



A NOTE FROM RABBI VALERIE

Summer.
More free time?
More relaxed.
Opportunity for Summer Growth.

Every blade of grass has its own Angel who bends over it and whispers "Grow! Grow!" (Talmud)

I've always loved this quote from the Talmud. It's based on the idea that everyone and everything that lives has an appointed angel that watches over us. If this sounds like a guardian angel, it is; at least, the Jewish version of a guardian angel. I imagine this probably invisible spiritual being, sent by God, encouraging the growth of even a blade of grass. How much more so for us! God must be sending spiritual messages – or messengers – to whisper words in our hearts and minds inspiring us to grow.

I imagine the growth God wants for us is more than a physical growth. Judaism's emphasis on interactive learning illustrates how the emphasis we place on mental, emotional, and spiritual growth.

The summer months often bring with them a more relaxed mood. Many of us seem to have more free time – for vacations, social time with friends, indulging more in our hobbies (like watching plants grow in gardens). It's as if everything is a little lighter, a little more free. Perhaps we feel we have more time since daylight lasts longer, extending each day. Or maybe it's just an influx of vitamin D.

Either way, summer is a good time for growth. After hearing a few people discuss starting a book club at temple, I decided to challenge all of us to dedicate some of our "extra" time to expand our minds and maybe even our hearts. Set aside some time every day to read a new book or listen to a podcast you've had on your list. Make it a habit for these two months and then see how much you've grown.

I'm making my plans. I'm debating between three very different books, which I hope will inspire me to action in the area of interest represented by the book I will choose.

The three books are:

Flourish, by Anotonia Case

Judaism Disrupted: A Spiritual Manifesto for the 21st Century, by Michael Strassfeld

The Bullet Journal Method, by Ryder Carroll

Or I may spend my time and energy on the journey I started earlier this year from the beginning: to listen to every episode of the Judaism Unbound podcast. I only have about 365 episodes left to go... until the next one is published.

May this summer be filled with warmth and beauty and family and friends and personal growth.

Somewhere, something incredible is waiting to be known. (Carl Sagan)

PRESIDENT'S MESSAGE



With our annual meeting every year we take a moment to reflect on where we are as a congregation, what our strengths are, dwell for a minute on our achievements and prepare ourselves for the upcoming year. As the High Holy Days serve as a time for personal renewal, the annual meeting serves as the time to examine how the congregation will renew itself for the coming year.

I would like to recognize the board of directors for their commitment to furthering the mission of the synagogue, and especially recognize the departing executive committee members, Paula Selvitella, Karen Kagan, Deborah Bunker, Jonah Cuker and Ellen Levitt for their efforts this year.

We look to continue our commitments to making worship relevant for our members, contributing to Tikkun Olam (repairing the world) through our social justice/social action committees, recruiting and retaining our members through the membership and caring committees, and at the same time look to reimagining what a 21st century Reform congregation looks like with the Futuring Initiative. The life of the synagogue is not the same as my grandparents' view of the world in the 1940's, nor my parents' view of the world in the 1970's. Religious life faces significant challenges for attention. I believe the task of the congregation's leadership is to look at the world we live in and rather than retreat to what had been comfortable, to look at the paths ahead and explore the crossroads looming before us. As the Israelites departed Pharaoh's Egypt, their leaders knew that retreating to the familiar past, however comfortable it may have felt compared to the vastness and uncertainty of the journey ahead, had no future of prosperity or spiritual redemption. I am looking forward to working with the executive committee, the board, our professional staff and the synagogue personnel to advance the vision of the congregation, moving beyond the traditional bricks and mortar of the building, and I am honored to have been selected to serve.

L'hitrayot,



Gary Wolf, President

THE CARING COMMITTEE CARES!

The Caring Committee of Temple Emanuel Sinai has always upheld the mission to reach out to those in need. With that in mind, we are working to reactivate the committee and this mission. We hope you will consider becoming a Caring Committee volunteer. As a volunteer, you will be asked to occasionally contact fellow temple members who have placed names of loved ones on the Mi Sheberach list. Rabbi Valerie will guide us to determine who might benefit from a caring phone call, email, or text. Being a TES member is the only requirement necessary to provide this mitzvah. We welcome your involvement.

The volunteer efforts are minimal, however the effect of your simple act of kindness can be long lasting. *"The beginning and end of Torah is performing acts of loving kindness.."* (Talmud)

To volunteer or for further information please contact us at caring@emanuelsinai.org.

Marcy Ostrow and Anne Sadick, Co-chairs

JULY - AUGUST 2023 WORSHIP SERVICES

CHUKAT-BALAK

Friday, June 30
Candle Lighting at 8:10pm
7:30pm Shabbat Service
Saturday, July 1
10:30am Torah Study
Numbers 19:1-25:9

PINCHAS

Friday, July 7
Candle Lighting at 8:08pm
7:30pm Shabbat Service
Saturday, July 8
10:30am Torah Study
Numbers 25:10-30:1

MATOT/MASEI

Friday, July 14
Candle Lighting at 8:05pm
7:30pm Shabbat Service
Saturday, July 15
10:30am Torah Study
Numbers 30:2-36:13

DEVARIM,

Friday, July 21
Candle Lighting at 8:00pm
7:30pm Shabbat Service
Saturday, July 22
10:30am Torah Study
Deuteronomy 1:1-3:22

VAETCHANAN

Friday, July 28
Candle Lighting at 7:53pm
7:30pm Shabbat Service
Saturday, July 29
10:30am Torah Study
Deuteronomy 3:23-7:11

EIKEV

Friday, August 4
Candle Lighting at 7:45pm
7:30pm Shabbat Service
Saturday, August 5
10:30am Torah Study
Deuteronomy 7:12-11:25

RE'EH

Friday, August 11
Candle Lighting at 7:36pm
7:30pm Shabbat Service
Saturday, August 12
10:30am Torah Study
Deuteronomy 11:26-16:17

SHOFTIM

Friday, August 18
Candle Lighting at 7:26pm
7:30pm Shabbat Service
Saturday, August 19
10:30am Torah Study
Deuteronomy 16:18-21:9

KI TEITZEI

Friday, August 25
Candle Lighting at 7:15pm
7:30pm Shabbat Service
Saturday, August 26
10:30am Torah Study
Deuteronomy 21:10-25:1



All WORSHIP SERVICES are held in person and livestreamed (emanuelsinai.org)

TORAH STUDY meets in person and via Zoom.

MINYAN is held every Monday at 5:45pm (except when the office is closed) only via Zoom and Livestream
Login information can be found in eNews.

CLERGY & STAFF CONTACT INFORMATION

Rabbi Valerie Cohen
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Gitit Shoval, Cantorial Soloist & Music Director
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Talia Mugg, RS Director
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Christa Benoit, Office Assistant
cbenoit@emanuelsinai.org

Jade Le'Jeune, Temple Administrator
jlejeune@emanuelsinai.org

Sophia Schlegelmilch, Admin. Assistant
sschleg@emanuelsinai.org

Steve Contois, Caretaker

Temple Main Phone Line
508-755-1257

RELIGIOUS SCHOOL AND YOUTH NEWS



Shalom from our Religious School!

The 2022-2023 school year was filled with lots of enthusiasm. Our students were eager to embark on a journey of discovery, reconnect with familiar faces, and forge new friendships. We had the opportunity to introduce exciting new Hebrew and Jewish Studies curricula that invigorated our students' educational experience. The revamped Hebrew Language program emphasized personalized instruction, allowing for one-on-one sessions that maximized individual learning potential. This tailored approach nurtured a deep understanding and appreciation for the Hebrew language and its significance within our faith.

Thank you to Rabbi Valerie and Gitit Shoval for their unwavering support and invaluable guidance throughout the year. Their leadership has been instrumental in fostering a deep connection to our faith and nurturing our students' spiritual growth. We are also grateful for our Junior song leaders, Marisa Cohen and Daniel Dworman and to the exceptional educators who have made a lasting impact on our students' educational journey:

Sarah Noble Young: Grades K-1
Marissa Levitt: Grade 2
Lilli Cohen: Grades 3
Emma Noce: Grades 4/5
Keren Azoulay: Grade 6/7
Ellen Levitt: Art and Learning Specialist
Heather Gelardi: Family Educator



A special thank you to our amazing Madrichim who provided great support to our teachers. They are truly role models for our students.

As we eagerly anticipate the forthcoming year, we are filled with excitement for the new opportunities, fresh perspectives, and budding friendships that lie ahead. With the knowledge and experiences gained from the previous year, we embark on the next chapter of our educational journey with optimism and determination. We eagerly await the start of the new school year in September, eager to reunite with familiar faces and embark on a year filled with growth, exploration, and shared moments of spiritual enlightenment.

Have a wonderful and safe summer!
Talía

Have you reduced your Carbon Footprint? Share your experience with TES and the Greening Committee!

The Greening Subcommittee is looking for congregants who have taken steps to reduce their carbon footprint by installing solar panels, purchasing electric vehicles and/or installing heat pumps and mini splits. We hope that you will be willing to share your experience with the congregation in order to inspire others to do the same. If interested please contact the TES office or get in touch with either David Coyne, Patti Gould or Yael Savage.



MUSIC NEWS



Hello my friends,

I can't believe it, but July 1st is the first day of my second year here at TES!

I had such a wonderful first year. I've learned so many new versions of beautiful prayers, I've met amazing people from the congregation, and I've grown musically and personally. We had the incredible and unique Billy Jonas as our visiting artist, and that was a big success!

It is hard to believe that the High Holidays are coming up so soon, and the whirlwind of preparation starting all over again. We will have the wonderful voice quartet back to sing with me, and other incredible musicians will join us to make one of the most important times of the year an outstanding experience. I am always so excited to sing these meaningful and touching prayers, it makes me feel especially connected to my spirituality. I hope to take you with me on these few days' journey of connecting to ourselves and to God through the most powerful way, music.

I am also getting ready for next year's music programs, one of which will be a TES Singing Group! This singing group will be fun and light, but also very professional. I have many years of experience working with singing groups of all ages and styles, and I am looking forward to starting to work with all of you - to make new arrangements for known and beloved prayers, and to work on new original songs. We will also sing known songs that are not prayers, but that are meaningful and connect beautifully to our services.

I cannot wait to start my second year at TES. I know it will be busy and exciting like the year before.

Yours always,
Gitit

TES SUMMER INSTITUTE 2023 IS COMING YOUR WAY!

For this year's 5th annual TES Summer Institute we are inviting TES congregants who are pursuing or have recently completed graduate degrees ranging from medical school to Holocaust studies to public health policy.

Check out the speakers already scheduled for this year's 5th Annual TES Summer Institute, and stay tuned to our weekly eNews and website to see new speakers and topics as they are announced!

Friday, July 7: Julie Hammond, Doctoral student in Science Education with an emphasis on gender bias in science.

Friday, July 14: Jessa Sinnott, Doctoral candidate at the Strassler Center for Holocaust Studies at Clark University. Jessa is researching antisemitic violence in rural Poland and is just returning from a year of research in Poland.

Friday, July 21: Sara Birnbaum, Master's Degree in Higher Education Administration.

Friday, August 11: Ben Mugg, Ben is a Medical School student who is working on a research fellowship studying whether variable Nerve Growth Factor expression may explain pain differences across stages of osteoarthritis.

Friday, August 18: Stephanie Cyr, Master of Public Health from Purdue University, currently pursuing a doctoral degree with an emphasis on dismantling barriers to effective and equitable mental health care.

HIGH HOLY DAYS SCHEDULE 5784

ALL SERVICES WILL BE IN PERSON AND ONLINE

Selichot Service: Saturday, September 9, 7:30pm

Creative Program and Musical, Meditative Service

Enter the High Holy Day Experience with a Gentle Invitation through the Music of the Season. Music touches our souls in unique ways, softly sparks memories of past holidays, stirs our emotions, and inspires us to respond to those emotions. Selichot, its liturgy and the music, prepares us for the High Holy Days. We'll begin the evening with an interactive, creative program.

ROSH HASHANA

Erev Rosh Hashana: Friday, September 15, 7:30pm

Rosh Hashana Family Service: Saturday, September 16, 9:00am

(for families with children 4th grade and younger)

Rosh Hashana Main Service: Saturday, September 16, 11:00am

Rosh Hashana 2nd Day Service: Sunday, September 17, 11:00am

Tashlich: Sunday, September 17, immediately following services, at TES pond

(meet in front of building)

Shabbat Shuva: Friday, September 22, 7:30pm

YOM KIPPUR

Kol Nidre: Sunday, September 24, 7:30pm

Yom Kippur Day: Monday, September 25

Yom Kippur Family Service: 9:00am

(for families with children 4th grade and younger)

Yom Kippur Main Service: 11:00am

Healing Service: immediately following Main Service (estimated 1:00pm)

Study Sessions: topics TBA, 2:00pm

Afternoon Service: 3:30pm

Memorial Video: 5:00pm

Yizkor/Memorial Service: 5:15pm

Ne'ilah/Concluding Service: 6:00pm

SUKKOT

Erev Sukkot Service: Friday, September 29, 7:30pm

SIMCHAT TORAH

Erev Simchat Torah Service And Yizkor: Friday, October 6, 7:30pm

Tisha B'Av Service

Wednesday, July 26, 7:00pm

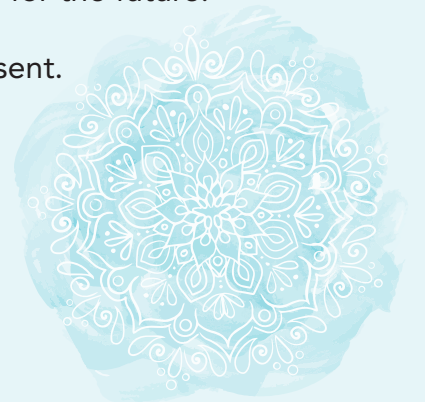
A Meditative and Musical Service with Giti Shoval: From Brokenness to Healing

Outside on Back Patio (Weather Permitting)

Tisha B'Av is a holy day that does more than commemorate the destruction of the Temple and persecution of our history; it is a reminder that although the world has been broken, we can and will emerge whole. Although we grieve, together we can heal and find meaning for the future.

Emerging from a broken world - this is the message of the past and the present.
Finding meaning out of loss - this is a message of the future.

Join TES Cantorial Soloist Gitit Shoval on the TES back patio for a meditative and musical service surrounded by nature. With liturgy and the whispers of our own hearts, we will wind our way through our past and through our brokenness toward wholeness and healing.



Learn to Lead Shabbat Services

While Standing on One Foot!

Wednesday, August 23, 7:00pm

In the Sanctuary

Anyone can lead Shabbat Services – so says the Rabbi. Especially with Gitit Shoval as your partner.

Within an hour, you will walk away feeling confident about your ability. With a chart and instruction guide in your hands and the knowledge of how to personalize the service.

We'll even promise not to make you stand on one foot as you learn.

See you in the Sanctuary on August 23!

Mi Sheberach - Healing Prayer

Add a loved one's name

Weekly during Shabbat services, our Rabbi reads names of folks in need of healing: physical, emotional, spiritual. Sanctuary attendees can add names aloud or hold them silently in their hearts. We then sing the Mi Sheberach blessing, a prayer for healing.

To fill out a form use the QR code below or go to: templemanuelsinai.shulcloud.com/form/healing



HIGH HOLY DAYS 5784 - HONORS REQUEST

Summer just started but we're already looking forward to the fall and planning High Holy Days. Rabbi Valerie and Gitit have been working on crafting beautiful services and we want as many congregants as possible to be involved in leading our community in these holy and meaningful days.

If you would like to be involved in any of the services, there is a place for you: opening the ark, carrying the Torah, Candle lighting, reading an English passage or poem, reading or chanting Torah or Haftarah, lighting a candle in memory of a loved one at Yizkor... there are so many options!

To submit a request use the QR code below or go to: www.emanuelsinai.org/hhd-honors on our webpage, and then fill out the form.

If technology is not your friend, just call the office and they can fill out the form for you over the phone. After we gather the forms, we'll be in touch with you.

Thank you in advance for volunteering and making our services so special for everyone.



Book of Remembrance

"May their souls be bound up
in the bond of eternal life"

As we begin the summer months, it's hard to turn our minds to the High Holy Days, but they are just around the corner! With this, we remember those who are not among us anymore.

We will once again offer you the mitzvah of placing loved ones' names who have passed away into our Memorial Book for Yom Kippur.

Letters will go out soon, so please keep your eye on the mail!

Yizkor/Memorial Video - Yom Kippur 5784

For the past few years, we have been displaying our Memorial Book on a video screen during the Yizkor Service, along with pictures of our loved ones that congregants have submitted. We plan to continue that tradition this year, although we will be viewing the video immediately before the Yizkor Service.

In order to make the video most meaningful, we invite you to submit photos of those you are remembering. Even if you have submitted a picture before, we ask that you do so again so we can make sure we have all the necessary information on file.

To upload a photo use the QR code below or go to:
templemanuelsinai.shulcloud.com/form/hhd-yizkor-2023.html

Please submit your names and pictures to the office before September 7.
If you have any questions, feel free to reach out to the office at (508) 755-1257.



TES DONATIONS: APRIL 1, 2023 – MAY 31, 2023

Audio Visual Technology Fund

Barcy Proctor in memory of Samuel Proctor
Debbie & Irwin Thomashow in memory of George Thomashow

Brotherhood Scholarship Funds

Florence, Sidney & Jeffrey Medlinsky Fund

Barbara & Nevin Zablotzky in memory of Florence Medlinsky, Sidney Medlinsky and Jeffrey Medlinsky

Lurier Scholarship Fund

Suzanne & Herbert Feldman in memory of Dorothy Robbins
Suzanne & Herbert Feldman in memory of Gary Brown
Suzanne & Herbert Feldman in memory of Bertha Feldman
Lurier & Gordon Families in memory of Ida Feingold
Lurier Family in memory of Miriam Lurier

Camp Scholorship Fund

Merilee & Alan Freeman in memory of Burton Chandler
Debby & Dick Polonsky in memory of Burton Chandler

Caring Committee Fund

Christine Chapman with gratitude to CA Barody
Bobbie & Nick Chase in memory of Dorothy Nathan
Anne & Jonathan Sadick in memory of Edith Ducharme
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Debbie & Irwin Thomashow in memory of Lester Jansen

Endowment Fund

Frances Gordon in memory of Lenore Feingold Richter
Andrew Norman in memory of Burton Chandler

General Fund

Colleen & James Abrams in memory of Burton Chandler
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Marie & Michael Angelini in memory of Burton Chandler
Anonymous in memory of Burton Chandler
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Elaine Bafaro & Dennis Osborn in memory of Burton Chandler
Ivy & Ed Beaudreau in memory of Jason Beaudreau
Carolyn Bellil in memory of Burton Chandler
Ruth Berman in memory of Ruth Chaifetz
Norman Bitsoli in memory of Burton Chandler
Robert Blarney in memory of Burton Chandler
Douglas Brown in memory of Burton Chandler
Joyce Burman in memory of Burton Chandler
Jerald Burwick in memory of Burton Chandler
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Diane & Robert Charron in memory of Burton Chandler
Suzanne & Paul Cohan in memory of Burton Chandler
Cynthia & Dennis Cohen with gratitude to Monica & Gary Wolf
Cynthia & Dennis Cohen in memory of Mina Drougen
Lawrence Cohen in memory of Burton Chandler

Committee to Elect Stan Rosenberg in memory of Burton Chandler

Lorraine Cotton in memory of Burton Chandler
Marsha Lockwood Cramer in memory of Burton Chandler
Senator Cynthia & Harvey Creem in memory of Burton Chandler
Melvin Cutler in memory of Burton Chandler
Jane & George Doyle in memory of Burton Chandler
Mary Dube in memory of Burton Chandler
Nancy & William Dube in memory of Burton Chandler
Lois & Bernard Edinberg in memory of Burton Chandler
Elaine & David Feingold in memory of Burton Chandler
Saul Feingold in memory of Burton Chandler
Helene & Lawrence Freed in memory of Burton Chandler
Patricia & Philip George in memory of Burton Chandler
Jane & Stuart Gerhardt in memory of Ellie and Lenny Gerhardt
Karen & Jonathan Glick in memory of Al Sachs
Frances Gordon in memory of Burton Chandler
Patti & Harvey Gould in memory of Leona Lazar
Cynthia & Evan Graber in memory of Sidney Graber and Albert Volinsky
Rox Ann & Michael Gusar in memory of Robert Gusar
Linda & Abraham Haddad in memory of Burton Chandler
Harris Grace Trust
Pam Horne in memory of Burton Chandler
Judy Hurwitz in memory of Burton Chandler
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Shelley & Gerald Kashuk in memory of Burton Chandler
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Judith & Thoru Pederson in memory of Burton Chandler
Marlene & David Persky in memory of Burton Chandler
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Lee & Chuck Radlo in memory of Louis Radlo
Barbara & Myron Rappaport in memory of Burton Chandler
Barbara & Arnold Ravelson in memory of Burton Chandler
Joan & Nicolas Retsinas in memory of Burton Chandler
Stacy Rifkin & Cary Fuchsman in memory of Burton Chandler
Eleanor Rodenstein in memory of Burton Chandler
Shelley & Todd Rodman in memory of Burton Chandler and Lorraine Rodman
Myrna & Harold Sadowsky in memory of Burton Chandler

DONATIONS CONTINUED

Felice Kane Scudder in memory of Gordon Kane
Paula & Dennis Selvitella in memory of
Burton Chandler and Beverly Malowitz
Judge & Mrs. Bruce Selya in memory of Burton Chandler
Deb & Mark Shear in memory of Burton Chandler
Shrewsbury Street Neighborhood Association in memory of
Burton Chandler
Shirley Siff & Family in memory of Burton Chandler
Ann Sloane in memory of Rose Feigenson and Israel Feigenson
Jeremy Soybel & Paula Freeman in memory of
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Burton Chandler
Mara Yerow in memory of Gertrude Yerow

High Holy Day Appeal

Jennifer Coliflores & Eric Rosenthal
Suzanne & Herbert Feldman
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Ellen & Richard Levitt
Susan & James Patrick
Sharon & David Seifer
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Brian Treitman
Mark Underkofler
Monica & Gary Wolf

Lifelong Learning Fund

Susan Connolly in memory of Milton Michaelson
Mahjong Mavens in honor of Diane Westerman's special birthday
Paula & Dennis Selvitella in honor of Elijah Gould's Bar Mitzvah

Ma'ot Chitim Fund

Ellen, Bruce & Danny Wahle in memory of Burton Chandler

Music Fund

Emily Gerber in memory of Arthur Gerber
Martha Grace in memory of Lillian Hurowitz
Kay Kesser & Family in memory of Burton Chandler
Jodie & Tim McInerney in honor of Ben & Eli's B'nai Mitzvah

President's Fund

Paula & Dennis Selvitella in memory of Madeline Demers
and in appreciation and gratitude for the honor of serving as
president

Rabbi's Fund

Harriette Chandler in memory of S. Lester Levy
Harriette Chandler in memory of Eunice Chandler
Trudy & Merrill Cohen in memory of Thomas Cohen
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Helene & Lawrence Freed in memory of
Patricia Grant and Ruth Perler
Freed Family in memory of Stuart Kauvar
Barton Kamp in memory of Leon Kamp
Jodie & Tim McInerney in honor of Ben & Eli's B'nai Mitzvah
Kenneth Sadowsky in memory of Jeff Bowman
Shriber Family in memory of Burton Chandler
Judy & Allan Shriber continued good health to
Dennis Selvitella
Sheryl & Steve Sigel in memory of Elaine Kulberg
Lynne & Steven Silver in memory of Sara Silver

Religious School Fund

Alberta Chase with gratitude for the Passover basket

Social Action Fund

Alberta Chase in memory of Saul Brown
Stephanie Cyr in memory of Anne Marie Lewis
Marshall Farmelant in memory of Phyllis Farmelant
Lissa & Darragh Kasakoff in memory of Burton Chandler
Sheryl & Steve Sigel in memory of Elaine Kulberg

Torah Fund

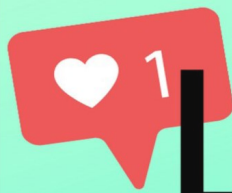
Karen & Mike Kagan in memory of Everett Kagan
Sandy Sotak in memory of Chris Sotak

Walls to Bridges Fund

Kerxhalli-Caplan Family in memory of Helen Chase
Kerxhalli-Caplan Family in memory of Burton Chandler

Willins Fund

Ron Joseph in memory of Edna Joseph



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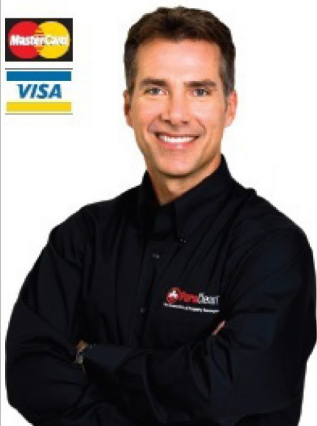


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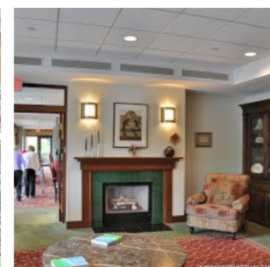
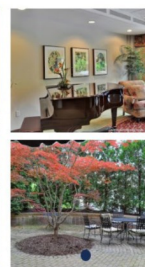
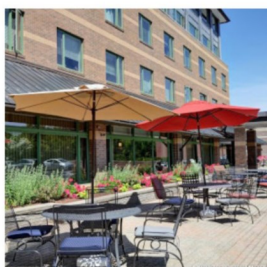
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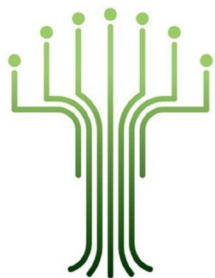


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