## The Glance NVHC's Quarterly Magazine

December | 2023

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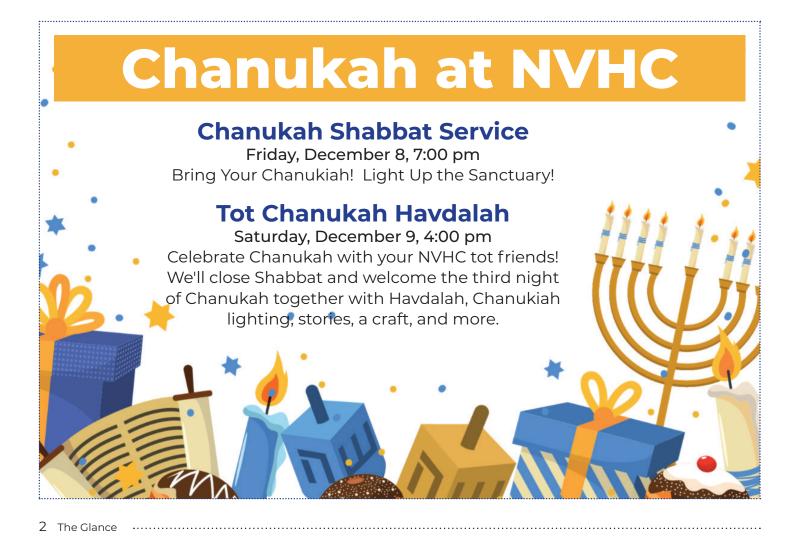
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Please note this Glance article was written in mid-November 2023

By the time you are reading this, we will have reached two months of war in Israel. I pray that we find our way to peace between now and then. I pray that hostages are reunited with their families; I pray that innocent Israeli and Palestinian civilians are no longer harmed; and I pray that God softens hearts filled with hate.

The unfolding war in Israel has brought up a lot of feelings over the last two months. It's helpful to take time and check in with yourself and your family to understand how each person is feeling. If you're still struggling with how much to talk about Israel at home, school, or the office, here are some thoughts and strategies. These thoughts are intended for the kids in our community, but all Jews who are struggling at this moment could use some wisdom.

First, we are *Am Yisrael* (the Jewish people), and as such, Israel is *always* on our minds. Israel is in our name, and it's a place we have deep relationships with. Second, after two months, kids know more than you might think. They've picked up a lot from friends at school, overhearing conversations to just listening along with family to the news. Like any big challenging topic in life, as parents, you have the choice of how much to talk about things at home. I want to share the wisdom from my teacher, Dr. Sivan Zakai, that parents have the choice to set things up for their kids or clean them up. Our kids don't live in a bubble and learn about all kinds of things, whether we are ready for it or not. Either way, we have to help our kids think about Israel. Conversations for families:

- Discuss as a family how you think you might best stay informed. When will we tune into the news as a family, and when will we take a pause from the outside world and focus on our family?
- Use these opportunities to help kids think about responsible media consumption.
- Understand how your kids are thinking and feeling in a loving and compassionate way.
- Words! There are so many terms out there to talk about this war and the historical conflict in the Middle East. Words matter – a lot. Be as intentional as possible with every term you use. Help others understand when a word or phrase is hurtful or inaccurate, and if you have questions about terminology, we are to help everyone learn.

I have big feelings right now:

• War is really hard and really scary. To be at war inherently means people will die. Death is a really hard topic to talk about. This conversation with your kids is made even more difficult when babies and young people are dying on both sides. It's not a black-and-white issue. Give your kids (and each other) the opportunity to express that this sucks and it's sad. Creating space to express that sentiment is a small act that has a lot of power to help your kids process events. • If your kids experience antisemitism at school, report it. Schools need to be safe places, and choosing not to report antisemitic acts or speech does not help our public schools live up to that intention. These conversations with schools are not easy, find out what process your school wants to use to receive your stories. If it helps, find a buddy or community within your child's class or grade.

Some thoughts on Social Media 60+ days in:

- In the aftershock of October 7<sup>th,</sup> as graphic content was flooding social media in the form of pictures and 90-second TikTok clips, families were encouraged to limit access to social media in an effort to shield directly encountering graphic images. Now, life has changed; fewer of the images from 10/7 are on feeds, and instead, more quick and flashy slogans. Changing an algorithm is hard work. If limiting social media feels hard or not feasible for your family at this moment, encourage your kids and teens to stay away from comment sections on such posts if they are avoidable. Consider taking a social media Shabbat once a week (and celebrate Shabbat). These strategies can make social media more manageable.
- We can express solidarity with the Jewish people, but that doesn't have to happen by reading and watching every Israel-related story on social media.
- For teens and young adults who are turning to social media for Israel education, remember that the institutions you are following cannot, with any integrity, provide thorough and accurate education on all of Israel's

history, or even this war, in one post on social media. Social media should be combined with other sources for Israel education, not the exclusive source.

As the war drags on, the questions our kids will ask parents, clergy, and educators will become increasingly more difficult. Our most celebrated Jewish values of life and *tzedek* (justice) are more complex. By doing small acts that are true to our values, it can be healing during this time of feeling broken. Now is not the time to stop being Jewish, but rather a time to remember what is important about Jewish tradition and live committed to those values.

You are reading this article for many reasons. But if you think past the last two months of war, think farther back in your mind past the last few years. What brought you to Judaism and NVHC? I would guess that it was an act of love that originally connected you with Jewish peoplehood. Someone loved you and brought you into the Jewish community. They wanted to share the comfort and meaning they had found in Jewish peoplehood with you. As we continue to struggle with the violence of war and the vulnerability of being a minority, I encourage you to face that by continuing to show each other how Judaism is a loving tradition. A faith where we love each other and love God and that one day, we pray, this war will end, and all that we will see and feel is the love of the Jewish community.

## Strengthening Our Community through Song and Prayer

#### By Cantor Susan Caro

The experience of singing is integral in our Jewish DNA: The Levites were the ancient temple musicians and singers, and we have evidence that the Psalms were sung to a variety of kinds of melodies. The conductor who led the holy Levite orchestra under both King David and King Solomon was named '*Assaf*' – the 'gatherer'. His name personifies the purpose of music – to gather people together, for transformation.

Now I ask, who doesn't like to sing? I am not asking about what other people **think** about your singing,

how tuneful (or not) it might be deemed, but rather about the experience you have when creating the sound yourself– without anyone else's listening or judging. Singing is uniquely a human capacity. Rabbi Pinchas of Koretz, a disciple of the Baal Shem Tov teaches: "When a person is singing and cannot lift his or her own voice, and another comes and sings with that person, another who can lift their own voice, then the first person will be able to lift their own voice, too.

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#### Do you play an instrument? Do you love to sing?

I would love to do some 'jamming' here with you at NVHC. Music changes when we create it together. My guitar strumming is different when we add in piano or a drummer's rhythm. My solo notes sound altogether different when layered with a spontaneous harmony. It is an interaction of energy that is different and beautiful with each creation and each moment. Maybe we will add something to our worship, maybe we will showcase something for fun; or maybe we will just make some music together for the sheer enjoyment of it. If you would like to try out your musical chops in some way here, please be in touch with me at cantorcaro@nvhcreston.org!

Cantor Susan Caro

#### LIFE-CYCLE EVENTS

#### MAZEL TOV

To Craig and Nina Falci, on the birth of their grandson, Parker Finn Loeshelle, born on September 10, 2023, to delighted parents, Ellen and Joel Loeshelle

To Kristina and Michael Wheatman, on the birth of their daughter, Ilana Nicole (Lila), born on August 21, 2023

To Leslie and Matt Thorne, on the birth of their daughter, Rebekah Eileen Thorne, born on October 15, 2023

#### CONDOLENCES

To Dawn Dumon, Alexi and Alana Buckner, on the death of their mother/ grandmother, Nancy Dumon

To Bruce Johnson, on the death of his mother, Betty Johnson

To Anibal Blanco, on the death of his father, José Antonio Blanco

To Mark Tauber, on the death of his mother, Jean Tauber

To Peter Robbins, on the death of his mother, Phyllis Bikoff Robbins

To Lori Saltzman and Hayley Christiansen, on the death of their father/ grandfather, Jack Spitzer

To Heidi Mitnick, on the death of her cousin, Danielle Dempsey

To Linda Gordon, on the death of her uncle, Ernest Emanuel Culman

To Carla Heymsfeld, on the death of her husband, David Heymsfeld

To Leslie Platt, on the death of his brother, Dr. Marc Platt

To Jessica Banikiotes, on the death of her grandfather, Stan Schneider

Submit your life-cycle events by phone to: 703-437-7733, or Email to: mozelle@nvhcreston.org

#### **NEW MEMBERS**

#### A Warm Welcome to New Members

We extend a warm welcome to these NVHC newcomers who have recently become part of our family. Please be sure to make them feel at home when you meet them.

Marc and Claire Bernstein Hillary and Norberto Daluz Linda Disselkamp Carrie and Justin Dodson Miriam and Andrew Drake Neil and Laurie Falis Michelle and Keith Gentry Allison Isaacon and Arom Nadjmabadi Kylie and Michael Kalik Steven and Cynthia Katz Gerry Lipman Sarah Margerison and David Boyer Jaclyn and Patrick Mescher Ioshua and Iulie Moses Lev and Aleksandra Perelman Karen Seidenberg **Rachael Sheinman** Sam and Anne St. Lifer Alyssa and Andrew Vigliotti Max and Marlene Wald

## **Publicizing the Miracle**

anukkah always raises major emotions for American Jews. Events in Israel right now make this even more complex.

The core commandment of Hanukkah is the lighting of the *hanukkiah*, but what most people do not know is that the lighting is intended to be about PR. Unlike Shabbat candles which an individual lights as a private spiritual act, the *hanukkiah* is supposed to be placed in the window, at the front of the house, as a way to publicize the miracle.

The visibility of the *hanukkiah* has caused agita for many Jews in our people's long history. Given our minority status and fears for our safety, Jewish authorities long ago allowed people to move the candles away from the window in times that feel especially dangerous. For a lot of us, 2023 is one of those times: antisemitism has been on the rise, Israel has been under vicious military and political attack, and many of us are feeling like non-Jews just do not understand us.

The irony, of course, is that the Hanukkah story itself is about an oppressed

#### By Rabbi Ashley Barrett

group of people, the Maccabees, pushing back against assimilation and the oppressive power of Hellenistic culture. They wanted to assert their Jewishness, which ultimately led to violence, and the creation of the only independent Jewish commonwealth between the kings of ancient Israel (David, Solomon, etc.) and the modern state of Israel. In other words, Hanukkah is all about Jewish self-determination.

Therefore, I ask you to think twice before moving the hanukkiah out of the window. This holiday is fundamentally about two things: Jews deserve full self-expression, and God does miracles. Our neighbors, friends, relatives and especially children need to hear that these messages are still true.

Whatever one may believe about Israel's military response to the Hamas terrorist attack on October 7<sup>th</sup>, the right of Jews to have an independent Jewish state, should be unquestioned. Just as a Jewish home should have a right to publicize its Jewishness, so too should The Jewish Home have a right to publicize its Jewishness.

Second, God does do miracles. The past weeks have felt like very dark days indeed. Chanukkiah tells us to increase light each day because Jews are meant to increase holiness in the world. And miracles begin small, with a bit of oil that lasts longer than expected. The results can be enormous: Am Yisrael Chai, The Jewish people are alive today. The horrors of 10/7 have been compounded by the horrific upsurge in antisemitism. I know this sounds a bit pre-October 7<sup>th</sup>, but I truly believe that neighbors in our area have our backs. Perhaps talk to your neighbors about how you feel right now, about why your ha*nukkiah* is in the window, about your belief that miracles happen even in the darkest moments of the year and the darkest moments in living memory. Who knows, this is the DC area, maybe someone you speak to might be so inspired they will go make peace in the Middle East!

In any event, *Chag Urim V'sameach*, May this be a happy and light filled holiday.



#### WOMEN OF NVHC

## Belonging – Connecting – Engaging

We are looking for YOU! Come Join Us! By Peggy Nelson



hope you attended our Chocolate and Champagne event on October 15. It was a great event! We had about 55 people in attendance, and we enjoyed good food, good friends, and a good time. One of the best upshots of this event was the fact that we had two new Women of NVHC members plan and execute this great event! Stacy Skitol and Pat Coshland took the helm for this event, and planned a new menu on a tight budget and made it a memorable occasion! We are so lucky to have them step forward and volunteer to run this event.

In addition, we sponsored a new Social Action project at this event! Jane Torman drove a new project forward for "I Support the Girls". This project encouraged donations of feminine hygiene products, as well as new bras for many organizations around our community. We were able to collect more than 2100 feminine hygiene products and close to 400 bras to support this social action collection. Again, we are so grateful to have a new person step forward with a new idea to push a new social action project to fruition.

We heard from our NVHC President, Elizabeth Lacher, on Yom Kippur on the importance of volunteering, engaging, and belonging to our NVHC community. We are fortunate to have so many wonderful volunteers throughout our community, but we are always searching for more people to help and execute new programs and activities, as well as bring new ideas to our attention.

It is not too late to join the Women of NVHC and share your new ideas with us. We have many more exciting activities planned for the rest of the year, and we always need your help in planning and participating! Please join us, and please become engaged. Your new ideas and help will make our organization better for everyone! You will have the pleasure of belonging to a wonderful group of women who participate in a wide assortment of activities, while enjoying one another's company and making friends to last a lifetime. It is all about community – you need a place to feel like you belong, and where everyone knows your name. We can give you that

## connection, that bond that ties you to NVHC, and to all the good things that we bring to our community.

We will be announcing the dates of our Cooking Up Camaraderie events in January and February very soon! We hope to have about 4 or 5 events on different days and times that would appeal to a wide audience. This is a Women of NVHC Fun(d)raiser! You purchase a ticket to attend the event, and the hostess prepares a wonderful event for you to enjoy. The money collected will go to the Women of NVHC. We already have 2-3 new hostess volunteers planning a delicious and memorable event for your dining pleasure! Maybe you would like to welcome friends to your home to help us on this fun(d) endeavor! **Let us know soon if you would like to be a hostess**. Look for additional details soon.

In addition to our above events, we are planning another January member lunch, the Annual Mah Jongg Tournament, our favorite Women's Seder in the Spring, as well as the end of year Brunch in June.

So, whoever you are, and whatever you enjoy, we want you to come and enjoy activities with us. The above information is only a small assortment of events. There are other events throughout the year, such as Global Lunches at varying restaurants around Reston, book club discussions, and other educational and informational events. Whoever you are, you are welcomed and encouraged to join us! With all of us, we will make NVHC a thriving, giving, warm and friendly place. We want YOU, and YOU can help us further our mission of promoting camaraderie, *esprit de corps*, spirituality, and participation in *tikkun olam*.

If you have questions or new ideas, please reach out. You can email me at PeggyNelson8@verizon.net. We hope to see you soon!

L'shalom, Peggy Nelson Women of NVHC President Questions or ideas? Please email me at <u>PeggyNelson8@verizon.net</u>

### SOCIAL ACTION COMMITTEE

## "Belonging" at NVHC

Connect with others who care through NVHC Cares & NVHC Change

#### By Ellen Ranard

hether you need one-off small tasks or want to be more involved, NVHC Change and NVHC Cares have many opportunities to help you find your way to belonging.

**NVHC Cares** is our team of community members providing *chesed* (kindness) to our NVHC community. We help our NVHC community when they are recovering from illness, injury, or processing through bereavement, we recognize *simchas* with a mazel tov, and we provide rides to our synagogue events for those who need transportation.

**NVHC Change, our social action committee,** is committed to *tikkun olam*, repairing the world. We contribute to our larger community by feeding the hungry, aiding refu-

gee families, supporting interfaith partnerships, working to protect our planet, and so much more.

Working as part of **NVHC Cares** and/or **NVHC Change**, we build friendships. These meaningful personal connections give us the strength to move forward and to continue our work, and they enrich our lives. NVHC Cares and NVHC Change have long time members and brand-new folks who have stepped up to help.

Getting involved is easiest through volunteering. Volunteering is the fastest way to get to know new people. Knowing people is how you find and feel *belonging*. We want you to belong - please join us!

NVHC Change	NVHC Cares
Volunteer for one small task or join an ongoing project. Either will connect you with others who care. Drop off food or cook for a shelter meal. Help a refugee family move into a new apartment, mentor a child, or research and share ways to make going green easier. <b>Volunteer Opportunities:</b> Feeding Hungry School Kids Meals for Community Shelter Families Home Cooking for Hypothermia Shelter Mentoring Kids in Need at Forest Edge Afghan and Ukrainian Family Resettlement Rebuilding Democracy Project Get Out the Vote & Election Protection Green Team: Protecting our Planet Racial Justice Education & Advocacy Reproductive Rights Support Nonpartisan Interfaith & Jewish Advocacy Welcoming the LGBTQ+ Community Diversity Justice & Inclusion Interfaith Partnerships New ideas for projects welcome! To volunteer or learn more, or to be added to the SAC Mailing List, contact Ellen Ranard, socialaction@nvhcreston.org	Join a team that has a regular role in reaching out to our community, or be added to a mailing list so that you find out when people are in need and offer to help when you are able. Be the reason for someone to smile at a time when things are challenging, join in the celebrations with a mazel tov, or help a friend be at services/events in person. Join our <b>Calls Team</b> and take an annual 2-week slot to make calls to people in our community Our <b>Cards Team</b> sends a hand-written note when you need it Our <b>Challah Mailing List</b> includes people who will bake/buy and delivery a Challah when needed Our <b>Meals Mailing List</b> includes people who can make/buy and delivery a meal when needed Our <b>Rides Mailing List</b> includes people who are available to provide transportation to our members who need help getting to a NVHC event To join one of our Teams or be added to our Mailing Lists, contact Lisa Folb at nvhccares@nvhcreston.org

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We have lots of options. It doesn't have to be a big commitment, but each time you participate, you will meet someone new or greet a familiar face. The next time you are at NVHC, you will recognize more faces in the congregation and feel more at home.

These relationships that we build and these vital acts of *g'milut chasadim* (loving kindness) strengthen NVHC and our world. Take a look at the opportunities and let us know how you would like to help. We can't wait to get to know you.



Scan this QR code or go to https://tinyurl.com/nvhc-volunteer to visit a website that describes each of our volunteer opportunities.

#### ....continued from page 4 Strengthening Our Community through Song and Prayer

That is the secret of the bond between spirit and spirit." Embedded in this teaching is the expectation that we all need singing; and we do even better with it when our voices join with and help one another.

This is not meant to be a convincing argument for everyone to join Kol Shirah (though for any of you who feel better about singing, you should consider it!). But the power of singing together to change us, to influence us is stunning - there are proven scientific and biological effects, social, psychological, and spiritual effects. Whether belting out a tune in the shower when no one can hear you or singing at the top of your lungs along with the car radio, or joining in songs of protest or strength feeling the emotional solidarity or patriotism when a whole group of people are singing out "If I Had A Hammer" or "Blowin' In The Wind", we are moved by the aspirational arc of words and music. I think back to the first time we gathered after our COVID isolation, and my voice joined once again with all of yours, in real time. To me, singing together, all our voices, felt like being part of the voice of humanity, a oneness in all of its fullness.

Singing with others transcends interpersonal barriers, helping us to tune out the frayed narratives that judge how we are doing, and instead opening us up to experience a collective sound that reinforces collaboration and positive relationships – we are a part of something greater than ourselves.

A world without music is unthinkable. It is not about whether we can sing beautifully; it is my fervent hope, my raison d'etre, that each person feels moved and inspired to sing in our community. To that end, we are bringing **Joey Weisenberg**, a wonderful NYC musician and prayer leader who has spent a great deal of time exploring the spiritual nature of singing and praying, to join our community for an afternoon of learning on **Sunday March 10, 2024**, from noon-6 p.m. Joey talks about the paradox of music as both bringing us together, and at the same time needing us to first come together to make music. I know this might sound daunting, but here is why I urge you to make time to join us (if not for all of it, then at least for some of it)!

We will be exploring *nigunim* – so you don't have to worry about any words, just let yourself be in the music.

We will be exploring a wealth of musical teachings in our tradition about the value and importance of singing as a core part of our human experience. Song of Songs 2:14 – God calls to Israel, let me hear your voice.

I cherish that our congregation loves to sing, and I love to sing with you! It will be a great time of engaging in unique ways of being together through music and song, with joy and laughter.

"Where there is song, there is prayer" (Berakhot 6a). Singing **together** in prayer, we can let go of how the words might proceed, let our thinking brains have a rest, and feel sounds reverberating in our bodies, all so that we can raise our spirits toward wholeness and hope. Music is the soul's native language; Come join us and let your soul speak.

#### TZEDAKAH

#### WE THANK OUR GENEROUS CONTRIBUTORS

#### Adam Levine Camp Scholarship Fund

Don and Nell Hirsch...in memory of Haywood Furman

Jim and Michelle Kranzberg...in memory of Jackie Lugo

Bruce and Laurie Levine...in memory of Steven Stern

Deborah and Jonathan Rochkind... in memory of Basil Schiff

#### Avodah (Worship) Fund

Elizabeth and Andy Lacher...in celebration of our 37<sup>th</sup> wedding anniversary

Linda and Howard Perlstein...in honor of the 42<sup>nd</sup> anniversary of Shalom Chaverim Chavurah

#### **Cantor's Discretionary Fund**

Francine Beifeld...in memory of Yetta Sheingold

Bess and Eric Eisenstadt...in honor of Jonah Dearson's Bar Mitzvah, and in gratitude for being a spiritual and educational leader of our Jewish community

Ellice and Jon Kark...for the continued recovery and well-being of Francine Pepin

Norm Reich...in memory of Norma Lehman

Sam Samuels...in memory of Essie W. Samuels

Marvin and Karen Singer... in honor of Cantor Caro Andrew Stein and Kim Arnstine...in memory of Jane V. Stein, Ruth Brooker, Rose E. Stein

Phyllis Stein...in memory of Ann Silverman

Nina Zaretsky

#### **Chesed (NVHC Cares) Fund**

Anonymous...in memory of our loving mother

Nell and Don Hirsch...in memory of Miriam Pettigrew

Dave McCue and Lori Lefcourt... in memory of Elaine Lefcourt

Arnie and Natalie Small...in memory of Harvey M. Mand

Ron Wallos and Joanne Schamest... in memory of Hugo Schamest

Oliver and Joyce Schueftan... in memory of William Gasperow

Marsha and Rachael Sheinman... in memory of Jose Antonio Blanco

Ron Wallos and Joanne Schamest... in memory of Edythe Fisher

#### Feldman Rubinoff Engagement Fund

Francine Beifeld...in memory of David Beifeld, Ruth Beifeld

Howard and Carolyn Wesoky...in honor of Carl Zelman's milestone birthday

#### Hidur Mitzvah (Beauty) Fund

Elizabeth and Andy Lacher... in memory of José Antonio Blanco

#### **High Holy Day Appeal**

Lida Arman Saeedian Patricia Aston Mark and Cathy Baum Harvey and Janice Berger Chad Ackley and Ida Brudnick Alejandro and Clara Bulux Dwayne and Donna Archer Dominique Austin Emily and Mike Ballanco Henry Chadwick Rachel and A. Lee Charlton Hayley Christiansen Ryan and Jacqueline Cooperman Lisa Denny Linda Disselkamp Jeff and Tracy Dlott Carrie and Justin Dodson Marlies Dunson and Eric Primmer Eric and Bess Eisenstadt Craig and Nina Falci Debra and Francisco Fernandez Eric and Karen Forman Robert Gates and Nancy Rodriguez Steve and Linda Gordon Ken and Fay Gubin Beth and Doug Hahm Andrew and Shawn Harris

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David Stein and Denise Michel...in memory of Jerome I. Stein, Toby J. Stein,

Andrea R. Stein, Werner E. Michel Joan S. Michel

Mark Tauber...in memory of Jean Pearl Tauber

#### TZEDAKAH

#### Na'arim (Youth Engagement & Scholarships) Fund

Justin and Andrea Hayes...in memory of Blanch Sachs

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#### **NVHC General Fund**

Francine Beifeld...in memory of David Heymsfeld

Henry Chadwick...in memory of David Heymsfeld

Marcelino and Rinna Cortes

The Dulman Family...in honor of the Bat Mitzvah of Talia Dulman

Robert and Shirley Finkelstein... in memory of David Heymsfeld

Caroline D. Gabel...in memory of Dave Heymsfeld

Mark and Alyse Goldman... in memory of Roselyn Goldman

Mort and Deborah Goldstrom... in memory of Dr. Marc Platt

Jon Groisser and Hana Newcomb... in memory of David Heymsfeld

Debra Goodman-Herman and Salo Herman...in memory of Yvette Herman, Wolf Herman

Rachel and Jonathan Grunspan

David Hettler and Carola Seiz-Hettler... for security

Joel Heymsfeld...in memory of David Heymsfeld

Don and Nell Hirsch...in memory of David Heymsfeld

Bill Holtzman and Juliet Goozh

Evelyn Katz...in honor of Jane Torman's special birthday; in memory of David Heymsfeld

Norma Kenigsberg…in honor of Carl Zelman's 85<sup>th</sup> birthday

Johanna, Joe, and Noah Kitchell... in memory of David Heymsfeld

Jim and Michelle Kranzberg...in honor of Joe Miller's hard work in bringing a Preschool tenant on board

Phyllis Krochmal...in memory of David Heymsfeld

Nancy Kruger...in memory of David Heymsfeld, Dr. Marc Platt

Ken and Kathy Laskey...in memory of Dr. Marc Platt

Henry J. and Joan W. Lewis... in memory of David Heymsfeld

Donald and Linda Lockshin... in memory of Irene Frisch Miller, Marylyn Frisch Pisseri

Becky and Ben Marvin...in memory of David Alan Heymsfeld

Robin Miller...in memory of Michael A. Miller

Jaclyn and Patrick Mescher

Ellyn and David Meyers...in honor of Jane Torman's special birthday

Peggy, Ellen, David and Peter Nolan... in memory of David Heymsfeld

Judi Ornoff...in memory of David Heymsfeld

Howard and Linda Perlstein... in memory of David Heymsfeld

Adam and Marlo Primmer... for security Meryl Ram...in memory of Nathan Ram

Norm Reich...in memory of David Heymsfeld

Ellen and Robert Rugel...in memory of David Heymsfeld

Sam Samuels...in memory of Linda Samuels, Essie W. Samuels

Paul Schlesinger...in memory of David Heymsfeld

Larry Snowhite...in memory of David Heymsfeld

Andrew Stein and Kim Arnstine...in memory of Dr. Marc Platt

Phyllis Stein...in memory of David Heymsfeld

Max and Marlene Wald

#### **Oneg Sponsor Fund**

Cantor Susan Caro...in celebration of Jon Lertzman's special birthday

Andy and Elizabeth Lacher...in celebration of our 37<sup>th</sup> wedding anniversary

Kristina and Michael Wheatman... in honor of the baby naming of Ilana Wheatman

#### Rabbi's Discretionary Fund – Rabbi Barrett

Cara and David Bookbinder... in honor of Laela Sylvie Bookbinder's baby naming

Bess and Eric Eisenstadt...in honor of Jonah Dearson's Bar Mitzvah, and in gratitude for being a spiritual and educational leader of our Jewish community

Meryl Ram...in memory of Selma Ram

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Sam Samuels...in memory of Essie W. Samuels

Ellen and Steven Wheatman...in honor of the birth of Ilana Nicole Wheatman

#### Rabbi's Discretionary Fund – Rabbi Gold

Allan and Esther Berg...in memory of Ruth Berg, Jacob Goldstein

Marc Rosenberg and Ruth Imershein

#### Rabbi's Discretionary Fund – Rabbi Holzman

Adele Denny and Kiah Warden... Achvat B'Kerem crisis response support

Bess and Eric Eisenstadt...in honor of Jonah Dearson's Bar Mitzvah, and in gratitude for being a spiritual and educational leader of our Jewish community

David Hettler and Carola Seiz-Hettler...in honor of Rabbi Holzman's work with Racial Justice

Carol Isaacs

Marjina Kaplan and Sheldon Stick

Charles and Barbara Leven...in memory of Samuel Leven, Herman K. Lembersky

Denise Michel and David Stein...Achvat B'Kerem crisis response support

Michele Probst...Achvat B'Kerem crisis response support

Richard and Ellen Ranard...Achvat B'Kerem crisis response support

Allan and Barbara Ratner... in memory of Beatrice Goldrich

Jim and Laura Rose...Achvat B'Kerem crisis response support

Sam and Lisa Schwall... Achvat B'Kerem crisis response suppport

Sam Samuels...in memory of Essie W. Samuels, Israel

Social Action Committee...Achvat B'Kerem crisis response support

Helen Smith...Achvat B'Kerem crisis response support

Danielle and Steven Spitzer...Achvat B'Kerem crisis response support

Patrick and Kristen Towbin...Achvat B'Kerem crisis response support

Ron Wallos and Joanne Schamest... Achvat B'Kerem crisis response support

Stu Williger...Achvat B'Kerem crisis response support

#### Seldon and Ruth Kruger Distinguished Speaker Series Fund

David and Ellen Brewer...in memory of Ella Caplan Brewer

Sandee and Ed Byrne...in memory of Sam Chernow, Miriam Byrne

Henry Chadwick...in memory of David Heymsfeld

Isabel Einzig...in memory of Nathaniel J. DeGutz

Michael and Carol Flicker...in memory of David Heymsfeld

Eric and Karen Forman...in memory of Mildred Forman, David Heymsfeld, Anna Blume

Don and Nell Hirsch...in memory of Sol Hirsch

Carol Isaacs...in memory of David Heymsfeld Marcia and Jay Kaufman...in honor of Jane Torman's special birthday

Jay and Barbara Myerson...in honor of Jane Torman's special birthday

Henry and Irene Schiffman...in memory of David Schiffman

Sy and Roberta Sherman...in memory of David Heymsfeld, Ronald Rubin

Marvin and Karen Singer... in memory of David Heymsfeld

Carl and Marsha Swerdloff... in memory of Louis Koppelman

Mary Ann and Jeff Ressin... in memory of Esther Murphy

Nina Zaretsky

#### Shirah (Choir & Music) Fund

Robert and Shirely Finkelstein... in memory of Morris Finkelstein

Rob and Nora Gutcho...in memory of Shirley Gutcho

Meryl Ram...in memory of Selma Ram

Ron Wallos and Joanne Schamest... in memory of Neal Fisher

#### Talmud (Adult Learning) Fund

Francine Beifeld...in memory of Abraham Albert Sheingold

Bruce Johnson and Janis Linkov-Johnson...in memory of Kendrick Johnson

Ruth Ruttenberg...in memory of Ken Ruttenberg, Jeffrey Smith, Jack Spitz

Susan Trivers...in appreciation for the outstanding 5784 Life Long Learning offerings

#### TZEDAKAH

#### **Tikkun Olam** (Social Action) Fund Betty and Michael Brody

Harvey and Janice Berger

Henry and Cindy Brownstein... in memory of Herbert Sayare

Cantor Susan Caro and John Lertzman

Don Copley...in memory of Earl Copley

Bess and Eric Eisenstadt

Carol Fram

Barbara Gems and Robert Hitlin

David and Ruth Goldberger

Debra Goodman-Herman and Salo Herman

Nell and Don Hirsch

David Jacobstein and Eleonora Ibrani

Michael and Candy Kleinrock

Michelle and Jim Kranzberg Ken and Kathryn Laskey Barbara and Chuck Leven Vicki and Kevin Luman Dave McCue and Lori Lefcourt... in memory of Elaine Lefcourt Cindy and Rich Michelson Stephen and Pamela Pick... for the HHD Food Drive Ian and Hank Pohl...in honor of Jane Torman's special birthday Ellen and Dave Pontell Marlo and Adam Primmer Michele Probst Ellen and Richard Ranard Judy Ratliff...in memory of Rhoda Fine

Kris Rose and Michael Berkow

Ann Rosenblum

Karen and Marvin Singer... in appreciation of Dave Pontell

Arnie and Natalie Small...in honor of Jane Torman and Evelyn Katz' special birthdays

Alexander and Naomi Smouha

Larry Snowhite...in memory of Samuel Tonick, Jean Gold

Danielle and Steven Spitzer... in honor of Israeli families directly impacted by the Hamas terror attacks of October 7, 2023

Lauryn and Chris Watanabe

Hilary and Jonathan Wilkenfeld

#### Yeladim (Children and Young Families) Fund

Alan Dappen and Sara Scherr... in memory of Arthur Dappen

## **Advice from the NVHC Green Team**

art of our work of *tikkun olam* (repairing the world) is caring for Creation, and in the process, for each other. The NVHC Green Team is on the job, with a tip to save you money as you save energy.

Provisions of the Inflation Reduction Act provide significant financial incentives for homeowners to install energy-saving equipment. There are Federal tax credits (often 30% of the cost, up to a cap) for upgrading:

- heating and cooling systems
- hot water heaters
- electrical panels

- installing insulation or modern doors/windows
- installing roof top solar panels

Not sure which upgrades make sense? There is even a tax credit for conducting an energy audit of your home. There's information online if you search 'Inflation Reduction Act energy tax credits.' Here's one good website:

https://www.energystar.gov/about/federal\_tax\_credits/ non\_business\_energy\_property\_tax\_credits

If you make upgrades, let us share your story. Email your experience to Ken Gubin at cagey156@aol.com.

## **BEAUTIFUL ISRAEL!**

Photos by Cantor Susan Caro

