

Temple Beth Elohim
A blend of faith and friendship for over 115 years

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Nisan/Iyar/Sivan (5784)

Visit our website: www.templebethelohim.net

The Rising Star

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SHAVUOT

5 - 7 Sivan 5784 June 11 – 13, 2024



Chag sameach - Happy Holiday

Kabolas hatorah besimchah ubeprimiys – Receive the *Torah* with joy and sincerity.



President Richard

From the President

March and April were very active months for Temple Beth Elohim, both out front and behind the scenes. Rabbi Scott Weiner made one of his not-often-enough visits. He led a beautiful *Shabbat* service and the next day taught a class that gave us further insight into *Purim*. Our ever-dependable lay leaders continued to give us well-planned, thought-provoking services. Our volunteer members provided us with tasty treats at the *onegs*.

Then there were the things that were less visible. The Building Committee corrected structural issues with our roof, repaired ceiling damage above the synagogue's piano, and saved the sanctuary from an HVAC leak. The Security Committee keeps our equipment upgraded for maximum performance as well as negotiating a schedule with the Georgetown Police Department so that we have surveillance outside while we are inside. Our Fundraising Committee is working tirelessly to

solicit funds to save the protective wall that surrounds our historical cemetery. The work of these committees is endless, yet it often goes unnoticed.

Special recognition should go to the *Seder* Planning Committee. Those of you who attended the *Pesach* celebration on 23 April 2024, can vouch for the success of the event. All went well, from set-up to clean-up. Let us all look forward to more joyous occasions. RAD

Wisdom From Afar....

Suzan Cohen



Ritual Scholar
Suzan

Pesach, the time each year when we recall our deliverance from bondage in Egypt, has been celebrated, and we are now counting the *omer* – that 49-day period following the second day of Passover. At the end of counting the *omer*, we come to the time to celebrate *Shavuot*, which this year commences at sundown on Thursday, June 11th. *Shavuot* is celebrated for one day in Israel and two days elsewhere.

Pesach and *Shavuot* are two of the three pilgrimage festivals (the third being *Sukkot*) that are

enjoined upon the Jewish people by the *Torah*. To express their appreciation for the success of the harvest of the season and to acknowledge that they owed their success to the God who delivered the rain they needed when they needed it, the Israelites would journey to the temple to provide sacrificial offerings in celebration.

Pesach and *Shavuot*, along with the counting of the *omer* in between, is like one extended holiday. *Pesach* marks the beginning of the grain harvest, with the rye harvest, and *Shavuot* marks the end of the grain harvest, with the wheat harvest. The holiday has also become associated with the giving of the Ten Commandments, so it is customary to recite the Ten Commandments at services on *Shavuot*. And, of course, our scholars have an explanation.

Unlike other major holidays, the *Torah* does not specify the date of *Shavuot*, only that it falls 50 days after Passover, placing it on the 6th of *Sivan* on the modern fixed-date calendar. In post-Biblical times, scholars studying the Exodus determined that the Israelites reached Sinai by the first of the third month, then several events occurred that required at least three days before the Ten Commandments were given. Thus, they concluded that it was plausible that the giving of the Ten Commandments occurred on or about *Shavuot*, although no exact date is mentioned.



SC

Let us fervently pray for the comfort and recovery of our dear temple members and friends and for the continued strength of their caregivers.



Susan & Brian Berry
Richard Horowitz

Tony Cavaliere
Dick Rosen



MOTHER'S DAY

10 May 2024



FATHER'S DAY

16 June 2024



Temple Beth Elohim Board of Directors

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TEMPLE MEMBERS, please note: You have access to membership information by going to www.chaitrack.com. If you need a user name and password, contact Andy Friedman, andy.friedman@hotmail.com



Rabbi Scott Weiner

The rabbi is scheduled to lead *Shabbat* services and a morning class on June 7/8, 2024 and July 19/20, 2024.

Arrangements for Rabbi Weiner are made possible through THE ALWYN O. GOLDSTEIN MEMORIAL SHABBAT FUND.

T B E 1772 LEGACY GROUP

Brenda & Benedict Rosen
Richard Dimentstein
Ruth & Herb Feinberg



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A check for \$_____ (**\$36 per leaf**) has been enclosed. Checks should be made payable to **Temple Beth Elohim**.

Thanks for your support.

Mail to: TBE, PO Box 571, Georgetown, SC 29442



BIRTHDAYS

MAY

1 Stan Earnhart
2 Elzbieta Sobolewska
4 Debbi Jones
7 Gerry Berkman
7 Noreen Davis
13 Joy Birnbaum
13 Ariane Lieberman
16 Brenda Rosen
20 Louis Corcoran
21 Richard Horowitz

JUNE

3 Shirley Giegerich
3 Eric Heiden
26 Jana Hletko
29 Donna Llewellyn
30 Kathryn Kossove

ANNIVERSARIES



MAY

16 Patti & Gary
Friedman
18 Roberta & Steve
Schwartz
20 Randy & Tony
Cavaliere

JUNE

10 Myla & Michael
Specht
18 Susan & Brian
Berry



Let us pray for the restoration of health of
SHANE FINKEL
grandson of Carrol Sallas

DONATIONS



Susan Berry to the General Fund in memory of Dorothy & Harold Schneider
Randy & Tony Cavaliere to the General Fund in memory of Christopher Cavaliere
Noreen Davis to the General Fund in memory of John Davis
Richard Dimentstein to the General Fund in memory of Anthony Gennarelli
Andy Friedman to the General Fund in memory of Sonya Friedman
Shirley Giegerich to the General Fund in memory of Ruth Ader
David Kossove to the General Fund in memory of Albert A. Kossove
Ariane & Craig Lieberman to the General Fund in memory of Augusta Lefkow, Marie Barish, and Joseph Zelesnick
Linda & Butch Miceli to the General Fund in memory of Shirley Marks
Tish Richter to the General Fund in memory of Pearl Richter
Carrol Sallas to the General Fund in memory of Barnet Levine



Dr. Craig Lieberman

Craig's Corner

OSTEOPOROSIS

Osteoporosis is a very frustrating, insidious disease of age. It is defined by fragility of bones and measured by "dexa scan" abnormalities. The diagnosis and further evaluation should be pursued for men and women who have unexplained fractures, for any reason, or in general women over the age of 65 and men over 75. Risks include those who have genetic predispositions, rheumatoid arthritis, excessive weight loss or endocrine disease.

Although much less common, there are other causes to consider, some of which include hypogonadism; cortisol abnormalities; hyperthyroidism; hyperparathyroidism; low levels of growth hormone; decreases in the synthesis of Vitamin D; both type I and type II diabetes; GI malabsorption (either medical or post-surgical); cirrhosis; rheumatologic diseases; chemotherapy; long term steroid use; HIV treatment and some of the androgens used for prostate cancer treatment. All need to be considered as possible causes when assessing the osteoporotic patient.

The diagnosis remains based on clinical findings and bone density measured by dexa scan study. These numbers reflect variations from the normal. Osteopenia, or low calcium in our bones, is defined as a score of -1 to -2.5 and osteoporosis is lower than a -2.5.

Can we prevent or delay osteoporosis as we age? I think the answer is 'yes.' Vitamin D and calcium supplements certainly do no harm and may have some benefits, although absorption of the supplements decreases with age. Alcohol and tobacco excess need to be avoided at all costs since they are directly related to bone loss. Long-term steroids may be necessary in our lives due to other disease processes but can be

quite devastating to mineral metabolism. I think the most important way we can prevent osteoporosis and osteopenia as we age is with general exercise. Exercise in the form of cardiovascular fitness is certainly important but, actually, resistance exercises have a much larger impact on bone metabolism and prevention of osteoporosis.

The first line of medical therapy for osteopenia with scores of -1 to -2.5 include the oral phosphates, or Fosamax. These can be very effective unless GI status or gastric bypass prevent their use. The average duration of treatment is five years and assessment is done on a yearly basis. For osteoporosis with scores less than -2.5, IV agents need to be considered. These include teriparatide; abaloparatide; romosozumab; or denosumab. All of these options need to be carefully considered with the help of your primary care physician. Despite these advances and options in some severe cases, osteoporosis continues to progress resulting in bone deterioration or further fractures.

Overall, if you have an unexplained fracture or receive an abnormal screening dexa scan study, resulting in the need for further evaluation or treatment, aggressive therapy will usually result in a significantly decreased rate of fractures as well as the fracture related morbidities that occur in our age group.

T B E ACTIVITIES



Belin Memorial Methodist Church
Confirmation Class visits TBE 04/19/2024



President Richard greeted the guests
04/19/2024

The Confirmation Class of Belin Memorial Methodist Church studies Comparative Religion. Part of their curriculum is to visit the houses of worship of the various religions they study.

On Friday evening, 19 April 2024, Trustee Andy Friedman led *Shabbat* services. That was the evening teacher Ms Brandy Street chose to bring the class. The students were very receptive to Andy's lesson and had plenty of questions for him at the end of the service.

TBE celebrated Purim. People really didn't look like themselves and made much more noise than usual.

Do you know these people?*



Lynn & Michael Davidson led the Purim service, *Megillah* and all. There was stomping, booing, and plenty of noise from noisemakers. A fruit-filled *hamantaschen oneg* followed the service.

Yahrzeits



MAY

2	Sylvan Rosen	father of Dick Rosen
3	Thelma Engel Goldstein	mother of Roz Greenspon
3	Anne T. Drucker	mother of Louis Drucker
3	Rebecca Logan Baker	grandmother of Debbi Jones
5	Margrett Hughes	mother of Linda Miceli
5	Arlene Sturm	Temple Beth Elohim memorial
10	Rosie G. Goldstein	Temple Beth Elohim memorial
11	Deborah Baruch Abrams	member Temple Beth Elohim
11	Beatrice Solomon	mother-in-law of Janet Solomon
12	Harry Rosen	father of Marilyn Horowitz
12	Rick Richter	husband of Tish Richter
13	Leon Blum	father of Debbie Hart
13	Ruth Feinberg	member Temple Beth Elohim
14	Jacob Ringel	member Temple Beth Elohim
16	Alfred Lefkow	grandfather of Ariane Lieberman and Myla Specht
17	Laura Chaplin Abrams	member Temple Beth Elohim
19	Morris Abrams	member Temple Beth Elohim
19	Samuel Kolsky	great grandfather of Craig Lieberman
20	Alfred Dube	father of Jana Hletko
20	Pauline Koppel	mother of Gary Koppel
20	Jennie Surasky Levkoff	grandmother of Dick Rosen
21	John Cavaliere	father of Tony Cavaliere
22	Patricia Giegerich	mother of AJ Giegerich
26	Paul Levine	brother of Nancy Koppel
28	Hyman Kaufman	member Temple Beth Elohim
29	Clara Fogel	Temple Beth Elohim memorial
29	Morris Ader	father of Shirley Giegerich
30	Naomi Specht	mother of Michael Specht
30	Constance K. Franzblau	mother of Adele Franzblau
30	Bernard Mayer	member Temple Beth Elohim

JUNE

2 Carole Gottlieb	member Temple Beth Elohim
3 Kathleen Gramet	first wife of Alan Gramet
5 Charlotte Goldman	mother of Eileen Kramer
6 Henry "Mel" Brown	friend of Richard Dimentstein
8 Ruth Dickson	mother of Debbie Corcoran
10 Ed King	father-in-law of Eric Heiden
14 Philip Schneider	father of Susan Berry
14 Thomas Corcoran	father of Louis Corcoran
15 Frank Danzig	member Temple Beth Elohim
17 Alan Baslaw	Temple Beth Elohim memorial
17 Morris Salles	father-in-law of Sallas
18 Ken Workman	cousin of Roberta Schwartz
20 Russell Hughes	father of Linda Miceli
20 Helmar Abrams	member Temple Beth Elohim
21 Esther Zelesnick	great grandmother of Craig Lieberman
22 Edith Pockell	mother of Sheila Borash
22 Izzy Marks	grandfather of Butch Miceli
22 R. J. "Ricky" Fenner	friend of Adele Franzblau
23 Henry L. Levkoff	uncle of Susan Berry
24 Rae Zelesnick	grandmother of Craig Lieberman
26 Louis Bodian	member Temple Beth Elohim
29 Maurice Emanuel	Temple Beth Elohim memorial



Any corrections or additions please contact Richard Dimentstein rdimentstein@gmail.com or at membership.tbe@gmail.com .
Names are read every Friday night for *yarzheits* in the upcoming week.

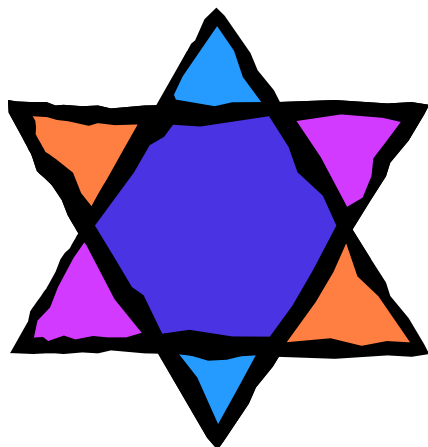
Beth Elohim Cemetery

Cemetery plots are for sale in our unique, historic resting place. The Cemetery Committee, chaired by SEYMOUR BIRNBAUM, has prepared the appropriate documentation for the purchase of gravesites.

Call the temple (843 325-0389) and request copies of Burial Rights, Rules and Regulations, Fee Schedule, and a schematic of burial plot locations. All plots include perpetual care. Plots are only available to current members of Temple Beth Elohim and to their families.

New Memorial Plaques

Plaques are displayed permanently on our *Yahrzeit* Board and are lit on the death anniversary of the honoree. Any member who would like to memorialize a loved one should speak with one of our Board members.



First Class
Postage

SHALOM

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Temple Beth Elohim

P. O. Box 571

Georgetown, SC 29442

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