

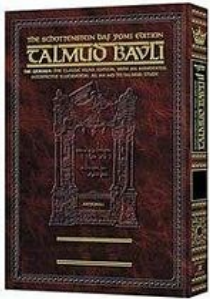
# Adelante!

A Monthly Publication for Temple Beth-El,  
Las Cruces, New Mexico



JANUARY 2021 (TEVET-SHEVAT 5781)

*Well, we made it to 2021! And we are blessed to be starting off this year with what looks to be a busy, rich and festive month for our congregation (take that, Covid!). With a wide range of lay-led services, a Talmud class, a special Shabbat Shira morning service and a Tu Bishvat seder, there is something for everyone in January! We hope you will join us for all of these services and events, details of which you will find in the Adelante and in e-blasts in the coming weeks. Three highlights:*



*On Sunday, January 24th at 12:00pm we'll have the second of our four Women of Talmud classes. This month we'll be learning about Ima Shalom, wife of Rabbi Eliezer.*

*On Saturday, January 30th at 10:15am we will join together for a special Shabbat morning service during which we will be honouring members of our congregation who have worked so hard to keep our community going this past year. This Shabbat is known as Shabbat Shira, as we read the famous Song of the Sea (from which we get Mi Kamocha), and also happens to be the anniversary of my Bat Mitzvah!*



*Tu Bishvat, the festival which celebrates the new-year of the trees, is one of my favourite holidays as it gives me an excuse to hug trees and to eat a smorgasbord of fruit and nuts (15 types, to be exact!). Please join me and the religious school on Sunday, January 31st at 10:15am for a short, meaningful and interactive seder during which we will learn what this holiday is all about. Resources and shopping list will be sent out in an e-blast.*

*I look forward to learning, celebrating and praying with you all this month. Please don't forget that I am available by email and Zoom for any of your rabbinic needs.*

*-Rabbi Sofia Zway*

## Worship Schedule (Via Zoom)

You can also watch the Facebook livestream for holiday and Shabbat services on this page:

<https://www.facebook.com/pages/category/Synagogue/Temple-Beth-El-115816285166004/>

(if you do not have a Facebook profile now, and it asks you to join when you go to the page, click "Not Now" and that box will disappear).

If you do not have a siddur at home, you can follow along in the Mishkan T'filah for Shabbat flipbook provided by the Central Conference of American Rabbis at this link

<https://www.ccarnet.org/publications/mishkan-tfilah-for-shabbat/>

Zoom invites for Torah Study and Services Saturday mornings, as well as any text to follow, will be sent out weekly.

### Wednesdays–

**Tanakh study 10:15 am with Rabbi (Emeritus) Larry Karol**

Contact Rabbi Karol ([rablpcarol@gmail.com](mailto:rablpcarol@gmail.com)) to attend

### Saturdays–

**Talmud Study 9:00 AM**

Contact Bryan McCuller ([mccullerbryan@gmail.com](mailto:mccullerbryan@gmail.com)) to attend

### Friday, January 1

6:30 pm Family Service for all ages– *lay-led by Pearie Bruder*

### Saturday, January 2

9:00 am Talmud Study

11:00 am Torah Study *led by Rabbi Larry Karol*

Parshat Vayechi

Genesis 47:28-50:26

### Friday, January 8

6:30 pm Shabbat Evening Service– *led by Rabbi Sofia Zway*

### Saturday, January 9

9:00 am Talmud Study

10:15 am Shabbat Morning Services

11:15 am Torah Study *led by Rabbi Sofia Zway*

Parshat Shemot

Exodus 1:1-6:1

### Friday, January 15

6:30 pm Shabbat Evening Service–  
*Social Action Committee Shabbat*

### Saturday, January 16

9:00 am Talmud Study

11:00 am Torah Study *led by Rabbi Larry Karol*

Parashat Vaera

Exodus 6:2-9:35

### Friday, January 22

6:30 pm Shabbat Evening Service –*Mensch Club Shabbat*

### Saturday, January 23

9:00 am Talmud Study

11:00 am Torah Study *led by Rabbi Larry Karol*

Parshat Bo

Exodus 10:1-13:16

### Friday, January 29

6:30 pm Shabbat Evening Service– *lay-led by Stuart Kelter and Leora Zeitlin*

### Saturday, January 30

9:00 am Talmud Study

10:15 am Shabbat Shira Services with Torah service *led by Rabbi Sofia Zway*

Parshat Beshalach

Exodus 13:17-17:16

**JANUARY 2021 (TEVET-SHEVAT 5781)****Yahrzeits-January 1, 2021 through  
February 5, 2021**

(Listings include the name of the loved one on the yahrzeit list and the name of the congregant or congregants remembering that loved one—asterisks indicate loved ones remembered with memorial plaques)

**Read on Friday, January 1**

Ed Entin (Jason Rosenberg)  
Ilona Farkas\* (Yosef Lapid)  
Aron Fiszbein\* (Abraham Fiszbein)  
Gerard Frieder\* (Linda Fisher)  
Edward Friedman (Stefani Singer)  
Ruth Gluck\*  
Henry Greenberg (Cyrille S. Kane)  
Ira Hudson III (Cherri Hudson-Brown)  
Alvin Krasner (Frima Marquez, Jeffrey Marquez)  
Harry Kuzneff\*  
Dorothy Palanker (Allen Palanker)  
Nancy Rees Brown (Marieka Brown)  
Arnold Spiegel (Sheri Spiegel)

**Read on Friday, January 8**

Jerome Deutschman\* (Ellen Torres)  
Jack Frank\*  
Bernard Gluck\*  
George Gorelick\* (Amy Fiszbein)  
Faige Jacobs (Rose Jacobs)  
Harris Libby (Robert Libby)  
Leon Markson (Linda Kruger)  
Laura Metzger (Brian & Lisa McCuller)  
Lee Moss (Rachel Stevens)  
Frances Pass\*  
James Turnbull (Joanne Turnbull)

**Read on Friday, January 15, 2021**

Avi Boaz (Tanah Hemingway)  
Miriam Cutler (Michele Blum)  
Shmuel Farkas\* (Yosef Lapid)  
Hazel Fischlein (Betty & Steven Rosse)  
Herman B. Golden (Darlene Goldberg)  
Morris Goldstein (Wendee Lorbeer)  
Pearl Greenfield Higgins\*  
Eva Isaacson (Louise Feldman-Baskey)  
Warren Klein (Deborah Levy)  
Jeanette Marks (Rhonda Karol)  
Phyllis Orner Chonoles\*  
Evelyn Roselinsky (Lynn Zeemont)  
Richard Stern (Ann Berkson)  
Joseph Tashlik (Allen Blum)  
Barbara Yalkut\*

**Read on Friday, January 22**

Elaine Brown (Jeff Brown)  
Richard Garner (Carrie Swartz)  
Coleman Greenberg (Cyrille Kane)  
Jesse J. Muchnikoff (Stan Muchnikoff)  
Irene Neidich\*  
Edward Schoenbrun\*  
Stanley Skigen\* (Michelle Skigen)  
Samuel Spiegel (Sheri Spiegel)  
Leah Williamson (Barbara Mandel)  
Irene Zimmerman (Tom Levy)

**Read on Friday, January 29**

Clinton Cook\* (Dee Cook)  
Lola Davis\*  
Jennie Davidson\*  
Harold Alvin Dresser (Andrea Dresser)  
Susan Friedman (Stefani Singer)  
William Friedman (Stefani Singer)  
Zeena Audrae Geller (Ruth Rubin)  
Janet Kane (Cyrille Kane)  
David Kloss\*  
Isaac Kruger (Linda Kruger)  
Hesh Langner (Bernice Langner)  
Margaret Leverett\* (Margo Leverett)  
Leonard Oczon (Aggie Saltman)  
Ethel Paul\*  
Neysa Pritkin\*  
Edward F. Resnick\* (Frances Williams)  
William Stein (Bill Stein)  
Arthur Stern\* (Ann & Arthur Berkson)

**Condolences to:**

Cherri Hudson-Brown and her family on the death of Cherri's uncle Fred Stanley Hayden who died Sunday, December 6, 2020 in LaCenter, KY on his 89th birthday. A private graveside military service was held at the Mound City (IL.) National Cemetery.

**May his memory be for blessing.**



Continued from Page 3

**Read on Friday, February 5**

Marion Brown (Marieka Brown)  
 Alexander Edwards\* (Peter Edwards)  
 Lillie Friedman (Stefani Singer)  
 Wade W. Gardner (Brenda Parrish)  
 Irving Glater (Leslie Glater)  
 Raphael Gordon (David and Robert Zeemont)  
 Samuel Klein\* (Melvin "Sonny" Klein)  
 Benjamin Lampert\* (Gabriel Lampert)  
 Pauline Lemelin (Stacey Hyman)  
 Alvin Phinick (Karen Currier)  
 Christine Radcliff\*  
 Dena Soloman (Tanah Hemingway)  
 Dr. Edward Weiss (Diane Bass)  
 Milton Zeemont (David and Robert Zeemont)



**Honor the memory of loved ones with a memorial plaque and mark celebrations and milestones (and also the memory of friends and family) by adding leaves to our Tree of Life.**



In order to ensure that the name of your loved one will be recited during services, we have instituted the following practices:

- The Hebrew dates for each week's Yahrzeits are listed in each Adelante.
- Names are read on the Shabbat **following** the Yahrzeit, or on the day, if it falls on that Shabbat.
- Hebrew vs. conventional (Gregorian) calendar: The temple's tradition is to base the Yahrzeits list on the Hebrew calendar. Those who wish to have a name read on a Friday night close to the conventional (Gregorian) calendar date are asked to please email or call the Temple office a few days prior to the service.

**Tikkun Olam Opportunities****Giving to and volunteering at****Casa de Peregrinos & El Caldito**

Casa de Peregrinos provides staple foods to the needy, and El Caldito provides a meal 365 days a year to the hungry in our community. Both organizations are part of the Community of Hope located on the same campus at 999 W. Amador. There are common interests and goals and the food received is often shared between the two organizations in order to best utilize both perishable and non-perishable foods. There is also a need for wide-mouth glass bottles and containers and gently used clothing.

**This is a critical time for the organizations.** Due to the COVID-19 crisis, they have seen an increase in demand. At the same time, they have had a decrease in volunteers, particularly on weekends. In order to maintain social distancing, the El Caldito soup kitchen has switched to handing out meals to go.

For more information on current needs, questions, or to volunteer, contact Casa de Peregrinos (575-523-5542) and El Caldito (575-525-3831) directly.

**Temple Beth-El Mitzvah Team**

The Mitzvah Team has identified the following tasks that it would like to perform and support with the help of Temple volunteers (please let us know if you can assist us):

- Develop a phone tree and other ways to reach out to members.
- Support the Rabbi and the Religious Practices Committee in providing special arrangements for shiv'ah minyan.
- Visit homebound and hospitalized members and members living in nursing homes, assisted living facilities, and hospice.
- Provide transportation to worship services and Temple events, medical appointments, and errands.
- Celebrate simchas (life's joyous moments).

Please contact:

- Alison Mann—575-680-0207  
[Alisonmd4@gmail.com](mailto:Alisonmd4@gmail.com)
- Luke Duddridge—727-204-6086  
[LCDuddridge@hotmail.com](mailto:LCDuddridge@hotmail.com)
- David Decker—575-556-4056  
[deckerdavid28@gmail.com](mailto:deckerdavid28@gmail.com)

**If you are aware of any members in need of the services listed above, please let us know!**

**Bricks for the Biblical Garden and Brick Walkway**

**Please consider ordering one to mark that special occasion of your own or a loved one. Call Dee Cook or Alison Mann, and they will send you the form and even help you design the brick, if you wish. And take a few minutes to sit in the meditation area of the walkway...it's a lovely spot!**





## Editor's Corner

### A Very Special Fifth night

I have just finished putting away our Chanukah menorahs. This year's festivities featured a lovely celebration hosted by our Rabbi Emeritus, Larry Karol. Hearing his wonderful voice and guitar and seeing the menorahs lit at the homes of all our members gave me a very warm glow. It also featured several programs from members of The Jewish Federation of Greater El Paso. I have heard many wonderful things about them and plan on viewing the recordings on their website. I will be truthful and admit that I did not sign on to see any of them. With all of the Zoom events, meetings and classes this year I was craving a more personal, technology-light experience for most nights. The only other zoom gathering I participated in was lighting the candles for the fifth night with my extended family. My aunt called us together on that particular evening in celebration of my late Great Grandma Fannie. No one seems to know what date her birthday fell on in the Gregorian calendar. Perhaps in her shtetl in Russia it was only recorded according to the Jewish calendar. In any case, the fifth night of Chanukah was when her birthday was always celebrated. The fifth night, as it turns out, has other cultural significance. Tzedakah is an important Jewish value and there is a custom of giving coins (or Gelt) to children during Chanukah. Today, this mostly takes the form of chocolate gelt, but in the past, real coins were given to children with the idea that they would give at least some to charity. The booklet that came with the Sisterhood gift to our religious school students states that the most important night to do this is the fifth night since it is the first night where there is more light than darkness. So, while I cannot be sure that the fifth night was truly Grandma Fannie's true birthday, it seems appropriate. In speaking with family, I have learned that she was a religious Jew who made a point of always trying to do good deeds. She also always had a homemade cake and Pepsi milk in fancy goblets waiting for the grandchildren. In addition she ran what was reported to be the best delicatessen in Mount Vernon, NY. And as anyone can tell you, a good meal is the ultimate expression of love.

I hope that your Chanukah was as wonderful as mine and wish you all the best in this coming year.

L'hitraot,  
Beth Tierney



## Jews and Star Trek



It's time for some diversion during the Covid-19 pandemic. A "Jews and Star Trek" group is being organized. You don't have to be Jewish to belong, but early discussions will be on the actors in the original Star Trek, William Shatner and Leonard Nimoy, who were Jewish, and Jewish values as shown through the various series and movies. Basically it's an excuse to talk about our favorite episodes, characters and the world we wish we had. For more information, contact Rabbi Emeritus Larry Karol at [rablpkarol@gmail.com](mailto:rablpkarol@gmail.com) or Cherri Hudson-Brown at [cjHUDSON@comcast.net](mailto:cjHUDSON@comcast.net).

## Wednesday Morning Breakfast

The Wednesday Morning Breakfast has resumed in Zoom format. The program begins at 9 am weekly. Phil Alkon is the organizer and should be contacted at [philipalkon@gmail.com](mailto:philipalkon@gmail.com) or 575-524-6945 with general questions or recommendations regarding future speakers.

Patrick Quinn is assisting Phil with developing and maintaining the mailing list and with Zoom access. If you have questions about either of those issues please contact Patrick at [patrick.kaye.quinn@gmail.com](mailto:patrick.kaye.quinn@gmail.com) or 575-522-4692.



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# Transition Times

## Final 2020 Discussion Forum

TBE's third and final Discussion Group was held on December 6, 2020 to consider our affiliation with the Union for Reform Judaism (URJ). Thanks to the team who put the event together: Bill Stein (Resource Person), Jeff Brown (Zoom Master), Martha Roditti, and Nancy Barnes-Smith (Facilitator).

**URJ and the CCAR and HUC.** As we prepared for the Discussion Forum, Bill Stein realized that our community might benefit from clarification on the specific roles of the URJ, the Central Conference of American Rabbis (CCAR), and Hebrew Union College (HUC). These three organizations share similar philosophies but are independent. In partnership, they sustain the Reform Movement's congregations and professional and lay leaders. Here's information that Bill gathered from each organization's website:

- **Union for Reform Judaism (URJ)** strengthens its 850-member congregations by developing adult and teen leaders, fostering meaningful connections to Israel, and creating an inclusive Jewish community that motivates people to deepen their engagement in Jewish life. URJ is committed to social justice for everyone: women, people with disabilities, and people lacking basic human rights.
- **Hebrew Union College-Jewish Institute of Religion (HUC)** educates rabbis, cantors, educators, and nonprofit management professionals in centers of learning in Cincinnati, Jerusalem, Los Angeles, and New York.
- **Central Conference of American Rabbis (CCAR)** is the Reform movement's professional leadership organization for 2,200 rabbis who serve more than 2 million Reform Jews throughout North America, Israel, and the world.

### Should we continue with the Union for Reform Judaism (URJ)?

The discussion forum began with Bill Stein reviewing URJ's resources, outlining those TBE has and has not used (See Side Bar). Next, Rabbi Paula Feldstein, URJ Director of Small Congregation Engagement, joined us for about 15 minutes and addressed the following questions:

**Q:** Can a URJ congregation hire a rabbi who is not a Reform Rabbi or a member of Central Conference of American Rabbis (CCAR)?

**A:** The congregation is free to hire any rabbi it wants. However, the CCAR's recruitment and hiring process includes an in-depth vetting

### TBE USES OR HAS USED THESE URJ BENEFITS

Free website hosting  
Discount on Zoom account  
URJ Membership dues reduction  
Discounted purchase of prayer books  
Assistance with Rabbi searches  
Student Rabbi (A portion of our dues to URJ supports HUC)  
Workshops, webinars, materials on leadership, governance, board training  
Summer camps, travel, study & work programs for youth, NFTY  
*Ten Minutes of Torah emails (& other topics)*  
No cost attendance at out-of-town High Holiday services  
Advocacy and education on legislative and social concerns  
*The Tent: National network of Reform congregations (access to policies, etc.)*

### ADDITIONAL AVAILABLE URJ BENEFITS

#### Communication

Introduction to Judaism class (including materials)  
Website content about Reform Jewish Life  
Camera-ready, customized ads to promote membership, holidays, religious school, etc.  
Newsletter (tools, resources, news for volunteers and professionals)  
Online Congregational Directory Listing

#### Congregational Support

Biennial conventions  
Clergy transition support  
Programming to young engaged families  
Covid-19 resources  
Resources to increase diversity

#### Financial support

Product discounts through aggregate buying (~900 congregations)



Continued from Page 6

(review of credentials, education, personal traits) of candidates.

**Q:** If TBE stops paying dues to the URJ, will that affect obtaining a student rabbi from Hebrew Union College (HUC)?

**A:** We lose access to HUC's student rabbis without URJ membership.

**Q:** How much does TBE save by having URJ host our website?

**A:** \$5,000 (estimate).

Rabbi Feldstein said that URJ's goal is to meet the needs of people along the whole spectrum of Judaism. Currently, URJ is focused on helping small congregations deal with issues that have come front and center due to the COVID crisis: finances, maintaining aging buildings, keeping youth involved, and having a plan to 'return to normal' after COVID.

The discussion that continued after Rabbi Feldstein signed off focused on the importance of maintaining TBE's affiliation in the Covid era. A majority of participants strongly identify with Reform Judaism and acknowledge that URJ membership makes TBE part of a larger community. Some commented that website hosting is not a primary factor in continuing URJ membership, nor is TBE's current transition situation. The general feeling is that the congregation needs to be familiar with and utilize URJ's resources and benefits. *Adelante articles were suggested to increase awareness of how TBE might benefit from the URJ's work.*

### Next Steps

- Beginning in January, a team of congregants will review TBE's Constitution & Bylaws. Thanks to Dee Cook, Jack Greenspan, Wendee Lorbeer, Susan Michaelson, and Joanne Turnbull for serving in this important undertaking.
- Throughout 2021, a series of Focus Groups will be held to discuss who we want to be as a community and what we are looking for in a new Rabbi.

## Adult Education Series Led by Rabbi Sofia Zway Monthly on Sundays, 12-1pm

### Yours and Mine - is Hers: Stories of Women in the Talmud

In this four-part adult education course, we will study the stories of four named women in the Talmud. Each class will focus on a different woman. Together, we will seek to uncover who the heroes of these stories are. How are they represented in the text? What can these stories - presumably written from the perspective of male rabbis - teach us about women's lives during Talmudic times? What do these stories teach us about women's relationships with Judaism and with their husbands? What do these stories elucidate for us about the way the rabbis thought about women? As we 'reclaim' these stories from the boys' club that wrote them, we will breathe new life and new perspective into the stories of these women as we ask what lessons we can learn from them to apply in our lives and in our own times. There will be one class each month, and the text for each class will be provided ahead of time.

**Sunday January 24th - 12:00-1:00pm**

*Ima Shalom, wife of Rabbi Eliezer*

**February -TBA**

**March -TBA**

## Financial Assistance

These are challenging times for all of us but Temple Beth-El is here to support you. If you are struggling to buy groceries, or pay rent, mortgage, or other bills, we have a large balance in the Rabbi's Discretionary Fund to assist our community members.

To request short term assistance, you can contact Temple President, Cheryl Decker at [doubledeckerohio@msn.com](mailto:doubledeckerohio@msn.com) or 575-640-9559. All requests will be held in the strictest personal confidence.

Thank you to all our donors who have made this assistance possible.

## The Generosity of our Congregational Community

### Social Action/Adult Ed committee

On Sunday, December 13, the Temple youth group, in conjunction with the Social Action/Adult Ed committee, co-sponsored a winter clothing/blanket collection event along with a fund-raising, chocolate-chip cookie jar sale for the youth group. They were both a rousing success!! As you can see, there were boxes and boxes of warm, winter clothes collected. The clothing (two full truckloads!) was donated in the name of Temple Beth-El to the Community of Hope, one of our local shelters. A special thank you from the Social Action committee goes to **Jeff Lewis, Dave Decker, Elliot Katz and Fred Torres** as well as the **youth group kids** for all of their hard work collecting, boxing up, loading up and transporting all of the collected winter clothing and blankets.

The Social Action/Adult Ed committee and our youth group want to acknowledge and thank our members for their generosity, both in material goods and in their generosity of spirit, Tzedakah. In this time of COVID-19, one way to take care of our own spiritual health is through this generosity of spirit by giving what we are able, to others. Some say that when one makes a gift, that person gives part of themselves. Another perspective on giving holds that being Jewish means being involved in the world.



*Thank  
you!*



## Camp Hope Christmas Breakfast



I'm not sure there was ever a chillier start to a Camp Hope Christmas Breakfast. My car thermometer said 24 when I pulled into the Camp Hope parking lot at 7:15 am. But soon after, the sun got high enough in the sky to warm us up enough that some of us shed a layer or two.

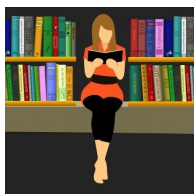
It was a different scene this year. We had fewer people helping, and instead of having people sitting at tables or visiting in groups, we packaged the meals in to go boxes and then put them into plastic bags with condiments, sweets, oranges, and water. Folks lined up behind a table at the edge of the patio and we delivered the bags to the table.

Thanks to the planning committee and cooks Rose Jacobs and Avis Lewis, to Terri Sugarman, Marieka, Jeanne, Kaila, Liana, and Carl Brown for cooking, packing and delivering the bags, to Rabbi and Rhonda Karol for the goodie bags and Jane Grider for the cookies, to the Mensch Club for the grill, and to Jeff Lewis, Dave Decker, and Elliot Katz for hauling the tables, grill and mats to and from the Temple. More than twenty people made donations totaling \$766.00. After bills are paid the remaining funds will be given to Camp Hope.

We look forward to next year when we can return to a more social breakfast with caroling and conversations. Again, thanks to everyone who helped this year.

**-Susan Fitzgerald**





## BOOK TALK

Some ideas for great Jewish books. Send me your Jewish book recommendations at [cambrien73@gmail.com](mailto:cambrien73@gmail.com) and I will highlight one or more each month.

*Recommended by Steve Haydu:*

*Morality: Restoring the Common Good in Divided Times*  
by Rabbi Jonathan Sacks

Intelligent, thought provoking, and full of references to many smart people. It lays out Rabbi Sacks' understanding of the disarray we, especially those of us in the US and England, are living in these days.

Above all, it is a reminder of our need for community, and the importance of caring for our connections to community. Not just because it's nice to have, but because our lives depend on it.

### "Virtual" Short Story Series Continues

During these challenging times, you are invited to join us for the "spring semester" of our ongoing Temple Beth-El "virtual" Jewish short story discussion series. We have two separate groups that meet via Zoom on Mondays and Tuesdays at 11 a.m. We are reading the short stories of Jewish authors, past and present. Since many of our authors' stories are available on-line, there is no need for you to purchase a book. I send the assigned stories via email directly to you. The fee for the current series is \$18 which goes to the temple's Adult Education programs. (Checks should be made out to Temple Beth-El and the memo line should indicate "short story group.") If reading great fiction and spending time with friends and fellow fiction lovers for lively conversation sounds good, just email me at [jar529@gmail.com](mailto:jar529@gmail.com) or call me at 640-3292. Hope to hear from you. — Jim Rosenthal



### "Have you considered a bequest to Temple Beth-El?"

An important part of our future is represented by bequests made by members. Thoughtful bequests enable Temple Beth-El to retain a future of Jewish life for generations to come. From funding our Rabbi to scholarships at our religious school, your generous gift maintains our financial health.

A simple codicil can be added to your existing will, if you wish to make a bequest, such as:

**"I give and bequest to Temple Beth-El, located in Las Cruces, New Mexico, the sum of \$ \_\_\_\_\_**  
**[for \_\_\_\_\_ percentage of my estate as finally determined for federal estate tax purposes].**

A will or codicil should be prepared by an attorney.

Please call the Temple office at (575) 524-3380 to discuss including Temple Beth-El in your estate.

*This is part of a series sponsored by the Adult Education Committee to support our community during the pandemic. Please let us know what you find helpful and what else you would like to know by submitting feedback to: [copingtemplebethel@gmail.com](mailto:copingtemplebethel@gmail.com).*

[Editor's Note: Last month's article in this series was mistakenly attributed to Joanne Turnbull. It was actually written by Stuart Kelter. I apologize for the error]

## COPING WITH COVID: ALCOHOL

### Drowning Our Sorrows

By Edward Rubin



When recently interviewed for the AARP Bulletin about this pandemic year, magician and entertainer Penn Jillette was asked what made him happy. He replied, "Being able to spend all of my time with my family." When then asked what he'd learned, he answered, "You sure don't

want to spend all of your time with your family."

Now, of course, he was being facetious (I hope). As we've discussed previously in this column, changes in daily routine, isolation, separation from loved ones, social distancing, the loss of freedom, and uncertainty about the state of the disease, are all potential causes for an increase in stress. Also, these current circumstances could compound any psychological distress that people were experiencing before the coronavirus hit. When recommendations to shelter at home and the closing of community venues began, a significant increase in national sales of alcohol was reported. A recently published study shows that American adults, particularly women, are drinking more amid the COVID-19 pandemic. This is not surprising as people are more likely to drink, and to drink more, during times of stress and uncertainty.

The increase in drinking, for many, seems to be an attempt to cope with negative emotions associated with this crisis. The World Health Organization, however, warned that alcohol consumption can put people at increased risk of contracting the coronavirus since alcohol weakens the body's immune system. This doesn't mean that you must completely cease alcohol consumption during this pandemic time. Moderate alcohol consumption, which the NIAAA website lists as up to one drink/day for women and up to two drinks/day for men,



Kaila Brown (top )James Hyman (bottom)



Liana Brown



**The students of Temple Beth-El Religious School and their parents extend their most sincere thanks to TBE Sisterhood for their gift of “The Complete Hanukkah Set,” which included a menorah, candles, gelt and dreidels. Your generosity made our celebration a whole lot brighter.**





Rachel and Eli Baudo



Michael Bruder

Marlene Benz and Kaylee Zeledon



Morgan Tierney



Naomi and Solly Ragosta and Sheri Spiegel





Continued from Page 9

does not seem to adversely affect your immune system. Over the past several months, this series of articles has provided a list of alternatives and options for addressing some of the consequences of the stress we are all under. All of those suggestions are evidence-based with research support for their ability to contribute to changing how we think or feel in this time of tension. Not all these options will help every individual, but by trying out suggestions, you will likely find one or two that will help your response to our current stress.

As far as drinking is concerned, the best advice is to minimize coronavirus risk and use alcohol for sanitizing, not for drinking.

## Celebrating our Simchas

[The Temple Beth-El Mitzvah Team sends best wishes to these members celebrating birthdays this month:](#)

Liana Brown	Rachel Duggins
Sean Duggins	Jack Greenspan
Bob Kimball	Bob Libby
Michael Lieberman	Barbara Mandel
Rita Polsky	Nancy Rushforth
Thomas Saiers	Joel Siegel
Ellen Torres	

[The Temple Beth-El Mitzvah Team sends best wishes to these members celebrating anniversaries this month:](#)

There are no anniversaries listed for this month.

We would love to have more names in these lists. If you would like to have us acknowledge your occasion in the future please send birth month, anniversary month, and the year you joined the temple to Luke Duddridge at [LCDuddridge@hotmail.com](mailto:LCDuddridge@hotmail.com).

If you follow the example below it would be helpful:  
Sam Adams Born July, Married March, Joined 2015

Please note that we are not collecting dates, just the months.

Gentle reminder to all from David Decker: There is a list of people who the Temple's alarm company will call if there is a security issue. If you have reason to believe that there is a problem with the security system, please call Dave Decker at 575-520-5986 or Jerry Silverman at 612-790-0148. Please do not handle the request yourself as this may result in an unnecessary service call which costs the Temple money. Thank you for your attention.

## SISTERHOOD AND THE NEW YEAR 120 Years of Fabulous Fashions!



We are pleased to announce that Sisterhood is sponsoring our first zoom event Sunday, January 10<sup>th</sup> at 2pm, “120 Years of Fabulous Fashions!” led by Professor Kathleen Key, a professor of art history at the University of Texas at El Paso.

The new year seems to be a time for reviewing the past, and in this lecture, she will review the clothes and the great designers who brought us the fashions of the 20<sup>th</sup> century and the first 20 years of the 21<sup>st</sup> century. Join us for beauty, enlightenment and some fun as we look back at 120 plus years of fabulous fashions.

To further heighten the fun, we will be sending out some recipes of retro cocktails that were fashionable at the time, such as a Sidecar, Gin Rickey, Manhattan, and a Whiskey Sour so we can all indulge individually. So please put this on your calendar and note we will be sending updates and recipes via eblasts. Thank you.



I am pleased to announce TBE has received a check in the amount of \$1392.00 which represents the distribution of the 2020 income from The Jewish Community Foundation of El Paso. The distribution and designation are from the Irving Batkin Memorial Scholarship Fund at TBE.

I wish to express Temple Beth-El's sincere gratitude to: Mike Batkin, The Jewish Community Foundation of El Paso, and Robert French, their Executive Director.

Sincerely,  
Cheryl Decker, President, TBE  
On behalf of TBE Members and TBE Board of Trustees

## **Donations through December 20, 2020**

### **General Operating Fund:**

Vivian Steinborn, in memory of David Steinborn  
 Jeff and Cheri Hudson-Brown, in memory of Ira Hudson III  
 Beth Tierney, in memory of Fannie Krasner  
 Dave Zeemont, in memory of Ruth Ann Sugarman  
 Jacob and Susanne Kolikant, in memory of the Sugarman  
 Abraham and Amy Fiszbein, in memory of the Sugarman  
 Michael and Barbara Mandel, in memory of the Sugarman  
 Ralph Troeller, in memory of Ruth Ann Sugarman  
 Allisue Gottwald, in memory of Ruth Ann Sugarman  
 Greg and Shari Allison, thank you for yoga with Gillian  
 Frima and Jeff Marquez, in memory of our Krasner relatives  
 Jane Grider, in memory of Clarence A. Lathrop  
 Julie Seton

### **Irving Batkin Memorial Scholarship Fund:**

Michele Blum, in memory of the Sugarman

### **Temple Beth-El Religious School Fund:**

Susan and Yosef Lapid, in memory of Ilona Farkas  
 Abraham and Amy Fiszbein, In memory of Aron Fiszbein

### **Temple Beth-El Youth Fund:**

Jason and Elisha Rosenberg, in recognition of the youth group's ongoing community service

### **Rabbi Gerald M. Kane Fund:**

Allen and Evelyn Palanker, in memory of Dorothy Palanker and Lee Gutman

### **Rabbi's Discretionary Fund:**

Dave Zeemont, in memory of Barney Sugarman  
 Irwin and Barbara Ross, in memory of Sam Ross  
 Arlon and Brenda Parish, in memory of Mary Lois Gardner

### **Social Action Fund:**

Jerry and Shelly Silverman, in memory of Ruth Ann Sugarman

Deane Mallon-Kessin, in memory of the Sugarman

### **Rabbi Larry and Rhonda Karol Campership Fund:**

Stuart Kelter and Leora Zeitlin, in memory of the Sugarman

Stan and Gerie Muchnikoff, in memory of Etta Muchnikoff

*Given changes to the standard deduction limits, we will not be providing 2020 contribution statements for tax purposes. If you would like a statement, please contact the temple treasurer Michael Mandel to request one.*

### **TEMPLE FUNDS**

Donations are gratefully accepted for the following:

***General Operating Fund***—For the day-to-day operation of TBE.

***Biblical Garden Fund***—To provide the infrastructure for biblical plants and trees, and bricks in the fountain meditation area and on the brick walkway.

***Rabbi Larry and Rhonda Karol Campership Fund***—Providing scholarships for Temple students to attend Jewish summer camp programs.

***The Mitzvah Team Fund***—to assist this voluntary team of Temple Beth-El members that, upon request and dependent upon availability, will provide non emergency support service to members of the temple.

***Social Action Fund***—For projects that benefit our community and Las Cruces and Southern New Mexico.

***Irving Batkin Memorial Scholarship Fund***—To broadly support Jewish education, based on merit or need, through participation in the TBE Religious School, camperships, and/or pursuit of Jewish collegiate studies or rabbinical studies.

***Frances Williams Library Fund***—To provide books and infrastructure for the TBE library.

***Rabbi Gerald M. Kane Fund***—Provides funds to help further adult education and cultural programming at TBE.

***Temple Beth-El Religious School Fund***—Supports the regular and special programming planned by faculty, students and the Religious School Committee.

***Temple Beth-El Youth Fund***—Support for Youth activities at TBE.

***Rabbi's Discretionary Fund***—Used to meet a variety of philanthropic requests as well as to supplement TBE programs.

Periodically the temple may list short-term projects or needs. Contributions that do not specify a project or fund will be added to the General Operating Fund. If you have a question or wish to contribute to a project not listed here, please contact our Temple Beth-El Treasurer, Michael Mandel.



Temple Beth-El is part of Amazon Smile, which offers members of Temple Beth-El an opportunity to participate in Smile Amazon and donates 0.05% of all purchases back to the Temple. The process is very simple – go to

[www.smile.amazon.com](http://www.smile.amazon.com). You will

be required to enter the charity to which you wish to donate – just type in Temple Beth-El, Las Cruces in the charity box and this will set the Temple as your charity of choice. Then just shop – pretty easy and since many people today shop online via Amazon, it becomes a win-win situation for all.

Visit the Temple Beth-El Website—

[www.tbhelc.org](http://www.tbhelc.org)

for in-depth information about Temple and its programming and updates on current Temple events

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Temple Beth-El is on Facebook!

<http://www.facebook.com/pages/Temple-Beth-El/115816285166004>

(It is open for all to see!)

If you are on Facebook already, find our page, click “Like” and join us in our Facebook community!

### Adelante Submissions:

During this time of social distancing due to COVID-19, let us not become distant from each other. Speak with fellow congregants, friends and family. Send me your pictures of family Shabbat, musings, illustrations, etc. I will share as many as space allows in next month's Adelante.

**The deadline for turning in articles, items and photos for the February 2021 Adelante is January 20, 2021.**

**Late items may not be included.** Please do your best to keep to that schedule to facilitate a timely completion of the Adelante! All content can be e-mailed to Beth Tierney at [cambrien73@gmail.com](mailto:cambrien73@gmail.com)

### BOARD OF TRUSTEES 2020-2021

President-Cheryl Decker

Vice-President-Lynn Zeemont

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Treasurer– Michael Mandel

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**Tanah  
Hemingway**

(575) 524-4329

most nights

P.O Box 16318

Las Cruces

NM 88004

### **Editing:**

Books, scientific papers, theses, dissertations

**Technical documents of all sorts.**

(for accuracy, continuity, organization, style  
grammar, readability, supportability, etc.)



**Ron Bruder**

ASSOCIATE BROKER

[ronbruder@topproducer.com](mailto:ronbruder@topproducer.com)

Cell: 575-312-7330

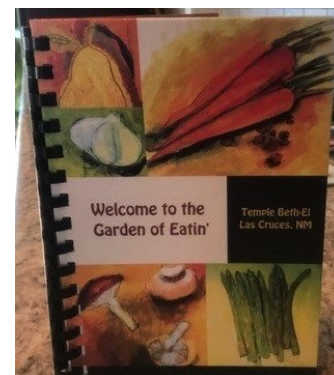
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Steinborn & Associates  
Real Estate

## **Temple Beth-El Cookbook**

**“Welcome to the Garden of Eatin’”**

**\$15, Cash or Check**



**Contact Francine Feinberg for copies**

[fcfeinberg@gmail.com](mailto:fcfeinberg@gmail.com) or

**414-331-3306**



# JANUARY 2021

\*ALL EVENTS BY ZOOM\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Tevet 17 1 Lay-Led Family Shabbat Service 6:30 pm	Tevet 18 2 Talmud Study 9:00 am Torah Study with Rabbi Karol 11:00 am
Tevet 19 3 Religious School 9:30 am	Tevet 20 4 Short Story group 11:00 am	Tevet 21 5 Short Story group 11:00 am	Tevet 22 6 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	Tevet 23 7	Tevet 24 8 Shabbat Service 6:30 pm—led by Rabbi Sofia Zway	Tevet 25 9 Talmud Study 9:00 am Shabbat morning Service 10:15 am Torah Study 11:15 am
Tevet 26 10 Religious School 9:30 am “120 Years of Fabulous Fashions!” 2 pm	Tevet 27 11 Short Story group 11:00 am	Tevet 28 12 Short Story group 11:00 am	Tevet 29 13 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	Shevat 1 14	Shevat 2 15 Shabbat Service 6:30 pm—led by Social Action Committee	Shevat 3 16 Talmud Study 9:00 am Torah Study with Rabbi Karol 11:00 am
Shevat 4 17 Religious School 9:30 am	Shevat 5 18 Short Story group 11:00 am  Martin Luther King Day	Shevat 6 19 Short Story group 11:00 am	Shevat 7 20 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	Shevat 8 21 Board Meeting 6:00 pm	Shevat 9 22 Shabbat Service 6:30 pm—led by Mensch club	Shevat 10 23 Talmud Study 9:00 am Torah Study with Rabbi Karol 11:00 am
Shevat 11 24 Religious School 9:30 am “Yours and Mine - is Hers” 12:00 am	Shevat 12 25 Short Story group 11:00 am	Shevat 13 26 Short Story group 11:00 am	Shevat 14 27 Wednesday Morning Breakfast 9:00 am Tanakh Study 10:15am	Shevat 15 28  Tu B'Shevat	Shevat 16 29 Shabbat Service 6:30 pm—led by Stuart Kelter and Leora Zeitlin	Shevat 17 30 Talmud Study 9:00 am Shabbat morning Service 10:15 am Torah Study 11:15 am
Shevat 18 31 Religious School 9:30 am 10:15 Tu B'Shvat Seder						

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Rabbi Emeritus:  
Lawrence P. Karol

The Temple Beth-El Newsletter is produced regularly at Las Cruces, New Mexico. Editor: Beth Tierney. Copy Editors: James Rosenthal, Tanah Hemingway, Rabbi Larry Karol. Circulation: Cheryl Decker. We welcome Adelante sponsorships by or for Temple members and non-members. Sponsorships can be mailed to the Temple; receipts are provided upon request. We reserve the right to edit all sponsorships. Non-member sponsorships (with no ad) are \$25/year. Annual sponsorship rates are as follows: 2x3 business card \$150; Quarter page \$300; Half page \$600. For information about sponsorships, please contact the Temple Office.

**Temple Beth-El and “Adelante” are on the web at  
[www.tbclc.org](http://www.tbclc.org)**

January 2021



**Temple Beth-El  
3980 Sonoma Springs Avenue  
Las Cruces, NM 88011**