunisian, and she is married with three young children. She discussed the negative effects of the instability in Israel on the tech community and her activism in protesting the current government's legislation. She was hopeful for the future but admitted that significant damage to the economy has occurred.

On August 20, the Israel Engagement group held a planning meeting. We invited an Israeli expatriate from UnXeatable (a group organized by Israelis living in the US) who spoke to us and answered questions about the dramatic events that have occurred in Israel's politics and society. We adjourned early so that those who chose could attend a rally supporting Israeli Democracy lead by UnXeatableSD.

Here are a few ideas as to how we, as American Jews who are supporters of Israel, may better engage with Israel:

- Read and discuss Israeli literature

The September's Temple Book Group has selected "Between Friends," written in 2012 by Israeli author Amos Oz, which delves into Kibbutz life. The group will meet on Monday, September 11. Please see the details in their article in this bulletin.

- Read about current events

Read Israeli newspapers (several are in English). Join discussion groups. Get to know Israeli people and their varied perspectives.

- Attend our Israel Engagement 5784 meetings and events.

Our next meeting will be held on Wednesday, September 13, from 4 – 5:30 pm in the Temple Library.

For questions, please contact Rhonda at rjamber2011@gmail.com

L'Shana Tovah. May this be a year of engagement, learning, democracy and peace.

Adult B'nei Mitzvah

Did you not have a bar or bat mitzvah when you turned 13? Do you want to learn to read and chant Hebrew? Well, you're in luck! We are opening a new cohort of adult b'nei mitzvah students. This group will learn together over the course of a year. They will learn to read and chant Hebrew, work on the prayers, and prepare to lead a Shabbat morning service as they become bar or bat mitzvah.

If you are interested in joining the adult b'nei mitzvah cohort, please reach out to Rabbi Benj by October 15th (rabbibenj@teesd.org)

Drum Circle

We have decided to skip our "rumbling" in September due to peoples' busy schedules and the Jewish Holidays. We will start up again in October—please check the next bulletin for the date. Feel free to invite friends to join you—new drummers are always welcome.

If you have any questions of any nature, don't be shy, please contact Bonnie Baron at bonniebaron@gmail.com

Hope to see you on October !



L'Shana Tovah

Happy and Healthy New Year to You All

What is Recovery International and who is it for?

Is it for Alcoholism? ... No

Is it for Drug Addiction? ... No

Is it for Overeating? ... No

It is a program that deals with the small things that get you upset. Recovery International is a program which helps you with symptoms such as anger, fear, worry, hopelessness, that get you worked up.

The mission of Recovery International (RI) is to help people gain the necessary skills to lead more peaceful, productive lives using a cognitive behavioral peer-to-peer self-help training system developed by Dr. Abraham Low. The RI program has been used for 85 years.

During the meetings, The RI Method can successfully relieve most symptoms. With long-term use of the Recovery Method, individuals can change their fear and anger-based thoughts, behaviors, responses and attitudes that are triggered by daily events.

Meetings offer:

- An understanding of your situation.
- Hope that others who have suffered have bettered their lives.
- Support and acceptance.
- Encouragement to keep trying.
- A safe place to express your feelings without being judged.

We don't take the place of the professional. Professionals talk about the big things.

We have an in person meeting here at Temple Emanu-El on Thursdays at 10 am in the Library. Join us. There is no beginning and no end.

We just opened an LGBTQ+ meeting on Mondays on Zoom at 6 pm on Zoom. You will need to register on our website.

I lead a Welcome to Recovery on Tuesday evenings at 6 pm on Zoom.

If you go to the Recovery website at recoveryinternational.org, you will also see many meetings that will work into your schedule. This way you will be able to register for any of the meetings that work for you.

Recovery International helps people improve their lives. Joining or supporting Recovery International enables us to help people achieve better mental health.

If you have any questions please know you can contact me at the San Diego office at (619) 383-2084 or at Lisa@recoveryinternational.org

Jewish Family Service Programs at Temple Emanu-El

Activities, exercise classes and special events are held through the Aging and Wellness Program of Jewish Family Service for those age 60 and over at Temple Emanu-El. The College Avenue Center is open Monday through Friday, 10:15 am—1 pm. Lunch is available each weekday. The suggested donation for seniors is \$4 per person, or \$7 per person for all others.

Most activities are available at no charge. To reserve your place for classes, please call (858) 637-3725.

Programs in September include:

Mondays at 10:30 am —Trivia (engages participants with thought-provoking trivia questions)

Tuesdays at 10:15 am —Tai Chi (learn the techniques, postures, and movements of Tai Chi)

Tuesdays at 10:30 am —Current Events (engages discussions about recent national events)

Wednesdays at 10:30 am —CAC Fitness (a series of body-weight exercises)

Thursdays at 10:30 am —Wellness Day (wellness presentations, art, special events)

Fridays at 10:15 am —Cantantes Latinos (music, singing, and fun)

Staying for lunch? Please reserve your meal in advance by calling 858-637-7320



Community Corner

Hope

by Gail Braverman, M.A., LMFT, and Temple Board Member

Hope, in Hebrew is *tikvah*. It is part of our narrative as human beings. What is it, how do we find it, and how do we use it?

Strangely enough, hope often comes into play only when our circumstances are difficult or at least uncertain. Hope is not just a feeling of longing for something. It involves taking action to change things. Hope can be activated and cultivated.

Hope is what happens when we assess what we can do with a situation. *Is there something I can do to make a change?* Hope doesn't deny that a situation is happening; it asks the question, *"Is there something I can do to make a change?"* Hope is assessing the future and influencing it.

Hopefulness has several features that can be developed. No matter what has happened, we can resolve at any time to make tomorrow better.

Dan Tomasulo, Ph.D. in his book *Learned Hopefulness: The Power of Positivity to Overcome Depression* says hopefulness is a decision. According to Dr. Tomasulo, there are seven decisions that promote hopefulness. They give us direction and agency, something we can do that acts to produce a particular result.

These decisions are:

1. Seeing possibilities - Having a growth mindset leads to possibilities. Be open, curious, and willing to see other perspectives than your own.
2. Noticing beauty, benefits, and blessings. Look for the good, the positive, and see challenges as opportunities. Sometimes negative events in our lives have been the catalyst for something better to happen.
3. Cultivating positive feelings. The core difference between optimists and pessimists is how they think good and bad events will impact their future. People with high hope have been shown to have better psychological adjustment, physical health and wellness, increased coping skills for illness and loss, interpersonal relationships.
4. Focusing on Strengths. Your strengths are your superpower. Identify your strengths and put them into action.
5. Creating Challenging Goals. Start with small goals. Setting goals keeps us on track and moves us forward.
6. Finding Purpose. What are the three most important things to you? Find a way to bring them into the world to be of service.
7. Cherishing Relationships. Invest in your relationships. Expand your connection to others and strangers. A "good morning" or complimenting someone on what they are wearing can open up connection and conversation.

Hope is happening.

Reflection: "They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for." (Tom Bodett)

Today's Practice: Check in with yourself every day to make sure you are doing something toward intentional well-being.

Comments are welcomed: gbrave3333@aol.com



Mah Jongg Women of Temple Emanu-El On Mondays at 1:30 pm—4 pm Temple Library



Have you always wanted to learn to play Mah Jongg but never had the opportunity? Did you play years ago but fear your skills are rusty? Are you looking to start playing again with a wonderful group at the Temple? We were so successful with our turnout that we have decided to continue our lessons and play!

The cost for each series is \$10 a month which includes snacks. If you do not have a 2023 Mah card it will be a once a year cost of \$15 for the new card.

To sign up for Mah Jongg and for additional information, please contact Nancy Marcus at (714) 585-7858, or email her at wrj@teesd.org.



Contributions

Contributions received after the first of the month will be published in the next month's bulletin.

Commemorate a life cycle event or remember a loved one with a donation to one of the Temple's specially designated funds.

This month, we gratefully acknowledge the receipt of the following contributions:



YAHARZEIT OBSERVANCE

Zecher Tzadik Livrach – The Memory of the Righteous is a Blessing

The following yahrzeits will be commemorated at Shabbat services:

September 1 & 2	September 8 & 9	September 15 & 16	(Cont.) September 15 & 16	September 29 & 30
Jerry Becker	Ben Altman	*Arlene Cohen	Patrick Langoehr	Amy Artman
*Louise Burston	Elfriede Schloss	Vera Fainshtein	Mary Martin	Elsa Behrend
*Barry Friedman	Phyllis Keller	David Gilbert	*Samuel Sarnoff	Edith Sansom
*Louis Gittelman	Judith Lampke	*Elaine Lipinsky	Ruth Vogel Schwarz	*Nathan Schulman
*Ida Kipperman	Neil Wolf	Edith Patashnik	Ella Witte	Mathes Snyder
Henrietta Markowitz	Jeffrey Kagan	Jacky Pike		Estelle Golde
Sander Rief	Jake Altman	Phyllis Siperstein	September 22 & 23	Sedell Greenman
*David Soroka	*Joan Kaplan	*Florence Roe Berman	*Lorraine Baker	*Sol Iglow
Amos Shive	*Philip M. Stein	Clementina Bloom	*David Malkin	David Kolender
Irene Weinrieb	Alice Tauber	*Denny Denholtz	Louis Solof	Shirley Korfin
Marty Katz	Freda Wilson	Deborah Epstein	*Florence Cohen	*Harold Lehrer
Frank Meiner	*Arthur Caplin	Ziva Kis	Hyman Israel	Ruth Schreiber
Gayle Silverman	*Edith Davis	Etta Laxer	Gloria Katz	William Seiden
*Stanley A. Singer	Jerry Rosenberg	Cathy Sultan Ryne	Fritzi Sacks	*Frank Selwyn
Louis Snyder	Billy Simmons	David Silverstein	Morton Scribner	Rose Weitzman
*Simon Spector	Sid Avirov	Marvin Braun	Bertha Spielman	Evelyn Blum
*Joseph Asher	Viola Castillo	Philip Osterbach	*Malcolm Winston	*Ronald Glazer
Betty Gimpelson	*Michael Eger	*Alvin Schwartz	*Sol Cohen	Yetta Niss
*Marion Rose Oberndorfer	Jake Katz	Dr. Morton Shapiro	Dolores Putt	Mark Pollak
Elaine Glantz Ostrin	*Michael Gary Margulis	Marjorie Stratton	Mildred Hankins	Edward Rosenblum
Gene Parker	Marisa Alexandra	Norton Sussman	*William Kolkey	Diana Salberg
Sam Schwartz	Harry Benn	*Mabel Wittgrove	Joseph Kossan	Melvin Satlof
*Lena Treger	Alisa Jodra	Kathy Zeichick	*Ida Lipinsky	Florence Ackerman
Bert Epsten	Valentin Jodra	*Jack Belford	Gertrude Barth	*Eli C. Eisenberg
Simon Edward Kossman, Jr.	Mildred Rubin	Murray Thomas Crummer, Jr.	Robert Castiglione	Shirley Michel
*Joseph Leichtag	*Nellie Bloomfield	Leah May Feinstein	*Alexander Dorris	John Pollak
*Elliott Leonard	Ruth Globus	Sara Gurvich	Elizabeth Kramer	Maxwell Stein
Dawn Powell	*Gerry Herzfeld	Barney Korey	Simon Fayerman	George Emont
*Robert Steinhauer	Rachel Labovitch	Gertrude Leskowitz	Sharon Flood	Howard Glube
Clara Burney	Michael Ribachonek	Rosalie Stewart Youdovitch	*Louis Katz	*Lily Rose Hayman
*Frances Goldberg	Esther Nefsky	*Elaine Selwyn Born	Howard Kleiner	Lillian Press
Philip Goldberg	*Louis Richman	Matthew Keenan	Norma Pongeggi	David Steinberg
Barbara Gross	Pat Spitale	Paul Kramer	Shirley Hettena	*Sam Sultan
*Leonard Sherr	Ann Zeidman	Samuel Silverman	*Ella Schleman Nathan	Eva Arenson
Don D. Sloan		Paul Weil	Arnold Orloff	Irwin Berton
Sara Foerder		Richard Bloom	Robert Richter	Marshall Goodfriend
Randi Hosking		Anna Evidon	Selma Sablove	Florence Klase
Shirley Izenberg		*Martha Dancoff Friedman	Alex Wurtz	Marty Goldberg
Jay Krane		*Faye Grace	Myna Decker	Thelma Posner
*William Luck		Philip Katz	*Tillie Feinman	*Douglas Zoffel
Linda Witte		James Eric Knemeyer	Jacob Firestone	Braina Caspi
Barbara Klein		Jimmy Knemeyer	Nonie Fagatt Friedman	
		Edgar O. Mansfield	Gertrude Osterbach	
		Parker Nevil	Lillian Fitzgerald	
		*Minnette Pekofsky	*Arnold Kravitz	
		Syma Gapski	Michael Portner	
		Vivienne Kantor	Larry Silkes	
			Atha Sogg	
			Rita Waddell	



* designates a memorial plaque in the Sanctuary lobby



In Our Temple Emanu-El Family

SEPTEMBER BIRTHDAYS

9/1	B.J. Brose Max Mittleman Paula Rosenzweig	9/10	Mike Cowen Danny Green Haley Levine Ellie Mout David Zubkoff		9/23	David Crisis Kimberly Eisenberg Dale Goldman Louis Ogle Albert Rios Zoe Solomon
9/2	Amy Blum Rose Cherrick Dick Friedman Larry Goldenberg Amy Hoffman Brian Schonhoff Nancy Spector	9/11	Joseph Graham Rey Lopez-Calderon Liz Morrison Karen Snyder Malissa Winicki		9/24	Lisa Cantor Mark Feinberg Alexandria Franco Simma Sal Lurer Poppy Misrach Leif Peterson
9/3	Bryant Grady Michele Harris Noah Stevens Linda Wilson Minerva Bloom-Trejo	9/13	Noah Goldenberg Ron Marx		9/25	Bianca Hegler Marsha Stein Hicks Laura Katz Levi Laddon Ruthellen Nackman Ruth Weiss
9/5	Rachel Schlagel Ben Stein	9/14	Georgine Brave Lillian Farber Barry Handler Logan Smith		9/26	Nicole Barvic Gary Clorfeine Desiree Lange Michaela Snyder-Braasch Simon Snyder-Braasch
9/6	Adam Bartell Jennifer Clifford Maya Hegler Jessica Levine	9/15	Sarah Safarik Saul Snyder		9/28	Stefani Lenett Alyson Arkin Samantha Luchans
9/7	Christopher Brown Danielle Cohn Liam Falcone	9/16	Dan Gaudette Easton Hopgood Jack Pipkin Eriberto Salzman		9/29	Alexis Handler David Newman Aria Sand Noa Heller
9/8	Lauren Frederick Madeline La Val Emmet Muschenetz	9/17	Chloe Comer Judith Gottschalk Nancy Lawson		9/30	Madelynn Micon Janet Zenville
9/9	Joseph Immergut McAvoy "Mac" Immergut Jeri Moskowitz Jonathan Schindler	9/18	Saul Ghitman Shai Immergut			
		9/19	Benjamin Green Jay Resh Nicole Turner			
		9/20	Malkam Golden-Needham Silvia Kleiner Grace Sherr			
		9/21	Scarlett Mandel Jacob Rosenberg			
		9/22	Nathan Feinstein Beatrice Ogle Ron Zeichick			



Mental Health Committee

By Marie Raftery, *Committee Chair*

As I write this, the August weather has been hot and uncomfortable, with temperatures in the high 90 degrees for days at a time. Such extremes. It is interesting to me that the heat bothers some, like me, so much more than others.

Maybe because I have been keeping still and trying to remain cool, I have been thinking of what an impact extremes have on us. We are all dealing with the heat - but is it making us sick? Maybe not being with our families during the summer makes us a little sad, but are we depressed? Knowing what to do and how to deal with these extremes is very important. I know it is for me. Are these situations lasting a few days or are they ongoing?

This brings me to mental health. Just as we need to know to care for ourselves when we aren't feeling well physically, we need to be able to recognize when that feeling of discomfort or sadness needs care. Maybe we should consider speaking to a friend, a rabbi or calling a professional in the mental health field. The Mental Health Committee section of the Temple website has some resources to view and consider. Our mental health, a part of our physical health, is always something to reflect on and appreciate.

Please consider joining our Mental Health Committee. We meet on the second Wednesday of most months, currently on Zoom, at 7pm, and have had terrific professional guest speakers on many appropriate and interesting topics. You can reach me at mentalhealthcom@teesd.org

For now, though, I am just going to get a very large scoop of Baskin-Robbins ice cream. I believe they put the shop near our house for a reason.

SEPTEMBER ANNIVERSARIES

9/1	Dan and Silvia Kleiner	9/8	Fred and Roxi Link
9/2	Jonathan and Nina Brenis Reza and Adeline Jacob	9/11	Hersch and Ellen Kagan
9/4	Felise Zollman and Fran Daly Jacob and Sarah Lin Fabio and Zenilde De Lima Julie and Brett Parker Dov Fox and Nicole Ries-Fox Ryan and Eleanore Ogle	9/14	Lee and Fern Siegel
9/5	Megan Blum and Scott Hopgood Peter Huot and Andrea Musicant	9/16	Barry and Suzanne Handler
9/7	Bill and Jean Seager Jane and Ingo Muschenetz	9/22	Mark and Michelle Barahman
		9/23	Dan and Eileen Gaudette
		9/24	David and Angela Canin Daniel and Sara Fefferman
		9/25	David and Lesley Cohn



Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



We want to wish you all a happy, healthy and sweet New Year! We had a wonderful planning meeting and are looking forward to the coming year filled with some previous favorites and some new activities.

Thank you to those who have already become members. Plan to join us on Wednesday, October 4 at 6:30 p.m. for Sisters in the Sukkah: a Membership Appreciation evening. Watch for your invite. If you are not a member or have not yet renewed your membership, please join us. All information is on the Temple's website.

The Artisan Festival will be held on Sunday, November 5. We need many volunteers to help that day, and we need many of you to shop! This year we will be adding a Hanukkah Shop as part of the Festival, and will offer candles, menorahs, dreidels, decorations, gifts and more! We already have more than 30 vendors signed up! Proceeds from the Artisan Festival provide scholarship money for our graduating seniors.

Our Fall Bunco evening will be held on Wednesday, November 15, at 6:30 pm. It will be fun. Watch this column and your emails for details.

Thank you to those who joined us for Summer Bunco and Mah Jongg. We were delighted to have so many of participate and we had fun!

A Little History of WRJ

We want to share with you where your money goes in WRJ Land. Last month, we shared the Diversity, Equity and Inclusion (DEI) grants that WRJ allocated for this year. This month, we want to share the donations made to the YES Fund: Youth, Education and Special Projects.

\$15,000 was given to Leo Baeck High School in Haifa, Israel to help fund the Education Center's Arab Jewish Summer Camp. The 100 children at the camp learn to become friends during field trips and activities.

\$10,000 was given to the NFTY Teen Empowerment Program, designed to empower teens to make good choices as they learn to become adults.

\$10,000 was given to 6 Points Sci-Tech Academy to provide scholarships to girls and female-identifying campers.

\$8000 was given to NFTY's Kol Koleinu Feminism Fellowship to train facilitators for program oversight.

\$7500 was given to Leo Baeck High School for student-led DEI Programs: Gender Equality and DEI Start with Me!

\$8000 was given to the Women of the Wall Teen Feminism and Religion Curriculum for Israeli high school students with a focus on teen girls.

All of these gifts happen because you are a member of WRJ. Truly, we are stronger together!





Helping to Repair the World

Your generous donations to Temple Emanu-El's Social Action Fund are used to serve the needs of the community, locally, nationally, and internationally.

In August, funds were sent to Reading Legacies (readinglegacies.org), which works to facilitate supportive relationships by family and friends reading to children. Programs encourage parents, grandparents, and high school students to read aloud to children. Our donation would be earmarked for the Book Bridges Program, which works with families separated by incarceration or addiction. Parents are videotaped reading aloud to their children. The children are then sent the book and the link to the video.

In September, we will allocate money to Americares (americares.org), which delivers medical aid and health programs in the U.S. and in over 75 countries world-wide. Since 2021, they have responded to frequent and severe health crises arising from hurricanes, wildfires, the Covid pandemic, and the conflict in Ukraine. They are one of the leading nonprofit providers of donated medicine and medical supplies. Their training programs include mental health, nutrition, infection control and disaster management.

The Social Action Committee carefully screens all recipients to make sure money you donate to the Social Action Fund to continue the work of tikkun olam is spent wisely. We appreciate your donations, large or small, to help with this work.

Safety/Security Committee

By Greg Houska, *Safety/Security Committee Chair*

It is unbelievable that another year has disappeared, and the Jewish New Year is upon us! In anticipation of Rosh Hashanah, *L'Shanah Tovah Tikatevu* – may you be inscribed for a good year.

There has been a lot in the news highlighting continuing Antisemitism around the country. Luckily, we have a cadre of groups and individuals who are looking out for our interests, including the ADL, Secure Community Network (SCN), law enforcement and several strong voices in the media. But with these advocates, we, as individuals and as a group, are our greatest protectors.

I often make reference to “if you see something, say something,” or “listen to your Spidey Sense,” a reference to Spider Man. If something doesn't make sense, follow up. Don't be afraid to ask questions or bring your suspicion to the attention of Temple staff, security, or law enforcement.

A recent attempted breach of the Margolin Hebrew Academy in Memphis, Tennessee was luckily thwarted by strong preventive measures at the facility, including locked doors and a vigilant staff. The perpetrator, who was actually Jewish and had some issue with the Academy, was eventually shot by police. I will bet my last bagel that someone in his personal circle knew or had suspicions of his views and might have brought this to the attention of law enforcement or the ADL. Law enforcement officers in the U.S. are extremely professional and competent, but in dealing with threats against our community, they can't do it alone. There is a saying in law enforcement, “When seconds count, the police are minutes away.” The ADL, SCN and other partners continue to remind us of the threats we face and the need to be vigilant and train for the unthinkable. With a small investment of time and energy, positive steps may include maintaining CPR certification and watching videos online such as “Stop the Bleed” or “Run, Hide, Fight.” Other options include attending “Coffee with a Cop” events at your local police or sheriff station or attending a citizen law enforcement academy. Just remember - anything you do is a step in protecting you and your family.



Temple Emanu-El Book Group
by Pat Libby, Book Group Member

Next Group Meeting in Person:
Monday, September 11, 7 pm

The Temple Emanu-El Book Group, which meets every other month, will hold its next meeting in person on Monday, September 11, at the home of a group member. We will meet at 6:30 pm to nosh and chat; the discussion will begin at 7 and end at 8:30.

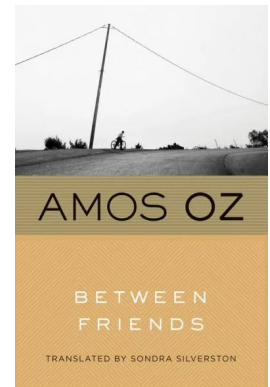
This month's book is "Between Friends" by Amos Oz.

On the kibbutz it's hard to know. We're all supposed to be friends but very few really are.

Amos Oz's compelling new fiction from 2012 offers revelatory glimpses into the secrets and frustrations of the human heart, played out by a community of misfits united by political disagreement, intense dissatisfaction and lifetimes of words left unspoken.

The author returns to his roots: the kibbutz of Israel's second decade. It was a time when Israel struggled to build a state and to merge socialist ideals with the realities of daily living with real people. The Jewish nature of the Jewish state and the challenges of borders and populations lie decades in the future. Oz presents us with eight short stories, any one of which could stand alone, which are intricately interconnected.

Please email me at patlibby@patlibby.com if you'd like to participate in the fun!



Condolences

To B.J. Brose on the death of her wife
Stacey Kasendorf

To Becca Fink on the death of her husband
Adam Shmidt

To Shai Immergut, Ellen Immergut, Mac and Joey Immergut on the death of Shai's father
Moti Immergut

To Andrea Ladmer on the death of her cousin
Suzanne Wallach

To Rabbi Marty and Anita Lawson on the death of their colleague and friend
Rabbi Morrie Hershman





Don't forget to bring your shofar to Yom Kippur Family Service and to Yom Kippur Afternoon Service to join in the final blast!

Do those at Temple Emanu-El and in the San Diego Jewish community know about your business?

Advertise in Ha-Sofer, our monthly bulletin, and be listed as a sponsor on our web site!

Contact Donna Lopez in the Temple office at dlopez@teesd.org for prices and information.



TODAH RABAH

To Barbara Pollack for her work on editing the bulletin.

Mazal Tov

To Perri Wittgrove on the engagement of her son, Eric, to Sharon Abada

To Gabi Tukeman on receiving her Ph.D. in Molecular and Cellular Biology from Baylor College of Medicine

CARS

Temple Emanu-El has signed on as a partner of CARS, a nonprofit organization that takes donated vehicles and returns 80% of the proceeds to the organization of the donor's choice. CARS was founded in 2003 and has donated millions of dollars to nonprofits across the country.

The process is simple: log on to careasy.com and follow the three easy steps. You can select Temple Emanu-El as your nonprofit of choice, provide the information about your vehicle and arrange for CARS to pick up at your office or home. They will work around your schedule and take care of all the paperwork. There is no cost to the donor and donations are tax deductible.

If you or someone you know has a vehicle they would like to donate, visit careasy.org to learn more about the process or contact anyone at the Temple office for assistance.

Thanks for your support.



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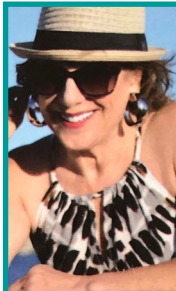
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September 5 for the October issue

October 5 for the November issue

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September 2023 Elul 5783 —Tishrei 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Sept 1 • 15 Elul	Sept 2 • 16 Elul
					Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
Sept 3 • 17 Elul	Sept 4 • 18 Elul	Sept 5 • 19 Elul	Sept 6 • 20 Elul	Sept 7 • 21 Elul	Sept 8 • 22 Elul	Sept 9 • 23 Elul
	Mah Jongg Lessons 1:30		Coffee with the Rabbi 11 am	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsal 5 pm Adult Choir Rehearsal 6 pm	Family S'More Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am Selichot Service & Board Installation 8 pm
Sept 10 • 24 Elul	Sept 11 • 25 Elul	Sept 12 • 26 Elul	Sept 13 • 27 Elul	Sept 14 • 28 Elul	Sept 15 • 29 Elul	Sept 16 • 1 Tishrei
	Mah Jongg Lessons 1:30 Temple Emanu-El Book Group 7 pm		Coffee with the Rabbi 11 am Israel Engagement 4 pm	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsal 5 pm Adult Choir Rehearsal 6 pm	Preschool Rosh Hashanah Service 12 pm Erev Rosh Hashanah 7 pm	Rosh Hashanah Family Service 9 am Rosh Hashanah Morning Service 10:30 am Tashlich (Coronado) 4 pm
Sept 17 • 2 Tishrei	Sept 18 • 3 Tishrei	Sept 19 • 4 Tishrei	Sept 20 • 5 Tishrei	Sept 21 • 6 Tishrei	Sept 22 • 7 Tishrei	Sept 23 • 8 Tishrei
	Mah Jongg Lessons 1:30		Coffee with the Rabbi 11 am Adult Movie Night 7 pm	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsal 5 pm Adult Choir Rehearsal 6 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Service 10:30 am
Sept 24 • 9 Tishrei	Sept 25 • 10 Tishrei	Sept 26 • 11 Tishrei	Sept 27 • 12 Tishrei	Sept 28 • 13 Tishrei	Sept 29 • 14 Tishrei	Sept 30 • 15 Tishrei
Preschool Yom Kippur Kol Nidre Service 4 pm Kol Nidre Service 7 pm	Yom Kippur Morning Service 9 am Yom Kippur Limmud 12:30 pm Afternoon Service 2 pm Family Service/Limmud 3:30 pm Yizkor Memorial Service 5 pm Ne'ilah & Havdalah 6 pm		Coffee with the Rabbi 11 am	Recovery International 10 am Bridge with Benj 12:30 pm Youth Choir Rehearsal 5 pm Adult Choir Rehearsal 6 pm	Erev Sukkot Under the Stars Service 6 pm Dinner in the Sukkah 7 pm	Sukkot Festival Service Bar Mitzvah 10:30 am



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