



# TEMPLE BETH TORAH

A Reform Jewish Congregation  
Member, Union for Reform Judaism



[www.bethtorah.net](http://www.bethtorah.net)

Kislev 5774—Shevat 5774

December 2013—January 2014

## UPCOMING EVENTS

Sunday, December 1	No Religious School	
Friday, December 6	Shabbat Service	7:30 PM
Saturday, December 7	Learner's Service	10:30 AM
Sunday, December 8	Religious School, 8th, 10th grades	9:00 AM
Friday, December 13	Shabbat Service	7:30 PM
Saturday, December 14	Bloom B'nai Mitzvah	10:00 AM
Sunday, December 15	Religious School, 9th, 10th grades	9:30 AM
Sunday, December 22	No Religious School	
Sunday, December 29	No Religious School	
Sunday, January 5	Religious School, 8th grade	9:00 AM
Friday, January 10	Shabbat Shira	7:30 PM
Saturday, January 11	Tribute to Cantor Jinny Marsh	7:00 PM
Sunday, January 12	Sunday School, 9th, 10th grades	9:00 AM
Sunday, January 19	No Religious School	
Friday, January 24	Pajama Shabbat	7:00 PM
Saturday, January 25	Learner's Service	10:30 AM
Sunday, January 26	Religious School, 8th, 10th grades	9:00 AM

**Proper attire is encouraged at all services.  
Please see the weekly Blast for Chaverim listings**

## Temple Beth Torah Contact List

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### **Do you have concerns or questions for the Temple Beth Torah Board ?**

This is YOUR synagogue and we want to hear what you have to say. You can e-mail Ombudsman, Joel Wasserman at [wasserman.joel@gmail.com](mailto:wasserman.joel@gmail.com) or (703)327-3560 and your questions will be brought up at the next board meeting. Please include your phone number and when is the best time to reach you. We look forward to hearing from you!

### **DIRECTIONS TO BUILDING**

**4212-C Technology Court, Chantilly, VA 20151**

**From Route 66** - Get off at Route 28 North. Go North to Route 50 West. Travel west on Route 50. Turn left on Pleasant Valley Rd. Turn left on Lafayette Center Dr. Turn left on Technology Court.

### **Chaverim Groupings for Shabbat Services, Oneg and Set-up**

Complete details, schedule, and contact information available at [www.bethtorah.net](http://www.bethtorah.net). Please do your part as a TBT member. It is your responsibility to contact your group to coordinate food, drinks and set up. If you can not attend on your given date please switch with someone from another group and inform your Chaverim of the change.

It is your responsibility to find a substitute.

**See TBT Blast and [www.bethtorah.net](http://www.bethtorah.net) for  
Chaverim groupings.**

### **INSIDE THIS ISSUE**

Cantor's Message	Page 6
Contact List	Page 2
Education Director's Message	Page 7
Invitation to Tribute to Cantor Marsh	Page 11
Ladies Book Club	Page 8
President's Message	Page 3
Rabbi's Message	Page 4
Shabbat Shirah	Page 8
Yahrtzeit List	Page 10

**Visit the TBT website at: [bethtorah.net](http://bethtorah.net)**

# A Message from the President

## *Irwin Kaplan*

As you read this we are in what is usually referred to as the "holiday season" but because of the lunar calendar correction Chanukah is already done. I love news reports that say the NEXT time the first day of Chanukah and Thanksgiving coincide will be in 70,000 years. I also love the questions that I get even before they know my wife is Catholic. People openly ask if I celebrate Chanukah and Christmas. No one ever asks me if I celebrate Thanksgiving. It's almost a given that I do. I was wondering about this question because a co-worker was almost amazed that a fellow Indian co-worker was talking about buying a turkey for Thanksgiving. It made me think about my grandparents and their journey to America as immigrants. My dad is a second generation American. My mom was born in a refugee camp in Stuttgart, Germany after World War II.

Right before Chanukah a fellow member shared a Pew Research Report that gave some interesting statistics on the Jewish population in the US. The gist of the research paper was that more Jewish Americans are marrying interfaith and the fact that they raise their kids Jewish does not mean that their children will choose to be Jewish religiously in the future. But, they do choose to identify as Jewish and participate in things that are customarily Jewish. So they may not go to temple but they know to pronounce the k in knish and enjoy lox on their bagel. This report doesn't surprise me for many reasons. For one thing, this phenomenon is not limited to the Jewish faith. I also had a chance to visit Rajdhani Mandir with the 9<sup>th</sup> grade class a few weeks back. If you don't know, Rajdhani Mandir is the Indian Temple just up the road from our temple. Our guide at the temple gave us much insight into being Hindu and also being Indian in America. She confirmed many things that I have seen. Living in this area I have developed friendships with many Indians and in my conversations I see that Indians are probably on the same voyage as Jewish Americans. Indians my age are probably most similar to my parents. They are mostly people that were born in India but had grown up here. Their parents have taken on some

American customs but mostly prefer to speak in their home language and congregate with other people that come from the same regions of India that they come from. Thanksgiving was heavy on Indian food if it was celebrated at all. People my age are like my parents. They mostly married another Indian (arranged or not). They keep many customs and have mostly Indian friends but also dress in western clothing and feel very comfortable in social settings with "more established" Americans. They will buy a turkey for Thanksgiving unless they are devout vegetarians. I see their kids as my generation. Except for darker skin tone, you wouldn't know they have roots in another country or another faith. But they will still cling to a heritage that they only know from their grandparents or if they are lucky, a few trips back to India. My guess is that interfaith marriage is coming.

I guess my whole point is I understand the "dire" predictions in the Pew report but I think it also confirms my belief of a need for a place for the Jewish community even where Jewish people just are Jewish, not "observant". I always say that Temple Beth Torah is what you want it to be. It's a warm place to worship and a place to build relationships but it can also be a place to drop off your kids for Hebrew School and hurry away before people see your bed head. The temple may be the place you go to be Jewish in the way you find being Jewish appropriate.

As this is the end of the year, I would be remiss to not add that if you are looking to make a charitable donation for tax purposes the temple is a wonderful option. It would be a perfect time to buy a leaf on the soon to be Tree of Life, or make a donation to the religious school enrichment fund or the music fund. Also, if you are like me and celebrate Christmas and Chanukah, it is not too late to shop on Amazon.com but click through the link on our website when you do. It is an indirect way to make a donation to the temple.

Happy holidays to all, regardless of the holiday (or holidays) you celebrate!

# A Message from the Rabbi

## *Kenneth Block*

### **Twelve Steps to Increase Stress**

Don't kid yourself, being stressed out has its rewards. Let me point out several benefits that will encourage us to stay stressed. Stress helps us seem important. Anyone as obviously stressed out as I am must be working very hard and I am probably doing something very critical to the survival of mankind. Besides I'll slow down when I get older!

Look what stress does to my personal life. Anyone with a few good burnout symptoms can't be expected to form emotional attachments to others. Besides I am not much fun to be around, let alone get close to.

You don't have to be blind to see that I am stressed out enough already, so don't give me anything else to do. I can't be expected to be bothered with the unimportant, mundane stuff. My high stress level certainly eliminates me from reports, meetings, and being a mensch.

Hey, look at the sympathy I can generate -poor me- over stressed. Then I don't have to deal with my problems, some well meaning soul will rescue me.

For those of you who are chiefs or managers look what stress can do for you. Under normal circumstances you can never justify an authoritarian management style, but it is acceptable under crisis conditions. If you can stay stressed and create permanent crisis then everyone will jump when you say- "Just do as I say, I don't have time for this @#&!!!!".

These are just a few of the many benefits of staying stressed out. I am sure that each of you has your own rewards; maybe you could share them with me one day when we both have the time. Because right now I am much to busy.

Now that we have agreed that the rewards from being stressed out far out weigh the meager rewards of not burning out. How can I help you stay stressed out? This is where the research comes in. What I am about to suggest to you has been clinically proven and has worked successfully for 1000s of men and women. In order to maintain a successful stress maintenance program I suggest that you follow my 12 Steps

Step One: avoid exercise at all costs. Exercise does nothing more than tone up our muscles, improve our cardiovascular system, relax our bodies among other things. Besides it wastes valuable time, which could be spent on stress building activities.

Step Two: eat everything and anything in sight. It is a right and a privilege. Ignore what the dietitians say about eating everything in moderation.

Step Three: be conscious of your weight, try and stay a minimum of 15% over your recommended weight. This will maximize the effects of stress on your body, especially your heart.

Step Four: There is no need to turn to illegal stimulants, the old stand byes will do fine: caffeine, nicotine, sugar and cola. If you are not sure you are getting the proper dosage to stay stressed, try alternating days with your stimulant of choice and days without for one week. You will notice immediately if you need to up the amount.

Step Five: A strong social support system reduces stress. Don't call your friends, let them call you and when they don't call complain bitterly. Let your mate make all the social arrangements for you and then attend reluctantly. Friendships only involve people who have free time and being stressed out does not give you any free time. If a few people persist in trying to be your friends, avoid them.

Step Six: never share your problems with anybody! Not only does sharing your problems with other lighten your stress burden, it also encourages others to do the same with you, and we already have enough problems already. There is

however a judgment call you can make. If you think that by hearing someone else's problems your stress burden will be increased, then by all means listen.

Step Seven: it is of critical importance that no matter how much people deny any personal intent in their criticism, don't believe them. Anyone who criticizes any aspect of your work, your people, your dog, your house, your dog, your car, anything is mounting a personal attack on you. Don't waste time listening objectively or clarifying! Be offended, take umbrage, any wimp can accept feedback objectively, so get offensive. If your offense is offensive enough then will people will think twice next time and leave you alone to get your work done.

Step Seven: I say be macho I am not being sexist- both men and women must hang tough-never weaken and never ask for help. If you want something done right, do it yourself.

Step Eight: Stress maintenance is no laughing matter. Either enjoy your sense of humor, or enjoy being stressed- there's no room for both. Rumor has it that laughter has a positive effect on the body and relaxes us. And we have seen that relaxation and stress don't mix.

Step Nine: you don't have to be Protestant to accept the Protestant work ethic. Nor it is as difficult as most Protestants would have us believe. Just put work in front of everything else. Vacations are for sissys and wimps, not for macho men and woman.

Step Ten: if family or friends force you to take any time off do so begrudgingly and angrily, be sure to feel guilty and nervous the entire time you are gone. If all else fails think about this: "What if no one at work misses you"?

Step Eleven: it is very difficult to stay stressed if your life has a balance, so don't live a balanced life. Work, work, work!!!

There are those out there who would lure us away from our stress through time management. Don't be tempted by these sirens. Rather, follow these easy steps:

Do the little things first and worry about the big ones whenever you get a chance.

Don't set priorities, do things in whatever order feels good to you.

Regardless of what else you have to do make yourself available to anyone else.

Use other people's priorities to organize and manage your day.

Never be assertive to get your own needs met, if you must do something then be aggressive.

If all else fails then try scheduling more things every day than you can possibly do. Nothing works against stress like a sense of accomplishment and feeling good about one's self.

You do work better under pressure don't you? So procrastinate, put things off as long as possible and worry. But don't worry about things you can control, pick those things beyond your control. And change those things that you do control. Not just a few things, everything, at once.

Step Twelve: stress thrives on change, so take advantage of it. Don't wait, do it now, keep things stirred up and changing. No planning or waiting until change is needed. That would be boring and who wants to be bored. Your employees, co-workers and friends will really appreciate you for helping them keep their stress levels up. In order to remain stressed out we never refuse help.

Remember you are professional and as such you are duty bound to be a perfectionist and nothing short of impossibly high goals is acceptable. Don't settle for anything less, you should feel guilty, depressed, inadequate and down on yourself when you fail.

Well there you have it, a stress maintenance program we all can live with.

# A Message from the Cantor

*Jinny Marsh*

## WOMEN CANTORS' NETWORK IN OUR CORNER OF THE WORLD

SPRING 2014

Chaverim,

First, I want to thank and congratulate our very own Choir Director, Lori Kravchick, and our musician extraordinaire, Kathleen Kestenbaum, for participating in "Voices of the Holocaust" at the Strathmore Concert Hall on Sunday, November 10, 2013, commemorating the 75th anniversary of Kristallnacht. The concert was a huge success and we appreciate that Temple Beth Torah was well represented!! Mazal tov to Lori and Kathleen and a big thank you for all the rehearsals and the time you spent learning the music, the travel and the personal sacrifices you both made to sing in this major community event.

On another musical note: this June 15-18, 2014, I am fortunate to be co-chairing the Women Cantors' Network Conference with Cantor Lisa Levine at Temple Shalom in Chevy Chase, Maryland. As a member and participant of these conferences each spring over the past 23 years, I have returned renewed and enriched with fresh ideas from workshops and colleagues.

I encourage members of Temple Beth Torah to attend our opening night concert on Sunday evening, June 15 at Temple Shalom. This will also be a fundraiser for the WCN. More details to follow.

History of WCN from the website: <http://www.womencantors.net>

"Cantor Deborah Katchko Gray founded the Women Cantors' Network in 1982. The goal of the WCN is to promote the practice of Judaism through the dissemination, development, and commissioning of Jewish music and rituals for clergy and lay leaders serving in the cantorate.

The WCN provides information and education in areas related to the cantorate and Jewish music through annual conferences and on-line forums, commissions Jewish music for women's voices, and serves as a forum for discussing practical issues for women in the cantorate by sharing professional knowledge and experiences in a supportive atmosphere.

### ABOUT WOMEN CANTORS' NETWORK

#### OUR PURPOSE

To support one another by sharing professional knowledge and experiences in a nurturing atmosphere

To provide continuing education in areas related to the cantorate and Jewish music

To serve as a forum for discussing practical issues for women in the cantorate

To commission Jewish music for women's voices"

May you enjoy time well spent with your family, friends and loved ones over the holidays

<b>Thank-You for Your Donations:</b>	Kestenbaum Family	Chalkboard
	Hirsh Family	General Donation
	Schafer Family	In memory of Kurt Kessler

**Welcome** to new member Jill Price and her son Matthew.

# A Message from the Education Director

## *Betsy Roth*

As we approach the Holidays (no matter which one) I always think about my Mom who I terribly miss. This Thanksgiving it will be 25 years. I mainly regret that she never met my girls. The following is a letter I wrote (but did not send) to my brother and sister.

Hey Glady and Jay,

Some thoughts about Mom that sort of developed a life of their own.

I was driving around the other day when I started thinking about Mom. I got 'hit' with a *huge* dose of melancholy. I was actually trying to turn the sad thoughts into happy ones. You know, there are people out there who talk about not 'mourning' a loss but to 'celebrate' a person's life. Well, Mom's life was too short, too sad and too hard to celebrate. You just have to give her credit for moving past her past as best she could.

So there I was in the car, driving and blubbering at the same time. Texting would have been safer!!

There was one thing that bothered me, and made me cry behind the wheel even more. Nobody I know now (except you guys) had ever met Mom. There was no one I could call up and say, "I was just thinking about my Mom. Remember the time when..." or, "Do you remember when I told you about..., well..." I don't really have any current friends that I can share *Mommy Memories* with. And, of course my girls! As time goes by, it gets harder and harder to tell them about the Grandma they never met.

I was on my way to the grocery store. Jill was coming home for spring break after work on Friday. We were emailing earlier in the day.

Wanna do Shabbat dinner?"

Ya!

What do you want to make?"

I had really enjoyed this from Fresh Fields a year back I wrote, "How about Corned Beef 'n Cabbage?"

In the Crock Pot?"

"Oy!"

I don't understand where she gets the idea that I have all day to babysit a dinner. But I figure I can do what I used to do when Dad came to visit. I'd buy prepared food and put it in one of my pots to heat it up. Sure *looked* homemade!! Jill then emailed me to buy a lot of fruit and veggies to have around 'cause she wanted to eat healthy. I emailed back, "Text me a list."

So there I was in Safeway checking off the items on her grocery list with misty eyes. Then I saw them! One bunch left! They even looked to be in decent shape! A bunch of beets!! Though I really didn't have to "beat" any crowds, I rushed over to snatch them up! Then, with a feeling of triumph replacing my gloominess, I texted my Jill.

"Borsht for dinner!!"

"Meat Borsht? Yeah!!"

The next 24 hours were focused on having all the ingredients for the Borsht. Going to Kosher Mart and finding out the difference between *Flanken* and Short Ribs, and then picking out the freshest looking ones!! I even tried something new. To bypass the earthy taste of the beets (which I love but Harold does not!), I oven roasted them first. Whoa...labor intensive!!! Why it should take a whole day to cook a soup is a mystery to me, but it did. I suppose the whole experience was meant to be cathartic for me as I tried to 'channel' Mom throughout the process. At least no one expected another dish to go with this dinner (though we did have boiled potatoes).

During dinner, I found the courage to share my episode of melancholy from the day before. Jill responded with, "Ahh, Mommy."

In an effort to be sensitive, Harold said, "Well, I knew your Mother. You can talk to me about her."

"Sure," I said. "You're Mr. Conversation. Let's see,... our chat would go something like this...Honey, I'm feeling blue. I've been thinking about my Mom. Do you remember the time we were in the Catskills and..."

“Then you would would say, ‘OK, yeah..sure..can you get to the point? I’m busy.’” Harold gave a sheepish but knowing grin.

The following day, Jill and I had plans to go to the Hillwood Estates. I’ve told you before about her unexplainable love for all things Russian. Seems there was some special exhibit there about Russia and she wanted to see it in advance of her trip. I was just looking forward to spending some time with my ‘girl.’

We had some time to kill before our tour. I made the executive decision to go to the café and have breakfast. Well, imagine my shock when I saw *Borsht* on the menu! Might have been included in honor of the Russian exhibit. After our brunch, I sauntered over to our neighboring diners and asked, “So,...how was the Borsht??” The two women said they enjoyed it, though it was their first time ever eating it. But keep in mind, it was the cold kind served with sour cream...can’t relate at all!!

The tour of the Mansion was awesome!! Then off to the gift shop. Would you believe it!! Could there really be a book about Borsht?!! I flipped through it and then regrettable put it back on the shelf. I do not want to accumulate more things to put in this house! However, I did notice that there was a recipe for Borsht on the back page of the book.

In the end, it seems that I did get to share a little bit of Mom with you...though it never is enough. As for my own Borsht recipe, handed down to me from Mom...it really is one of those, “...add a little bit of this and a little bit of that.” Let me know if you want a copy. Love,  
Your Schvester Betsy

**Please join us for Pajama Shabbat!**

**Friday, January 24th**  
**7:00 PM (note early start time)**

**Put on your Dr. Denton’s and welcome Shabbat with us.**



## TBT Ladies Book Club

Please join us for this "pot-luck" style book club that meets every OTHER month on the second Tuesday of the month. This club is open to all TBT women. Plan to bring a drink or appetizer to share! Our book for December 10th is Not Me: A Novel by Michael Lavigne.

## Finance Committee Members Needed

The Treasurer is making another attempt to create a three-person finance committee to disperse some of the workload and train future Treasurers. If you are interested in helping TBT with this workload, please email Eric at [ekravchick@hotmail.com](mailto:ekravchick@hotmail.com). Please have either a financial or accounting background - this will make sense once we talk.

## SHABBAT SHIRA

**JANUARY 10, 7:30 PM**

**A tribute to the memory of songwriter and singer Debbie Friedman will be presented by Cantor Jinny Marsh and the Temple Beth Torah Choir. Please join us for this very special Shabbat service.**

Debbie Friedman is best known for her setting of "Mi Shebeirach", the prayer for healing, which is used by hundreds of congregations across America., including Temple Beth Torah.

Her work — which married traditional Jewish texts to contemporary folk-infused melodies — is credited with helping give ancient liturgy broad appeal to late-20th-century worshippers. Ms. Friedman’s compositions encompass not only modern settings of traditional Hebrew liturgy but also songs for which she wrote original English lyrics.<sup>1</sup>

<sup>1</sup> From the New York Times.



## COMMUNITY SERVICE DAY

On Saturday, November 23rd, the Temple Beth Torah family met to assemble and deliver 240 bagged lunches to the Embry Rucker Community Shelter (located in Reston and sponsored by Cornerstones; formerly Reston Interfaith). In addition, adult professional clothing was collected all month and donated to the Northern Virginia Family Services (NVFS).



### A NOTE FROM RABBI BLOCK

"Harriet and I thank everyone in the congregation for the wonderful reception in honor of our becoming husband & wife. The congregation demonstrated that Temple Beth Torah is a warm and caring community. The delicious food, the extended choice of beverage, and enthusiasm of the guests made this a memorable event in our lives. It is because of the congregation's acceptance and appreciative response to my being your Rabbi that has motivated me to remain at Temple Beth Torah. And you have now extended that warmth to my wife. Thank you for being a "caring community that builds friendships."



See more pictures on our website: [bethtorah.net](http://bethtorah.net)



# YAHRTZEITS



<b>Member</b>	<b>Remembers</b>	<b>Relationship</b>	<b>Date Passed Away</b>
Gail & Howard Sulkin	Mark Sulkin	Brother of Howard	12/7/1969
Brian & Joyce Goodman	Seymour Goodman	Father of Brian	12/7/2011
Barbara & Joseph Sutliff	Samuel Mostov	Grandfather of Barbara	12/10/1967
Bonnie & Earl Schendell	Muriel Brownstein	Mother of Bonnie	12/11/1992
Lori & Paige Childers	Arthur Porter	Uncle of Lori	12/11/2004
Gail & Howard Sulkin	Herman Sulkin	Father of Howard	12/14/1998
Josie & David Barondess	Stuart Barondess	Father of David	12/15/2004
Audrey & David Lipps	Abraham Gold	Grandfather of David	12/15/1963
Shari Curtiss	Herman Cohen	Grandfather of Shari	12/16/1982
Gerry Chelnik	William Chelnik	Brother of David	12/20/xxxx
Barbara & Joseph Sutliff	Dvorah Mostov	Grandmother of Barbara	12/20/1966
Shari Curtiss	Ben Feuer	Grandfather of Shari	12/21/1996
Kathy Hertz	Eleanor Scheman	Grandmother of Kathy	12/21/2010
Donald & Dorothy Lewy	Arnold Jack Rosenthal	Cousin of Dorothy	12/22/2010
Nancy & Bill Lawson	Henry Dalsheim	Father of Nancy	12/23/1995
Lisa Farrell	Barnett Dubois	Father of Lisa	12/24/2008
Bruce Brotman	Saul Brotman	Father of Bruce	12/27/87
Matthew & Karen Bender	Mary Zuckerman	Grandmother of Karen	12/27/2003
Irwin Kaplan & Ana Kocur	Ann Kaplan	Grandmother of Irwin	12/17/2004
Natalie & Gregory Bloomstein	Assya Muroch	Mother of Gregory	12/30/2005
Mark Lichter	Doris Lichter	Mother of Mark	12/30/1994
Barbara & Joseph Sutliff	Ida Goldman	Aunt of Barbara	12/31/1995
Mary & Jeff Horner	Murray Horner	Uncle of Jeff	1/X/1999
Barbara & Larry Simon	Morton Simon	Father of Larry	1/1/1997
Nancy Watson	Irving Goldfarb	Grandfather of Nancy	1/1/1998
Cindy Minionis	William Sucher	Father of Cindy	1/2/76
Audrey & David Lipps	Isaac Margolis Barnett	Grandfather of Audrey	1/3/1980
Alissa & Charles Blackmore	Gladys Kramer	Aunt of Alissa	1/3/2009
Robyn Stern	Donald Slute	Grandfather of Robyn	1/3/2013
Bonnie & Earl Schendell	Sydney Schendell	Father of Earl	1/5/2005
Josie & David Barondess	William H Barondess	Grandfather of David	1/7/1980
Elizabeth & Howard Fribush	Jodi Robin Fribush	Sister of Howard	1/9/2011
Lisa Farrell	Kevin Farrell	Brother of Jeffrey	1/10/1990
Beth & Ron Glaser	Ethel Glaser	Mother of Ronald	1/10/1996
Alissa & Charles Blackmore	Shari Simon	Mother of Alissa	1/21/2009
Josie & David Barondess	Mary Opachinsky Spiegel	Grandmother of David	1/19/1959
Alice & Rich Bizar	Joseph Bizar	Father of Rich	1/20/1976
Barbara & Joseph Sutliff	Karuna Thal	Cousin of Barbara	1/22/2008
Barbara & Joseph Sutliff	Jack Weinberg	Uncle of Barbara	1/24/1076
Deborah Mayer & Todd Hillman	Monroe Mayer	Grandfather of Deborah	1/24/2002
Lori & Paige Childers	Tiby Kaplan	Aunt of Lori	1/25/2000
Nancy Watson	Marjorie Hecht Watson	Mother of Jonathan	1/26/2009
Jeffrey & Laura Klaiman	Diane S. Klaiman	Mother of Jeffrey	1/28/1997
Donald & Dorothy Lewy	Harry Rothman	Father of Dorothy	1/28/1997
Audrey & David Lipps	Fredda Freeman	Aunt of David	1/29/1997

# A Cruise to Nowhere



## A Tribute to Cantor Jinny Marsh

**Please join us for Cocktails,  
Dinner and Live Entertainment**

**Saturday, January 11 – 7:00pm**

**\$65 per person**

**Cocktail Attire**

**RSVP by December 20**

**Temple Beth Torah  
4212-C Technology Court  
Chantilly, VA 20151**

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**PO Box 2020**  
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