

## **Mitzvah Day Projects October 30, 2016**

**Join us for Mitzvah Day on October 30, 2016! 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 917-543-0118 or **Donna Shimshi** at dhshim001@yahoo.com or 240-731-1731. 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).**

### **Collections**

#### **Bikes for the World: Bicycle donations to Benefit People in Developing Countries**

Drop off donations at the Beth El parking lot 10am-2pm. Need 3-4 volunteers who can use simple hand tools to partially break down bikes for shipping. No experience necessary!

Contact: Richard Lieberman (rliebermanconsultant@gmail.com or 301-530-8123)

#### **Support the Girls: Bras and Tampons for Homeless Women**

Drop off new and used bras and individually wrapped or unopened boxes of tampons and maxi pads to be distributed to homeless and low-income women in the DC area. 9:00am-1:00pm

Contacts: Erika Dickstein (edickstein@hotmail.com) and Hillary Berman (hillary.berman@alum.syracuse.edu)

#### **A Wider Circle: Donations for Low Income Families in the DC Metropolitan Area**

Drop off household items such as pots, pans, dishes, furniture, baby items, linens, toiletries, non-perishable food, and cleaning products. A truck will be in the Beth El parking lot from 9:30-11:30am.

Contact: Jen Odintz (jenodintz@gmail.com or 202-486-0349)

#### **Electronics Recycling**

Drop off old electronics including computers, electric typewriters, floppy disks, camcorders, VCR's, CD players, toys, microwave ovens, cords, cables and chargers in the Beth El family room from 8:45am-noon.

Contact: Elisa Rapaport (elisarap@comcast.net or 301-263-2802)

**Weller Road Elementary School: Food Pantry for Hungry Youth** *sponsored by Beth El Preschool*

Drop off donations of healthy, non-perishable food in the Beth El Preschool wing throughout the month of October, including tuna, mayonnaise, condiments, seasonings, juice boxes, cereals, crackers, peanut butter, tortillas, beans, pretzels, breakfast bars, vegetable oil, canned goods, pasta, sauce, 5lb. bags of rice, aluminum foil, napkins, plastic wrap and cleaning products. (Also see Onsite Projects for more information)

Contact: Marissa Gould (marissagould@gmail.com)

**Capital Area Food Bank “Kids’ Café”**

Donate pretzels, raisins, and other healthy, individually packaged snacks (also see Onsite Projects for more information)

Contact: Daniel Nestel (danielnestel@hotmail.com or 301-564-3045)

**Interfaith Clothing Center and Strive DC: Gently used clothing** *sponsored by Sisterhood*

From 8:30-11:30am, donate clothing for all ages, seasons, and sizes, including coats, hats, boots, gloves, prom and party attire, suits and dresses, men’s and women’s business attire. Also accessories including belts, ties, jewelry and purses. No used undergarments, but new unopened packages are very welcome! (Also see Onsite Projects for more information)

Contacts: Alana Aronin (abaronin@gmail.com or 248-914-1708 and Marsha Liss lissmjs@gmail.com)

**Children’s Hospital National Medical Center: Small toys and games for children with cancer** *sponsored by Zhava*

Drop off new Lego sets and new small toys or games for children age 12 and under at the Beth El family room from 12:30-2:30pm (Also see Onsite Projects for more information)

Contact: Ilana Tanowitz (ilanatanowitz@yahoo.com)

**Onsite Projects**

**Blood Drive through INOVA mobile Unit**

Visit the INOVA mobile unit in the Beth El parking lot from 8:00am-1:00pm to donate blood and help save lives! Register in the Beth El lobby.

Contact: Jack Ventura (jack.ventura@verizon.net or 301-593-1872)

**Prepare meals for Area Homeless Shelters**

Cook meals in the Beth El main kitchen from 9:30-11:30am or bring meals prepared at home. Deliver to area shelters in the afternoon. Volunteer to cook, deliver, or both!

Contact: Barbara Klein (barbaraklein52@gmail.com or 301-951-8835)

**Knitting and Crocheting hats for NICU babies** *sponsored by Zhava crafters club*

Knit or crochet hats to be donated to babies in local NICU units. Use your own pattern and materials, or those provided. Just stop in at Beth El Bender Social Hall B from 11:30am-1:30pm!

Contact: Heather Janssen (heathergjanssen@gmail.com or 202-364-8585)

**Lemonade Stand to benefit The Feline Foundation of Greater Washington**

Stop by the Beth El lobby from 11:00am-2:00pm to get a refreshing cup of lemonade or iced tea, or a cold bottle of water.

Contact: Jason Shimshi (jshimshi@gmail.com or Donna Shimshi 240-731-1731)

**Pizza Sales to benefit Friends of Israel Defense Force** *sponsored by the Beth El Men's Club*

Stop by the Beth El lobby from 11:45am-1:30pm to purchase delicious, kosher pizza!

**Bone Marrow Registry with Delete Blood Cancer**

A simple cheek swab can help save lives! Stop by the Beth El library from 9:00am-1:00pm.

Contact: (Jennifer Goldberg jengoldberg@hotmail.com)

**Gently Used Clothing for the Interfaith Clothing Center and Strive DC** *sponsored by Sisterhood*

Help sort and deliver donated clothing in Beth El Bender Social Hall A. Sort clothing from 9:00am-Noon, Deliver at 12:30

**Children's Hospital National Medical Center: Small toys and games for children with cancer** *sponsored by Zhava*

Make get well cards and collect toys and games for children with cancer. Beth El Family Room 12:30-2:30pm

Contact: (Ilana Tanowitz ilanatanowitz@yahoo.com)

**Capital Area Food Bank "Kids' Café"**

Make snack bags for low-income children in the Zahler Social Hall 12:15-1:30pm. Great for families!

Contact: (Daniel Nestel danielnestel@hotmail.com or 301-564-3045)

**Beth El Religious School Projects**

More information TBA. All projects take place during religious school. Afterward, students may join their families for other projects.

Contact: Elisha Frumkin (efrumkin@bethelmc.org)

**Weller Road Elementary School: Food Pantry for Hungry Youth** *sponsored by Beth El Preschool*

Help pack donated items in the Zahler Social Hall from 9:15-11:15am.

Contact: Marissa Gould (marissagould@gmail.com)

## **Offsite Projects**

### **Beth El Youth Group Projects**

Watch for more information and details about projects from the Beth El Youth Department!

Contact: Adam Zeren (azeren@bethelmc.org)

### **Flora Singer Elementary School Cleanup** *sponsored by Minyan Chaverim*

Please stop by 2600 Hayden Dr. Wheaton, MD from 10:00am-12:00pm to help clean up the park named after this Beth El member and Holocaust survivor.

Contact: Melanie Bachrach (301-332-2314)

### **Gleaning: Pick Fruits and Vegetables to distribute to low- income families**

Help pick fruits and vegetables from 1:00pm-4:00pm. Great activity for families! Location TBA the week before.

Contact: Jen Powers (powersjams4@gmail.com or 301-656-1789)

### **Hillmead Park cleanup: Invasive Weed Species Eradication**

Help restore native plants to a local park! Arrive ready to start work at 1:00pm. Please bring gloves and tools such as shovels and pruners. Wear longs sleeves and pants. Families welcome!

Contact: Harriet Kuhn (adamandharriet@yahoo.com or 301-469-8705)

### **Walk to Benefit Shepherd's Table** *sponsored by Beth El Men's Club*

All are welcome to join the religious school's 4<sup>th</sup> and 6<sup>th</sup> graders at the Walt Whitman High School Track from 11am-noon. \$20 suggested donation per person.

Contact: (Jonathan Epstein jonathan.epstein@hklaw.com)

### **Music Program by Marak Hayom**

Beth El's teen acapella group will perform for residents at Revitz House. 1:30pm  
Revitz House 6111 Montrose Rd. Rockville, MD

Contact: Samantha Redlich (redlichsamantha@gmail.com)

### **Music Program by The Swinging Kleztones**

A program of Jewish Music and 1940's hits for Hebrew Home residents. 2:30pm  
Hebrew Home Wasserman Building 6121 Montrose Rd. Rockville, MD

Contact: Jerry Danoff (301-365-1180 )

### **Music Program by Julie Mack Sings**

Jazz singer and congregant Julie Mack will perform timeless songs for Jewish Elderly at Ring House, 1801 East Jefferson St. Rockville, MD Time TBA

Contact: Julie Mack (info@juliemacksings.com)

More to come!