

Beth Emeth Observer

BETH EMETH CONGREGATION OF THE WEST VALLEY



Follow us:



Hazzan Lev Ettelson

Spiritual Leader & Director of Education

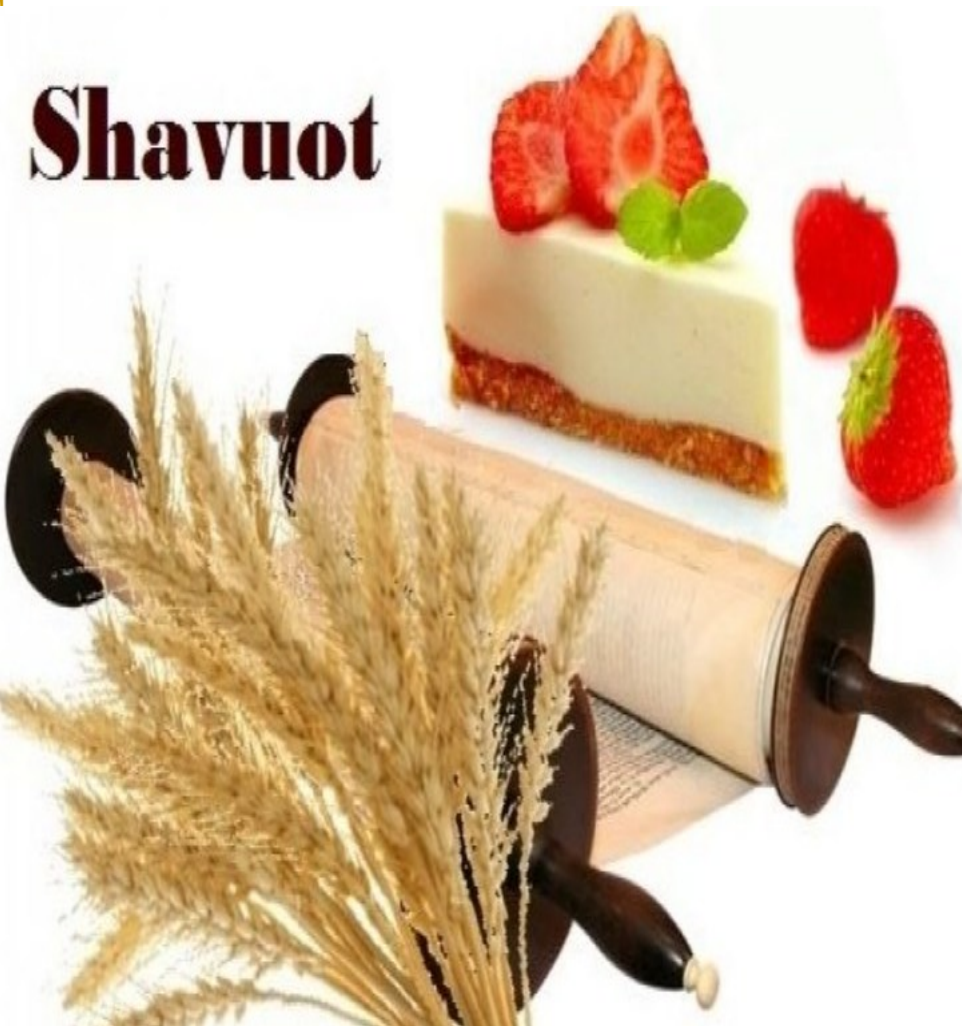
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Iyar - Sivan 5786

May 2026

Celebrate with us!
May 22 - May 23

Shavuot



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Shabbat Candle Lighting Times



5/1 - 6:55 pm
5/8 - 7:00 pm
5/15 - 7:05 pm
5/22 - 7:10 pm
5/29 - 7:15 pm

What's happening in and around the Congregation

Shavuot

We will have Shavuot services on Friday morning **May 22nd at 9:30 am**, which includes the reading of the Ten Commandments, followed by a light Kiddush. Kiddush will be served in the Library.

There will not be a Kabbalat Shabbat service on Friday evening, May 22.

On Shabbat **Saturday, May 23** - services for the Second Day of Shavuot at our usual time of **9:30 am**, followed by a special Shavuot Kiddush.

The reading of the Ten Commandments is only on Friday morning.

We look forward to greeting you at these services!!

Weekly Services:

- ☆ **Thursday morning Minyan service in the Library at 9:00 am**
- ☆ **Friday evening service in the Sanctuary at 6:00 pm**
- ☆ **Shabbat morning service in the Sanctuary at 9:30 am**

Upcoming classes with Reb Lev

- ☆ **Our Torah classes continue on Thursday mornings in the Library at 11:00 am.**
Zoom information is sent out in advance of the class.

Reb Lev's office hours for meetings:

- ☆ **Wednesdays 10:00 am - 12:00 pm and Thursdays 2:00 pm - 4:00 pm**
Please call the office to schedule a meeting.
- ☆ *Please note that Reb Lev will be away for the month of June.*

Our Grief Support Group will resume on Tuesday, May 5th at 4:00 pm facilitated by Judi Weinberg, R.N.



From the Editor's desk!

Why do we eat dairy and cheesecake on Shavuot?

The holiday of Shavuot, which falls seven weeks post-Passover celebrates both the Spring grain harvest and the giving of the Torah to Moses on Mount Sinai.

One explanation for why we eat dairy products on Shavuot is found in a bit of scholarly word association. One of Mount Sinai's many monikers is Mount Gavnunim. **Gavnunim** means "many-peaked" in Hebrew and is related to the word **gevinah**, which is one of three Hebrew words for cheese. Eating cheese on Shavuot can be seen as a way of commemorating Moses' receiving the Ten Commandments.

The eating of dairy may also be tied to words from the Song of Songs, "Honey and milk are under your tongue," and to the reference to Israel as the "land of milk and honey". Another theory is that when the Israelites received the Torah, complete with its new set of kosher laws, they subsisted on dairy foods until they'd sorted out kashering.

In the spring you have cows, goats and sheep being born, and there's a lot more grass growing so there's a lot more milk being produced, . So with all of this milk being produced and wanting to make it last, you make cheese!

Making cheeses of any kind (raw milk, rind, creamed or aged) takes skill, as well as time and patience. But soft fresh cheeses, are a fast and easy way to extend the life of milk — or make use of milk that's gone sour — and can be incorporated into any number of savory and sweet dishes.

With soft cheeses, such as farmer's cheese, cream cheese or sour cream, we tend to make blintzes, kreplach, and cheesecake...and so the tradition continues today. Recipes are in this issue!

Ashkenazi Jews celebrate Shavuot with dishes such as cheesecake, blintzes, kugel, and cheese filled kreplach. Sephardic Jews eat bourekas — often filled with feta, another fresh cheese — as well as a milk-based bread called "*el pan de siete cielos*" (the bread of seven clouds). Syrian, Iraqi, Persian, and Indian Jews enjoy cheese turnovers called sambusak among other dairy-forward delicacies.

Chag Sameach!!

Marlene Friedlander
Editor, Observer
editor@bethemethaz.org



**FROM THE DESKS OF OUR
CO-PRESIDENTS
ARNOLD BECKER
AND
NATALIE MORRISON**



It is not often that we can introduce a member of our Congregation to our fellow congregants. This is one such opportunity. **Gyorgyi Rosenthal** is a key member of our kitchen staff. On Friday mornings she is in the kitchen helping to prepare for the Saturday Shabbat Kiddush. Then, she is the first to arrive at the Synagogue on Shabbat morning and starts setting up Hindin Hall for the Shabbat Kiddush. She moves tables, gets out and lays out the tablecloths, prepares the challah and wine for the Kiddush opening prayers and then starts preparing the wonderful food for the Kiddush. After the rest of the team arrives, and the food preparation is completed, Georgi can be found in one of the last two rows, on the right side of the Sanctuary, davening.

But who is this wonderful lady? Gyorgyi (Farkas) Rosenthal is a Hungarian-born Holocaust survivor who now lives in Sun City West. She was born in Elizabeth, a suburb of Budapest, Hungary. She has presented her Holocaust story through the Arizona Jewish Historical Society and many other venues. She survived the holocaust as a young child in Hungary, and her Holocaust story is told in her presentation entitled "One Pillow, One Blanket And A Doll". Here is the link If you want to read the full story.

<https://azjhs.org/gyorgyi-rosenthal-one-pillow-one-blanket-and-a-doll>

In addition to her activities at Beth Emeth Congregation, and in order to keep herself healthy and fit, Gyorgyi uses the gym and the pool regularly where she lives!!



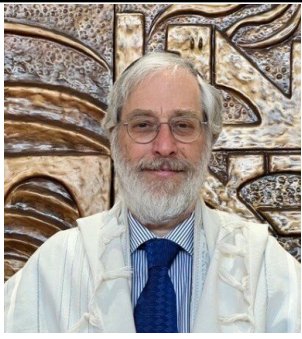
“Kippah/yarmulkes off”, to a fine lady!

Arnold & Natalie, Co-Presidents

Contact us at: president@bethemethaz.org or Call us at 623-584-7210

Reflections on Torah and Tradition

Hazzan Lev Ettelson



"You shall count for yourselves. The word chosen for designating counting ((ספרתם) alludes to the soul's benefit — becoming sanctified and purified from all materialistic desires and lowly thoughts during this seven week period, inspect your lives, think deeply about yourself — what is the true good you should choose."

HaKtav VeHaKabalah, Leviticus 23:15

"That's one small step for man, one giant leap for mankind." - Neil Armstrong, 1969

Sefirat ha'Omer, is the daily practice of counting the days between Pesach and Shavuot, which was originally connected to the cycle of transitioning from harvesting (and making an offering of) barley to wheat. The kabbalists saw a connection for the word used for counting with the system of sefirot, ten spiritual emanations or attributes. Rabbi Isaac Luria formalized the system we now use when counting the Omer, to reflect the seven cycles of the seven lower sefirot which are qualities we seek to rectify during these 49 Days of the Omer: Chesed (Kindness), Gevurah (Restraint), Tiferet (Harmony), Netzach (Eternity), Hod (Beauty), Yesod (Foundation) and Malchut (Sovereignty).

Recently we witnessed the second phase of NASA's Artemis Moon Mission, with a diverse crew of four astronauts, capturing dramatic images of the far side of the moon, the sun and the earth. This test mission is laying the groundwork for landing on the moon's south pole in 2028 and building a lunar base. This will be an international collaboration for the furtherance of scientific exploration and discovery.

Just as NASA space missions require inquiry, research, discipline and a spirit of adventure, so does the mission of religious life, which is the exploration of inner space. The story of the journey from bondage to liberation, reached its apex at Mt. Sinai, where our ancestors received the Torah on Shavuot. This event, which has been transmitted from one generation to the next, has inspired our people for over 3,000 years.

My mentor, Rabbi Zalman Schachter-Shalomi often spoke of "domesticating the peak experience." The revelation at Sinai can be seen allegorically as the ultimate peak experience, a level of enlightenment mystics of all traditions long for. How do we integrate such an experience into our everyday lives? There is a well known rabbinic principle: *Derech Eretz Kadmah I'Torah*, "proper behavior/manners precede the Torah." Ethical conduct, decency, and character (menschlichkeit) are essential prerequisites to true Torah study and observance. Religious life is incomplete without refined interpersonal skills and moral refinement.

This Shavuot, may each one of us merit to receive the Torah that we need in the coming year for our continued growth and happiness.

Reb Lev



Greetings from your Past President Marilyn Newberg

marilyn.newberg@bethemethaz.org

When fear is forcing you to give up,
call upon your heart's courage to
continue.

For every minute you are angry.....
You lose 60 seconds of happiness.

It's better to be absolutely ridiculous,
Than absolutely BORING!!!!!!

Each day, compel yourself to do
something you would rather NOT do!!!

**From your 1st Vice President
Susan Hersch
susan.hersch@bethemethaz.org**



We celebrate with Sponsored Kiddushim



We have had so many Simchas to celebrate over the past few months. Let us know how we can celebrate your special occasion with a Shabbat Kiddush!

Join us at upcoming Sponsored Kiddushim!

Saturday, May 2 - Harvey and Rita Zarensky

Saturday, May 23 - Brad and Marlene Friedlander

Contact Marilyn Newberg

marilyn.newberg@bethemethaz.org

or Susan Hersch susan.hersch@bethemethaz.org



Greetings from your 2nd Vice President

Iris Kingma-Johnson

Iris.kingma-johnson@bethemethaz.org

Work continues to upgrade and improve our website . It is truly a labor of love! Thanks to Lou Sniderman for his continued hard work and to my husband Neil for his assistance.

If you haven't been to the website lately...please check it out. www.bethemethaz.org
Your comments and ideas are always welcomed.

The Membership Committee lead by Sandra Shedroff along with Suzan Giloni have been busy reaching out to various groups throughout Sun City, Sun City West and beyond. This year's New Member Open House and Ice Cream Social will be on Sunday, July 12th.

High Holiday tickets will be available for purchase at the event.

Look for more information in the coming weeks.

Let us know if you are interested in volunteering!

Gary Cohen has also been busy securing interviews and placing articles in the local editions of the Independent. We are hoping to get a lot of publicity and visibility in the coming months.

Lots more to come...

Best regards,
Iris

**Greetings From Your 3rd Vice President
Arthur Bennett**

arthur.bennett@bethemethaz.org



As a former Board Director at Beth Emeth Congregation of the West Valley, I am thrilled to be the newly elected 3rd Vice President. You will find me on the Bimah on Shabbat morning, leading one of the morning services or calling out the names for the Aliyot.

If you have an upcoming Simcha, milestone event, or an upcoming Yahrzeit, please let me know so that we can arrange for you to have an Aliyah.

I recently celebrated the 76th anniversary of my Bar Mitzvah and yes I could still chant my Haftarah portion!

If you are interested in chanting Torah or Haftarah, let me know.

I am also part of the Ritual Committee and will be working closely with Co-President Natalie Morrison on the Aliyot for the High Holidays.

Please consider attending out Thursday morning Minyan services so that those who are reciting Kaddish can do so.

Repairing our Torah Scrolls - We still need your help!!

As you know, our Torahs are in dire need of repair. We are getting ready to begin the repair of 3 of our sacred Torah Scrolls.

If every member donates just \$60.00, that would cover the cost for the Sofer to make most of the necessary repairs.

Please consider making a donation as it is our heritage to keep our Torahs in good condition.

Donations can be made by check payable to Beth Emeth Congregation attn: Torah Fund. Also accepting cash, Zelle and credit cards.

Greetings from your 4th Vice President Joel Levine

joel.levine@bethemethaz.org



Shalom!

One of the ongoing activities at Beth Emeth Congregation is the installation of 79 solar panels.

The purpose of the solar panels are to reduce the electrical costs for the synagogue. NERD Power and their subcontractor Sun Installation arranged to install the solar panels. The solar panels, photo voltaic Inverters, and the electric circuit breakers have been completed. The City of Maricopa Planning Department performed their Solar Panel Inspection. Maricopa County had identified some issues that needed to be rectified to pass the inspection. Upon completion of this phase of the project APS will return to turn on the solar panels. Corrections were made. Maricopa County returned to perform a re-inspection. Maricopa County did PASS us on the inspection and will issue a Certification Certificate to APS to proceed with their inspection. One caveat is that Sun Installation must secure the electrical panels to be tightened. Once the electrical panels are tightened, pictures will be sent to Maricopa County for its proof and an approval Certificate will be issued to APS to make its inspection and install its meter. Then the solar panels will be in service to measure the electrical usage at Beth Emeth Congregation. A full project presentation will be available once the solar panels have been turned on.



Another ongoing activity is to ensure the AED (Automated External Defibrillator) device is in working order. AED is a medical device that is designed to analyze the heart rate of an individual and deliver a shock to the victim of ventricular fibrillation in order to restore the heart to a normal rhythm. The purpose of the AED device is to ensure its availability for use if it is needed at Beth Emeth Congregation. The AED device is in working order for the month of April. It is checked on the first day of each month.

I have also responsibility to identify any problematic building issues. There was a tree issue that was identified as a potential problem as it had limbs leaning over the Lutheran Church side of our parking lot. A landscaper was arranged and alleviated the problem.

If you know of any issues in the building, please contact me.

Directors

Chavurah Group at Beth Emeth Congregation



Leah Tarnor, Director
chavurah.lt@bethemethaz.org

Shalom!

Beth Emeth Congregation's Chavurah joined together to celebrate the first night of Passover at a Seder at the home of Leah and Charlie Tarnor and their family. Charlie lead the Seder and everyone participated. We enjoyed the company, warmth and traditional Passover food: brisket, turkey, potato kugel, tzimmes, salad, dessert along with excellent Passover wine and sparkling grape juice.

Photos are in this issue/

Our newly formed Chavurah group includes: Brad and Marlene Friedlander, Arnie Becker, Marilyn Newberg, Phil Gillenson, Natalie Morrison, Mark and Maddy Friedman, Leah and Charlie Tarnor, Marvin and Rita Wachs and Rita and Harvey Zarensky.

Our next activity will be on May 3rd - where we will have a table at the Horse Racing game at the Synagogue. More activities are being planned.

We have two couples interested in starting another group! Please contact me if you want to join the group. I can be reached at leah.tarnor@bethemethaz.org or chavurah.lt@bethemethaz.org



Gary Cohen, Director

Sun City West Independent Does Story On Beth Emeth Congregation of the West Valley Security and Safety

Independent Newsmedia reporter Jennifer Jimenez met with Beth Emeth Congregation Co-President Arnold Becker for a story about measures taken to increase security and safety in the Sun City West Jewish house of prayer. Jimenez was told about the audio alarm system, the use of Closed Circuit TV with cameras both inside and outside which record sights and sounds throughout the day.

In addition, Becker explained the use of armed security guards from the Arizona Rangers for religious services as well as for events such as an Open House, Mah Jong Tournament and a game night. It was made clear in the story while the Arizona Rangers organization is paid by Beth Emeth Congregation, the Rangers are made up of volunteers.

It was also explained in the story all of the measures taken to increase security and safety are being paid with funds from a Federal grant which Beth Emeth Congregation applied for. As Becker pointed out to Jimenez, it was through the grant the State of Arizona allowed Beth Emeth Congregation to make the changes to improve security.

The increase in attacks on Jewish religious facilities across the country and around the world ever since the October 7th, 2023 terror attack on Israel and the Mideast conflict which has ensued, led to the decision made by Beth Emeth Congregation to improve security.

The story written by Jimenez first appeared in the online version of the Sun City West Independent the first week of April and the print version appeared on April 15th. Not all of our congregation lives in Sun City West and my story helps inform you all about when stories about Beth Emeth Congregation appear in the Sun City West Independent.



Treasurer's Financial Update

Brad Friedlander

treasurer@bethemethaz.org

Treasurer's Financial Update

Your financial contributions enable us to provide the religious services and programs you want.

Dues

Your 2026 Dues Statements were emailed in January. If you have not received it, please let me know. We accept payment in multiple forms, shown in order of preference.

- Zelle payment to treasurer@bethemethaz.org (or QR code show here)
- Check: Paper or we can set up an ACH payment (one-time or recurring)
- Credit card: We pay a 2% fee per transaction, so we only get \$735 of a \$750 payment.
- Cash



Financial Status—2026 Year to Date

Committee	YTD Income	YTD Expense	FTEs	Income 2026	Expense 2026
Asset Changes		(\$280.00)	(0.4)	\$0	\$0
Biblical Garden	\$1,989.00	(\$374.00)	2.0	\$0	(\$5,000)
Building & Grounds	\$100.00	(\$17,515.84)	(21.8)	\$0	(\$60,952)
Capital	\$1.00		0.0	\$17,705	\$0
Catering	\$2,291.00	(\$4,770.60)	(3.1)	\$2,900	(\$3,950)
Employee Wages		(\$26,302.17)	(32.9)	\$0	(\$119,904)
Executive	\$64,428.00	(\$6,232.44)	72.7	\$73,200	(\$23,931)
Finance	\$51.74		0.1	\$0	(\$1,000)
Fund Raising	\$18,324.39	(\$5,742.06)	15.7	\$30,568	(\$3,200)
Gift Shop	\$34.16		0.0	\$0	\$0
Grant		(\$14,230.89)	(17.8)	\$0	\$0
Membership	\$32,143.00	(\$4,200.00)	34.9	\$71,280	(\$1,900)
Observer		(\$39.06)	(0.0)	\$0	\$0
Prior Year Dues	\$125.00		0.2	\$0	\$0
Ritual	\$1,281.00	(\$600.00)	0.9	\$31,425	(\$4,300)
Technology		(\$2,093.78)	(2.6)	\$0	(\$5,091)
Torah Maintenance	\$6,792.00		8.5	\$0	\$0
Yahrzeit Board		(\$418.00)	(0.5)	\$3,500	(\$1,350)
Grand Total	\$127,560.29	(\$82,798.84)	56.0	\$230,578	(\$230,578)

B'shalom,

Brad Friedlander, Treasurer

Treasurer's Corner

Zelle Payments

You can pay your dues or make donations using Zelle.



Zelle QR Code

Credit Card

You can pay using a credit card.

- Your credit card information can be securely stored.
- You'll automatically get a receipt emailed to you.

Dues

We have received \$32,143 (about 45%) of the budgeted \$71,280 for 2026 dues.

- We incur a large part of our annual expenses before the High Holidays.
- Please pay your dues or contact the Treasure to make alternative arrangements.

Funds Needing Your Assistance

Torah Maintenance Fundraiser: The donation will only be used for the repair of our Torahs.

- We needed to raise \$13,000 to repair all of the Torahs.
- With the \$5,000 matching funds (in Phase 2), we have enough to cover repairs for three Torahs.

Phases	Donations	Expenses	Balance
1	\$2,973.00	(\$2,000.00)	\$973.00
2	\$10,090.00	\$0.00	\$10,090.00
Grand Total	\$13,063.00	(\$2,000.00)	\$11,063.00

Biblical Garden: The donation will only be used for the Biblical Garden project.

Name	I/E
Biblical Gardens (I)	\$17,228.00
Biblical Gardens (E)	(\$5,774.00)
Grand Total	\$11,454.00

Security Fund: The Board has created a new fund that will only be used for security expenses.

- We spend \$275 on armed security each Shabbat.
- The total for 2025 was \$20,130 (i.e., holiday services and special events).

Save Taxes on Donations

If you have an IRA, please consider using a qualified charitable distribution (QCD).

- A QCD counts toward your required minimum distribution (RMD) for the 2026 year and is not taxable.
- Please see your financial advisor for details.
- You can include other donations besides your dues.
- Contact me for the Congregation's EIN which your IRA firm will require.
- Multiple members have taken advantage of this tax savings opportunity.

Please contact me at treasurer@bethemethaz.org if you have any questions.

Today!

Brad Friedlander, Treasurer

Chesed Committee

We are here to support you, our Congregation family. If you know of a Member in need, or if you have a need that we can support, do not hesitate to reach out to us!

- ✧ **Coordinate meals when support is needed**
- ✧ **Coordinate rides for medical appointments or doing local errands**
- ✧ **Helping with a Shiva or a Shiva Minyanim**
- ✧ **General acts of loving-kindness**
- ✧ **A call of caring**

Help Needed

Sometimes, we don't know all of the help that is needed within our community. If you or anyone you know needs help, please reach out to us.

Our deepest condolences to the families of those members who have passed since last month's Observer:

**James Toney
Michael Weinberg**

Please contact the Office at 623-584-7210 or the Chesed Committee at chesed@bethemethaz.org.



Please support Our Judaica Shop

**Stop by anytime Monday– Friday 9:00 am—noon! Payments accepted by cash,
Credit card, check or Zelle!**

**Susan Hersch, Judaica Shop Manager
susan.hersch@bethemethaz.org**

Our Biblical Garden

Updates -

As the warmer months are almost upon us, now is a great time to make a donation to our Biblical Garden.

So far we have received \$17,228.00 in total donations and have spent \$5774.00.

We thank everyone who has contributed.

Whereas it looks like we have a surplus, we do not have enough to accomplish our goals. We would like to proceed with more landscaping and planting this Spring into Summer and to ensure that everything gets properly watered.

Please contact us to discuss how your donation will make a difference!

Every donation is appreciated!!

Marilyn Newberg, marilyn.newberg@bethemethaz.org

Arnold Becker, arnold.becker@bethemethaz.org

Etz Chaim—Our Tree of Life

I invite you to become part of the permanent legacy of our Synagogue. Through the end of the year, “leaves” on our Etz Chaim (Tree of Life) in our Lobby are just **\$99 each!**

“Apples” are only **\$150!**

Buy them for yourself or a loved one!

Or commemorating a special occasion! Let’s fill the Tree!

Happy to discuss with you how to place an order.

Natalie Morrison

natalie.morrison@bethemethaz.org



Yahrzeit Plaques

We have many Yahrzeit plaque spaces available on our Sanctuary wall.

Yahrzeit plaques can be purchased in memory of someone who has passed away or be reserved for a future use.

Plaques are \$350 each.

Payment by cash, check, credit card or Zelle!

Forms available in the Office.

Please reach out to me for further information.

Arnold “Arnie” Becker, Co-President

Arnold.becker@bethemethaz.org





Mark Friedman	5/15
Joanie Jacobs	5/16
Howard Emmerman	5/21
Harvey Zarensky	5/22
Leah Tarnor	5/24
Shoshana Perlmutter	5/25



Gary and Enid Cohen	5/4
Michael and Carol Madvig	5/24

From our kitchens to your homes....we share our best with you!



Cheesecake
The Gefilte Manifesto: New Recipes for Old World Jewish Foods
Liz Alpern and Jeffrey Yoskowitz

For the crust:

1½ cups graham cracker crumbs
4 tablespoons (½ stick) unsalted butter, melted
3 tablespoons sugar

For the cheesecake filling:

12 ounces cream cheese, at room temperature
12 ounces farmer's cheese, (or ricotta or cotija), at room temperature
1½ cups sugar
4 large eggs, at room temperature
1½ teaspoons vanilla extract
2 tablespoons fresh lemon juice (optional)
16 ounces sour cream, at room temperature

For the glaze and topping

1 pound rhubarb, trimmed of leaves and cut into 1-inch pieces
8 strawberries, trimmed and cut in half or quarters
1 cup sugar

Instructions:

1. Preheat the oven to 375 F. Grease a 9-inch springform pan.
2. To make the crust: Combine the crust ingredients in a small bowl and pack the crust mixture firmly into the bottom of the prepared pan.
3. **To make the cake:** In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl using a hand mixer, beat together the cream cheese and farmer's cheese until fluffy, gradually adding the sugar in increments, then adding the eggs one by one. Add the vanilla, lemon juice (if using) and sour cream and beat until incorporated. Pour the mixture into the pan over the crust. Bake for 30 minutes. Turn off the oven and let the cheesecake sit inside, undisturbed, for at least 2 hours so it sets properly. Place it in the refrigerator and let cool completely before serving, at least 6 hours. Cheesecake is delicate, so be gentle.
4. **To make the rhubarb-strawberry compote:** In a medium saucepan combine the fruit and sugar and cook over medium-low heat, stirring occasionally, until the fruit has released some of its juice and the sugar has melted into it. Simmer about 10 minutes, until the liquid has thickened into a syrup. Let cool. The compote can be prepared up to 3 days in advance of serving and stored in the refrigerator.
5. The cheesecake will keep in the refrigerator for up to 1 week.

From our Corresponding Secretary
Irene Lehrer



Irene's Noodle Pudding (Kugel)

- 1 lb medium egg noodles (not pasta)
- 1 lb container cottage cheese
- 1 lb container sour cream
- 8 oz package cream cheese
- 6 eggs
- 1/4 lb no salt butter (1 stick)
- 1 1/2 or 1 3/4 cups sugar
- 1-2 cans blueberry, apple or cherry pie filling

- 1-Boil egg noodles as per pkg directions
- 2-In a large tin foil pan butter bottom and sides.
- 3-Add boiled noodles cottage cheese and sour cream and mix together well.
- 4-Soften cream cheese then add and mix well.
- 5-Add eggs and sugar then mix all together well.
- 6-Add remaining softened butter and mix well.
- 7-Bake at 350 degrees till set.
- 8-Remove from oven and add topping.
- 9-Return to oven and continue baking for 1 hour.
- 10-Remove from oven and enjoy!!!!

Can be eaten hot or cold.
Freezes well.

Blintze Recipe - A Mountain of Blintzes By Barbara Diamond Goldin

Pancakes

- 1 cup flour
- ½ teaspoon kosher salt
- ½ teaspoon sugar
- ¼ teaspoon baking powder
- 2 large eggs
- 1 cup water

For Frying

- 3+ tablespoons unsalted butter

Filling

- 8 ounces small curd cottage cheese
- 8 ounces Farmer's cheese
- 1 large egg
- 1 ½ tablespoons sugar
- ¼ teaspoon cinnamon
- ½ teaspoon grated lemon zest
- 1 pinch kosher salt
- 1 tablespoon unsalted butter, melted

Instructions for the Pancakes:

Whisk together the flour, salt, sugar, and baking powder. Set aside.

Mix together the eggs and 1 cup water.

Using a strainer or sifter, add the dry ingredients into the wet ones.

Add a few tablespoons more water (2-4) to get batter to be loose but not watery. Add 4 tablespoons more water, for a total of 1 ¼ cups water. Let the batter sit while you prepare the filling.

Filling

Mix together the filling ingredients in a medium-sized bowl.

Putting together the blintzes

1. Wipe an 8-inch pan, preferably non-stick, with a small dab of butter and pre-heat the pan. Put about 1/4 cup of batter in the pan, swirl it around to cover the entire pan with a light coating of batter, and cook the pancake until the bottom is golden. Slide the pancake onto a plate (without cooking the other side), add a bit more butter to the pan if necessary and
2. repeat.
3. Separate each pancake with a small piece of waxed paper or parchment. Let the pancakes cool until you can easily handle them.
4. Once the pancakes have cooled, put one, cooked side up, on a plate or cutting board. Add 1/4 cup of cheese filling. Fold one side over on the cheese filling.
5. Fold the opposite side, then fold the top and bottom, so that the pancake resembles an envelope. It can be square or rectangular, depending on whether you center the cheese as a large spoonful or make it a longer rectangle. It doesn't matter.
6. Add 1-2 tablespoons of butter to a pan. (You can use the same pan you made the pancakes in.) Once the butter is melted and the pan is heated, add blintzes with the folded sides down. Do not crowd them. Gently heat until the bottom is golden brown.
7. Then turn the blintzes on the other side and continue cooking under a medium-low flame until they brown on the second side. You may want to cover the pan for a minute or two to assure that the inside filling is well heated.
8. Serve immediately with sour cream and fruit.

We joined together at the Passover Seder!





*May their memories be blessed.
As We remember them...*



The following Yahrzeits will be observed during Iyar and Sivan
Kaddish may be said at Friday evening services (6:00 pm), and Saturday morning
services (9:30 am)

Date	Hebrew Date	Deceased	Observant	Relationship
3-May	Iyar 16	Harry Plotkin	Sonia Altman	Father
3-May	Iyar 16	Gertrude Besselman	Irene Lehrer	Mother
4-May	Iyar 17	Kay Feldman	Iris Silverman	Sister
5-May	Iyar 18	Shemuel Giloni	Dov Giloni	Brother
7-May	Iyar 20	Florence Rothschild	Jamie Rothschild	Mother
8-May	Iyar 21	Marc Lowenthal	Joy Epstein	Brother
9-May	Iyar 22	Mildred Becker	Arnie Becker	Mother
10-May	Iyar 23	Libby Pinkes	Iris Silverman	Sister
11-May	Iyar 24	Minnie Epstein	Gail Davis	Grandmother
12-May	Iyar 25	Al Maultasch	Barry Maultasch	Father
15-May	Iyar 28	Jack Lipschitz	Claire Maultasch	Father
19-May	Sivan 3	Frances Rothzeit	Saul Rothzeit	Mother
21-May	Sivan 5	Muriel Rosenberg	Rita Beth Wachs	Mother
22-May	Sivan 6	Hyman Epstein	Rosemary Abrami	Father
23-May	Sivan 7	Jerry Altman	Sonia Altman	Husband
24-May	Sivan 8	Robert Newberg	Marilyn Newberg	Husband
30-May	Sivan 14	Rea Shedroff Feiger	Lee Shedroff	Mother

Todah Rabah for your generous support!

<u>Yahrzeits</u>	<u>In Memory of our members</u>	<u>Donation - Members</u>
Joy and Peter Epstein In memory of Harry Greenwald	Diane Freilich In memory of James Toney	Brad and Marlene Friedlander
Brad and Marlene Friedlander In memory of Ruth Abrams	Joy and Peter Epstein In memory of James Toney	Natalie Morrison
Brad and Marlene Friedlander In memory of Ellen Glazer	Brad and Marlene Friedlander In memory of James Toney	Joel Levine
Lael Summer In memory of Rose Meyrowitz	Jim and Phyllis Frank In memory of James Toney	Diane Freilich
Barry and Clare Maultasch In memory of Eva Maultasch	Launa Winegard and Benjamin Dahukey In memory of James Toney	Joy and Peter Epstein
Jack Ezraty In memory of Victor Ezraty		Jim and Phyllis Frank
	<u>Torah Maintenance Fund</u>	Gary and Enid Cohen
<u>Fundraising</u>	Arthur Bennett	Martha Dalmeida
Natalie Morrison	Ann Goldfarb-Clapp	Leah and Charlie Tarnor
Leah and Charlie Tarnor		<u>Donation Non- Member</u>
Barry and Clare Maultasch	<u>Biblical Garden</u>	Launa Winegard and Benjamin Dahukey
	Arnold Becker	Kroger Markets
<u>Rabbi's Discretionary Fund</u>	Ann Goldfarb-Clapp	Charles and Marisela Erichsen
Natalie Morrison	Gyorgyi Rosenthal	
Joy and Peter Epstein		
		<i>Reflecting donations posted 3/22- 4/24</i>

We appreciate each and every donation that we receive. If acknowledgement of your donation did not appear in this month's listing, please check back next month.
Todah Rabah for your support of Beth Emeth Congregation of the West Valley!!



Message from the Sisterhood President May 2026

I want to thank Sisterhood members for helping me mark Sheloshim, 30th days since the passing of my husband Jim, which was held on Sunday April 26th, with a dairy Pot Luck at my home. As with Shiva, your support was truly appreciated. It was wonderful to be surrounded by friends. Judaism has so many rituals that have practical application for navigating life.

I must admit I am surprised on how emotionally draining the past 5 months has been, which then depleted me physically as well. I am not ready to jump back into planning and organizing and appreciate the efforts of those who have stepped up to help Carol during my absence. Thank you to Laura Becker for arranging our Sisterhood May outing.

On May 12th we will have a short Sisterhood meeting from 10:00 am to 11:00 in the Library followed by Lunch at Tivoli Gardens to celebrate Mother's Day together at 11:30am. Please RSVP to me at ketzitoney@mac.com, if you plan to go out to lunch with us so I can provide the restaurant with the number of women attending for set up. Lunch is on your own.

Grief, I am learning is not something you move through or get past. Rather it is an ongoing process of adaptation to life without the presence of your loved one. Each person responds differently depending on the nature of the relationship, your individual personality, resilience, and coping skills. Regardless, there are emotional triggers that surprise you without notice. Gratefully Judaism compassionately gives us multiple times a year to stop and remember all our departed love ones with candle lighting and reciting the Kaddish. Remembering both the bitter and the sweet is integral to our faith. I must say, memory is a blessing bringing tears, laughter, comfort and strength.

Speaking of Kaddish, I will be saying Kaddish for Jim every week for the full 11 months. If you are able to help make a minyan on any Thursday mornings it would be most appreciated. Services are from 9:00 am to 10:00am in the library.

With heartfelt appreciation,
Ketzi Toney



Coming soon: Beth Emeth Congregation of the West Valley Men's Social Club activities will soon be underway. Watch for information from Lee Shedroff



Please contact the office if you are interested in joining or have any ideas for activities!!



Save the Date



Sunday, July 12

Annual Membership Drive Open House And Ice Cream Social

1:00 pm - 4:00 pm

High Holiday tickets will be available for purchase

This year we will also be having music!

Watch your email for a flier with full details!

**Interested in volunteering??
Contact the office**

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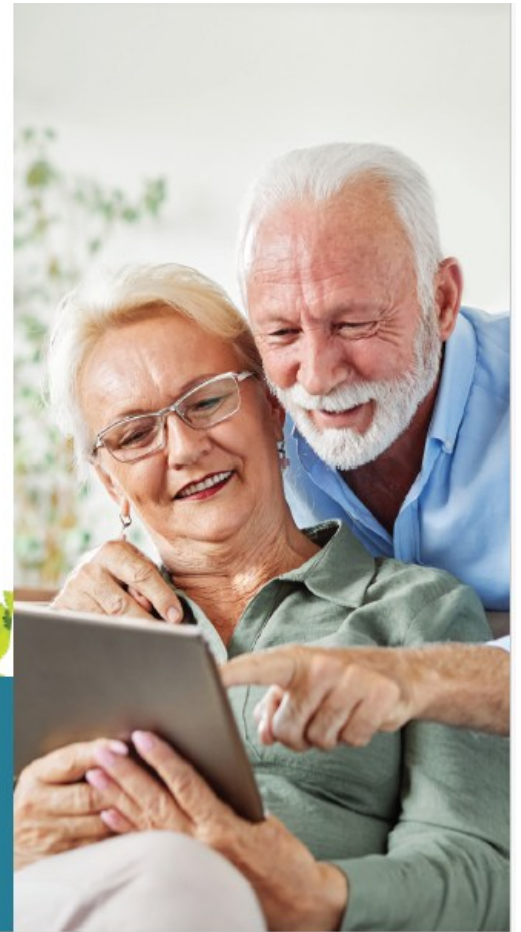
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May 2026

SUN 26	MON 27	TUE 28	WED 29	THU 30	FRI May 1	SAT 2
9th of Iyyar	10th of Iyyar	11th of Iyyar	12th of Iyyar	13th of Iyyar ● 9am Morning minyan	14th of Iyyar Pesach Sheni ● 6pm Kabbalat Shabbat ● 6:55pm Light Candles at: 6:55 P	15th of Iyyar Parashat Emor ● 9:30am Shabbat Service ● 7:53pm Shabbat Ends: 7:53 PM
3	4	5	6	7	8	9
16th of Iyyar Horsereading Game	17th of Iyyar	18th of Iyyar Lag BaOmer ● 4pm Grief Support Group	19th of Iyyar	20th of Iyyar ● 9am Morning minyan 11 am Torah Class	21st of Iyyar ● 6pm Kabbalat Shabbat ● 7pm Light Candles at: 7:00 PM	22nd of Iyyar Parashat Behar-Bechukotai ● 9:30am Shabbat Service ● 8pm Shabbat Ends: 8:00 PM
10	11	12	13	14	15	16
23rd of Iyyar	24th of Iyyar	25th of Iyyar ● 10am Sisterhood Meeting ● 4pm Grief Support Group	26th of Iyyar	27th of Iyyar ● 9am Morning minyan 11 am Torah Class	28th of Iyyar Yom Yerushalayim ● 6pm Kabbalat Shabbat ● 7:05pm Light Candles at: 7:05 P	29th of Iyyar Parashat Bamidbar ● 9:30am Shabbat Service ● 12pm Birthday Kiddush ● 8:06pm Shabbat Ends: 8:06 PM
17	18	19	20	21	22	23
1st of Sivan, 5786 Rosh Chodesh Sivan	2nd of Sivan	3rd of Sivan ● 9:30am Board meeting ● 4pm Grief Support Group	4th of Sivan	5th of Sivan Erev Shavuot ● 9am Morning minyan 11 am Torah Class	6th of Sivan Shavuot I 9:30 am Shavuot Services ● 7:10pm Eve of Second day Shav	7th of Sivan Shavuot II ● 9:30am Shabbat Service ● 8:11pm Shabbat / Holiday Ends:
24	25	26	27	28	29	30
8th of Sivan	9th of Sivan	10th of Sivan ● 4pm Grief Support Group	11th of Sivan	12th of Sivan ● 9am Morning minyan 11 am Torah Class	13th of Sivan ● 6pm Kabbalat Shabbat ● 7:15pm Light Candles at: 7:15 PM	14th of Sivan Parashat Nasso ● 9:30am Shabbat Service ● 8:16pm Shabbat Ends: 8:16 PM
31	Jun 1	2	3	4	5	6
15th of Sivan	16th of Sivan	17th of Sivan ● 4pm Grief Support Group	18th of Sivan	19th of Sivan ● 9am Morning minyan 11 am Torah Class	20th of Sivan ● 6pm Kabbalat Shabbat ● 7:19pm Light Candles at: 7:19 PM	21st of Sivan Parashat Beha'alotcha ● 9:30am Shabbat Service ● 8:21pm Shabbat Ends: 8:21 PM



Our logo, created by our member, the late Max Gimpel (z”l), is the Shield of David made into a calligraphic Interpretation of the Hebrew letters, Beit Aleph, which signify the name of our Congregation, BETH EMETH, House of Truth.

Beth Emeth Congregation Board

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All opinions expressed in the Observer are solely those of the contributors and do not necessarily share in the opinions of our Board and Congregants.