



# HA-SOFER THE SCRIBE

Nissan—Iyar 5784

ניסן – אייר

May 2024

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

## Honoring Rabbi Lawson

This May marks the 50<sup>th</sup> anniversary of Rabbi Lawson’s ordination as a rabbi. We want to invite all in our community to mark this sacred occasion on Friday, May 10, where we will honor Rabbi Lawson at Shabbat services and enjoy a festive Oneg afterwards in celebration. Rabbi/Doctor Andrea Weiss, Professor of Hebrew Bible, and Provost at HUC-JIR, one of Rabbi Lawson’s students who grew up at Emanu-El, will be our guest speaker during services. So please mark your calendar! There is no cost to attend, but please RSVP on our Temple website.



**Friday, May 3**  
Shabbat Service 6 pm

**Saturday, May 4**  
Shabbat Morning Service 10:30 am  
Acharei Mot, Leviticus 16:1-18:30  
Ezekiel 22:1-19

**Friday, May 10**  
Shabbat Service 6 pm  
Rabbi Lawson’s 50th RABBIVERSARY

**Saturday, May 11**  
Shabbat Morning Service 10:30 am  
K’doshim, Leviticus 19:1-20:27  
Amos 9:7-15

**Friday, May 17**  
Shabbat Service 6 pm

**Saturday, May 18**  
Shabbat Morning Service 10:30 am  
Emor, Leviticus 21:1-24:23  
Ezekiel 44:15-31

**Friday, May 24**  
Shabbat Service 6 pm

**Saturday, May 25**  
Shabbat Morning Service 10:30 am  
Bar Mitzvah  
B’har, Leviticus 25:1-26:2  
Jeremiah 32:6-27

**Friday, May 31**  
Shabbat Service 6 pm  
Oneg in honor of Star Laddon

## Yom HaZikaron • Yom HaAtzmaut Monday, May 13, 2024 6 pm—7 pm

Congregation Beth Israel, Temple Emanu El and Congregation Dor Hadash and others will come together and remember the fallen at Congregation Beth Israel, who gave their lives for Yom HaZikaron, Israel’s Memorial Day, and together we will give our thanks and gratitude for the blessing and miracle of Israel at the beginning of Yom HaAtzma’ut, Israel’s Independence Day. On this sacred night, we welcome the amazing Rachel Korazim who will lead us in an exploration of the themes of memory, mourning, grief, and commemoration from the voices of those who live in Israel. Through poetry, song, prayer, and meditations, we will give space for grief, mourning, learning, reflection, and gratitude.

In lieu of a program fee, we are welcoming donations that will go towards San Diego Jewish Federation to support the ongoing work of building and strengthening our sacred partnership with our sister city region of Sha’ar HaNegev as they face the monumental task of rebuilding the southern region of the Western Negev. As we remember the fallen and celebrate the miracle of Israel, we welcome you to be our partner in building her bright and beautiful future.

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**Wednesday, May 15, 2024 7 pm**  
**Poetry Session with Rachel Korazim**  
**Temple Emanu-El**

The Temple office will be  
closed on

Monday, May 27, in

observance of

Memorial Day.

**MEMORIAL DAY**



Remember and Honor



## From Our Temple President

by Matt Meis



I hope you all had wonderful Passover celebrations with family and friends. As we gathered around our seder tables, we recalled the story of our liberation from slavery in Egypt and our long journey to freedom in the Promised Land. Today more than ever this has real meaning for our lives. With hostages still in captivity in Gaza and continued threats to our security from Hamas, Hezbola, as well as from Iran, we must never forget our past struggles to be free and that we must always remain vigilant.

My wife Barbara and I had the pleasure of attending the Temple's congregational seder. This is always a wonderful community event, bringing old and new friends together in worship, song, and of course, good food. Hey, we're Jewish, there has to be good food. As I approach the end of the first year of my two-year term as your president, I want to let you know that I am enjoying it thoroughly. It continues to be a great privilege to be on our Board of Directors, and also to serve as your representative to the greater San Diego Jewish community. I look forward to my second year as president and to addressing you all in the fall at our High Holy Day services.

Leaving the best for last, I would like to publicly welcome to the world and to our synagogue community, Rafael Natan Eickholt, Rabbi Devorah and Sebastian's wonderful, beautiful and amazing new baby boy. Rabbi and Sebastian have asked that in lieu of gifts, as they have everything they could possibly need, please consider making a donation to one of our synagogue endowment funds so that we share this moment as a blessing with the generations to come. *Ken yehi ratzon*; may this be God's will.

## Shaun Speaks...



Shaun Copans,  
Executive Director

Earlier this year, our Torah School Administrator, Star Laddon, let us know she was retiring at the end of the school year. Star was hired by Rabbi Marty Lawson in the summer of 2004 as an assistant in the Torah School. Her role expanded over the years as she proved herself to be able to handle more responsibilities. At this point, her name has been synonymous with our Torah School and most of our community members do not remember what it was like before she brought her talents to our synagogue.

The hundreds of kids that have attended Torah School over those years have benefited from her love of Jewish education, unique and creative programming, amazing baking and cooking skills and commitment to a warm and inclusive environment. In addition, she has been managing family Shabbat dinners, family camp, High Holy Day youth programs, Bnai Mitzvah weekend, the Purim Carnival and hamantaschen baking to name just a few. The list is long!

Following the Friday night Shabbat service on Friday, May 31, we will host an Oneg in honor of Star's 20 years of service to Temple Emanu-El. We hope you will join us. Thank you, Star, for everything you have done for the Temple Emanu-El community and congratulations on your retirement!



# Mental Health Committee

by Marie Raftery, Committee Chair

I was recently asked to write a poem and read it at the JCC's Jewish Poets event. I thought about it and as the following poem was about a subject on my mind, I agreed.

It was very well received. One person told me it made her cry. Another told me it was just what she was feeling. Several other positive comments made me think it might be worth sharing here.

## Hope

Some people say hope is not a strategy.

I hope the hostages are returned soon.

That may not be a strategy. But – hope can be central to faith  
And hope can bring an expectation.

I don't just hope the hostages are returned; I expect them to be.

I desire that, I wish that.

I have hope because I have faith, and I have faith because I hope.



I have hope in spite of –  
in spite of the hate,  
in spite of the challenges,  
in spite of the despair.

I have hope because as I know there are bad, indecent people in the world, I also know there are good, decent people in this world.

As there is ugliness in the world, there is also beauty. Ugliness and horror in the terrorists, yet beauty in those who march, pray, donate, and in the overwhelming kindness that is shown by them every day.

I have faith, I have hope. Maybe that is not a strategy, but it works for me.

I hope Hashem is listening.

I think sharing one's feelings is good for one's mental health. This was an opportunity to express my strong feelings in a positive manner and in a safe space. I think that's good mental health.

Please let me know what you think. Contact me at [mentalhealthcom@teesd.org](mailto:mentalhealthcom@teesd.org), or and consider joining the Temple Mental Health Committee and share your thoughts.

I'd love to hear from you.



## Mitzvah of the Month – Pet Food for San Diego Humane Society



The San Diego Humane Society provides a wide range of services, including pet adoption and fostering, training, vaccination, lost and found, and more.

People may not know that they also operate a Community Pet Pantry, supporting families and pets who need a little extra help. The Pantry has distributed over 1,700,000 meals for pet families in 2024. To help this effort, we are collecting non-refrigerated pet food for dogs, cats, rabbits and guinea pigs. Food may be canned or dry. Opened bags are accepted if they are in the original packaging. Please limit size to no more than 20 pound bags to make delivery easier.

Bring your donations to the white Social Action barrel in the lobby of the Temple office and Social Action members will make sure they are delivered. If it is easier, you may bring your donations directly to the Humane Society's Gaines St. facility.

For more information, contact coordinator Cindy Flynn at [socialaction@teesd.org](mailto:socialaction@teesd.org).



## 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 April, funds were sent to the United Nation's Children Fund ([unicefusa.org](http://unicefusa.org)), which was established in 1946. They now work in over 190 countries and territories, helping save more children's lives than any other humanitarian organization by providing health care and immunizations, clean water and sanitation, nutrition, education, emergency relief and more. Our donation will be earmarked to support vulnerable children and families in Ukraine.

In May, we will allocate money to Friends of Yad Sarah ([friendsofyadsarah.org](http://friendsofyadsarah.org)). Yad Sarah provides a range of services, including loan of durable medical equipment such as wheelchairs, hospital beds, and more in Israel for free or at nominal cost for sick, disabled, and elderly people and their families. They provide day rehabilitation services, family violence intervention, transportation for those with special needs, emergency alarm response and much more. Founded in 1976 as a local initiative, they have grown to over 120 branches throughout the country and more than 7,000 volunteers. They are the largest volunteer organization in Israel, run by volunteers and supported by donations.

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.



**The Advocacy Committee Wants You to Know About  
*Lights Out, San Diego!*  
by Barbara Learner, Advocacy Committee Co-Chair**

Did you know that San Diego is a major flight path for migrating birds? The Pacific Flyway is the path the migrating birds use to head north in the spring and back south in the fall. A little-known fact is that millions of birds fly over San Diego during the migration season, and that 80% of them fly at night.

*Lights Out, San Diego!* is a campaign of the San Diego Audubon Society to build awareness of the impact of light pollution on migrating birds and other wildlife. Light pollution can disrupt migration by causing disorientation, exhaustion, building collisions, and delays in migration. When migrating seabirds land in light polluted areas they don't fly again.

During peak migration, San Diegans are encouraged to turn off non-essential lighting between the hours of 11 pm and 6 am to provide darker skies for these nocturnal migrants. Please take action in your own home or apartment; help spread the word by telling building managers in both residential and commercial buildings. It isn't difficult and it can save the lives of thousands of birds.

Peak spring migration in San Diego is March 1 – June 15, with the critical period of April 15 – May 15. The Advocacy Committee and the San Diego Audubon Society thank you for doing your part to protect these vulnerable visitors as they make their way across San Diego skies.

## Book Group

By Janice Steinberg, Book Group Coordinator

**Next Group Meeting:**

**Monday, May 13**

**Start Time: Snacks 6:30 pm, Book Discussion 7pm**

In May, we will discuss *Heaven and Earth Grocery Store* by James McBride. Our meeting will be in a member's home near the Temple. For the address or other questions, contact Bobbi at [bsmith2421@cox.net](mailto:bsmith2421@cox.net).

The book is a New York Times Notable Book, and named a Best Book of the Year by NPS/Fresh Air, the Washington Post, the New Yorker and Time Magazine.

"A murder mystery locked inside a Great American Novel . . . Charming, smart, heart-blistering, and heart-healing." (Danez Smith, *The New York Times Book Review*)

In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who the skeleton was and how it got there were two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows. Chicken Hill was where Moshe and Chona Ludlow lived when Moshe integrated his theater and where Chona ran the Heaven & Earth Grocery Store. When the state came looking for a deaf boy to institutionalize him, it was Chona and Nate Timblin, the Black janitor at Moshe's theater and the unofficial leader of the Black community on Chicken Hill, who worked together to keep the boy safe.

As these characters' stories overlap and deepen, it becomes clear how much the people who live on the margins of white, Christian America struggle and what they must do to survive. When the truth is finally revealed about what happened on Chicken Hill and the part the town's white establishment played in it, McBride shows us that even in dark times, it is love and community—heaven and earth—that sustain us.

Bringing his masterly storytelling skills and his deep faith in humanity to *The Heaven & Earth Grocery Store*, James McBride has written a novel as passionate as *Deacon King Kong* and as inventive as *The Good Lord Bird*.

If you'd like to get on our book club mailing list, contact me at [janicesteinberg@cox.net](mailto:janicesteinberg@cox.net).







## **Torah for the Table: Cabaret** **Wednesday, May 8, 6 pm**

We welcome the return of this popular program, this year presented with a twist - think Jewish learning and music meets culinary school. We will explore musicals, some with obvious Jewish themes, some not so much, created by Jewish composers, lyricists and authors, all with links to Jewish food that matches the locale.

Classes will be held once a month at the Temple on Wednesday evenings, and will be taught by Rabbi Devorah and Barry Lander. The cost is \$36 for an individual class. The series continues through June. To see the full list of dates and to register, please see the Temple website.

Please check your email messages for additional information and other upcoming Adult Ed programs. For questions, contact Rabbi Benj Fried at [benjfried@teesd.org](mailto:benjfried@teesd.org)

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## **Tikkun Ha'Am – Repairing Our People After October 7th** **Class Begins May 2**

Contemporary Judaism is facing unprecedented challenges. Today's Jews have the opportunity and the obligation to reclaim a Jewish vocabulary of sanctity, activism, and the desire to stand apart from today's world.

Rabbi Marty Lawson will teach this class each Thursday, from 12:30 – 2 pm in the Temple Library. The class will begin on May 2 and end on June 6. We will use *Tikkun Ha'Am: Israel and the Crisis of Liberal Judaism*, by Rabbi Jeffrey K. Salkin. It is available from Amazon and other booksellers both in paperback and Kindle versions.

Rabbi Salkin challenges us to rethink contemporary Jewish identity, Israel, spirituality, and popular culture. He invites readers to think deeply about the contemporary world, showing that Judaism has a stake in our world's political, religious, and cultural battles.

The cost of the class is \$36. Please sign up on the Temple website or call the office to register.

## ***Drum Circle***

Our Drum Circle will be on hiatus for the month of May.

We will resume next month, on Tuesday, June 4, from 3 - 4 pm. Moving forward, we will meet on the first Tuesday of each month, unless there is a conflict with a Jewish holiday. Ira Moskowitz, an active member of our synagogue and an experienced drummer, will lead us.

We look forward to being together – bring a friend!



If you have any questions about the Drum Circle, please contact Bonnie Baron at [bonniebaron@gmail.com](mailto:bonniebaron@gmail.com).



## Adult Education

Supporting Lifelong Jewish Learning



### **Golda**

Saturday, May 18, 7 pm  
Temple Sanctuary, In Person



“Helen Mirren gives an extraordinary performance as the late Israeli Prime Minister, in a story about her handling of the 1973 Yom Kippur War. The controversy on whether Israel had mobilized enough in advance is at the center of the film. The movie’s framing device is Meir’s testimony to the Agranat Commission following the war. It was formed to evaluate whether Meir, Moshe Dayan, or other military personnel should be censured. For many Israelis, the Yom Kippur War marked the first time that their trust in the government was broken, and Meir was the focus of much anger. But no matter how you feel about Meir and her role in the war, it’s undeniable that she was one of the most important women of the 20th century. Mirren’s performance, and the movie are a compelling tribute to her.” (Hannah Brown, *Jerusalem Post*)

Guy Nattiv directed the film, made in the USA and the UK in 2023.

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

There will be a bring your own dinner at 6 pm either in the Courtyard or Social Hall to give people an opportunity to schmooze.

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### **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.

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### **NO Coffee with the Rabbi during the month of May**

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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.



# Israel Engagement

By Rhonda Amber

## Israel Engagement

### Israel: Poetry to Politics • Processing • Tisha B'Av

by Rhonda Amber and Jonathan Licht

Promoting engaging with Israel and learning about multiple aspects of Israel, her history, culture, people, and our relationship as Reform Jews in the Diaspora to Israel is the purview of Israel Engagement. Our goals include creating safe spaces, opportunities for discussion and bringing speakers, texts, programs about Israel to our congregation from poetry to politics.

One Hebrew word, one word, **שיר**, is translated as poem or song. From Biblical writings, Miriam's song when we crossed the sea, Hatikvah, Debbie Friedman's compositions, to today we have in our possession Hebrew poetry and song. Music is a core part of identity formation. Music is central to who we are at Temple Emanu-El.

We did not anticipate the societal upheaval with the "Judicial Overhaul" and the Pro-Democracy Movement. No one could ever imagine Black Sabbath, the massacre of October 7 nor ongoing war in Gaza. These traumas find expression in literature, film, novels, blogs and poetry/songs. Exploration of contemporary Israeli poetry is a valuable connection during these difficult times to today's Israel and Israelis.

On Monday, May 13, Rachel Korazim will be in San Diego. She will present *Poems for our Days* about Israeli Society. We at Temple Emanu-El are excited to welcome her at a shared program with Congregation Dor Hadash and Congregation Beth Israel. As community, we will learn and relate to Israel, Yom HaZikaron and Yom HaAtzmaut.

Rachel Korazim is an Israeli Jewish education consultant, involved in Jewish education worldwide, former Academic Director of Distance learning programs at the Jewish Agency for Israel and teacher at the Hebrew University, Pardes and the Shalom Hartman Institutes. She is renowned for her *Windows to Israel through Literature* programs that bring "an in-depth reading of the best of Israel's poets and writers as a key to the many faces of its life and culture...."

On Sunday morning, May 19, plan to take advantage of another opportunity to be together in a safe space to process what we feel and fear. We will explore our responses to what is happening in Israel, the massacre, the War in Gaza and Middle East, changes here at home and our relationships with Israel. This should help us in responding to the constantly changing world around us. We will have professionals in the room as we support each other and ourselves.

Looking ahead to Tuesday, August 13, we will recognize Tisha B'Av the 9<sup>th</sup> day of Av. We will address historical as well as current events, how we deal with them, and how they shape who we are as Jews.

Please watch the Temple's weekly emails for details on all of our events and plan to join us. We welcome and encourage everyone's involvement.

## Todah Rabah

To Barbara Pollack for her work on editing the bulletin





## May is Mental Health Month



As an advocate for the mental health community, I am fortunate to be able to include an article on Recovery International (RI) in each month's Temple bulletin. Sharing information where I worship is truly a blessing. The stigma of having a mental health challenge is lessening in our society, but judgements are still present. Often people hear inappropriate comments, such as "you look so normal."

I have shared my personal story of being hospitalized with a nervous breakdown. I could not get off the couch, take a shower, or take care of my son. Fortunately, I had a therapist who referred me to RI. At the first meeting, I heard the tool "You may feel helpless, but there are no hopeless cases." I felt welcomed and encouraged to use the RI method and read *Mental Health Through Well Training* by our founder, Dr. Abraham Low.

In the group, we only talked about and shared life trivialities, those small things that can drive us into symptoms. Some examples are:

- a flat tire
- someone in the express line with too many items
- expecting a call and not receiving it.

In RI, we learn many tools to use to reduce these symptoms. The program clarifies what we are responsible for in life and teaches us that we can't control the outer environment.

We see:

- It's not the event; it's our attitude.*
- The judgment of others or ourselves robs us of our inner peace.*
- We make a business of our mental health.*
- When we feel our worst and try our hardest, we make our biggest gains.*
- We endorse all of our efforts.*

Recovery International was developed over 87 years ago, and now supports over 1,000 people each year who suffer from anxiety, anger, bipolar, schizophrenia diagnoses, and more. It is the oldest peer-run organization and works in the U.S. and around the globe.

Sharing our personal stories helps to reduce the stigma that we carry with us. We are not our illness. In RI, it doesn't matter what our issues are or when or where we got them. We do things to get well by using the RI method.

We normally have a meeting each Thursday at 10 am in the Temple Library. We will not meet on May 16.

The Suicide Prevention Council will hold their annual Faith Breakfast and resource fair in person on May 16. Rabbi Benj and Michelle Jirkovsky, our Music Director, will participate. There is no charge, but reservations are necessary. To sign up for the Breakfast, or for questions about RI, please email us at [SanDiego@recoveryinternational.org](mailto:SanDiego@recoveryinternational.org) or call our office at (619) 383-2084. For more information on RI, see our website [recoveryinternational.org](http://recoveryinternational.org).

## Community Corner What's With the Attitude?

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

There are those who say that attitude is everything. I don't think attitude is everything, but our attitude has tremendous impact on how we see the world, our relationships and ourselves.

A positive attitude puts things into perspective. Pay attention to what you tell yourself. Every good thought contributes to your well-being.

Viktor Frankl, an Austrian psychiatrist and Holocaust survivor, said,  
"Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances . . . ."

Being optimistic involves a choice about how you see the world. It doesn't mean denying the negative or avoiding all unfavorable information.

We cannot control many situations that happen in our lives, but we can control our attitude about what happens.

So how do we build a more positive mental attitude? With the following:

Have reasonable expectations.

Be kinder to yourself as well as more honest and authentic.

Listen to our hearts and act in our own best interest.

Live in the present moment with all its lovely possibilities.

Take the long view. Over time, you will have more perspective than you have now. Trust that process.

Expand your capacity to carry both pain and joy.

Look for humor, love and beauty every day.

Use Gratitude as a survival skill. Appreciate the smallest of offerings.

Do something for someone else.

Exercise.

Take a close look at what you are saying to yourself and override your negative programming with a conscious, positive internal voice.

Lighten up your life with humor.

A distinguishing characteristic of consistently successful people is their ability to maintain a positive and proactive attitude. If you want to feel better, you have to think better. Train your mind and use it wisely.

Reflection: I am responsible for choosing my responses to life even when faced with struggles and setbacks.

Today's Practice: Abraham Lincoln said "Most folks are as happy as they make up their minds to be." How does that apply to your life?

## Mailbox

Temple Emanu-El made my day! Your thoughtful donation makes all the difference to San Diegans who have to skip meals to make ends meet.

Your gift eases the burden of those who must choose between food and other crucial needs like medicine, electricity, childcare or gas for the car. Decisions that are not easy to make.

Thanks to you, more than 400,000 neighbors in need will have food on their tables, including our most vulnerable populations:

- 3,300 elementary school kids through the Food 4 Kids Backpack program
- 15,500 fixed income seniors
- 39,000 active-duty military and their families struggling to make ends meet

With your help, we anticipate distributing close to 50 million pounds of food into the community this year. That means those hard decisions become less of a burden. Thank you for giving the gift of nourishment and for providing hope to thousands of our neighbors.

Maureen Polimadei, Director of Individual Giving

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

Thank you for all the wonderful donations that have been collected. The revenue we generate from the sale of items in the Kitchens for Good Shop help us carry on our mission of transformation, and change the lives of those we serve. We are grateful for all the items you have given.

Mary Scafidi, Operations Manager

Kitchens for Good Shop In March, the Social Action Committee coordinated our Mitzvah of the Month collection of kitchen items to support Kitchens for Good, a tuition-free program to train those in the culinary and hospitality industries. Thank you to all our donors for a wonderful response to this collection.



# 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.*



# YAHREIT OBSERVANCE

*Zecher Tzadik Livracha* – The Memory of the Righteous is a Blessing  
The following yahrzeits will be commemorated at Shabbat services:

## May 3 & 4

Sylvia Gabel  
Rene Landau  
\*Frank Siegel  
Jill Steiner  
Bob Tauber  
Anna Zubkoff  
Anthea Rosenberg  
Jacob Feuerstein  
Alice Yawetz  
\*Pearl Bronstein  
Belle Peyser Kagan  
James Schwartz  
Daniel Wosicki  
Leonard Burney  
Sam Chawkin  
Lillian Green  
Michael Richler  
Dianne McAuliffe  
Ira Oberndorfer  
\*Hannah Veitzman  
Elaine Weiland  
Sidney Williams  
Lee A. Cooke  
\*Fred Hauowitz  
June Cher  
George Kugler  
Rabbi Jonathan Omer-Mann  
\*Aaron Fishman  
Charlotte Greyson  
Larry Gruer  
Dan Koppel  
Nancy Laddon  
Jeanette Lipson  
Harold Polgar  
Edwin Cling  
Gary Dawley  
Herman Grossberger  
Joe Hernandez  
\*Vera Lehrman  
Michael Richler  
Marilyn A. Evans  
Alex Rach  
David Ritter  
\*Sanford Herbert Stone  
Florence Waxman  
Paul Sholem Amber

## May 10 & 11

\*Ginda Berlin  
Ann Cantor  
Joe Hoffman  
Emery Nussbaum  
Irwin Schneider  
\*Harvey Silvers  
Stephen Satterlee  
Rita Bloomberg-Roth  
Harold Polgar  
Arnold Israel  
Samuel Kushner  
Lee Loventhal  
Lori Martin  
Miriam Seid  
B. Miller Siegel  
Jay Winheld  
Bruce Witte  
\*Harry T. Wittgrove  
Sylvia Weider Amber  
Sally Goldman  
Bob Gordon  
Dorothy Silverman Hyland  
Lee Jean Shields  
Harold Marks  
Martin Rothschild  
\*Bea Shevitz  
\*Philip Shirley  
\*Ike Gordon  
Rose Golub Kitaen  
\*Solomon Spero  
Mary Anne Baker  
Morton Blackman  
\*Paul Herzfeld  
\*Rose Lawson  
David Mason  
Eric Bruch  
Naomi Nelson  
\*Audrey Cowen  
Sky Infinity Schindler  
Sadie Schwartz  
William Cohen  
Bert Kantor  
Madelyn Kossan  
Rebeca Sherr  
Cecyle Beitscher  
Minnie Weider Friedman  
Melvin Furman  
Israel Maltzman

## May 17 & 18

Sam Hamovitch  
\*Karen Natkin  
Anne Cherin  
Benjamin Evidon  
Robert Golden  
\*Sheila Mittleman  
Sol Cherry  
Gladys Feder  
Sam Labovitch  
Anna Lipshitz  
Lesli Sachs  
Jeremy Steinberg  
\*Daren Flesner  
Joe Friedman  
George Leskowitz  
Bessie Marks  
Derek Russell  
Harry Lincoln  
Annette Silverstein  
Robert Breitbard  
Sheldon Freedheim  
Marion Keller Goldberg  
Marie Hilber  
Albert Minsky  
Steven Greenwood  
\*Norma Winston  
\*Albert J. Sablove  
Morton Silverstein

## May 24 & 25

Ivan Dix  
Don Hicks  
Frances Schwartz  
Susan Bell  
Valerie Putt  
Florence Feingold  
Kenneth Geist  
Bess Rosenthal Hirshman  
Louis H. Winer  
Penelope Koffman  
\*Stanley Rosen  
Jean Sweeney  
Arlene Zirkin  
Anne Baumann Spear  
\*Zehava Ben-Yehuda  
James Perkins  
Leonard Luttbeg  
Esther Asher  
Gerard Johnson  
Goldie Schissell  
\*May Tonopolsky  
\*Isador Heller  
Cari Rodman  
Joseph Timlin  
\*Lynda Jo Dyson  
\*Ethel Fischer  
Harry Schickler  
Lillian Huberman  
Buddy Lavin  
Murray Shapiro  
\*Libby Siegel  
Rose Zeichick  
\*Louis Chawkin  
\*Bob Epsten  
\*Robert Gardner  
Anne Goldstein  
Larry Kallman  
Esther Segal

## May 31 & June 1

Amy Singer  
Donald Bennett  
\*Major Rick Crocker  
\*Rita Hamovitch  
\*Leslie Smith  
\*Oscar Spilkin  
Betty Barkin  
Martha Dix  
Ruth Pollack  
Bertha Strauss  
Rabbi Haim Asa  
Dorothy DeSure  
Joseph Fagenbaum  
\*David Flesner  
Sylvia Korey  
Marv Donner  
Mollie Prenner  
Sam Bennett  
Ida Seiden  
Barbara Shive  
Louise Winicki  
Sylvia Clorfeine  
Florence Guss  
Mae Jordan  
Bill Musbach  
Harold Sherman  
Paul Tendick  
\*Manley Kaufman  
Gerald Levin  
Peggy Dashevsky  
Barbara Freedman  
Andre Dubuque  
Ron Baranov  
Edward Feldman  
Corinne Fraser  
Chip Garry  
Joseph Hirsch  
Isaac Lias  
Milton Lubin



\* designates a memorial plaque in



# In Our Temple Emanu-El Family

## MAY BIRTHDAYS

5/1	Rebecca Bellingham Benj Fried	5/10	Susy Doole Beth Friedenberg	5/17	James Storer	5/24	Anita Hettena Gabrielle Koffman-Leary
5/2	Lyla Brenis		Annika Nies	5/18	Evan Patocka	5/25	Benjamin Kennedy
5/3	Carol Arkin Laurie Baron Marni Nagel Matt Smith Megan Maher	5/11	Linda Bennett Jordan Chaim Andrew Spagat	5/19	Lance Grucela Danielle Goldberg Aaron Moore	5/26	Marc Kaplan Elissa Landsman Bruce Levine Oliver Fefferman
5/4	Frank Teplin	5/12	Shaun Copans		Allison Ribachonek		
5/5	Andrew Erickson Sophie Showman Benjamin Frederick		Nicholas Silverstein Jonathan Schinasi	5/20	Morey Bubis Ben Epstein-Thomas Leah Epstein-Thomas Jamie Gerwin	5/27	Joshua Clavell Judah Clavell Irwin Goldstein Eloise Muschenetz
5/6	Jennifer Kostrinsky Joe Stein	5/13	Carol Davis Michael Eichler Jon Epsten	5/21	Benjamin Brown Alex Chaim Fred Goldberg Robert Silverman		Rosalie Spritz Marie Raftery Reece Devor
5/7	Samantha Mayers Emily Mittleman Nicole Ries-Fox Catalina Trejo-Bloom	5/14	Jactyn Goldbarg Dayan Golden Nathan Spagat	5/22	Erin Zollman	5/28	Eric Berneger Marlene Korey Maura Stonberg
5/8	Gregg Cantor Rabbi Devorah Marcus		Colin Breymaier	5/23	Theodore Celano Joyce Fell Benjamin Mandel Nathaniel Persin Tory Persin	5/29	Roberta Berman Judith Mills
5/9	Neola Benedek Helen Elias Ron Krasner Theodore Nissan Harriet Prenner	5/15	Andrew Mactiernan Liam Rodman	5/24	Nancy Geist	5/30	Aunrey Bubis Jodi Gross Howard Lyon Andrea Musicant Emma Tseselskiy Weston Cobak
		5/16	Rachel Biegenzahn			5/31	Matthew Goldman Marty Weiss Noah Winston
		5/17	Benjamin Laddon Lynne Lurie Angelica Spielman				



## MAY ANNIVERSARIES

5/7	James Smith and Shara Brookman-Smith Michael and Lauren Sommer	5/24	Akshay Sateesh and Brooke Resh-Sateesh Charles Rogal and Lisa Shuman
5/10	Mark and Anna Perino Mark and Sheryl Feinberg	5/25	Jack Pipkin and Nancy Herzfeld-Pipkin Bill and Dhyana Latta
5/14	Harvey and Carol Korfin	5/26	David Manely and Jessica Kort
5/16	Dustin and Lisa Nies	5/27	Joseph and Lisa Cohen David Newman and Samantha Goldstein
5/17	Jason and Adrienne Bray Joel Young and Kathleen Colbert Richard and Tammy Lampke Sebastian and Rabbi Devorah Marcus	5/29	Dan and Marni Nagel
5/18	Christopher and Elizabeth Brown Mathew and Jennifer Kostrinsky	5/30	Jerry and Dianna Gittelman Ron and Lisa Oberndorfer Bob and Audrey Sablove
		5/31	Sheldon and Marjorie Derezin





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



שומרים Shomrim (Guardians)

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



## 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**      [adulthood@teesd.org](mailto:adulthood@teesd.org)  
Rabbi Benj Fried      (619) 286-2555
- **Advocacy**      [advocacy@teesd.org](mailto:advocacy@teesd.org)  
Barbara Learner  
Janice Steinberg
- **Budget and Finance**      [financecommittee@teesd.org](mailto:financecommittee@teesd.org)
- **Caring Community**      [caringcom@teesd.org](mailto:caringcom@teesd.org)
- **Endowment**      [endowment@teesd.org](mailto:endowment@teesd.org)  
Bob Rubenstein
- **House & Grounds**      [housegrounds@teesd.org](mailto:housegrounds@teesd.org)  
Steve Naiman
- **Library**      [office@teesd.org](mailto:office@teesd.org)
- **Membership**      [membership@teesd.org](mailto:membership@teesd.org)  
Amy Blum
- **Mental Health**      [mentalhealthcom@teesd.org](mailto:mentalhealthcom@teesd.org)  
Marie Raftery
- **Mi Shebeirach Tapestry**      [tapestry@teesd.org](mailto:tapestry@teesd.org)  
Claire Fritz
- **Preschool**      [preschool@teesd.org](mailto:preschool@teesd.org)
- **Publicity**      [publicity@teesd.org](mailto:publicity@teesd.org)
- **Safety/Security**      [security@teesd.org](mailto:security@teesd.org)  
Greg Houska
- **Social Action**      [socialaction@teesd.org](mailto:socialaction@teesd.org)
- **Torah School**      [thscom@teesd.org](mailto:thscom@teesd.org)  
Jane Muschenetz  
Patricia Cardozo
- **Women of Reform Judaism**      [wrj@teesd.org](mailto:wrj@teesd.org)  
Nancy Marcus  
Barbara Chancy
- **Youth**      [rabbibenj@teesd.org](mailto:rabbibenj@teesd.org)  
Rabbi Benj Fried



# Women of Temple Emanu-El

by Barbara Chancy and Nancy Marcus, Co-Presidents



May is such a wonderful month. We celebrate our mothers by honoring them on Mother's Day. Some of us are lucky enough to have our mothers still with us; others have lost our mothers. Some of us may feel we had the best mother in the world; others are more conflicted by their relationships. There is no question that some mothers are better at meeting their children's needs, but still they tried. So, as we approach this Mother's Day, let us be thankful for our moms.

We hope you will join us for a fun Spring Bunco Night on Wednesday, May 1, 6:15 pm. If you have not yet reserved your place, contact us at [wrj@teesd.org](mailto:wrj@teesd.org). Cost of the evening is \$18, which includes a light supper, prizes, and security. We hope to see you!

During the summer, we will continue with Mah Jongg on Monday afternoons at 1:30 pm. We are planning a daytime Bunco event and looking to hold a YES Fund Luncheon as well.

On Sunday, July 14, the WRJ Pacific District will offer a Southern California Area Day at Temple Israel of Pomona. If anyone is interested in a fun-filled day of learning and making friends, please reach out to us for details. We will probably go up on Saturday, spend the night and come back on Sunday after the event is over, around 3:30.

## A Little More History of WRJ:

YES Fund! You know what the YES Fund does to support Youth, Education and Special Projects, but did you know you could become a supporter in your own way? Past WRJ President Betty Benjamin, z"l, decided that a woman should be a philanthropic donor in her own right. She began the Lifeline Program for the YES Fund. A Lifeline is a woman's personal gift to the YES Fund. The money goes into an Endowment Fund. The principle is never used, just the interest. It supports many of the programs we have shared this year, both here in the USA and abroad. The cost of a Lifeline is \$1800, payable over several years. When completed, the donor receives a beautiful pin to wear proudly, knowing she has made a difference. Our co-president Nancy Marcus is a Double Lifeline, and she will be presenting a Lifeline Pin to Rhonda Schwartz at our Lifeline Luncheon this summer. Watch for information so you can join us for the celebration!

## Mazal Tov on Becoming Bar Mitzvah!



Joshua Laddon

Bar Mitzvah • May 25, 2024

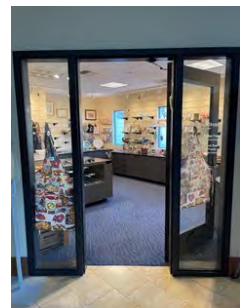
Son of Ben and Jessica Laddon

## Claire Handler Gift Shop

Our Temple Gift Shop, located in the lobby of the Sanctuary building, is a perfect place to find a wonderful variety of items for all occasions. Whether you are looking for something new to enhance your holiday celebrations or a gift to express appreciation to a host or for someone establishing a new home, you will find a great selection. Right now, we have, cooking kits, mezzuzot, Shabbat candlesticks, dripless candles, and so much more.

The Gift Shop is available any time the Temple office is open – just come into the office for assistance. It is also now open on Sundays when Torah School is in session.

We are looking for a few more volunteers. Training is provided, and the schedule is flexible. Contact Natalie Fritz at [office@teesd.org](mailto:office@teesd.org) for more details.



## **The FBI Files, Part Two** **by Greg Houska, Safety/Security Committee Chair**

I made it! Fourteen weeks after I finished my training, I was sworn in as an FBI Special Agent. It is an understatement to say things were different in those old days. On graduation day, I was given my credentials, a badge, a revolver, a speed loader, and a six-bullet pouch. That's it. I boarded a plane in Washington, D.C. and wondered if anyone on board knew I was armed. Once in San Diego, I had to buy my own handcuffs and business cards, was fitted with a bulletproof vest, borrowed a collapsible baton from the SWAT locker and other accouterments of a law enforcement officer. New agents today receive laptop computers, cell phones (not widely used then), and the latest in firearms. Luckily, we had pockets full of quarters for pay phones.

Soon I was ready for my first assignment to a white-collar crime squad. We worked on a host of violations, including bank, wire, mail, and bankruptcy fraud. It was almost the wild west back then as we made weekly arrests of bank tellers "borrowing" from the till, con men defrauding people of their life savings and boiler room operations promising unrealistic returns on people's investments.

We had plenty to keep us busy. I played a small role in one incredible case involving experienced undercover agents making a pitch to boiler room operators. Boiler rooms are high-pressure call centers in which unfair or dishonest promises were made to victims, often the elderly, in which penny stocks or questionable investments were offered. Agents scheduled an appointment with the scammers and then wheeled in a box with lights and an automatic phone dialer with the promise that hundreds of phone calls would go out and soon investors would be calling begging to invest or buy the scammer's product. The machine would be turned on, the bells and whistles would go off, and in 15 or 20 minutes, dozens of us agents would call in to hear the spiel and become ready "investors," real victims. The FBI made hundreds of arrests from this operation and had a sizable impact on these schemes. I acted as a pretty convincing 70-year-old widower. It was incredibly rewarding the day we conducted a multi-state arrest and search operation of dozens of these operations. As I remember, no one arrested went to trial due to the evidence compiled against them.

After almost eight years of white-collar crime, I was ready to transition to something slightly different: gangs and violent crime.



Join the Jewish Federation of San Diego and the Lawrence Family JCC/Jacobs Family Campus on Sunday, May 5, at 1 pm for their annual Yom Hashoah Community Commemoration.

This year, under the theme "Coming Together in Strength & Unity," we'll stand together with local Holocaust survivors to honor and learn from their experiences. We are also privileged to have Mitch Albom, acclaimed author of "The Little Liar," as their guest speaker. His poignant narrative will shed light on this dark chapter of history.

Let us ensure the voices of the past are never forgotten. Reserve your spot today by registering on-line at Jewish Federation of San Diego's website.



# SAVE THE DATE

Annual Congregational Meeting

Wednesday, June 5, 2024

6 pm

## JFest 2024

The 2024 Lipinsky Family Jewish Arts Festival celebrates 31 years of performances exploring Jewish history, people and ideas in music, theater, dance and fine arts. The Festival begins on May 30 and continues through June at venues throughout San Diego.

The Festival will highlight Mandy Patinkin in Concert on June 4, "Refuah: Music and Performances of Healing," comedy, theater events, and the Klezmer Summit. The 15<sup>th</sup> Annual Woman of Valor will honor six local women, including Rabbi Devorah, and will be held on June 18 at the JCC and June 23 at Leichtag Commons.

A full list of events and ticket information is available at [sdjfest.org](http://sdjfest.org).

**Preschool  
Summer Camp  
Registration is  
open!**



**JUNE 10-  
AUGUST 2**

**CALL THE  
PRESCHOOL  
FOR MORE  
INFORMATION.**

**Core Program from 8:30am-1pm  
Extended Care available until 4:30pm  
[Preschool@teesd.org](mailto:Preschool@teesd.org)  
619-286-2999**





**We'd love to share your  
simcha!**

Do you have an engagement, a wedding or a new baby in your family? Share your happiness with the congregation! Please email the information to [publicity@teesd.org](mailto:publicity@teesd.org) to be included in an upcoming bulletin.

In our Sanctuary there are two special and always visible means of acknowledging those we wish to honor and those we wish to remember: Leaves on the Tree of Life and Plaques on the Memorial Board. In addition, the Temple has cemetery plots for sale in the Mt. Sinai II lawn at El Camino Memorial Park. For more information please call the office at 619-286-2555.



# 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](http://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](http://careasy.org) to learn more about the process or contact anyone at the Temple office for assistance.

Thanks for your support.



## 988 SUICIDE PREVENTION HOTLINE

988 is the new three digit code to route callers to the National Suicide Prevention Lifeline for support 24 hours a day, 7 days a week. Please remember this number if you or someone you know is in crisis. There is no charge. Call or text 988, or chat at [988lifeline.org](http://988lifeline.org) from anywhere in the country.

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## BULLETIN DEADLINES

May 5 for the June issue  
June 5 for the July issue

**Gail L. Braverman, MA, MFT**  
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# May 2024 Nissan— Iyar 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			May 1 • 23 Nissan	May 2 • 24 Nissan	May 3 • 25 Nissan	May 4 • 26 Nissan
			NO Coffee with the Rabbi Last Day of Hebrew Classes Bunco-WTEESD 6 pm	Bridge with Benj 12:30 pm Rabbi Lawson's Class Tikkun Ha'Am 12:30 pm Youth Choir 5 pm Adult Choir 6 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service 10:30 am Cabaret Night 5 pm
May 5 • 27 Nissan	May 6 • 28 Nissan	May 7 • 29 Nissan	May 8 • 30 Nissan	May 9 • 1 Iyar	May 10 • 2 Iyar	May 11 • 3 Iyar
Last Day of Torah School Intro to Judaism 10 am Yom HaShoah: Community Holocaust Commemoration Lawrence Family Jewish Center 1 pm Last Day of Adult B'Nai Mitzvah Class 2 pm	Mah Jongg 1:30 pm	Community Jewish High 6 pm	NO Coffee with the Rabbi  Torah for the Table 6 pm	Bridge with Benj 12:30 pm Rabbi Lawson's Class Tikkun Ha'Am 12:30 pm Adult Theatre Rehearsal 5 pm	Shabbat Service 6 pm Rabbi Lawson's 50th RABBIVERSARY	Torah Study 9 am Shabbat Morning Service 10:30 am
May 12 • 4 Iyar	May 13 • 5 Iyar	May 14 • 6 Iyar	May 15 • 7 Iyar	May 16 • 8 Iyar	May 17 • 9 Iyar	May 18 • 10 Iyar
MOTHER'S DAY  Yom HaZikaron: Israel's Day of Remembrance Humphreys Concerts by the Bay 7 pm	Mah Jongg 1:30 pm Yom HaZikaron-Yom HaAtzmaut with Rachel Korazim @ Beth Israel 6 pm Book Group 7 pm	Community Jewish High 6 pm	NO Coffee with the Rabbi  Rachel Korazim Poetry Session @ Temple Emanu-El 7 pm	Bridge with Benj 12:30 pm Rabbi Lawson's Class Tikkun Ha'Am 12:30 pm Children's Choir Rehearsal 5 pm Adult Choir Rehearsal 6 pm	Shabbat Service 6 pm Yom Ha'Zikaron/Yom HaAtzmaut Congregation Beth Israel 6 pm	Torah Study 9 am Bar/Bat Mitzvah Retreat 9:45 am Shabbat Morning Service 10:30 am Adult Ed Movie—Golda 7 pm
May 19 • 11 Iyar	May 20 • 12 Iyar	May 21 • 13 Iyar	May 22 • 14 Iyar	May 23 • 15 Iyar	May 24 • 16 Iyar	May 25 • 17 Iyar
Israel Processing Brunch 10 am Yom HaAtzmaut JCC 12 pm	Mah Jongg 1:30 pm	Yom HaAtzmaut: Israel's Independence Day Lawrence Family Jewish Center 12 pm Community Jewish High 6 pm	NO Coffee with the Rabbi WTEESD— Game Night 6 pm	Bridge with Benj 12:30 pm Rabbi Lawson's Class Tikkun Ha'Am 12:30 pm Band Rehearsal 5 pm	Shabbat Service 6 pm	Torah Study 9 am Shabbat Morning Service Bar Mitzvah 10:30 am
May 26 • 18 Iyar	May 27 • 19 Iyar	May 28 • 20 Iyar	May 29 • 21 Iyar	May 30 • 22 Iyar	May 31 • 23 Iyar	
	Memorial Day Office and Preschool Closed NO Mah Jongg	Community Jewish High 6 pm	NO Coffee with the Rabbi	Bridge with Benj 12:30 pm Rabbi Lawson's Class Tikkun Ha'Am 12:30 pm Band Rehearsal 5 pm	Shabbat Service 6 pm Oneg in honor of Star and her service	



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