

The High Holidays are Coming!

By Mari-Claire Zimmerman



Shalom, members of Congregation Emanu-el of Waukesha! The High Holidays begin on Kabbalat Shabbat on Friday, September 15, with Rosh HaShanah. Yom Kippur is, of course, 10 days later on Sunday, September 24. As you know, all Jewish holidays start at sundown.

As chair of the *Ritual Committee*, one of my jobs is to give members the honor of participating in these holidays by reading from the bimah during the services. Please note that changes have been made in the sanctuary to make it easier for members to access the bimah with adaptations, making it possible for everyone to participate on the bimah. The services will be led by Cantor Martin Levson.

There is much for all of us to do to prepare for the holidays. I will be contacting members by phone, in person, or via e-mail to offer each of you the honor to participate with reading of poems, prayers, and prose from our High Holiday prayerbooks. I want to have everyone who would like to participate signed up by the end of August. This is for the adult services, which includes all those teenagers who have celebrated their B'nai Mitzvot.

In order to partake in these services, you must be at the temple in person to perform your part. These readings will be in English, but there will also be Torah blessings in Hebrew, and the Hagbah and Galila which is lifting and dressing the Torah after the Torah portions are chanted. There are also the Haftarah verses of the Binding of Isaac and of Jonah. Portions of these could be chanted in Hebrew and also read in English.

If you don't want to wait for my e-mail or phone call, you may contact me on my cell phone at 262-352-9270 or via e-mail at wzimmerman1@wi.rr.com.

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SAVE THE DATE: Saturday, October 14, is the date of the proposed CEEW Fall Retreat. See page 8 for information, contacts, deadlines, and more!

Ending the Year with a Smile

Text and photos by Adrian Richfield



On Saturday June 3rd, CEEW had its annual end-of-the-year event. This year it was a pot luck dinner with musical entertainment from the CEEW *A Band 'n All Hope* and Cantor Levson singing with the band.

After a wonderful assortment of Jewish and family favorite foods, accompanied by desserts and wine, the group went upstairs for the entertainment which included many favorite Klezmer songs and music. The band and Cantor Levson were outstanding.

The evening ended with Havdalah. There were a lot of smiles and happiness and Cantor Levson remarked: "This is what a vibrant Jewish community looks like!" Many thanks to the Adult Education Committee and those that helped with this event.





**"Remember only that you are not always going where you are going for the reasons you think you are."
— Lawrence Kushner, *Honey from the Rock***

CEEW News Briefs

Save the Date: July 1 Havdalah and Fireworks

CEEW member Phil Schuman will host a Havdalah service, followed by fireworks, at his house in Hartland on the evening of July 1. Watch your email for more information about the start time and what you can bring (bug spray might be a good idea, and Phil suggests that you bring chairs). The rain date for this event is Sunday, July 2.



CEEW Dining Club Takes Summer Break

Dining Club, headed by Elly Kraines, will take a summer cookout time out! The CEEW Dining Club will resume this fall on Sunday, September 10th for dinner, with the time and place to be determined at a later date.

This date is before the High Holidays and will be a good time to get together again after the summer. Put the date on your calendar now; more details and information will be coming in the September Bulletin and email blasts!

Headline here

Mari-Claire Zimmerman's article about heart health, starting on page 17, examines heart attack symptoms and risk factors for men and women. Did you know that queer, trans, and gender diverse people have additional factors affecting cardiovascular health?

According to the American Heart Association Journal publication, *Circulation*, "There is growing evi-

dence that people who are transgender and gender diverse (TGD) are impacted by disparities across a variety of cardiovascular risk factors compared with their peers who are cisgender. Prior literature has characterized disparities in cardiovascular morbidity and mortality as a result of a higher prevalence of health risk behaviors. Mounting research has revealed that cardiovascular

risk factors at the individual level likely do not fully account for increased risk in cardiovascular health disparities among people who are TGD. Excess cardiovascular morbidity and mortality is hypothesized to be driven in part by psychosocial stressors across the lifespan at multiple levels, including structural violence (eg, discrimination, affordable housing, access to health care)."

Click [here](#) to read more from this research.

— *Sxdni Small*

Fundraising for an October Retreat

The possibility of a daytime CEEW retreat at OSRUI (the URJ Olin-Sang-Ruby Union Institute) was mentioned at the Annual Meeting. See page 8 for more information.

We will need to raise an additional \$400 to cover the rental costs and make this plan a reality.

If you can help with a donation of any amount, please send a check to CEEW and write "Fall Retreat Day Donation" in the memo line.

Donations must be received by August 31. Watch your email for further developments! ☆



Join us at CEEW's Picnic Shabbats at Horeb Park! On July 14, dinner will start at 6 and the service at 7. On August 18, dinner will start at 5:45 and the service at 6:45.

Postcards from the Lower East Side

When I arrived at CEEW two years ago, I was informed by our Director of Education, Carrie Barbakoff, that there was going to be a post B-Mitzvah class which would culminate in two years with a trip to New York City. I vaguely remember saying, "That sounds great!"

As I write this article, we have just concluded this trip, and it was (IMHO) a great success. Four students, three parents, Carrie Barba-

Cantor's Column

By Cantor Martin Levson, CEEW Sole/Soul Spiritual Leader



koff, Ann Meyers, and I spent three extremely busy days experiencing the island of Manhattan.

We went to the Tenement Museum, we had an amazing walking tour of the Lower East Side, we visited a Kosher grocery and a Judaica shop on the Upper West Side, we had dinner at the 2nd Ave. Deli (which is no longer located on 2nd Ave.), and we attended a lively Friday evening Shabbat service at B'nai Jeshurun. (They get up and dance during L'cha Dodi!) There was also some time for some fun in NYC, including a visit to the Museum of Natural History, a walk-through Central Park on Saturday afternoon and Dim Sum on Sunday morning in Chinatown!

The high point of the trip for me, and I suspect for many of the participants as well, was the Saturday morning visit to Ellis Island. Surprisingly, this was my first visit to this historic site.

My ancestors did not come through Ellis Island; they made their way to America by different ways and at different times. But when standing in the Great Hall, realizing how many people came through this place looking to make a new life for themselves in this country, I felt an overwhelming sense of... awe.

Today Ellis Island is a museum which had once been a 'secular' governmental facility, but I felt the same kind of reverence I feel when entering a beautiful synagogue, church, mosque, or any other sacred space. I could almost hear a voice whispering "Take off your shoes; this is Holy Ground."

At one of our Friday evening services this summer, the congregation will have the opportunity to hear the thoughts of the students who went on this trip. Please come and hear what they have to say, and ask them about chocolate egg creams! ★





SAVE THE DATE for Esme Patz's B. Mitzvah on Saturday, August 12!

CEEW Annual Meeting: June 11, 2023

By Pati Allen Brickman

Members in attendance: Laurie Schwartz, Ann Meyers, Cantor Martin Levson, Alan Meyers, Bernie Sandler, Mark Levy, Carrie Barbakoff, Pati Allen Brickman, Carrie Barbakoff, Denise Stodola, Deb Hacker, Ellyn Lem, Cindy Levy, Alice Lambie, Sandy Villa, Beth Ann Waite, Elizabeth Lamb, Elly Kraines, Mari-Claire Zimmerman, Barb Zacher, Carol O'Neil, Debbie Dintenfass, Marsha Fensin, Mike Kotkin, Elaine Goldberg, Barb Mulhern, Phil Schuman, Nancy Cummens, Mike Cummens.

Members attending virtually: Lisa Breclaw-Barnet, Barb Dailey, Joe Dailey, Jennifer Ecker

I. Welcome – by President Laurie Schwartz: The meeting was called to order at 9:41 am.

II. Opening Prayer – by Cantor Martin Levson

III. Approval of the Minutes – Minutes from the June 12, 2022 Annual Meeting were approved as submitted by unanimous vote.

IV. Spiritual Leader's Report – by Cantor Martin Levson: In addition to his written report Cantor recalled for us the Shavuot Trivia night which was so fun and so successful it was repeated recently. Such successful events are how we all support our congregation.

We are all standard bearers for non-Orthodox, progressive Judaism in this area. Events like these are what a vibrant congregation should look like. Although we face challenges of decreased affiliation, challenging economics,

and powerful social currents, we should not lose sight of the things we are doing well.

Recently the cantor discussed the impact of the pandemic on membership with a non-Jewish spiritual leader. He learned that they had lost 1/3 of their membership during that time. It could have been worse.

We at CEEW are doing well, and we look forward to moving forward, being strong, and strengthening one another.

V. Education Director's Report – by Carrie Barbakoff: In addition to summarizing her detailed written report, Carrie Barbakoff quoted Abraham Lincoln in saying 'Tell me and I forget, teach me and I may remember, involve me and I learn.' This axiom has informed her teaching approach this past year. Using a one room schoolhouse concept she has delivered a high-quality Jewish education to 12 students in the 1st through 7th grades.

Themes this year included:

- Taking responsibility for your actions
- Honoring the image of God in ourselves
- Using one's inner and outer strength
- Doing what you can to make the world a better place
- Seeking joy and being grateful
- Understanding the power of word
- Helping to create a calmer, more peaceful world





"If I am not for myself, who is for me? When I am for myself, what am I? If not now, when?"
— *Pirkei Avot 1:14*

CEEW Annual Meeting, continued

The Jewish Adulting class has 5 students including 8th, 9th, 10th graders. Four of these students and their parents will be traveling to NYC with Ann Meyers, Cantor Levson, and Carrie Barbakoff for an exploration of Jewish heritage, past and present. She extended thanks to teachers Marie Loeffler, Ann Meyers, and Cantor Levson.

VI. President's Remarks – by Laurie Schwartz:
Adding to her written report, Laurie remarked that it has been a wonderful year of reopening and she is impressed at how vibrant we are for a small congregation. To keep us vibrant, however, we do need new members on our committees and she encouraged members to sign up for something. Rich Steinberg is putting together a Men's Group that will meet at the Starbucks across the street. Hopefully their efforts will add to our programming and help around the temple. She reminded us all that if we see any antisemitic activities, actions, events, to please alert her or other board members ASAP so we can support and educate our members and the community. Marsha Fensin added that we should call attention to positive events that we can celebrate as well.

VII. Treasurer's Report and Budget – by Alan Meyers:

Alan Meyers made the motion that the budget be approved as submitted (calling attention to the writ-

ten 2023-24 budget that was circulated to the congregation). Denise Stodola seconded.

Discussion included a suggestion from Cindy Levy that in the future we have a more detailed breakdown of the budget. Jennifer Ecker asked about security personnel in the next year. It was suggested that we consider asking the local police rather than depending on off duty officers from the Sheriff's Office. Laurie stressed that she is aware that we need more predictable security coverage, and she will look into alternatives to our current arrangements.

Budget for fiscal year 2023-2024 was approved by unanimous vote with thanks to Alan Meyers for his excellent work.

VIII. Nominating Committee Report and Election – by Ann Meyers: Natalie Bledstein withdrew her nomination and was replaced by Cindy Levy. A call for nominations from the floor was made with none forthcoming.

Ann made the motion that the slate of nominees be adopted as amended. This was seconded by Carol O'Neil. The motion was passed unanimously with thanks to Lauren Schmidt for her past service and thanks to Ann Meyers for her work on this committee.



Thanks to those who contributed to the delicious 9 am nosh!
Photo by Elizabeth Lamb



The CEEW Dining Club will meet again on Sunday, September 10.
Watch your emails for more details!

CEEW Annual Meeting, continued

The 2023-24 CEEW Board of Directors is as follows:

Officers

President: Laurie Schwartz, 1 year remaining of 2-year term

Vice President: Mark Levy, 1-year term

Treasurer: Alan Meyers, 1-year term

Secretary: Pati Allen Brickman, 1-year term

Trustees: Rick Steinberg, Mari-Claire Zimmerman, 1-year terms; Cindy Levy, Bernie Sandler, 2-year terms

Past President: Ann Meyers

Sisterhood: Denise Stodola (appointed by Sisterhood)

Youth Education Committee: Jennifer Ecker (appointed by parents)

IX. Sisterhood Report – by Deb Hacker: Summarizing the written report, Deb noted that there are now 36 paid members of the Sisterhood. The Sisterhood Annual Meeting is on August 13 from 11:00-1:00 at Genesee Sunset Park with Garrett Waite providing the entertainment. Denise Stodola will be completing her term this year and we are looking for a replacement. Barb Dailey, Treasurer, is finishing her term and Bridgette Alexander, CEEW Administrator, has agreed to help. Sandy Villa, Member at Large, is resigning and so a replacement is being sought.

Why do we need a Sisterhood? Sisterhood dues make many things possible including funding scholarships and important fundraisers. For example, the Sisterhood has

made a \$500 pledge to the Temple retreat planned for October 2023 and has pledged \$1000 to temple for construction of a proposed Bimah stair/ramp. See the Sisterhood report starting on page 10 for a full list of contributions and projects.

X. New Business – by Laurie Schwartz:

Approval of change to Ritual Committee By-

laws: Mari-Claire Zimmerman explained the changes and how they now reflect her current duties of coordinating the member led services.

Carol O'Neil made the motion to accept the changes to the Ritual Committee By-laws. Seconded by Mari-Claire Zimmerman. The motion carried unanimously.

Volunteers Needed: Bernie Sandler asked for people to help with watering, raking and other chores around the temple. He will be sending out an email asking people to express their interest so he will have a list of volunteers to call upon when work needs to be done.

XI. Closing Remarks and Prayer – by Cantor Martin Levson: June 16 is the first Picnic Shabbat of the season (the next is July 14) and picnics are a great opportunity to introduce people to our community. Invite a friend! This has been a year of challenges and he continues to be honored and grateful to be the CEEW Spiritual Leader.

XII. Adjournment: 10:44 am ☆

**The CEEW Board will meet over the summer
on July 10 and on August 14, at 6:30 p.m.**



"Acts of kindness are greater than charity since they can be done for both the rich and poor... Charity can only be done with one's money, while acts of loving-kindness can be performed both personally and with one's money." - Rambam, in *Hilchos Aivel 14:1*

A Daytime Retreat at OSRUI for CEEW

"A Day to Build Friendship and Community"

Here's the idea: a Shabbat spiritual retreat for CEEW members/friends/family at neighboring URJ Olin-Sang-Ruby Union Institute (OSRUI). This idea was born out of Midrash class with Cantor Levson and is now in actual planning stages. A generous \$500 grant from CEEW Sisterhood was the start, and an anonymous donor has added \$100 towards this retreat plan.

The cost for the day retreat is \$1000 for the day rental of the facility. We are looking for an additional \$400+ to support this plan. Once and if the \$1000 is attained, the cost per member (for lunch, supplies, small honorariums, and snacks) should be \$36-54 per person. To keep the cost of the day reasonable, the committee would like to have the \$1000 for the day rental up front.

Can you help with a donation? Any amount is appreciated!
Send it to CEEW marked *Fall Retreat Day Donation*, by August 31

Proposed Date: Saturday, October 14



10:00	arrival at OSRUI (Oconomowoc)
10:15-11:45	Saturday morning Shabbat service with Cantor Levson
11:45-12:30	Lunch prepared by OSRUI staff
12:45-1:45	First breakout session
1:45-2:45	Second breakout session
2:45-3:15	Break for snacks/drinks/conversations
3:15-4:15	Third breakout session
4:15-4:45	Closing Song Session "summer camp style"

While plans are in the early stages, we anticipate sessions such as: Jewish meditation, Torah study, art project, spiritual nature walk, music session, gentle/chair yoga with relaxation.

What's next? Send a donation! Offer suggestions for topics or offer to teach a session! Please contact either Deb Hacker (text 262-853-1869) or Adrian Richfield (email susu78@aol.com) for more information or with offers to help plan the retreat.

Sign ups and more information to come later this summer....



Volunteers are needed for the member-led Friday night Shabbat services. Contact Mari-Claire Zimmerman (wzimmerman1@wi.rr.com) for more information.

Finding your Happy Place in the CEEW Sisterhood

President's Letter

From the desk of Deb Hacker

Anyone who knows me is aware that I have two “happy places” in the world. One, of course, is Israel. Israel occupies my imagination, my heart, and my Jewish soul.

As the poet Yehuda Halevi (c.1141) wrote, “My heart is in the East, and I in the uttermost West.” One of the most beautiful places there that totally captivated my heart and soul was Adullam Grove Nature Reserve near Beit Shemesh. This pristine park is full of hiking trails, Biblical landscapes, rolling hills, caves, and archeology. The entire park was definitely my new “happy place” there and I hope to return soon.

The other “happy place” occupies my summertime, and that is my garden and yard. We are fortunate to have oak trees that are over 150 years old that populate most of our property. Perennial and annual flowers bloom from spring until fall. One area is reserved for my vegetable garden where yard-long beans climb trellises; kale and broccoli are covered by row

Sisterhood News

By Co-Presidents Deb Hacker and Denise Stodola

covers to protect against pests; tomatoes, peppers, potatoes, and leeks grow out of control; and pumpkins and gourds wind their way to places they shouldn't go.

I'm hoping you can find a “happy place” this summer at our Annual CEEW sisterhood meeting. It will be held at peaceful Genesee Sunset Park in Waukesha on Sunday, August 13th where we will meet, greet, eat, and schmooze. We will also be fortunate to have our very own Garrett Waite



entertain us with his acoustic guitar music (something you shouldn't miss) at the conclusion of our meeting and lunch.

All the women of CEEW are welcome to join us at the Annual CEEW Sisterhood meeting. Come and join the festivities and see what the CEEW Sisterhood is and how you can be a part of the CEEW Sisterhood.

Remember that your membership supports not only the activities of the CEEW Sisterhood, but all of the members of CEEW. Please renew your membership or consider becoming a member. Your dues help to make things happen. Membership information will be available at the annual meeting.



Sisterhood News continues



Yiddish of the month: *Mishigas*, "craziness."

— contributed by Marsha Fensin

CEEW Membership

from the desk of Cindy Levy

The CEEW Sisterhood Membership for 2023-2024 period will be opening at the Annual Sisterhood Meeting. CEEW Sisterhood Brochures will be available at the time.

Please consider paying your dues by check at the CEEW Sisterhood Annual Meeting. For those of you who cannot make the meeting, the CEEW Sisterhood Brochure will be mailed with the Temple membership.

SISTERHOOD MEMBERSHIP CATEGORIES

- Rachel – Temple Member - \$36
- Leah - \$54
- Rebecca - \$108
- Sarah - \$180
- Non-Temple Member - \$54
- Unable to join but would like to support Sisterhood.

Sisterhood News

CONTINUED

Please make checks payable to CEEW Sisterhood and mail to:

CEEW Sisterhood
830 W. Moreland Blvd
Waukesha WI, 53188
Attn: Treasurer

We hope to see all of the women of the congregation be a part of the CEEW Sisterhood. Remember, without you we are one member short! ☆

CEEW ANNUAL SISTERHOOD MEETING

WHEN: Sunday, August 13th, 11am to 1 pm

WHERE: **Genesee Sunset Park**

W30W28452 Sunset Dr.

Waukesha WI 53188

[Click here for directions from CEEW](#)

Meet at the covered pavilion (same place as last year's meeting).
A picnic buffet-style lunch will be provided after the short business meeting.
Entertainment/music provided by Garrett Waite on acoustic guitar.

Tikkun Olam Project

We will be collecting incontinence pads or menstruation hygiene products for the Waukesha Food Pantry at our event.

Please RSVP by **August 1** to Deb Hacker (text 262-853-1869 or email jolly-roger@wi.rr.com)



Share with the congregation all the wonderful things happening in your family!
Send birthday and anniversary information to: bulletin@waukeshatempel.org.



ANNIVERSARIES

Joe and Barb Dailey celebrate their wedding anniversary on July 2.

Steve and Ann Merkow celebrate their 45th anniversary on July 2.

Mike and Anita Ward celebrate their 35th anniversary on July 2.

Illene and Patrick Jauquet celebrate their anniversary on July 3.

Jonathan and Nicole Ogden celebrate their anniversary on July 3.

Bill and Jan Lowell celebrate their anniversary on July 25.

Ellyn Lem and Trevor Huskey celebrate their anniversary on August 6.

Jack and Elaine Goldberg celebrate their 55th anniversary on August 25.



BIRTHDAYS

Zach Jauquet celebrates his birthday on July 2.

Deb Hacker celebrates her birthday on July 5.

Adrian Richfield celebrates her 80th birthday on July 8.

Jan Lowell celebrates her birthday on July 10.

Ann Meyers celebrates her birthday on July 15.

Sharon Levy, daughter of **Mark and Cindy Levy**, celebrates her birthday on July 17.

Barb Dailey celebrates her birthday on July 22.

June Kulakow and **Sandy Villa** share a birthday on July 24.

Taylor Ogden, daughter of **Jonathan and Nicole Ogden**, celebrates her birthday on July 27.

Ardis Horwich celebrates a birthday on July 29.

Mike Cummins celebrates his birthday on August 8.

Evelyn Anson, daughter of **Doug and Sara Anson**, celebrates her birthday on August 9.

Carrie Barbakoff celebrates her birthday on August 12.

Bill Lowell celebrates his birthday on August 17.

Steve Merkow shares his August 18 birthday with **Phil Schuman**.

Elaine Goldberg celebrates her birthday on August 23.

Denise Stodola celebrates her birthday on August 26.

If you recently joined Congregation Emanu-El and want to have your birthday or anniversary listed here, please email the Bulletin editor at bulletin@waukeshatempel.org with names and dates. We'll make sure to include you!



Can you donate to our congregation's Security Fund or make an interest-free loan to CEEW? Contact Laurie Schwartz at president@waukeshatemple.org.

IN APPRECIATION

of generous contributions to
Congregation Emanu-El of Waukesha

May donations, submitted by
CEEW Treasurer **Alan Meyers**

Memorials

- **Anna Berger**
Donation from Debi Schwid
- **Diana Ellison, mother of Barbara Zacher**
Donations from Alan and Ann Meyers, Carol O'Neil, Barbara Zacher, Mari-Claire Zimmerman
- **Jacquie Hurwitz, aunt of Elaine Goldberg**
Donation from Jack and Elaine Goldberg
- **Sidney Kalstein, father of Elaine Goldberg**
Donation from Jack and Elaine Goldberg
- **Howard Refiner**
Donation from Barbara Mulhern
- **Mary Schuman**
Donations from the Farher family (Victor, Sharon, Adam, Monica, Jesse, and Susie), Jack and Elaine Goldberg, Marcy and James Hotz, Alyce Katayma, Alice Lambie, John and Christine Lesko, Mark and Cindy Levy, Mark and Alison Milford, Barbara Mulhern, Nagawicka Lake Yacht Club, David and Sue Offer, Carol O'Neil, Laurie Schwartz
- **Richard Steinberg, father of Rick Steinberg**
Donation from Rick Steinberg
- **Robert H. Ullman, father of Jennifer Ullman**
Donation from Jennifer Ullman

Miscellaneous Fund

- *Donations from Raymond Elvey; from Mark and Cindy Levy in honor of Adrian Richfield's 80th birthday*

Security

- *Donations from CEEW Sisterhood; Alice Lambie; Mari-Claire Zimmerman in honor of Marcy Hotz's 75th birthday; from Mari-Claire Zimmerman with thanks to Adonai for restoring Bill to good health*

Spiritual Leader Discretionary Fund

- *Donation from Barbara Zacher in memory of Diana Ellison*

To designate a donation towards the reservation costs for the Fall Retreat on October 14, just write "Fall Retreat" on the memo line of your check and send your donation by August 31.

For more information on this initiative, see page 9.



Contact temple administrator Brigette Alexander prior to a service, to add a name of a relative or friend to the recent list of those who have died.

May Their Memories Be for a Blessing

Yahrzeiten **Tamuz / Av (July)**



PLEASE NOTE: Some of the listings don't have a Hebrew date; that is because we have been changing the database and offering English / Gregorian dates to those who prefer them. In such cases, only the English / Gregorian dates will be listed.

Richard Bergman: July 2, Tamuz 13
Father of Cindy (Mark) Levy

Lucille Borenstein: July 7, Tamuz 18
Aunt of Ann (Alan) Meyers

Beral Cohodes: July 11, Tamuz 22
Father of Marshall "Mickey" Cohodes

William A. Cummins: July 24
Father of Dr. Michael (Nancy) Cummins

Sara Edelstein: July 11, Tamuz 22
Mother of Jeff (Maggie) Edelstein

Edward Frisch: July 19, Av 1
Observed by the Congregation

Samuel Gottlieb: July 31, Av 13
Grandfather of Cindy (Mark) Levy

Cyril Gross: July 14
Uncle of Alan (Ann) Meyers; brother of Gloria Meyers

Harriette Hirsch: July 14
Mother of John Hirsch

Sima Kotkin: July 15, Tamuz 26
Mother of Mike (Peggy) Kotkin

Howard Kulakow: July 2, Tamuz 13
Brother-in-law of June Kulakow

Max Levin: July 23, Av 5
Uncle of Mark (Cindy) Levy

Maxine Lowell: July 9
Mother of Bill (Jan) Lowell

Dorothea Mack: July 23, Av 5
Mother of Laurel (Gerard) Kupperman

Pamela Musickant: July 10
Cousin of Barbara (Gregory) Zacher

Charlotte Schuman: July 10, Tamuz 21
Mother of Philip Schuman

Susan Wayne: July 24
Cousin of Mark (Cindy) Levy

Sarah Zeitlin: July 2, Tamuz 13
Aunt of Ann (Alan) Meyers

*May G-d comfort you
among all the mourners
of Zion and Jerusalem.*





Contact temple administrator Brigette Alexander prior to a service, to add a name of a relative or friend to the recent list of those who have died.

May Their Memories Be for a Blessing

YAHREZEITEN **Av / Elul (August)**



PLEASE NOTE: Some of the listings don't have a Hebrew date; that is because we have been changing the database and offering English / Gregorian dates to those who prefer them. In such cases, only the English / Gregorian dates will be listed.

Hank Allen: August 12
Father of Pati Allen Brickman

Lily Brill: August 27, Elul 10
Mother of Sara (Kristopher) Schimmel

Herman Daitch: August 31, Elul 14
Grandfather of Steve (Ann) Merkow

Robert Figatner: August 29
Grandfather of Ardis Horwich

Sandra Fischmar: August 15
Cousin-in-law of Marsha Fensin

Stanley Levin: August 7, Av 20
Uncle of Mark (Cindy) Levy

Jonathan Lorber: August 9
Observed by the Congregation

Kent Martin: August 30, Elul 13
Husband of Julie Baum

Hyman Merkow: August 20, Elul 3
Grandfather of Steve (Ann) Merkow

Riva Merkow: August 24, Elul 7
Mother of Steve (Ann) Merkow

Florence Adashek Parks: August 8, Av 21
Great-aunt of Steve (Ann) Merkow

Max Rich: August 6, Av 19
Grandfather of Ann (Alan) Meyers

Anna Ruthenberg: August 12
Grandmother of Debi Schwid

David Schuman: August 1, Av 14
Father of Philip Schuman

Jessie Steinberg: August 28, Elul 11
Grandmother of Rick Steinberg

Joseph Steinberg: August 21, Elul 4
Grandfather of Rick Steinberg

Rosetta Sweed: August 17
Mother of Laurie Schwartz

For I have known all along what I have intended for you, says Adonai,
a destiny of peace and not of evil, to give you a future and a hope.
— Jeremiah 29:11



[Click here](#) for more information about a November 5-14 culinary trip to Israel.

Poetry Corner

The Blessing for Firsts

Blessed are You, Adonai our God, Sovereign of all, who has kept us alive, sustained us, and brought us to this season.

A Blessing for Summer

By Beth Kander-Dauphin

For the lengthening of days, stretching sun-
shine far past its winter bedtime,
For the bright blues and vibrant green and
pops of color filling the warm world,
For the unrelenting humidity that reminds us to
savor the sweetness of cooler breezes,
For all the sounds of summer – the jingling of
ice cream trucks, joyful shouts of children
splashing, lingering laughter over meals
shared on patios, the shuddering clap of
thunderstorms demonstrating something
more powerful than us,
For summer camps and vacations and time
spent outside,
For good AC when we're stuck indoors,
For sun,
For shade,
For all these things and more, we thank You.
And may God bless and keep the mosquitoes...
far away from us.
Amen.



After a Wisconsin winter, summer is truly a blessing. Enjoy these traditional and contemporary blessings.

For our September issue we invite you to suggest a favorite poem, or submit your own work to Adrian Richfield (susu78@aol.com) or Sxdni Small (rottiesrock@wi.rr.com).

Blessing for Going Off to Summer Camp

From the URJ OSRUI Camp Song

Every year we venture back to the place we
were before
And though our lives may differ we share a
bond forever more
All year we sit in classrooms and we have to
wonder why
Our summers are so special at OSRUI
May it be Your will, Eternal our God, that you
depart on your way to camp in peace and
may your steps be guided in the way of
peace.
May you find learning and growth along the
way, may you make new friends, renew old
friendships, and learn more about yourself.
May the mosquitoes be guided away from you,
and may the raindrops not fall into your cab-
in or tent.
May the food be delicious and the pool the
right temperature, and may you seek out
new experiences and try new things.
May you return home in one piece with all your
belongings, and may you ever yearn to return
to the land of summer camp.

And let us say: Amen.



The deadline for articles for the September Bulletin will be **Monday, August 14**. Please send materials to Adrian Richfield at susu78@aol.com.



Shabbat Shalom!



JULY 7	7 p.m.	Cantor-led service
JULY 14	6 p.m.	Cantor-led Picnic Shabbat
JULY 21	7 p.m.	Cantor-led service
JULY 28	7 p.m.	Member-led service
AUGUST 4	7 p.m.	Cantor-led service
AUGUST 11	7 p.m.	Cantor-led service
AUGUST 18	5:45 p.m.	Cantor-led Picnic Shabbat
AUGUST 25	7 p.m.	Member-led service

These services may be available online, in person, or both.
Watch your email for updates on the mode of any temple event.

CEEW TEMPLE LEADERSHIP

SPIRITUAL LEADER
EDUCATION DIRECTOR
PRESIDENT
VICE PRESIDENT
ADMINISTRATOR

Cantor Martin Levson
Carrie Barbakoff
Laurie Schwartz
Mark Levy
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spiritualleader@waukeshatemple.org
eddirector@waukeshatemple.org
president@waukeshatemple.org
markallanlevy@yahoo.com
administrator@waukeshatemple.org



"Intersectionality means that what[ever] door I go into, I try to make that door wide enough for me to bring all of my identities into that door without having to leave any of them behind."
— Yavilah McCoy

Keeping Your Heart Healthy

By Mari-Claire Zimmerman



According to the Talmud, to save a single life is to save the entire world.

Even Jewish Orthodox doctors will carry a pager or a cell phone if they are on call during Shabbat or holidays. One Lubavitch doctor said he would "drive to the hospital on Yom Kippur eating a ham sandwich if it would save a person's life."

On May 8th, my husband Bill suffered a heart attack.

Prior to going to the hospital, his symptoms were an unusual pain between his shoulder blades, weakness, and fatigue. He was sweaty. He said his back pain was not from doing heavy lifting and that he needed to go to a hospital. Suspecting a heart attack, he took a nitro tablet and an aspirin.

In the emergency room, Bill coded twice and was revived with chest compressions, defibrillator shocks, high flow oxygen, and emergency IV medications. He had a cardiac catheterization done with balloon angioplasty and placement of a stent in an artery in his heart.

What causes a blockage in the heart? It may be plaque which forms on the insides of the arteries and is usually made from cholesterol and lipids, or a blood clot. The plaque may completely block the artery, or the plaque can partially break loose and then a blood clot forms on the rough surface. This can happen slowly or suddenly.

How would you know if you are having a heart attack? You may feel a pain anywhere above your waist. It may be in your

The Vocabulary of a Heart Attack

Cardiac means heart-related.

Myocardium refers to the heart muscle.

An *infarction* is muscle death from lack of oxygen.

A *myocardial infarction* is a heart attack.

A *cardiac catheterization* is a procedure where the cardiologist (heart doctor) threads a thin catheter through into the arteries which feed the heart. Using a radiopaque dye, the cardiologist looks for blockages in these arteries.

A *balloon angioplasty* expands from the end of the catheter to open the blockage against the wall of the artery. The stent is threaded over the catheter to hold the artery open. It is like a mesh tube. See the diagram on page 22.



The first day of Religious School will be Sunday, September 10, at 9 a.m.

chest, in your back, in your shoulder, arm, or fingers; it could be felt in your jaw or in your teeth. You may feel heartburn which is unrelieved with antacids. You may feel anxiety, short of breath, unusual fatigue, a sense of “impending doom,” irregular heart rate, fainting, or dizziness, or you may be sweating when you don't expect to be.

[Click here](#) to download a graphic from the American Heart Association that displays the common warning signs of a heart attack.

What should you do? If you already have nitroglycerin tablets from having had a previous heart attack, take one and put it under your tongue. If you don't have nitroglycerin, chew a regular aspirin.

If the pain or other symptoms are not relieved, sit down with your phone, take another nitro tablet, and *call 911. Do not ignore the pain.*

Why does this medicine help? Nitroglycerin lowers blood pressure and might help expand the arteries in the heart. Aspirin helps to prevent blood clots from forming.

What else can indicate a cardiac emergency? Feeling an irregular heartbeat, feeling your heart racing when you are at rest or feeling palpitations.

Learn how to check your pulse rate. A normal pulse rate for adults is 60-100 beats per minute (and you should know what is normal for you). If you faint when washing your face or having a bowel movement, you may have a cardiac problem.

“It’s just the flu”: Heart attack warning signs in women

The symptoms of a heart attack can present differently for women than they do for men. They can be mistaken for the flu or acid reflux. Learn to recognize them.



We’ve all seen the movie scenes where a man gasps, clutches his chest and falls to the ground. In reality, a heart attack victim could easily be a woman, and the scene may not be that dramatic.

Even when the signs are subtle, the consequences can be deadly, especially if the person doesn’t get help right away.

If you have any of these signs, call 911 and get to a hospital right away.

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting and back or jaw pain.

— [American Heart Association](#)



"The most important purpose of a census is to impress upon each one of us the value and sterling worth of our soul. The census is not for the census takers. It is for those being counted, so that they know they matter to someone." — from *The Wisdom of Nachmanide*

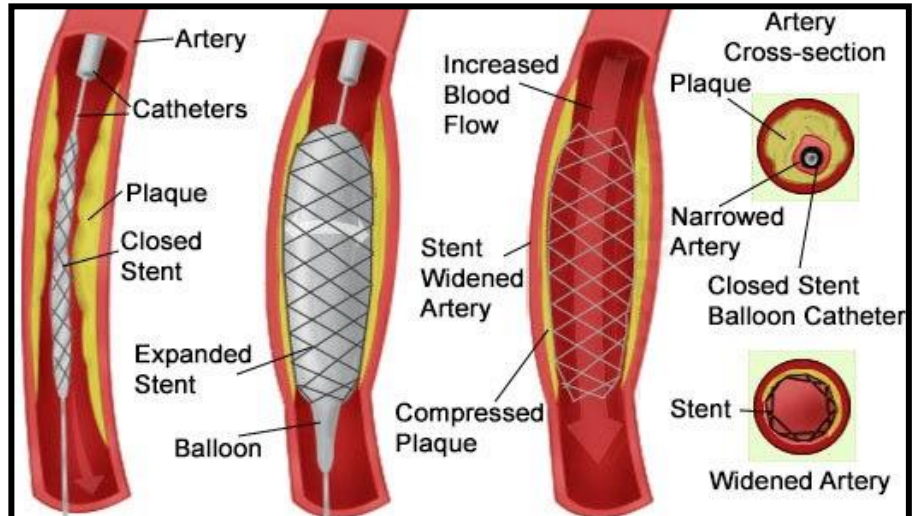
What can cause a cardiac emergency? Side effects of certain medications, use of cocaine or other drugs, too much or too little potassium in your bloodstream, large amount of blood loss, or a lack of oxygen.

A sudden sharp blow to the chest, excessive exercise (such as shoveling heavy snow in the winter or playing handball), uncontrolled diabetes, uncontrolled high blood pressure, or once in a while, there are no warning symptoms at all.

Young athletes have died of heart attacks while playing sports due to an undiagnosed problem with the heart. This is why it is important for young athletes to have physical exams before competition.

In 1999 Adam Lemel, a healthy high school student in Whitefish Bay, was playing basketball when his heart went into a lethal rhythm and he suffered a sudden cardiac arrest. Defibrillation could have saved his life.

Adam's parents started [Project ADAM](#) (Automated Defibrillators in Adam's Memory) to supply defibrillators to schools throughout the area and increase awareness of the need for defibrillators in the workplace, houses of worship, sports events, and schools. So far the initiative has saved more than 200 lives.



These images show the steps involved in performing a balloon angioplasty to widen a narrowed artery. Image from ResearchGate.

What can you do? To help yourself, start by talking to your doctor about your risk factors. Quit smoking (or don't start), get regular exercise as recommended by your medical provider, take your medications as ordered, report side effects to your medical provider, have an annual medical exam with lab work, lower the amount of cholesterol in your diet, learn how to check your pulse, and keep your blood pressure under control.

To help others, know the symptoms of heart attack and stroke, learn how to do CPR or chest compressions, and learn how to use an automatic defibrillator. Call 911 if you think you or someone around you is having an emergency.

Do you know where the automatic defibrillator is at CEEW and how to use it? Are you ready to save a life? ★



SHABBAT CANDLE LIGHTING TIMES:

July 7, 8:16 pm; July 14, 8:12 pm;
July 21, 8:07 pm; July 28, 8:00 pm

5783 2023		JULY		TAMUZ / AV		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Tamuz 12 Havdalah and fire-works, Phil Schuman's house, 7 p.m.  Chukat-Balak
2 Tamuz 13	3 Tamuz 14	4 Tamuz 15	5 Tamuz 16	6 Tamuz 17 Tzom Tammuz	7 Tamuz 18 Cantor-led Shabbat service, 7 p.m.	8 Tamuz 19  Pinchas
9 Tamuz 20	10 Tamuz 21 Board Meeting, 6:30 p.m.	11 Tamuz 22	12 Tamuz 23	13 Tamuz 24	14 Tamuz 25 Cantor-led Picnic Shabbat Service, 6 p.m.	15 Tamuz 26 Shabbat Mevarchim Chodesh Av  Matot-Masei
16 Tamuz 27	17 Tamuz 28 No Bulletin deadline today! Take a walk or watch the sunset.	18 Tamuz 29	19 Av 1 Rosh Chodesh Av	20 Av 2	21 Av 3 Cantor-led Shabbat service, 7 p.m.	22 Av 4 Shabbat Chazon  Devarim
23 Av 5	24 Av 6	25 Av 7	26 Av 8 Erev Tish'a B'Av	27 Av 9 Tish'a B'Av	28 Av 10 Member-led Shabbat service, 7 p.m.	29 Av 11 Shabbat Nachamu  Vaetchanan
30 Av 12	31 Av 13					





The content deadline for the September 2023 bulletin is not until **Monday, August 14.**

Calendar dates, holidays, and candle lighting times are from hebc.com.
Check the CEEW calendar for the most current information.



SHABBAT CANDLE LIGHTING TIMES:

August 4, 7:52 pm; August 11, 7:43 pm;
August 18, 7:32 pm; August 25, 7:21 pm

5783 2023		AUGUST		AV / ELUL		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Av 14 DEADLINE TO RSVP FOR SISTERHOOD ANNUAL MEETING	2 Av 15 Tu B'Av	3 Av 16	4 Av 17 Cantor-led Shabbat service, 7 p.m.	5 Av 18  Eikev
6 Av 19	7 Av 20	8 Av 21	9 Av 22	10 Av 23	11 Av 24 Cantor-led Shabbat service, 7 p.m.	12 Av 25 Shabbat Mevarchim Chodesh Elul B. Mitzvah, Esme Patz  Re'eh
13 Av 26 CEEW Sisterhood Annual Meeting, Genesee Park, 11 a.m. to 1 p.m.	14 Av 27 Board Meeting, 6:30 p.m. DEADLINE FOR SEPTEMBER BULLETIN ARTICLES	15 Av 28	16 Av 29	17 Av 30 Rosh Chodesh Elul	18 Elul 1 Rosh Chodesh Elul Rosh Hashana LaBehemot Cantor-led Picnic Shabbat Service, 5:45 p.m.	19 Elul 2  Shoftim
20 Elul 3	21 Elul 4	22 Elul 5	23 Elul 6	24 Elul 7	25 Elul 8 Member-led Shabbat service, 7 p.m.	26 Elul 9  Ki Teitzei
27 Elul 10	28 Elul 11	29 Elul 12	30 Elul 13	31 Elul 14	September 1 Cantor-led Shabbat service, 7 p.m. (Zoom only)	

The content deadline for the September 2023 bulletin is **Monday, August 14.**

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