



# Congregation Beth El MITZVAH DAY



Sunday, October 25, 2015

**Join us for Mitzvah Day on October 25, 2015! Help us help those in need in our community and beyond!** Donate requested items and sign up for a project by contacting the captain of the project of your choice. For other info, contact chairs: **Jon Polon** at jonpolon@hotmail.com or 301-816-3035 or **Donna Shimshi** at dhshim001@yahoo.com or 240-731-1731, or **Sheryl R. Miller** at sherylroseMiller@gmail.com, 301-913-9749. All projects qualify for SSL hours. **Pizza will be sold at Beth El from 11:45 am–1:30 pm.** Proceeds will benefit **Friends of Israel Defense Force (IDF)**. [☺ = Appropriate for young children.]

## Donation Requests

Please donate as many items as you can on October 25.

Donation Drive for Gift Baskets for Holocaust Survivors <b>NEW!</b>			
Drop off new, unused items in box in Beth El hallway.	<b>Sponsored by Beth El Day School Committee</b>	Beth El lobby	Contact: Julie Grimley Juliegrimley01@hotmail.com 240-620-7647 Phyllis Lavine (202) 237-7741 pklavine@hotmail.com
<ul style="list-style-type: none"> <li>• Packaged soup mixes, sugarless candies, teabags</li> <li>• Individual Sized Soaps, Shampoos, Lotions, Toothbrushes/paste</li> <li>• Hairbrushes and combs</li> <li>• Flashlights</li> </ul>		<ul style="list-style-type: none"> <li>• Supermarket gift cards</li> <li>• Notebooks and pens</li> <li>• Eyeglass cleaner</li> <li>• Something extra: Pretty scarves, costume jewelry, etc.</li> </ul>	
Calendar Collection for residents of The Hebrew Home <b>NEW!</b>			
Donations of calendars to be distributed to residents of the Hebrew Home			
Drop off donations of calendars to help residents of the Hebrew Home.	<b>Sponsored by Beth El Senior Caucus</b>	Beth El lobby	Contact: Doris Povich 301-320-5440 dlpandasp@aol.com Martin Rosensky Rosensky1@verizon.net
Weller Road Elementary School: Food Pantry for Hungry Youth			
Drop off healthy, non-perishable food in Beth El Preschool wing throughout October, including:			
<ul style="list-style-type: none"> <li>• Vegetable oil (high demand)</li> <li>• Canned goods: peas, corn, green beans, tomatoes, fruit, beans, etc.</li> <li>• Evaporated and condensed milk, macaroni &amp; cheese, pasta sauce, pasta, 5lb rice bags, sugar, vinegar</li> </ul>		<ul style="list-style-type: none"> <li>• Tuna fish, mayonnaise, ketchup, mustard, seasonings</li> <li>• Juice boxes, cereals, crackers, peanut butter, cheese crackers, tortilla flour, beans, pretzels, breakfast bars</li> <li>• Aluminum foil, small plastic bags and wrap, paper towels, napkins, household cleaning products</li> </ul>	
A Wider Circle: Donations for Low-Income Families in DC Metropolitan Area			
A Wider Circle truck will collect donations.	9:30–11:30 am	Beth El Parking Lot	Contact: Jennifer Odintz 202-486-0349 or jenodintz@gmail.com
<ul style="list-style-type: none"> <li>• Pots &amp; pans, sets of dishes, silverware, kitchen appliances, and cooking utensils</li> <li>• New self-care items and new household cleaning supplies</li> <li>• Gently used linens, blankets, sheets, comforters, towels</li> </ul>		<ul style="list-style-type: none"> <li>• Mattresses, box springs &amp; frames, vacuum cleaners</li> <li>• End tables, coffee tables, chairs, and lamps</li> <li>• Healthy non-perishable food</li> <li>• Strollers, high chairs, car seats, baby clothing up to 4T</li> </ul>	



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Musical Instrument and Sheet Music Collection for Children in Need			
Drop off used music education materials for children in need.	9:00 am–1:30 pm Approximately 3-4 volunteers needed to help organize and/or transport.	Beth El Bender Social Hall B	Contact: Donna Saady omyoberon@hotmail.com 301-523-3970
<ul style="list-style-type: none"> <li>• Musical instruments in any condition accepted</li> <li>• Cases, bags, straps, and other accessories</li> <li>• Picks and capos</li> <li>• Sheet music, books</li> <li>• Music stands</li> <li>• Rosin, reeds, strings</li> </ul>			
Bikes for the World: Bicycle & Sewing Machine Donations to Benefit People in Developing Countries			
Drop off donations. Need 3-4 volunteers who can use simple hand tools to partially break down bikes for shipping. No experience required.	10:00 am–2:00 pm	Beth El Parking Lot	Contact: Richard Lieberman 301-530-8123 rliebermanconsultant@gmail.com
<ul style="list-style-type: none"> <li>• \$10 donation/bike recommended donation to cover shipping costs</li> <li>• All sized bicycles, including children's bicycles and tricycles</li> <li>• Bicycle helmets, bicycle parts, accessories, bike-related clothing</li> <li>• <b>Sewing machines</b></li> </ul>			
Gently Used Clothing for the Interfaith Clothing Center and Strive DC			
Donate and/or help sort clothing. See below.	Drop off from 8:30-11:30 am. Sort from 9:00 am-noon. Deliver at 12:30 pm. <b>Sponsored by Sisterhood</b>	Beth El Bender Social Hall A  We need drivers to transport clothing.	Contacts: Alana Aronin 248-914-1708 abaroin@gmail.com Marsha Liss lissmjs@gmail.com
<ul style="list-style-type: none"> <li>• Clothing for all ages and all seasons, shoes and boots</li> <li>• Winter coats, gloves, mittens, hats, scarves</li> <li>• Prom dresses, holiday and party attire</li> <li>• Accessories (purses, belts, socks, ties, etc.)</li> <li>• Women's business attire (pants suits, dresses and outfits suitable for job interviews) and wait staff attire</li> <li>• Men's business attire (suits, dress slacks, dress shirts)</li> <li>• No used undergarments. New (unopened packages) very welcome.</li> </ul>			
Electronics "rE-cycling" for Montgomery County through Vintage Tech			
Drop off old electronics	8:45 am–ends promptly at noon.	Beth El Family Room	Elisa Rapaport elisarap@comcast.net 301-263-2802
<ul style="list-style-type: none"> <li>• Calculators, copiers, printers</li> <li>• Cords, cables, chargers</li> <li>• Projection equipment</li> <li>• Electric typewriters, computers</li> <li>• PDA equipment, floppy disks</li> <li>• Digital cameras, camcorders</li> <li>• VCR players and TV's</li> <li>• DVDs, CDs, DVD players</li> <li>• Toys and electronics</li> <li>• Cell phones, telephones</li> <li>• Fax machines</li> <li>• Microwave ovens</li> </ul>			
Donations for Capital Area Food Bank's "Kids' Café"			
• Pretzels, raisins, and other healthy, individually packaged snacks (drop off in Zahler Social Hall at 12:15 pm)			
Children's Hospital National Medical Center: Small toys and games for children with cancer			
• New Lego sets or any new, small toy or game for hospitalized children 12 and under (drop off in Beth El Family Room 12:30-2:30 pm)			



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### Projects

Project	Time	Location	Captain(s)
<b>Knit and crochet hats for NICU babies</b> <b>NEW!!</b>	11:30 am–1:30 pm <b>Sponsored by Beth El</b> <b>Zhava Crafters Club</b>	<b>Beth El Bender B</b> No pre-registration required. Just stop in!	Heather Janssen heathergjanssen@gmail.com 202-364-8585
<b>The Swinging Kleztones</b> will hold a concert of Jewish music and 1940s hits for <b>Hebrew Home</b> residents.	2:30–3:15 pm	<b>Hebrew Home</b> <b>Wasserman Building</b> 6121 Montrose Road Rockville, Md.	Jerry Danoff 301-365-1180 We need a few volunteers to guide residents to the concert.
Jazz singer and congregant Julie Mack will perform timeless songs for <b>Jewish elderly</b> at <b>Ring House</b> .	3:30 – 4:15 pm	<b>Ring House</b> 1801 East Jefferson Street Rockville, Md.	Julie Mack info@juliemacksings.com We need a few volunteers to guide residents to the concert.
<b>Marak Hayom: Beth El's Teen A Capella Choir</b> will perform for the elderly at <b>Revitz House</b> .	2:15–3:00 pm	<b>Revitz House</b> 6111 Montrose Road Rockville, Md.	Samantha Redlich redlichsamantha@gmail.com
☺ <b>Weller Road Elementary School:</b> BEPS will collect non-perishables throughout Oct. and pack food for needy kids. <i>*See attached list of donation requests.</i>	9:15–11:15 am <b>Sponsored by</b> <b>Beth El Preschool</b>	<b>Beth El</b> Zahler Social Hall	Lisa Lerner Lisalerner68@yahoo.com
☺ Trip to Butler's Orchard for fall fun with Residents and Staff of Greentree Shelter. <b>NEW!!</b>	11:00 am – 2:00 pm Up to 15 children ages 4-12 with accompanying adult.	<b>Meet at Greentree Shelter</b> 6301 Greentree Rd. Bethesda, Md.	Andrea Rifkind (301) 897-3655 andrearifkind@gmail.com
☺ <b>Flora Singer Elementary School: Park Cleanup.</b> Named after Beth El member and <b>Holocaust</b> survivor	10am–12pm <b>Sponsored by Minyan</b> <b>Chaverim. All welcome!</b>	<b>Flora Singer Elementary</b> 2600 Hayden Drive Wheaton, Md.	Carla Malozowski (301) 915-0504 cmalozowski@gmail.com
Assemble gift bags for Holocaust survivors <i>*See attached list of donation requests.</i> <b>NEW!!</b>	3:00–5:00 pm <b>Sponsored by Beth El Day</b> <b>School Committee</b> <b>All welcome!</b>	<b>Beth El</b> Bender Social Hall A	Julie Grimley (240) 631-2955 Juliegrimley01@gmail.com Phyllis Lavine (202) 237-7741 pklavine@hotmail.com
<b>Blood Drive through INOVA</b> Mobile Unit. Help save lives!	8:00 am–1:00 pm	<b>Beth El Parking Lot</b> and lobby	Jack Ventura 301-593-1872 jack.ventura@verizon.net
<b>Clothing Drive for Interfaith Works &amp; Strive DC:</b> Donate and/or help sort clothing. <i>*See list of donation requests.</i>	Drop off 8:30–11:30 am. Sort 9:00 am-noon. Deliver 12:30 pm. <b>Sponsored by Sisterhood.</b>	<b>Beth El</b> Bender Social Hall A	Alana Aronin abaronin@gmail.com Marsha Liss lissmjs@gmail.com
<b>Prepare Meals for Homeless Shelters:</b> Cook meals at Beth El or cook/bake at home and bring to Beth El.	9:30–11:30 am Drop off food by 11:30 am. Deliver to area shelters in afternoon.	<b>Beth El</b> Main Kitchen	Barbara Klein 301-951-8835 Barbaraklein52@gmail.com Volunteer to cook or deliver food.

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### Projects *(continued)*

Project	Time	Location	Captain(s)
☺ <b>Gleaning:</b> Pick fruits or vegetables to distribute to low-income families.	1:00 -4:00 pm plus travel time <b>Great family activity!</b>	Location TBA the week before	Jennifer Powers 301-656-1789 Powersjams4@gmail.com
☺ Walk to benefit <b>Shepherd's Table sponsored by the Beth El Men's Club</b>	11:00 am–noon <b>All welcome</b> to join Religious School's 4 <sup>th</sup> & 6 <sup>th</sup> graders	<b>Whitman High School track</b> Suggested \$20 donation per person	David Sanders davidlouissanders@icloud.com Howie Stein Hstein512@gmail.com
☺ <b>Children's Hospital National Medical Center: Make get well cards and donate Lego sets or any new, small toy.</b>	12:30–2:30 pm <b>Sponsored by Zhava</b>	<b>Beth El Family Room</b>	Judy Liss jwliss@gmail.com Phyllis Pomerantz Arnold phylpom@gmail.com
<b>Beth El Youth Groups' Projects:</b> Watch for more projects and details from the Youth Dept.	TBA	<b>TBA</b>	Adam Zeren azeren@bethelmc.org
☺ <b>Capital Area Food Bank:</b> Make snack bags for low-income children.	12:15–1:30 pm Join us after Religious School. <b>Great for families.</b>	<b>Beth El Zahler Social Hall</b>	Daniel Nestel 301-564-3045 danielnestel@hotmail.com
☺ <b>Invasive Weed Species Eradication:</b> Help restore native plants to a local park.	Arrive ready to start work at 1:00 pm. Bring gloves and tools such as shovels and pruners. Wear long sleeve shirts and pants.	<b>Hillmead Park</b> Families Welcome!	Harriet Kuhn adamandharriet@yahoo.com 301-469-8705
<b>Lemonade Stand</b> to benefit the Feline Foundation of Greater Washington <b>NEW!!</b>	11:00 am-2:00 pm Volunteers needed in 30 minute shifts to help serve	<b>Beth El Lobby</b>	Jason Shimshi jshimshi@gmail.com 301-503-5428
Beth El Religious School Projects: TBD- more information to come.	All activities take place during Religious School. Afterward, many students join their families at other activities.	<b>Beth El Religious School classrooms and listed locations</b>	Elisha Frumkin efrumkin@bethelmc.org Closer to the date, look for notices from your child's Beth El Religious School teacher.
<b>Bone marrow donor registry with Delete Blood Cancer</b> <b>NEW!!</b>	9:00 am – 1:00 pm A simple cheek swab can help save lives!	<b>Beth El library</b>	Jennifer Goldberg jengoldberg@hotmail.com