

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

Volume 21 Issue 4  
March/April 2024  
Adar I/Adar II/Nisan (5784)

Visit our website: [www.templebethelohim.net](http://www.templebethelohim.net)

# The Rising Star

P.O. Box 571 Georgetown, SC 29442

843 325-0389

[membership.tbe@gmail.com](mailto:membership.tbe@gmail.com)

## PESACH

14 - 22 Adar II 5784 April 22 – 30, 2024



*Zissan Pesach* – Have a sweet Passover.



Treasurer Michele

## Tzedakah

What is it? Where does it go?

*Tzedakah* refers to “the religious obligation to do what is right and just, which Judaism emphasizes as an important part of living a spiritual life.” [Wikipedia] *Tzedakah* is doing what is righteous and part of righteousness is helping others.

Every Friday night at *Shabbat* services, our congregation is reminded to add a contribution to the *Tzedakah* Box. The *Tzedakah* money we collect is distributed to charities located in the City of Georgetown. Those charities are Children’s Recovery Center, Family Justice Center, Friendship Place, Friends of Georgetown Library, Helping Hands and Saint Francis Animal Shelter.

Once a year, The Frances Bunnelle Foundation leads a ‘donation matching’ opportunity for Georgetown County called “Palmetto Giving Day.” Temple Beth Elohim (TBE) donates to the above charities, and on “Palmetto Giving Day,” adds All 4 Paws, Miss Ruby’s Kids, Mitney Project, Smith Medical Clinic, and The Village Group.

Continued on p. 6 - *Tzedakah*

# Wisdom From Afar....

Suzan Cohen



Ritual Scholar  
Suzan

Who knows four on Passover? "I know four. Four is the number of the matriarchs."

On Passover, four is also the number of questions, cups of wine, the four sons, and the acts of God's redemption ("I will take you out..."; "I will save you..."; "I will redeem you..."; and "I will take you as a nation...").

The number four is utilized throughout much of Jewish practice and culture, such as the four

species (*lulav, hadass, aravah, and etrog*) of *Sukkot*. We also have four horns on the altar, the four tassels (*tzitzit*) that are worn on one's garment, the four rivers of Eden, and the four holy cities of Judaism (Jerusalem, Hebron, Safed, and Tiberias). Even the most holy Name of God has four Hebrew letters (*yohd, heh, vav, heh – YHWH*).

The number four possesses a certain mystical symmetry for many cultures that reflects how we see and make sense of the world we live in. The four corners of the earth; the four seasons; the four phases of the moon; the four elements of earth, air, fire, and water. Almost from prehistoric times, the number four was employed to signify what was solid, what could be touched and felt.

The Pythagoreans in Ancient Greece believed the number four, the Tetrad, was a perfect number that symbolized God. In the Pythagorean philosophy there are four parts to the soul – mind, opinion, science, and sense.

In Hebrew tradition, the number 4 (*dalet*) derives its Bible meaning from creation. On the fourth day of the creation week, God completed the material universe and placed the sun, the moon, and all the stars in the sky. Their purpose was not only to give off light, but also to divide the day from the night on earth, thus becoming a basic demarcation of time. They were also made to be a type of signal that would mark off the days, years, and seasons.

Continued on p. 5 [FOUR]

*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**      **Tony Cavaliere**  
**Louis Greenzweig**      **Richard Horowitz**      **Dick Rosen**



**HAPPY PURIM**

13 - 14 Adar II 5784    March 23 - 24, 2024



*Megillah – The Book of Esther*

## Temple Beth Elohim Board of Directors

**President:** Richard Dimentstein  
(rdimentstein@gmail.com)  
**Vice President:** Joy Birnbaum  
(joyandseymour@gmail.com)  
**Secretary:** Tish Richter (tish227@yahoo.com)  
**Treasurer:** Michele Gershman Bennett  
(mbennett1150@gmail.com)  
**Trustees:** Carrol Sallas (sallas2@sccoast.net),  
Ariane Lieberman (rundoc13@gmail.com), Andy  
Friedman (andy.friedman@hotmail.com); Seymour  
Birnbaum (joyandsey@ethanrand.com); Butch  
Miceli (cody.miceli@gmail.com)

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



### Rabbi Scott Weiner

The rabbi is scheduled to lead *Shabbat* services and a morning classe on March 15/16, 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



### Tree of Life

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Use a separate sheet if you wish to order more than three leaves.

Leaf 1 \_\_\_\_\_

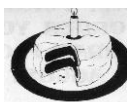
Leaf 2 \_\_\_\_\_

Leaf 3 \_\_\_\_\_

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

#### MARCH

3 Art Kaufman  
4 Mace Lieberman  
4 Dan Mathless  
8 Craig Lieberman  
20 Debbie Kaufman  
22 David Kossove

#### APRIL

4 Michael Davidson  
12 Michele Bennett  
18 Lynn Davidson  
19 Tom Llewellyn  
20 Dick Rosen  
22 Brian Berry  
30 Susan Berry

### ANNIVERSARIES



#### MARCH

23 Jana & Paul  
Hletko

#### APRIL

22 Debbie Smith &  
Alan Sherlock



Let us pray for the restoration of health of

**SHANE FINKEL**

grandson of Carrol Sallas



## DONATIONS



**Joy & Seymour Birnbaum** to the General Fund in memory of Blossom Rand  
**Randy Cavaliere** to the General Fund in memory of Alma & Sam R. Berne  
**Miriam & Louis Drucker** to the General Fund in memory of Frances & Lavene Gause  
**Edwina & Andy Friedman** to the General Fund in memory of B. Albert Friedman  
**Shirley & AJ Giegerich** to the General Fund in memory of Meg Giegerich Irving and Arthur Giegerich  
**Jana Hletko** in memory of Sally Dube  
**Knights of Columbus Council #11028** to the Cemetery Wall Fund  
**Ariane & Craig Lieberman** to the General Fund in memory of Eli Fishbein, Morris Ulrich  
and Charles Zelesnick  
**Linda & Butch Miceli** to the General Fund in memory of Sandy Rasnake and Helen Marks  
**Tish Richter** to the General Fund in memory of Evelyn Poaster  
**Carrol Sallas** to the General Fund in memory of Jerome Sallas



Dr. Craig Lieberman

## Craig's Corner

### SUPPLEMENTS

The supplement world is an absolutely fascinating topic. There was \$164 billion spent in 2022 by Americans trying to improve their health. This is predicted to grow by approximately 9% per year. If you add sports supplements, including probiotics, collagen, weight management, and protein supplements, these make that number even more dramatic. Presently, half of all Americans and 70% of all Americans over the age of 65 take vitamin

supplements. But as of today, in multiple studies, in multiple countries, there has never been any proof that supplements will decrease the incident or severity of cancer or change our cardiovascular risks, or even improve our memory.

Now we see large American companies entering this market to share the profits from Americans driven by desire for better health. These companies include Amway, Abbott, Bayer, Pfizer, and ADM. So, you might wonder why big companies are advocates of supplementation that has no corresponding data or benefit to the public. The answer, of course, is money.

A vitamin is defined as a substance that is a required component of metabolism that the body does not generate of its own accord. They must be ingested in small quantities to maintain good health. There are two categories: water soluble and water insoluble. Let's go through some of those in detail.

Let's start with **B1** or thiamine. We certainly know the deficiencies in B1 result in disease processes like Beriberi and Wernicke encephalitis. Both of which are neural muscular processes. Both are extremely rare in today's world.

**Vitamin B2** or riboflavin deficiency results in inflammation of the mucosa, resulting in sore throat, hyperemia of the glottis, as well as anemia. This is extraordinarily rare in today's world as well.

**Vitamin B3**, or Niacin deficiencies result in a disease called pellagra, which includes photosensitivity dementia, pigmented dermatitis, and diarrhea. Today, we only see this in areas such as gastric bypass or severe anorexia. High dose niacin does produce flushing, nausea, vomiting, and hives. There is some data showing the benefit of this drug in the treatment of hyperlipidemia and a drop in LDL, however, mortality benefits have not been shown.

**Vitamin B5** or pantothenic acid, whose deficiency is only seen in severe malnutrition, results in neurologic manifestation, such as burning feet. It is a precursor to coenzyme A used in lipid metabolism. Once again, supplementation is very logical, but no benefit has been proven.

**Vitamin B6** or pyridoxine deficiency is also exceedingly rare and results in non-specific toxicity, such as nausea, vomiting, photosensitivity, and other neuro-

Continued on p. 5 – [SUPPLEMENTS]

## SUPPLEMENTS

[continued from p. 4]

logic processes. This is another of the antioxidant vitamins which can reduce the levels of homocysteine, one of the negative cardiovascular markers, but despite this logic, no benefit has been shown.

**Vitamin C** or ascorbic acid deficiency, results in the disease scurvy which is manifested by bruising gums and hair changes. Despite logic that this is an antioxidant and does make a difference in the treatment of things such as the common cold, there has never been any data to show benefit in this regard. A high dose can increase the risk for kidney stones.

**Vitamin E** is also an antioxidant, but in this case, one of the fat-soluble vitamins. Deficiencies result in other neuropathic and blood disorders. These are rare and usually seen only in patients with severe liver and pancreatic disease. Despite the logic of an antioxidant process, and the treatment and use for everything from immune deficiencies, joint related complaints and cardiovascular disease, no proof of any benefit has ever been documented.

**Enzyme CoQ10** is a very interesting issue because it is significantly decreased by the use of statin therapy. Therefore, supplementing should logically limit or remove statin related muscular side effects. However, as of now, no benefit has been proven.

**Fish Oil** is also an interesting supplement. Researchers found that the Alaskan Indians had an extraordinarily low incidence of heart disease. They postulated that this

was due to their high levels of fatty fish intake and based on this association, we logically started supplementing patients with a high cardiac risk. When the Inuit Indians moved to New York City, their cardiovascular risk rose to equal their lower 48 counterparts. Treatment actually does show a 25-50% drop in triglyceride levels. Despite this, mortality benefits have not been proven.

To summarize, vitamins are chemically unrelated families of organic compounds that are essential in small amounts and cannot be manufactured by our bodies. We are learning more about their role every day. There is certainly nothing wrong with being proactive about your healthcare, and there is obviously logic to the use of vitamin supplementation. Certainly, in cases of deficiency or prenatal care for pregnant women, or malabsorption issues such as gastric bypass or alcoholism, there are some strong evidence and benefit. However, despite multiple studies over many years in multiple countries, there has never been any proof that supplements change the incident course of any medical disease or cancer process. There is also no survival benefit or changes in the cardiovascular profiles of any population group. There is no evidence that supplements will change the natural age-related changes in our mental processes. Despite this, I am no different than any of you, and certainly see no harm with supplementation. Hopefully, in the near future, we will be able to prove some benefit, but for now, "Buyer beware!"

BL

## FOUR

[continued from p. 2]

So, when we recite the four questions, wonder at the folly of the four sons, and drink the four cups of wine at the Passover *seder*, it's no surprise that a different number of questions, sons, or cups of wine wouldn't feel

right. It's not only the way we have always done it, but that the number four is such a cornerstone of our culture.

SC



## TZEDAKAH

[continued from p. 1]

The City of Georgetown has a growing need for help in a wide variety of areas. Each of the charities we currently support is described below:

**CHILDREN'S RECOVERY CENTER:** Mission is to provide hope and healing to child abuse victims. They provide advocates for children suspected of having suffered sexual abuse. Their referrals are from the Department of Social Services.

**FAMILY JUSTICE CENTER:** South Carolina is sixth in the nation for domestic abuse. FJC provides safety planning to prepare for an emergency and how to leave an abuser. It also provides emergency shelter, court advocacy and counseling. The focus is on safety and self-sustainability.

**FRIENDSHIP PLACE:** Provides hot meals for the community; works with Freedom Readers of Georgetown; has a program for job coaching.

**FRIENDS OF GEORGETOWN LIBRARY:** Raises funds for renovating the library facility and for landscaping at the library; services 8 "Little Free Libraries" located within Georgetown; partners with adult learning coaches. Supports children's reading

Programs; sponsors community programs including Tuesdays With... Lecture Series.

**HELPING HANDS:** Provides basic needs: food, utilities, dental care; gives vouchers for propane and kerosene, and works with St. Francis Animal Shelter to provide food for pets. Their "Time to Change" program is incentive driven to give a career path to youth. It helps 2250 families to move out of poverty per year.

**SAINT FRANCIS ANIMAL SHELTER:** Since 1983, has taken in Georgetown County's abandoned, lost, and abused dogs and cats. Its mission is to provide a safe and nurturing environment until the dog or cat can be placed into a loving home. Saint Francis also provides veterinary care and pet food for those who need help in order to keep their beloved pets.

Attending services is not a prerequisite to making a donation to our *Tzedakah* Box. Feel free to drop a check in the mail or go to "DONATE" on our website, <http://www.templebethelohim.net>, to do your part in being righteous.

MGB

Robbie Crompton is a member of **Knights of Columbus** and made the following report to the council membership:

*It was brought to the attention of the **Pawleys Island Council Number 11028** that a synagogue in Georgetown, SC has a cemetery that requires repair. A donation was needed to go towards the cost of improving the brick-and-mortar foundation, repairing iron fence, and extending it, and restoring the gate.*

*Temple Beth Elohim Cemetery was founded in 1772 in Georgetown, South Carolina. The building is at the corner of Screven Street and Highmarket Street, but the cemetery is at Broad Street and Duke Street.*

*Georgetown is the third oldest city in the U.S., in the state of South Carolina and the county seat of Georgetown County, in the Lowcountry. Located on Winyah Bay at the confluence of the Black, Great Pee Dee, Waccamaw, and Sampit Rivers, Georgetown is the second largest seaport in South Carolina, handling over 960,000 tons of materials a year, while Charleston is the largest. Beginning in the colonial era, Georgetown was the commercial center of an indigo- and rice-producing area. Rice replaced indigo as the chief commodity crop in the antebellum area. Later, the timber industry became important here.*

*Jews arrived in the historic seaport of Georgetown, SC in the mid 1700's. It is the second oldest Jewish burial site in the state. It contains the graves of three of Georgetown's six Jewish mayors. One of the mayors greeted President George Washington on his 1791 Southern Tour. Before the beginning of the 20<sup>th</sup> Century, there had been 5 Jewish intendants – or mayors – of the city: Solomon Cohen, Abraham Myers, Aaron Lopez, Solomon Cohen, Jr., and Louis Erlich. In the recent 20<sup>th</sup> Century, Sylvan Rosen was the 6<sup>th</sup> Jewish mayor of Georgetown.*

*Services are held every Friday night with 20-30 in attendance. There is a full Torah service every Friday Night and an Oneg (social function) after services on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month (except June, July, and August). Much work has been done on the buildings and grounds, and to the interior.*

[Continued on p. 7 – KNIGHTS OF COLUMBUS]

## KNIGHTS OF COLUMBUS

[continued from p. 6]

Council member Robbie Crompton met with Andy Friedman, a representative of the Temple, who explained the financial need. Crompton reported back to the Council and requested a consideration to make a donation. On January 19, 2024, Crompton and his wife attended the Friday night services and presented the \$1000 check to Rabbi Scott Weiner. The congregation was surprised and delighted. Crompton said in his remarks that one of the pillars of the Knights was "community." Because this Temple's members have played such an important part in the history of Georgetown, it satisfies that commitment. Crompton and his wife were very well received and enjoyed the fellowship of the members of the Temple.

### Mahjongg Marathon

December 6c 2023



Debbie Hart

If you were in the vicinity of Temple Beth Elohim on December 6<sup>th</sup>, you might have heard tiles clacking and people calling, "Crack, dot, and bam." The noise may have gotten even a little louder when someone shouted, "MAHJOHGG!" This was the sound of Temple Beth Elohim's maiden Mahjongg Marathon fundraising event. It was a great success and a day of fun that included gaming, new friends, prizes and, of course, delicious food.

"Everyone is deep in  
Mahjongg mode."

"Can you hear the  
tiles?"



"Let the games commence!"

"Everyone is seated  
to enjoy some  
Mahjongg."

The Marathon was a fundraising accomplishment and netted over \$1700. This was higher than budgeted! All the raffle and game prizes were donated. The breakfast was compliments of Parlor Donuts in Pawleys Island. The donors included: Art Harbor Gallery, Augustus & Carolina, Hobcaw Barony, Sweeties, Whimsy Roost, Benjamin's Bakery, Root Restaurant, The Harbor Shop, River Room, and Ms Lizzie's. Many of our temple members donated their crafts, gifts and services including stained glass, holiday decorations, tickets to Night of a Thousand Candles, even a massage. There was also a 50/50 raffle and the winner donated half of her prize back to the temple.

Temple members performed all the setup, serving, registration, and raffle tasks. If someone wasn't working, they most likely were playing. It was a true collaboration. We have not had an event like this since COVID 19 and it was so well attended!

There were 52 paid players. They came from Conway and all along the South Strand. The event took place in

the Temple Social Hall. Most of the participants had never been to our temple. They were impressed by the historic building and the beautiful sanctuary. It was a wonderful way to show off a Jewish synagogue to people who may never have been exposed before. In these times of increased antisemitism, it was a little educational step.

All the feedback about the day was very positive. Although it did get loud at times, everyone asked, "When is the next one?"

I am announcing here, there will be another Marathon next winter, in a larger facility. My recommendation is, when you get your invitation, sign up early!

Until next year, please patronize our donors as a thank you. Learn and/or practice Mahjongg and attend our event in December 2024.

I wish to thank all the members of Temple Beth Elohim who have contributed to creating a warm and welcoming Jewish community.

DH





## Yahrzeits



### MARCH

2 Lieba Kaufman	Temple Beth Elohim memorial
3 Adele Glassman	Temple Beth Elohim memorial
3 Sonya A. Friedman	mother of Andy Friedman mother of Gary Friedman
4 Shirley Horowitz	mother of Richard Horowitz mother of Roberta Schwartz
4 Marvin Ball	member Temple Beth Elohim
7 Herman Baruch	Temple Beth Elohim memorial
8 Ruth Rosen	member Temple Beth Elohim
8 Annett Schultz	mother of Janet Solomon
13 Anthony Gennarelli	friend of Richard Dimentstein
15 Max Goldstein	Temple Beth Elohim memorial
16 Jean Sisser Schneider	aunt of Susan Berry
16 Alwyn O. Goldstein	father of Roslyn Greenspon
16 John Davis	father of Noreen Davis
20 Pearl Richter	mother-in-law of Tish Richter
22 Sheldon Ulrich	father of Myla Specht father of Ariane Lieberman
23 Augusta Lefkow	grandmother of Myla Specht grandmother of Ariane Lieberman
26 Christopher Cavaliere	son of Tony Cavaliere
27 Harold Joseph Kossove	brother of David Kossove
31 Miriam W. Lumiansky	grandmother of Debbie Smith
31 Lillian Rosen	aunt of Dick Rosen
31 Rosalie L. Klein	aunt of Susan Berry
31 Mary S. Emanuel Lee	Temple Beth Elohim memorial



### APRIL

1 Marie Barish	great aunt of Craig Lieberman
1 Bernard Snyderman	father of Noreen Davis
1 Theodore Berkman	father of Gerry Berkman
1 Peter Giegerich	brother of AJ Giegerich
2 Charles Richter	father-in-law of Tish Richter
3 Henry Levkoff	uncle of Dick Rosen
6 Fred Kaufman	member Temple Beth Elohim
6 Philip J. Aarons	member Temple Beth Elohim
7 Max Joseph Hirsch	grandfather of Debby Jones
8 Irene L. Kossove	mother of David Kossove
9 Irving Schultz	father of Janet Solomon
9 Maurice Stern	Temple Beth Elohim memorial
11 Allan Glen Sallas	son of Carrol Sallas
11 Louis Kaufman	father of Art Kaufman
12 Alec Berest	grandfather of Michele Bennett
13 Alice Salles	mother-in-law of Carrol Sallas
15 Robert Levine	brother of Carrol Sallas
15 Mary Berest	grandmother of Michele Bennet
17 Ella Nierenberg	Temple Beth Elohim memorial
19 I. Meyer Lewenthal	member Temple Beth Elohim
19 Kathleen H. Cohen	mother of Alex Cohen
20 Hilda Kaufman	mother of Art Kaufman
20 Nathan Gold	member Temple Beth Elohim
21 Erma Rosen	mother of Dick Rosen
22 Joseph A. Zelesnick	grandfather of Craig Lieberman
24 Rae Cohen	mother-in-law of Suzan Cohen
25 Barney Solomon	father-in-law of Janet Solomon
28 Harry Fogel	Temple Beth Elohim memorial
29 Sam I. Radow	father-in-law of Art Kaufman
30 Shirley Marks	mother of Butch Miceli

Any corrections or additions please contact Richard Dimentstein [rdimentstein@gmail.com](mailto:rdimentstein@gmail.com) or at [membership.tbe@gmail.com](mailto:membership.tbe@gmail.com) .  
Names are read every Friday night for *yahrzeits* in the upcoming week.

### *Beth Elohim Cemetery*

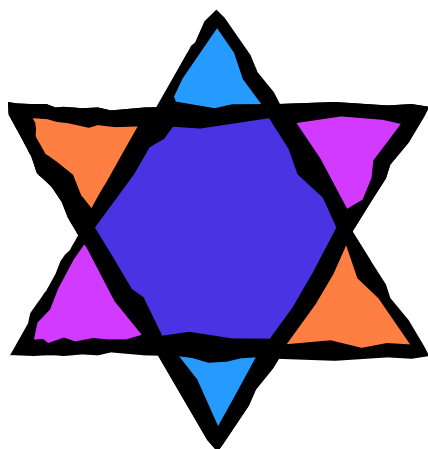
Cemetery plots are for sale in our unique, historic resting place. The Cemetery Committee, chaired by SEYMOUR BIRNBAUM, has prepared the appropriate documentation for the purchase of gravesites.

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

*A blend of faith and friendship for over 100 years*

**Temple Beth Elohim**

**P. O. Box 571**

**Georgetown, SC 29442**

**Temple Beth Elohim**

A blend of faith and friendship for over 100 years



## Committee Members

Ritual Chair: Andy Friedman (Richard Dimentstein)  
Membership/Publicity Chair: Joy Birnbaum  
Cemetery Chair: Seymour Birnbaum  
Communications: Andy Friedman  
Finance Chair: Michele Gershman Bennett  
Sunshine Committee Chair: Tish Richter  
Building & Grounds Chair: Seymour Birnbaum (Craig Lieberman)  
Newsletter Editors: Richard Dimentstein, Joy Birnbaum  
Library Chair: Richard Dimentstein (Tish Richter)  
Oneg Shabbats: Ariane Lieberman  
Web Page: Joy Birnbaum  
Website ([www.templebethelohim.net](http://www.templebethelohim.net)): Joy Birnbaum  
Photography: Randy Cavaliere (Joy Birnbaum)