

Scroll

Temple Beth Shalom - Needham, Massachusetts

February 2019

Shevat/Adar 5779



Remembering Our Founders: The Shufro Family

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Reproductive Carrier Screening: Jewish Genetic Testing for Future Parents

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Volume 46, Issue 6

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From the Editorial Board

Our Readers Are Also Writers

Months ago, a congregant approached the Editorial Board with an article idea: educating our community about genetic testing, especially for people considering having children. Thus was born the feature article of this month's Scroll. We appreciated hearing from Mindy Pasco-Anderson for two reasons: she had a terrific topic idea and she exemplified how we like to work. If you have an article idea, please let us know. If we can make it work, we'll include your article in the Scroll. As for Mindy, perhaps we'll even inspire her to submit 175 more words for the Scroll. Read on . . .

Are you a writer or poet? If you compose written works of art - from poetry to prose, fiction to nonfiction - please tell us about what you do. We'd like to know how you got your start, what you write, and what inspires you. And just to keep your editing skills sharp, we ask that you keep to about 175 words! Deadline: March 6. Please email scroll@tbsneedham.org.

TBS Connection Have you found a spark through TBS? A person, an opportunity, a moment in a service . . . something that made you feel inspired or especially connected? If so, we'd love to include your story. Ongoing - no deadline. Please email scroll@tbsneedham.org.

And if you have any other ideas you'd like to see in the Scroll, kindly contact scroll@tbsneedham.org.

- *Joni Burstein on behalf of the Scroll Editorial Board*



jewishcomicbookheros.eventbrite.com (see page 11)

Please join the TBS community for

Minyan

Monday and Thursday mornings at 7:00 AM.
Monday through Thursday evenings at 6:45 PM.
All at TBS.

FEBRUARY 2019 SERVICES

FRIDAY, FEBRUARY 1 (27 SHEVAT 5779)

6:15 PM — Tot *Shabbat* Service (Sanctuary)
7:15 PM — Contemplative Service (*Beit Midrash*)
7:15 PM — *Simchat Shabbat* Service (Sanctuary)

SATURDAY, FEBRUARY 2 (27 SHEVAT 5779)

Torah: Mishpatim, Ex. 21:1 — 24:18
8:30 AM — *Shabbat Morning Minyan* (*Beit Midrash*)
9:00 AM — *Torah Study* (*Beit Midrash*)

FRIDAY, FEBRUARY 8 (4 ADAR I 5779)

6:15 PM — *Kehillah Kids* Service (*Beit Midrash*)
7:15 PM — *Shabbat Evening* Service (Sanctuary)

SATURDAY, FEBRUARY 9 (4 ADAR I 5779)

Torah: Terumah, Ex. 25:1 — 27:19
8:30 AM — *Shabbat Morning Minyan* (*Beit Midrash*)
9:00 AM — *Torah Study* (*Beit Midrash*)
9:00 AM — Finding Our Jewish Values in *Torah*
(Conference Room)

FRIDAY, FEBRUARY 15 (11 ADAR I 5779)

6:15 PM — *Shabbat Evening* Service (Sanctuary)

SATURDAY, FEBRUARY 16 (11 ADAR I 5779)

Torah: Tetzaveh, Ex. 27:20 — 30:10
8:30 AM — *Shabbat Morning Minyan* (*Beit Midrash*)
9:00 AM — *Torah Study* (*Beit Midrash*)
9:00 AM — Finding Our Jewish Values in *Torah*
(Conference Room))
5:00 PM — *Shabbat Mincha* Service (Sanctuary)
Bar Mitzvah: Nicholas Levin

FRIDAY, FEBRUARY 22 (18 ADAR I 5779)

6:15 PM — *Shabbat Evening* Service (Sanctuary)

SATURDAY, FEBRUARY 23 (18 ADAR I 5779)

Shabbat Ki Tisa, Ex. 30:11 – 34:35
8:30 AM — *Shabbat Morning Minyan* (*Beit Midrash*)
9:00 AM — *Torah Study* (*Beit Midrash*)
9:00 AM — Finding Our Jewish Values in *Torah*
(Large Conference Room)
11:00 AM — *Shabbat Morning* Service (Sanctuary)
Bat Mitzvah: Charlotte Gillogley

Committee Meetings in January - Get Involved!

Please check with the email contact beforehand in case of a last-minute change and for meeting location.

Committee Name	Upcoming Meeting Date	Email Contact for Information
Adult Learning	Wed. Feb. 6, 7:30 PM	adult_learning@tbsneedham.org
Brotherhood	Tues. Feb. 12, 7:15 PM	brotherhood@tbsneedham.org
Chesed	Tues. Feb. 26, 7:15 PM	chesed@tbsneedham.org
Communications	Wed. Feb. 27, 7:15 PM	communications@tbsneedham.org
Garden Club	Tues. Feb. 5, 7:00 PM	gardenclub@tbsneedham.org
Library	Every Wed., 10:00 AM	library@tbsneedham.org
Scroll Editorial Board	Thurs. Feb. 7, 7:30 PM	scrolled@tbsneedham.org
Shomrei Adamah	Thurs. Feb. 28, 7:15 PM	shomreiamamah@tbsneedham.org
Sisterhood	Wed. Feb. 7, 7:30 PM	sisterhood@tbsneedham.org
Teen Engagement Committee	Mon. Feb. 4, 7:30 PM	teen_engagement@tbsneedham.org
Three Score/More or Less	Mon. Feb. 4, 7:30 PM	threescoremoreless@tbsneedham.org
Tzedek	Tues. Feb. 5, 7:30 PM	tzedek@tbsneedham.org

TBS Finances 101 – “Behind the Curtain: How Does Temple Beth Shalom Work?”

By Peggy Lowenstein (Vice President, Early Childhood Learning), Jim Masur (Vice President, Finance and Treasurer), Beth Pinals (Community Advancement Chair), Jeffrey Shapiro (President)

Did you know...

Our TBS congregation has grown from 550 families when Rabbi Perlman joined in 2004 to over 930 today?

As a matter of TBS policy, there are no financial barriers to membership?

Our Children’s Center consistently operates at capacity and Religious School enrollment is increasing annually?

Over the past 15 years, our exciting Temple Beth Shalom journey has included the completion of our new Temple home, the enactment of a unique rabbinic leadership model, and the introduction of an innovative learning program. Our “TBS 2020 Vision” envisions expanded programming and life-mentorship sharing as well as a sharpened focus on social justice and social action. This dynamic growth requires an evolving and supportive organization.

During the ongoing “TBS Tomorrow” community conversations, a widespread desire to better understand the Temple Beth Shalom administrative and financial structure became clear. In response, TBS leadership has developed a program entitled “Behind the Curtain: How Does Temple Beth Shalom Work?” that will be presented several times early in 2019. We hope you can attend these informal presentations and learn about our revenues, expenses, and the TBS budgeting process, and also have your questions answered. For a preview of the topics we’ll be discussing, please read on!

Congregational Growth – The Revenue Side

Expanded membership resulting from our welcoming environment and robust educational programs has contributed to a substantially larger and complex operating budget. Net revenue in fiscal year 2019 is projected to total approximately \$6.7 million (in marked contrast to \$1.6 million in 2004). Of this

amount, tuition and net membership commitments represent approximately 56% and 35%, respectively. All other sources of income, including the Shofar Appeal, the L’Chaim fundraiser, B’nai Mitzvah fees, and other smaller activity fees make up the remaining 9%.

Investing in Membership and Staffing – The Expense Side

To ensure that all families who desire to do so can join TBS, we gave reduced rates to 18% of invoiced member commitments in 2017; this assistance is anticipated to rise to approximately 22% in fiscal year 2019. We recognize the importance of meeting people where they are financially, balanced against the need to be fiscally responsible with our precious resources. Our Financial Assistance Committee takes its charge very seriously and regularly reviews trends and practices.

Approximately 80% of all TBS expenses relate to wages, benefits, and development of our staff to support the growing spiritual, educational, and programmatic activities at TBS. As our educational programs have grown, staff ratios have remained consistent as we maintain program quality and focus on creating meaningful relationships. When Rabbi Markley arrived in 2006, our two Rabbis were providing pastoral support for 600 families; today they meet the needs of over 900. With roles evolving and changing, clergy and administrative staffing have been held relatively constant during this period of growth. In fact, TBS staffing levels mirror those of congregations half our size. Both rabbinic and administrative staffing levels present challenges that require consideration. Our recently initiated search for an Assistant Rabbi responds to one such challenge.

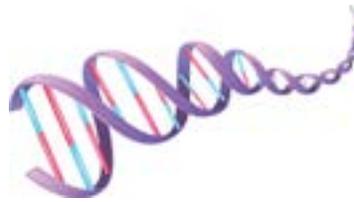
Philanthropic Support Makes A Difference!

An important source of financial support for TBS activities is the generous philanthropy provided by our congregation through donations to our

Continued on Page 9

The Spiral of Life and Time

By Rabbi Todd Markley



This month's Scroll is dedicated to the very core of our beings . . . the genetic code upon which our lives are built. For many years now, as part of my pre-marital counseling with couples, I have recommended that they choose to have themselves screened for those genetic disorders which have, historically, been most prominent amongst Jewish populations. Were one to be a genetic carrier for such a disease one would certainly want to know, so that thoughtful discussions with physicians – and with one's partner – could be had before passing such traits on to another generation.

Of course, with many DNA genetic testing and analysis companies existing today, a simple cheek swab can help us not only to know the illnesses or disorders for which we might be at higher risk, but also to better understand our ancestral roots. Most of us have some basic understanding of the corners of the world from which we, our parents, or our grandparents and great-grandparents originally hail. This has always helped us to understand our own personal narratives and how we fit into the larger unfolding story of humanity. Yet with the advent of such readily available genetic testing, more and more people are developing more complex and nuanced self-understandings. Rarely is it the case that our old notions of, "I'm half 'this,' and half 'that'" are reflective of the full picture of our histories. Technology now enables us to know that our genetic code has origins in many corners of the earth, a helpful tool (albeit not without potential privacy/other risks), perhaps, in helping us to better understand our relationships to those who came before us and those with whom we share the earth today.

And yet, as I considered the theme of this month's Scroll, another deeply Jewish point of connection also came to mind. Philosophy professor Crispin Sartwell recently wrote a piece in the *New York Times* entitled, "How Would You Draw History?" The article reflects a longstanding debate among historians about the trajectory of history. The two most commonly held understandings are these:

1) Time is linear. Each passing year takes us into a new era of history, and we march ever-forward as we make more and more progress from the ancient past towards the distant future. Or . . .

2) Time is cyclical. Every year is largely like the last . . . a notion put forth by the Biblical author Ecclesiastes, who lamented that there is "nothing new under the sun." The same seasons come and go, the same holidays, the same experiences simply repeated again and again for all time.

I have always enjoyed the notion that – for our Jewish tradition – the passage of time is a combination of these two . . . both forward-moving through time in a linear fashion and circling back on itself with each passing day, month, and year. If one were to depict such a shape, it might look quite a bit like the spiraling DNA molecules that make up our very beings. Indeed, we do circle back to repeated touch points: the first buds of spring, the changing leaves of autumn, the smells of Chanukah latkes, the taste of apples and honey each Rosh Hashanah. These repeated patterns provide us with some stability . . . touch points that feel familiar, comfortable, and reassuring. And yet, time also marches on in a linear fashion. We grow older. This year's Yom Kippur does not include the same regrets and resolutions as last year's. There are new family members around the *seder* table who were not there in the past . . . and there are loved ones no longer with us whose presence we are missing at that very same table.

Such is Jewish life . . . moving ever forward through time while allowing us to return to familiar rituals, recognizable melodies, favorite flavors, and age-old celebrations. We always move forward even as we cycle around and around through the years of our lives . . . just like the DNA molecules which allow for life itself



TBS Inclusion Task Force: Ongoing Focus on Mental Illness and Mental Health

By Jerry Schultz

February is **Jewish Disability Awareness and Inclusion Month (JDAIM)**. JDAIM is a unified effort among Jewish organizations worldwide to raise awareness and foster inclusion of people with disabilities. Last year at TBS, the TBS Inclusion Task Force (ITF) hosted a series of 15 presentations on a variety of topics related to inclusion. Presenters from the TBS community, as well as talented professionals from greater Boston, educated, inspired and provided support to participants.

In our ITF meetings we have been learning more about the impact of mental illness. We are generating recommendations to TBS leadership about ways to increase awareness and create a supportive, warm and inclusive environment for individuals and families touched by mental health issues. Our efforts are ongoing, and we welcome suggestions about how best to meet the needs of our community.

In September, as a part of the ongoing effort to identify and meet the social/emotional needs of children, the staff of the TBS K-12 Learning Programs was involved in a two-day training sponsored by CJP that focused on youth and mental health.

This past fall, at the “My Jewish Journey” presentation during the afternoon service on Yom Kippur, Tzipora Crandell gave a compelling and poignant account of her struggles with depression and anxiety. Tzipora, who grew up at TBS, is now a Jewish Learning Guide in the Mayim program and is also a member of the ITF. This young woman’s story of self-awareness, self-advocacy, and self-care, and the importance of understanding and support from those around her, touched the hearts and minds of congregants. Tzipora’s courageous presentation underscored the importance of allowing and encouraging communication about a topic that is too often kept in the dark.

In February, as part of our continuing efforts to educate and sensitize our community about mental health, we are hosting several events that address this important topic.



While the details were not yet confirmed by the copy deadline for this issue of the Scroll, watch for information in the TBS weekly email, in the Shabbat handouts, and on the Community Court video monitors. If you would like to learn more about these events, contact the TBS office or email us at inclusion@tbsneedham.org.

If you have any questions about the Inclusion Task Force, or you are interested in attending a meeting or becoming a member, feel free to ask any ITF member:

*Jerry Schultz, Chair
Sara Berk, Staff Liaison
Jean Gumpert
Judy Pearl
Judy Weinstein
Suzanne Brooks
Jess Green
Ally Zaff (student representative)
Adam Goldberg
Beth Crastnopol
Tzipora Crandell
David Gotthelf*

**Jewish
Disability
Awareness,
Acceptance &
Inclusion
Month
FEBRUARY 2019**

New in the TBS Library: *Why the Jews?*

By Irving Bailit

"Why the Jews?" Prager, Dennis, and Telushkin, Joseph. 3rd ed., Touchstone, 2016.

Antisemitism is humanity's oldest hatred, dating back to biblical times. Hatred and fear of Jews have a universality that transcends countries, continents, and civilizations.

But, why the Jews? Tackling this question head-on in *Why the Jews?*, the authors suggest four major components of Judaism that make Jews unique, but that unfortunately promote antisemitism:

1. Jews have their own monotheistic God, implying the illegitimacy of all other gods.
2. Jews have their own set of laws (Torah).
3. Jews now have nationhood through the State of Israel, which has become a target of the U.N. Security Council and the only nation threatened with annihilation by various organizations (e.g., Hamas) and countries (e.g., Iran).
4. Jews declare themselves as God's chosen people.

Why the Jews?, recently acquired by the TBS Library, was originally published in 1983. This third edition was published in 2016 in response to the marked exacerbation of antisemitism.

This is a well-researched and well-written book and has been widely acclaimed by Jewish scholars as a seminal study of antisemitism. It is an important study yet troubling to read.

The Library Committee purchases books each quarter related to a specific topic, and has chosen anti-Semitism as our topic for Q1 2019. We encourage you to read this as well as our other books on anti-Semitism.

Project EZRA Delivers on Christmas Again

For more than three decades Temple Beth Shalom has collaborated with the Needham Community Council in delivering Christmas dinners to Needham residents who are usually served by an organization called, Traveling Meals.



We also deliver dinners to our on duty fire and police personnel and to those who are sitting with loved ones at the Tippet House hospice. In this, our 33rd year, our good neighbor Roche Bros. donated and roasted 13 turkeys. Thanks to their support and to a small army of TBS volunteers 115 dinners left the kitchen of Temple Beth Shalom!

Arriving early Christmas morning, some skillfully carved the succulent turkeys, while others peeled, sliced, boiled, and mashed 100 pounds of potatoes and prepared all the fixings: the stuffing, the vegetables,



AROUND TBS

the cranberry sauce, the rolls, and the gravy. Then they assembled and sealed each individual meal.

A dozen other volunteers baked mouthwatering



homemade desserts - brownies and cookies of all descriptions - and brought them to TBS. Just beyond the kitchen doors, another group of volunteers made ready dinner bags for delivery by placing the meal and dessert,



a drink and a clementine into each bag.. In about three hours the preparation work was completed, just in time for the arrival of the final group of volunteers, who

came to collect the dinner bags and deliver them.

We are so proud of all the volunteers, so proud of everyone who made this day a more joyful one for their neighbors.

In appreciation,

*Lois and Ron Sockol
Anne and Rob Braunstein
Co-Chairs of Project EZRA*

Continued from page 4.

Endowment Funds as well as our operating, named and special purpose funds. Growing these resources in a manner that supports our priorities is critical to meeting our growing needs.

Meeting Future Needs

Several factors impact TBS' ability to invest to meet future congregational needs. First, approximately \$2.3 million in debt will remain on our new building after collection of all *Mikdash* pledges. Currently TBS is paying interest only, but principal payments must begin early in fiscal year 2021. Budgetary planning is being done to meet the estimated annual expense of \$160,000; a meaningful reduction in the principal balance will provide TBS with increased financial flexibility. In addition, demand for increased programming across all demographics will require more staff and financial resources. Ongoing evaluation of our budget seeks to ensure that we are providing a positive experience for all congregants while maintaining our strong financial position. These efforts align with what we have learned from our TBS Tomorrow conversations.

We thank you for your interest and your engagement in these demanding and practical financial issues. Please contact any of us should you have questions or comments, and please plan to attend a "Behind the Curtain" session. Also, please mark your calendar for our TBS Annual Congregational Celebration scheduled for Thursday, June 6, at 7:15 PM, when the fiscal year 2020 budget will be presented and voted upon by the congregation.

L'Shalom,
Peggy, Jim, Beth, and Jeff

FEBRUARY HIGHLIGHTS

For the most current and complete event notices, please see the TBS calendar (<http://tbsneedham.org/calendar>), the website, and the weekly email. Planning an event? Submit it here: <https://tbsneedham.org/submit>

5

Beth Shalom Garden Club Members' February Workshop and Luncheon

Tuesday, February 5, 9:00 AM - 3:00 PM

Members of Beth Shalom Garden Club will participate in our annual workshop and luncheon, when we will learn more about flower arranging in preparation for our Needham's Art in Bloom on March 9 and 10. We will celebrate our membership with a member-prepared luncheon and receive the photos of Needham High School students' artwork to interpret for Needham's Art in Bloom. We then will have one month to think about designing our floral arrangements.



Questions? Contact: Carol Gershman (gardenclub@tbsneedham.org)

7

Welcome Israel's 2019 Argov Fellows to TBS!

Thursday, February 7, 7:30 - 9:00 PM

Join us as we have the privilege of welcoming twenty-two young Israeli leaders who are studying leadership and diplomacy at Herzliya University. Selected as Argov Fellows, the students are engaged in high-level learning designed to prepare them for future leadership positions in Israel and in the Jewish world. Our program will feature a unique opportunity both to learn about these exceptional leaders and to discuss with them the similarities and differences of Jewish identity in the U.S. and Israel. Refreshments will be served.



RSVP: Tiziana Getz (tgetz@tbsneedham.org) by Monday, February 4th.

For more information, please go to: idc.ac.il/en/specialprograms/argov/pages/home.aspx



FEBRUARY HIGHLIGHTS

10

Mensch in Tights: How Jewish History & Culture Shaped the Comic Book Superhero

Sunday, February 10, 2:00 PM

Not only do comic book superheroes Batman and Superman disguise themselves to save the world, but, they also disguise their creator's Jewish heritage and values. Since their creation in the 1930's comic books have become a part of our nation's vocabulary, forever changing the way we think about stories, pictures, and what makes a hero. Unmask the Jewish subtexts of these stories and discover the unique contributions Jews have made to this American art form.



The Adult and Family Learning Committee presents Rabbi Simcha Weinstein, an internationally known speaker and the best-selling author of "Up, Up, and Oy Vey: How Jewish History, Culture, and Values Shaped the Comic Book Superhero" and "Shtick Shift: Jewish Humor in the 21st Century". He has appeared on CNN and NPR and has been profiled in leading publications, including the

New York Times, Miami Herald, and London Guardian. A syndicated columnist, he writes for the Jerusalem Post, JTA (Jewish Telegraphic Agency), the Royal Shakespeare Company, Condé Nast, and many other agencies. He chairs the Religious Affairs Committee at Pratt Institute, the renowned New York art school. He was recently voted "New York's Hippest Rabbi" by PBS affiliate Channel 13.

Cost: \$5 per person, \$10 per family. Registration link will appear in the February scroll and weekly emails.

Reserve Your Spot. Register Today! jewishcomicbookheros.eventbrite.com

Questions? Contact: Peter Mesnik (adult_learning@tbsneedham.com)



11

Destigmatizing Mental Illness: The Challenging and Rewarding Journey toward Mental Health

Monday, Feb. 11, 7:30 - 9:00 PM, at TBS Beit Midrash

A major focus of the ITF this year is to reduce the shame and fear that is all too often associated with mental illness. This important event will feature a panel of young adults from the TBS community who will discuss their personal struggles and successes. Come to listen, to learn, to share your own story if you wish, and to support those in our own community who are touched by mental illness.

JDAIM Facts: Mental illness is a medical condition that can disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. It is common: one in four people will develop a mental illness in their lifetime. Most mental illness can be treated effectively with medication, therapy, diet, exercise and support. Recovery is possible. *Sponsored by the TBS Inclusion Task Force (ITF) as part of Jewish Disabilities Awareness, Acceptance, and Inclusion Month.*

Questions? Contact: Jerry Schultz (inclusion@tbsneedham.org)

For the most current and complete event notices, please see the TBS calendar (<http://tbsneedham.org/calendar>), the website, and the weekly email. Planning an event? Submit it here: <https://tbsneedham.org/submit>

SAVE THE DATE

MARCH

3

TBS Texas Hold'em Poker Tournament

Sunday, March 3, 6:00 - 11:00 PM

ARE YOU IN? Mark your calendar now for the annual TBS Texas Hold 'Em Poker tournament. Experience the fun of a real hold 'em tournament without having to drive to Connecticut or hop a flight to Vegas! Your admission will fund a generous prize pool and a tasty spread from Michael's Deli.

Pre-payment for this event is highly suggested; only a limited number of guests will be accepted the day of the event. To ensure your seat at a table, you must pre-pay. \$60.00 in advance, \$70.00 at the door. Registration and dinner at 6:00 PM; cards drop at 6:45 PM.

Register and pre-pay at: tiny.cc/tbspoker

Questions? Contact: Jon Cohan (brotherhood@tbsneedham.org)



MARCH

9

Don't Miss Needham's "Art in Bloom" 2019

Saturday, March 9, 9:00 AM - 5:00 PM, Needham Public Library

Sunday, March 10, 1:00 - 5:00 PM, Needham Public Library

Beth Shalom Garden Club is presenting Needham's 11th Art in Bloom at the Needham Public Library on March 9 and 10. There will be 75 works of art created by Needham High School students with floral interpretations by Beth Shalom Garden Club. Come and see some live floral demonstrations. This year Needham's Art in Bloom is sponsored by Roche Brothers and SharkNinja. For more detailed information, visit: NeedhamArtInBloom.com



Questions? Contact: Carol Gershman (gardenclub@tbsneedham.org)

MARCH

10

Rabbis' Breakfast and Marc Comras Award Presentation 2019

Sunday, March 10, 9:00 - 11:00 AM, at TBS

Please join the Brotherhood for our annual Breakfast with the Rabbis. The Rabbis' Breakfast is always stimulating and informative as the Rabbis share their thoughts with us on any subject of interest to our members.

This year, as an added bonus, we will be presenting the Brotherhood's Marc Comras Award for Outstanding Service. This year's Marc Comras Award recipient will be announced in the TBS Weekly email and in the March Scroll. Please be there to express your appreciation and congratulations on this accomplishment. There is no fee for this event, but please register in advance so we will know how much nova, bagels, etc., to provide.

RSVP and register at: tiny.cc/comras

Questions? Contact: Paul Alpert (brotherhood@tbsneedham.org)

Rabbis' &
Marc Comras
Award Breakfast



SAVE THE DATE

MARCH
17

Bingo & Pizza with Three Score/More or Less (A free event for those 55+!)

Sunday, March 17, 3:00 - 6:00 PM, at TBS

Did you know that any TBS member 55 & over is part of the 'Three Score/More or Less' community? No? You're not alone! To get better acquainted, Three Score/More or Less is sponsoring a free Bingo and Pizza event. On Sunday, March 17th, from 3:00 - 6:00 PM, bingo tables will occupy Simon Hall. We anticipate a great time among friends, old and new, with some schmoozing, a bit of competition, plenty of excitement, and tons of fun. Join us for pizza, soda, and prizes. Open to TBS members 55 & over. You'll be in great company!



Questions? Contact: Mimi Winterman (threescoremoreless@tbsneedham.org)

MARCH
17

Brotherhood Spring Schmoozefest

Sunday, March 17, 6:00 PM

Location: TBD - watch for it in the Weekly Email and March Scroll.

The men of TBS gather regularly for great food and drink, and generous amounts of schmoozing. Our Spring Schmoozefest promises to be a very popular event! If you are new to the Temple and/or Brotherhood, this is a great way to get started and to meet some of the men in the TBS community. If you've been a regular, come and bring a friend!

RSVP to tiny.cc/schmooze: so we know how many to feed.

Cost: \$20 in advance (online only); \$25 at the door.

Questions? Contact: Jon Cohan (brotherhood@tbsneedham.org)

MARCH
24

At My Neighbor's Table

Sunday, March 24, 5:30 - 7:00 PM, at TBS. Doors open at 5:00pm.

Join us for a conversation over a meal on how we can bring ourselves closer to a larger, inclusive community. This event is free and open to the public. Sponsored by Temple Beth Shalom, First Parish in Needham Unitarian Universalist, Bahá'í Community of Needham, Congregational Church of Needham, Presbyterian Church of Needham, Needham Diversity Initiative, Needham Human Rights Committee, and Cooperative Metropolitan Ministries.



Reservations required - details will be in TBS This Week.

Questions? Contact: Marlene Schultz (marlene_schultz@verizon.net)

SAVE THE DATE

MARCH
31

The Gefilte Manifesto: Reviving and Reimagining Jewish Foods

Sunday, March 31, 9:00 AM - 11:00 AM

Ever wonder how bagels, lox, whitefish, babka, rugelach, gefilte fish and other foods we commonly eat came to be regarded as Jewish cuisine? Come curious and hungry for answers to those questions and a celebration of the origins of Ashkenazi and other Jewish foods. Jeffrey Yoskowitz and Liz Alpern, authors of *The Gefilte Manifesto* and authorities of Jewish cooking and culture, will join us for a presentation on traditional Jewish cuisine and a renewing interest among culinary experts in reviving and reimagining Jewish foods. The presentation will be accompanied by an expanded traditional Jewish breakfast with opportunities to sample their limited run artisanal gefilte fish.

Cost: \$10 per person and \$20 per family

Register Today: <https://gefiltemanifesto.eventbrite.com>



APRIL
7

A Kallah with Rabbi Rifat Sonsino – A Morning to Remember

Sunday, April 7, 9:30 AM - Noon, at TBS

Join us for a fascinating Kallah discussion, ‘Famous, Remarkable Jewish Women in History’ with Rabbi Rifat Sonsino. Enjoy a morning of engaging learning and friendship. Sponsored by Three Score/More or Less; open to all adult TBS members and guests. \$10 per person includes breakfast.



Questions? Contact: Ina Glasberg or Harriet Randall (threescoremoreless@tbsneedham.org.)

“Views on the News” with Mark Maremont, Senior Editor with The Wall Street Journal (WSJ)

APRIL
28

Sunday, April 28, 2:30 – 4:30 PM, in the Beit Midrash at TBS

In this time of fake vs. real news, join us as Temple member Mark Maremont presents “Views on the News” and leads us in a lively discussion. Mark’s focus is on investigative reporting, and he is based in the WSJ’s Boston office. He shared the Pulitzer Prize for Public Service in 2007 for a series exposing widespread abuses in the compensation of corporate executives, and the Pulitzer Prize for a series on corporate corruption in 2003. He is also a three-time winner of the Gerald Loeb Award, business journalism’s highest honor. Mr. Maremont holds degrees from Brown University and from the Columbia Graduate School of Journalism. This event is open to the entire TBS community and to non-members. There is no cost for this event. RSVP information will be forthcoming. Sponsored by the TBS Library Committee. Refreshments will be served.

Questions? Contact: Roberta Gerson (library@tbsneedham.org)

Join Us for a Special Spring Shabbat with “Banot”

MAY
17

Friday, May 17, 7:15 PM Shabbat service and 9:00 PM concert

TBS is excited to announce that we’ll be hosting “Banot,” a spectacular group of Israeli singers and musicians (banotmusic.com/about). Banot will participate in the Shabbat service, which will start at 7:15 PM rather than the traditional 6:15 PM on the third Friday. After the oneg, the group will give an hour concert starting at 9:00 PM. Mark your calendars for what promises to be an exceptional experience!



Questions? Contact: Paul Elias (elias_p@bellsouth.net)

Remembering Our Founders: The Shufro Family

By Florence Schumacher



Temple Beth Shalom's longest-term member is Ellie Shufro, who joined the Needham Jewish Community Group (NJCG), the precursor to the Temple, in 1952. The Shufros were one of the founding families of TBS.

Ellie, who now lives in Columbus, Ohio, was the wife of Harold Shufro, who died in 2017, and she is the mother of a son and two daughters. Her children went to the Hebrew School, which met only on Sundays. Her son became a bar mitzvah, but girls were not yet allowed to have a bat mitzvah.

Harold's brother, Harmon Saul Shufro, became the Temple's first cantor, though he was not formally trained. Harmon had been part of the choir at the NJCG's first High Holiday service, held in 1953 at the First Parish Church. When the leader, Cantor Alfred Rosbash of Temple Ohabei Shalom in Brookline, recognized his singing talent, he trained him and the next year Harmon made his first appearance as cantor at the High Holiday services for what then was called the Needham Jewish Community Center (NJCC). He became the NJCC's first cantor (part-time) in 1955 with the first part-time rabbi, Herbert Yarrish, the same year the group became a Reform congregation. TBS would not have a full-time cantor until Cantor Lori Salzman joined our congregation in 1998..

Harmon performed in one of the first Temple musicals, "Curtain Going Up," in 1963. He also started the first choir at TBS.

Harmon Shufro was a true Renaissance man. Born in 1918, he grew up in Dorchester, the oldest of five children. After he graduated from Dorchester High School, he played professional baseball for five years on the minor league teams of the Philadelphia Phillies and the Chicago Cubs. But World War II intervened. In 1942 he enlisted in the Army Medical Corps and served as a medic in France and Germany, earning a Bronze Star and a Purple Heart. He got shrapnel in his knee, ending his hopes for a baseball career.

While in basic training, he married Jean Keller. They moved to Needham in 1946, so that Harmon could join his father and Harold at Allen Hardware, the family's store in Needham Center. Harmon and Jean had three daughters, Barbara, Elinor and Marjorie. Marjorie Shufro Altmayer told me in an email that all the girls played instruments and studied with leading musicians in the area.

Harmon was a major civic leader in the Needham community during the 1950s and 1960s. Among the many positions he held were:

- Coach, Junior American League baseball team, for five years
- Director, Needham Chamber of Commerce
- Commander, Needham's American Legion Post
- Town meeting member, elected in 1961 with the most votes; Finance
- Committee Chairman
- Director, Needham Chapter, American Red Cross
- Vice president, Needham Housing Authority
- Vice president, Needham YMCA
- Executive board member, Needham Community Council
- President, B'nai B'rith Lodge

Harmon was called "Mr. Brotherhood" for his efforts to educate the Needham community about Judaism, giving many talks to church groups and arranging interfaith activities for young people. Harold Putnam, a Needham Town Moderator and a Massachusetts state representative, called Harmon "a prominent and valuable member in civic, fraternal, social service and religious organizations."

Harmon and Jean moved to Gainesville, Florida in 1973. Even after he got Berger's disease, a kidney ailment, and had to have part of his foot amputated, he continued to play golf, his passion. After Harmon died in

1982, Jean moved to Mobile, Alabama, to be near her daughter, Marjorie, until her death in 2017.



Harmon's daughter Barbara lighting Hanukkah candles in 1953 at a Needham Community Group celebration.

In October 2019 TBS will celebrate the 60th anniversary of our first building, Simon Hall. This is the first in a series of articles that will honor the 16 people who joined during the 1950s before the building opened and who remain members today.

Reproductive Carrier Screening: Jewish Genetic Testing for Future Parents

By Mindy Pasco-Anderson

In the span of just a few decades, our understanding of the genome - the human blueprint - has grown exponentially. The genome is a set of instructions that informs our bodies how to form, live and die. What was previously a collection of squiggles (chromosomes) under a microscope has turned into a code readable by geneticists. This ability to read our genetic profiles brings new knowledge and insight into conditions and diseases that we might carry, manifest, and/or pass on to our children.

Jews, like any other narrowly-defined population or group, are carriers of a range of genetic mutations and related diseases, which can occur at higher rates than within the general population. People who are carriers of a genetic mutation might not develop the condition or disease, but they can pass it on to their children. If each person in a couple is a carrier of the same mutation, there is a 25% chance per pregnancy that the mutation will be expressed as a disease in the offspring. But, not to fear. Knowledge is power. Read on!

What is genetic testing?

Genetic, or DNA, testing is the “reading” of genetic material - obtained from saliva, blood or cells from the inside of your cheek - that reveals what genetic mutations a person carries. This article focuses on known, recessive Jewish reproductive carrier mutations that can be passed onto offspring.

Where can I go for genetic testing?

Your doctor, a lab, or home collection kits are portals for this. They (or you) will collect the sample and send it to a testing lab for analysis.

Are the genealogy kits from Ancestry.com, MyHeritage.com, and similar sites also running genetic tests?

As the availability of genetic tests has become more widespread, a number of the genealogy companies have started to offer some limited genetic information. But, to date, they do not offer a medical review of the

conditions covered in this article. Their focus is more on family trees and places of origin.

What will happen to my submitted sample?

A lab will separate DNA from your sample and review your DNA for mutations. In Jewish genetic testing, your DNA will be reviewed for over 200 mutations known to be carried by Ashkenazi, Sephardic, and Mizrahi Jews. The results can be discussed with you, and you may be referred to a genetic counselor.

Are Jews the only group that carries specific conditions or diseases?

No. All populations carry mutations. However, more isolated communities have higher rates of some mutations. Some of these mutations can lead to unwanted/disease conditions. As an example, French Canadians, Louisiana Cajuns, and Irish Catholics join Jews in having a higher rate of Tay-Sachs disease, which is always fatal.

What diseases do all of the Jewish groups (Ashkenazi, Sephardic, Mizrahi) have in common?

- Cystic Fibrosis
- Familial Mediterranean Fever
- Fragile X Syndrome
- Glycogen Storage Disease Type II
- Phenylalanine Hydroxylase Deficiency
- Retinitis Pigmentosa 28
- Smith-Lemli-Opitz Syndrome
- Spinal Muscular Atrophy
- Tay-Sachs Disease
- Wilson Disease

What are the most common diseases found in the Ashkenazi Jewish population?

Gaucher Disease, Cystic Fibrosis, Tay-Sachs, Familial Dysautonomia, and Spinal Muscular Atrophy.

What are the common diseases in the Sephardi/ Mizrahi group?

A comprehensive list can be found online at jewishgeneticdiseases.org/jewish-genetic-diseases.

What if I have mutations in my DNA?

Knowledge really is power! If you have a disease (which you may already know), the genetic counselors will direct you to information and medical care for the condition. If you have a given mutation and are an unaffected carrier (i.e., you have the mutation but not the disease), you will likely have no effect from the mutation, but your children may. Genetic counselors can guide you and your children/spouse on alternatives for achieving the healthiest outcomes.



Will I pass my mutations on to my children?

If your mate is also a carrier of the same mutation, there is a 75% chance that you will pass on a mutation to a child. Fifty percent of the time this child will become an unaffected carrier - i.e., the child will not develop the disease but could pass the genetic mutation to the next generation. Twenty-five percent of the time the child will express the mutation. This is called an autosomal recessive disease. And twenty-five percent of the time the child will be an unaffected non-carrier, meaning the child will not develop the disease and will not pass the genetic mutation on to offspring. These percentages are on a per-pregnancy basis.

Are all mutations potentially harmful?

No! Due to the nature of reproduction and the division of cells, mutations occur quite commonly. (This is how evolution works!) Typically, carriers of the mutations will not develop any disease symptoms. Issues arise when two people carry the same deleterious mutation and the disease is expressed in their child.



How does reproductive carrier screening reduce the likelihood of disease?

Tay-Sachs is a common mutation in Ashkenazi Jews, occurring at a rate of 1/30. The mutation occurs at a rate of 1/300 in the general population. If the mutation is present in both parents, and the Tay-Sachs gene is expressed, the child would have the disease. The disease is always fatal and children with Tay-Sachs usually have a lifespan of under four years. The good news is that with screening, the number of babies born with Tay-Sachs has dropped by more than 90% since the 1970s. This reduction is an outcome of potential parents knowing their carrier status. Positive carriers have chosen to use donor eggs or sperm, IVF (for review of the eggs/sperm prior to fertilization), or adoption.

My adult children are getting married and hope to have families. What should they do? And what if my children are marrying non-Jews?

Prior to marriage rabbis offer counsel on many topics, including genetic testing. Genetic testing is recommended for all couples hoping to have children. All populations carry mutations of various sorts - it is the rate at which these occur that changes by group. Knowing what mutations each spouse carries can help a couple identify options for having healthy children. This remains true when spouses are from different groups.

I'd like more information on this topic. Where should I look?

Jscreen.org, Jewishgeneticdiseases.org, and victorcenter.org are excellent sources of information. These sites also list the mutations and diseases for which the genetic screening will test.

Are there any downsides to reproductive carrier screening?

No! Your health team will direct you on how best to interpret the results and to make the best decisions for yourself and your future children. While it is always a good idea to double check how your personal information will be kept private, all of your reproductive carrier screening information will be kept confidential. Unlike the owner-released and shared content on programs such as ancestry.com, this genetic

information is not in the public domain.

This article is intended to raise your awareness of the benefits of reproductive carrier screening.

Please consult the resources listed and your physician for more detailed information.

From the time I was a child I bruised easily, suffered from abnormal fatigue and was anemic. Since I was otherwise healthy, my doctor didn't think much of it. It wasn't until after my son, Simon, was born, when my platelet count didn't recover, that I was diagnosed with Type 1 Gaucher Disease, an inherited disorder most prevalent among Ashkenazi Jews. I had never heard of it and neither had my doctor.

It's been 20 years since my diagnosis and I've learned a lot since then. I've especially learned how lucky I am. I was lucky because I had a less severe form of the disease; symptoms can vary widely. I was also lucky because a highly effective therapy was developed shortly before I was diagnosed; every two weeks I get an infusion of an enzyme replacement that keeps me relatively healthy.

My children are carriers of the gene mutation that causes Gaucher Disease and we are all at higher risk for some other illnesses as well. Educating ourselves is the best thing we can do to mitigate our risk. It's the best thing any of us can do.

Wendy Shulman

Mayim: Behind the Scenes

By Sara Berk

Did you know that the *Mayim* (K-5 Learning Program) Faculty are full-time employees at TBS? Have you ever wondered about what goes into making a day at Mayim happen? Are you curious about what a day at Mayim looks like?

It all starts in August, during Faculty Orientation. The educators that are part of the K-5 team spend three weeks in professional development sessions which include deep dives into curriculum, team building exercises, and lesson planning in grade-level teams. Faculty learn from the leadership team, from outside experts, and from each other.

Throughout the year, the faculty meet as a K-12 team every Monday. During this time there are opportunities for faculty to continue to teach each other, learn from members of the leadership team, and learn from experts in our community. Team building is crucial during this time because it is the only time everyone has the opportunity to be together on a regular basis. There are a few days throughout the year when Mayim does not take place, and faculty have professional development days to work with the leadership team or rabbis to engage in an detailed and adult-level examination of the next part of their curriculum.

The adult-level learning continues on a weekly basis during the grade-level team meetings. Each pair or trio of educators in a grade cohort works with Rachel Happel, Director of K-12 Learning, or Sara Berk, Director of K-12 Inclusion and Assistant Director of Mayim, in order to take their learning deeper and develop weekly lesson plans. Although one general lesson is developed for each week in the curriculum, educators often have different approaches or different activities based on the group of children that attend each day. One educator teaches the same lesson six times, and often in six different ways! This typically requires a lot of time to prepare. Educators have another meeting throughout the week in their pair or trio that is set aside as “doing time.”

The structure of the Mayim day does vary a little bit by grade level, and day of the week. However, a glimpse into Tzipora’s 2nd and 3rd grade Monday *Mifgash* (class) is a great example of a typical day. There are 10 children in this group. We always aim for 10-12

children in each group of children. Children begin their Mayim day at 3:45 PM in the classroom with arrival activities that either review something that has already been taught, get them excited about the lesson that will take place that day, or relate to an upcoming holiday. Children generally have two or three choices of activities during this time. Children then transition to snack and *mifgash* (“encounter”) meeting. Mifgash meeting is a similar format to morning meeting in Needham Public Schools (and many other districts) so it is familiar to our learners. Children greet each other by name, share important things going on in their lives, go over the schedule for the day, and begin their learning. From this point, the learners often work in pairs or small groups for exploration. Exploration is the time when they have the opportunity to use different modalities to learn about a piece of the curriculum they are focusing on that day. After exploration, there is often time for children to run around in the Community Hall before heading to the last part of the Mayim day, *t’filah* (prayer service). T’filah is open to families to join, and many parents do join their children during this time of day.

During the course of the school year children become comfortable with the t’filah prayers, which allow them to participate in Shabbat services at TBS. This helps children and families become more integrated into our whole community, where they can develop new friendships and deepen already existing ones.

If you have questions about our Mayim program, please reach out to Sara Berk (sberk@tbsneedham.org).

Welcome New Members

Jane and Alan Clayton-Matthews
Michael and Rachael Grappo and Allegra (12),
Gavrielle (9)
Amy Stiner and Ann Stiner and Grant (7)

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Miriam's amazing Bat Mitzvah
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Rabbi Jay for being with our family
following the passing of Lenny
Shapiro

The special services during the Holy
Days
Rabbi Jay Perlman

Emily & Jay for preparing & conducting
Dianne's Funeral
Rabbi Jay's blessing for Lucas at his
Bat Mitzvah

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Hazel's Bat Mitzvah
Ruby Ellerin becoming a Bat Mitzvah

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Roz & Neil Kushner & team for supplying
& setting up the food for the shiva

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Rabbi Todd blessing our grandson,
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fold

Rabbi Markley's guidance & beautiful
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Rabbi Todd for making the process of
gearing up for Miriam's Bat Mitzvah
so joyful & comfortable

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Jake Reiser becoming a Bar Mitzvah
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on the passing of her grandmother, Harriet Finger

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Ali and Michael Sganga, Josh Cohen and Alissa Cooper
Ben Berkowitz, and Jacob Berkowitz of blessed memory
Hailey and Jake Sganga
on the passing of their husband, father, grandfather and
great-grandfather, Albert "Abbie" Berkowitz

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on the passing of their father and grandfather, Paul Machado

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