

A Message from our Rabbi



Dear TBE Members and Friends,

The following is the Rabbi's Report I submitted for TBE's Annual Membership Meeting.

It is with great enthusiasm I can declare that it has been yet another outstanding year for Temple Beth El. As your rabbi and spiritual leader, it is an honor and privilege to be part of such an amazing congregation. If I've said it once, I've said it a thousand times; the TBE Board is made up

of a truly wise and kind group of incredibly dedicated individuals. Our monthly Board meetings are consistently filled with lively discussion, informative decision-making, thoughtful questions, encouragement and always, with a shtickle, if you will, of healthy laughter. Step into the TBE kitchen on any given Friday night and/or Shabbat morning and you'll be greeted by an amazing group of volunteers hurriedly, but oh so carefully, creating delicious dishes that are served at our Oneg and Kiddush table. The Ritual Committee, headed by Kate Richmond, consistently makes its presence known as it meets the temple's needs anytime and every time the Jewish calendar calls on us. Throughout the year I am asked by the committee what details and levels of observance need to be tended to for each holiday and those details are met with true professionalism and precise proficiency. Lastly, but certainly not least, words cannot express my gratefulness in having the awesome opportunity to sing and make music with Albert Rosenstein, Maxxine Smith, Joe Tully and Yosef Kottler, affectionately referred to as the TBE musicians. Our Friday night Kabbalat Shabbat service has transformed the way we welcome Shabbat and explore its intense inner beauty. Accompanied by the voices of the entire congregation, the TBE Sanctuary is filled with holiness and great joy. For me, and hopefully all of you, this is the way Shabbat is meant to be celebrated!

Of course, there are many other areas in which our members step up and do their part in helping to create a vibrant Jewish community here in Manatee County. However, there is always a need for more volunteers so I encourage each and every one of us to look for ways to get involved. We are part of, as the Torah states, a kehila kadosha, a holy community, and as such, each one of us has the awesome privilege of playing a vital role by performing mitzvot after mitzvot!

In conclusion, after a much needed summer sabbatical, Nancy and I are so looking forward to returning to TBE and continuing its upward growth as more thoughtful and inspiring offerings are added to our temple calendar. I have already begun planning activities and experiences that are sure to increase TBE's reputation as a unique, vibrant, and holy presence. So together, let's continue fanning the flames that make Temple Beth El a truly bright Jewish light in the Bradenton and Lakewood Ranch area. Am Yisrael Chai!

L'Shalom,

Reb Tuviah

A Message From Our Temple President



Dear Members and Friends,

Historically, Temple Beth El holds its Annual Membership Meeting on the fourth Sunday of every April. This meeting is an opportunity for all members to meet our entire Board of Directors, ask questions, review finances from the previous year and the proposed budget for the upcoming year. In addition, they listen to reports from all of our committees. Members also vote on any operating modifications that

were proposed, including our slate of officers, bylaws, and budgeting. The voting cannot be considered official unless the number of members at the meeting meets our

minimum quorum requirement, which is based on 20% of our entire membership. This year, we needed twenty-seven members to have a quorum. Twenty-three members attended the meeting, and with the six mailed-in absentee votes, our quorum was met. Although the vote was considered official, it was disappointing that such a small percentage of our membership attended. Except for the Rabbi, we rely entirely on a handful of volunteers, who work tirelessly to keep our temple going. They prepare our Shabbat services and bulletins, specialized services, the Weekly Wrap, monthly Newsletter, personalized Yahrzeit letters, webpage updates, online forms, and essential communications. This work requires upwards of 100 hours per week. Our current volunteers are stretched beyond their limits, and expecting them to continue at this pace is unreasonable. We will be starting our fiscal year on June 1st, and sadly, we will be without two of our Executive Board members. I want to thank our outgoing VP, Robyn Spirtas, for her undeniable dedication to TBE and her spectacular ability to keep things moving. Her talents will be missed. Also retiring is Treasurer Ira Kramer. He has done an excellent job budgeting and reviewing our finances for the past two years. Thanks to Ira's insight and hard work, he has brought TBE into a position where we can qualify for matching donations from local civic groups, philanthropists, and government agencies. Thank you, Ira, for all you have done. You, too, will be missed on the board.

Since the October 7th attacks in Israel, our Security Committee has been on high alert and, under the leadership of Gary Weinberg, has rewritten how TBE handles security and the overall safety of our members. This was a monumental task, and as of June 1st, Gary, too, will be retiring from that position. Gary built a team of professionals that will be our safety net in these turbulent times. Thank you, Gary, for all your relentless work and heartfelt dedication to TBE.

Finally, due to his intense workload, our Men's Club president, Mitch Mallet, has also resigned. Mitch will always be an active part of TBE, and I wish to thank him for all his efforts and contributions.

Warm Regards, Joel Auerbach

About Us

We are an inclusive, caring, egalitarian congregation. We are always striving to be a joyous, supportive home and place of worship that connects community; one that engages and enriches Jewish spiritual, cultural, ethical, educational, and social life. Temple Beth El welcomes all Jews as full participants in our congregation. Moreover, our congregation is open to all who wish to worship with us. We welcome individuals of all sexual orientations, races, ethnicities, nationalities, and levels of ability. We strive to fully integrate singles, single parents, couples, and children.

Mission Statement

Temple Beth El's mission is to support Jewish life, values, culture, and experience in the Reform tradition for the people of Manatee County. Temple Beth El welcomes diversity among its congregation, students, and friends; services are available to anyone eager to learn and who is interested in participating in Temple activities. Our congregants celebrate our faith in a warm, comfortable, supportive environment where everyone is welcome.

Our Story

We are a welcoming congregation of Jews with diverse backgrounds, lifestyles, and levels of observance. The congregation began in 1974 when a small group of families came together to serve the Jewish community and help nurture a Jewish presence in Manatee County. The synagogue offers inspiring and participatory Friday night services and Saturday morning services with dynamic Torah discussion. All major holidays are celebrated. The community also holds an annual Passover Seder and an annual Chanukah Menorah lighting.

Become a Member

Joining our synagogue reminds us that we're part of a wider community and gives us a chance to reach out and unite with others. We are a warm and inviting community. Our Shabbat services are open to everyone.





Temple Beth El Bradenton/Lakewood Ranch

Discover your Jewish Path

May 2025 Iyar / Sivan 5785

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
1				1	2 7:00pm	3 9:30am
				1:00pm Mah Jongg	Kabbalat Shabbat Service / Yom HaZikaron / Yom HaAtzmaut	Shabbat School 10:00am Shabbat Service / Yom HaZikaron / Yom HaAtzmaut
4	5	6	7	8	9	10
3:00pm Israel Independence Day at the Federation		6:30pm TBE Goes to the Marauders' Game		1:00pm Mah Jongg	7:00pm Kabbalat Shabbat Service	9:30am Shabbat School 10:00am Shabbat Service
11	12	13	14	15 1:00pm	16	17
10am - 2pm TBE @ LWR Farmers Market		6:00pm Chai Life Happy Hour at Good Liquid Brewing		Mah Jongg 1:00pm-4:00pm PBJ Drop-off 3:15 Sisterhood Mtg.	7:00pm Kabbalat Shabbat Service / Lag B'Omer	9:30am Shabbat School 10:00am Shabbat Service
18	19	20 12:00pm Sisterhood Spring Fling & Member Drive	21	22 9:30am Feeding those in Need at Our Daily Bread 1:00pm Mah Jongg	23 7:00pm Kabbalat Shabbat Service	24 9:30am Shabbat School Graduation! 10:00am Shabbat Service
25	26	27	28	29	30	31
			7:00pm TBE Board Meeting (via Zoom)	1:00pm Mah Jongg	7:00pm Kabbalat Shabbat Service	10:00am Shabbat Service / Shavuot Celebration

Remember to Mark Your Calendar! May 2025

Friday, May 2	7:00 pm	Kabbalet/Yom HaZikaron/Yom haAtzmaut
Friday, May 2	7:00 pm	TBE Board of Directors Appreciation Shabbat
Saturday, May 3	10:00 am	Shabbat/Yom HaZikaron/Yom haAtzmaut
Sunday, May 4	3:00 pm	Israeli Independence Day at Federation
Tuesday, May 6	6:30 pm	TBE at Marauders Game!
Tuesday, May 13	6:00 pm	Chai Life" Happy Hour/Good Liquid Brewing
Sunday, May 11	10:00 am	TBE at LWR Farmers Market
Thursday, May 15	3:00 pm	PBJ sandwich drop off
Thursday, May 15	3:15 pm	Sisterhood Meeting
Tuesday, May 20	12:00pm	Sisterhood Spring Fling & Membership Drive
Thursday, May 22	9:30 am	Mitzvah Project: Feeding the Hungry
Saturday, May 24	10:00 am	Shabbat/Shabbat School Graduation
Wednesday, May 28	7:00 pm	TBE Board Meeting (Zoom)
Saturday, May 31	10:00 am	Shabbat/Shavuot Celebration

Mah Jongg every Thursday from 1:00 pm-3:00 pm at TBE ***Shabbat School every Saturday at 9:30 am***

<u>Click Here</u> to see all of our calendar events



COME CELEBRATE SHABBAT!

Kabbalat Musical Shabbat Service Friday evenings at 7:00 pm

Shabbat Morning Service Saturday mornings at 10:00 am



OUR MITZVAH PROJECTS

Serving Meals at Our Daily Bread

Feeding the Hungry is a heart-warming mitzvah project that temple members and friends participate in. We arrive at 9:30 am on the 4th Thursday of every month to prepare and serve food to those in need. It is a meaningful and rewarding opportunity to help others who are less fortunate. RSVP through the link under the "Feeding the Hungry" Flyer or in your weekly wrap. Come to "Our Daily Bread of Bradenton" soup kitchen and help the staff prep and serve meals. We typically serve over 200 meals to men, women, and children. Join us!





Collecting Toiletries

"Our Daily Bread" in Bradenton is a community-driven organization supported by churches, foundations, and numerous other community-oriented organizations. In addition to feeding the hungry, they collect health and beauty aids, everything from soap and shampoo to lotion and sunblock, to give to those in need. Please consider donating to this worthwhile project. Please place your donated items under the bulletin board in the lobby.



TBE Peanut Butter and Jelly Program is back!



It's easy-peasy. All you need to do is make peanut butter and jelly sandwiches or peanut butter and fluff sandwiches, wrap them in individually sealed zip lock bags, and bring them to TBE on the 3rd Thursday of every month. You can drop them off at the temple between 1 pm and 4 pm. Ken Handelman will come to TBE to pick them up and deliver them to Our Daily Bread, so they can be handed out at the food pantry on Friday.

The smallest things can make a HUGE difference.

Ask the Rabbi

Question:

What exactly are the holidays of Yom HaZikaron and Yom HaAtzmaut and why are they observed so close together?

Answer:

Yom HaZikaron is Israel's Memorial Day and Yom HaAtzmaut is Israel's Independence Day. On Yom HaZikaron, Israel remembers and honors military troops who have given their lives in protecting the country. Israel also honors those who were victims of terrorism.



On Yom HaZikaron, Israelis pause to remember. Places of entertainment are closed and two-minute sirens sound throughout the country. People stop their cars and stand in silence.

After a day of mourning, the mood of the entire nation turns to celebration. Yom HaAtzmaut is marked by parties, barbecues, and outdoor concerts. Family and friends gather for parties and visit the country's cultural institutions.

Ask the Rabbi a Question

"Ask the Rabbi" is a column in the newsletter. If you have a question about Judaism and think others would also be interested in the answer, click above to email the Rabbi directly.

Did you know we have a lending library? Check out the book box, located outside of the temple. There are some wonderful books in it! Take one, give one, enjoy!

April Oneg Sponsors

Karen Knoell In memory of my husband, Dr. Roger Knoell.

Harold Milstein Judie Littell. Best wishes for a happy birthday.

Skyler McIntyre Mazel Tov to Christina on her conversion.

Hila and Randy Files

Thank you for welcoming me into this glorious tribe.

The TBE Entire TBE Family

Happy Birthday Reb Tuviah and L'hitraot. See you in September.

Ryan Hoffman

Mazel Tov to Sydney and Alex on the birth and Hebrew naming of their daughter, Alice Mae Sabin...Simcha Ahava!

Sponsor an Oneg at TBE

- Celebrate an anniversary, birthday, birth of a child or grandchild, a graduation, or any speciel event.
- Honor or remember a loved one or special friend
- Recognize someone's hard work

Friday Night Oneg \$50

Saturday Kiddish \$50

Both days \$100 (To celebrate, consider bringing a small bakery cake!)



Our May Simchas

May Birthdays

Neil Clark	May 1
Reb Tuviah Schreiber	May 1
Steven Diaz	May 2
Charlene Eredics	May 2
Craig Harris	May 6
Carol Segal	May 6
Robert Hemler	May 7
Alida Gorin	May 8
Marlena Johnsky	May 8
Cheryl Kramer	May 8

Lynda Warshawsky	May 8
Daniel Breitberg	May 9
Marvin Howard	May 14
Amelia Metcalf-Clark	May 14
Aiden Esformes	May 17
Marla Perlstein	May 19
Maddie Basham	May 23
Lonnie Bodzin	May 24
Robin Eiseman	May 25
Mike Graham	May 30
Celia Strickler	May 31





Lynn and Mike Graham	May 1
Christina and Skyler McIntyre	May 9
Meg and Gary Weinberg	May 18
Stacey and Steven Diaz	May 18
Stephanie and Andrew Clark	May 21
Staci and Albert Rosenstein	May 29

If you are a member of TBE and don't see your birthday or anniversary listed, please email the office so that you can be listed here.

Yahrzeits for May

It is traditional to light a Yahrzeit candle on the evening of observance. In addition, we urge you to attend Shabbat services to honor the memory of your beloved and to recite Mourner's Kaddish on the Yahrzeit. May your memories of the departed always be a blessing.



May 02-May 03 Pearl Friedman Linda & Craig Hoffman Neil & Sandy Clark Dottie Mizzi Beth Cooper Beverly Safron	Remember Remembers Remembers	Bessie Slavin
May 09-May 10 Carol Segal Linda & Craig Hoffman Bob Eredics	Remember	Bernard Albert Cohen Arthur Samson Louis Xavier Eredics
May 16-May 17 Marla Perlstein Itay Seith Neil Spirtas Robin Block Judie Littell	Remembers Remembers Remembers	Jean Nedelman Tony Gregory Dr. C. David Anderson Spencer Block Bennett Levy
May 23-May 24 Sandra Victor Carol Segal Stacey Diaz Marlena Johnsky Barry Steiger Bill Gregory Marica Shepard Alan Loew	Remembers Remembers Remembers Remembers Remembers	Anita Seaward Rowan Bernice Cohen Shannon May Steckel Daniel Johnsky Paul Ostrov Frank Jayson Marvin S. Shepard Max George Loew
May 30-May 31 Diane Hart Ruth Weiss Richard Toppel Richard Toppel Lois Gerber	Remembers Remembers	Henry Roth John B. Estrada William Toppel Goldie Dworkin Israel Gerber

Remembers Weed H. Richmond

Kate Richmond

Events in April

TBE had a busy April starting with Randy Files' and Christina McIntyer's formal conversion ceremony on April 5th as TBE members met at Coquina Beach to witness and celebrate their very special day!















Passover Seder

We had a fabulous turnout at the Marríott in downtown Bradenton!







The Observance of Yom HaShoah (Day of Remembrance) during the Shabbat morning service







Feeding the Hungry at Our Daily bread







Oneg & Kiddush Celebrations and Other Special Events







Christina and Randy Being Called Up for their Very First Aliyah! Chava & Eitan...Welcome to the Tribe!







Join us for the: **TBE Board of Directors Appreciation Shabbat**

Friday, May 2nd 7:00pm

THANKS FOR EVERYTHING YOU DO. We appreciate you!

YOM & HA'ATZMAUT

Israeli shuk (market), food trucks, dove release, kids activities, Speakers and more

On the Federation Campus fedsrq.org for all the details and to register!



Click the arrow to get your tickets

Come see your temple friends at the LWR Farmer's Market at "Waterside"

Sunday, May 11th 10am - 2pm



Over 100 vendors! Grab a knish or a bagel, shop, eat, visit. Bring the dog! Stop by the TBE table!





Wind down the day and hang out with other working Jewish professionals on Tuesday, May 13th from 6:00 pm to 8:00 pm at our Chai Life Happy Hour!



RSVP Required

THE TBE PEANUT BUTTER AND JELLY PROGRAM 15 BACK!



Make a difference in someone's life. Once a month, buy a loaf of bread (or two) and make peanut butter and jelly sandwiches or peanut butter and fluff sandwiches, wrap in a sealed zip lock and bring to TBE - 3rd Thursday of every month from 1-4 pm

Next date: Thursday, May 15th Contact Ken Handelman for more info 941-840-4132 kmhande63@ymail.com SUPPORTING OUR DAILY BREAD OF BRADENTON



AND 2025 MEMBERSHIP DRIVE

SISTERHOOD

TUESDAY, MAY 20 - 12:00pm Peridia Country Club

Wear your favorite spring dress or outfit, order lunch off the menu.

Bring cash for the large jewelry sale!

RSVP required MarlaTBE@gmail.com Bring \$35 dollars (cash or check) for your annual membership

Click the arrow to RSVP

JOIN US! 4th THURSDAY of Each Month!

Serving Meals at Our Daily Bread



NEXT DATE: May 22 9:30am-11:30am

Our Daily Bread's mission is to 'feed the hungry'...to provide for the nutritional needs of the poor and the needy of our community. It is a soup kitchen for those individuals and families with food insecurity in the Bradenton area.

710 18th Ave W. Bradenton

Questions? Contact Ken Handelman kmhande63@ymail.com

Click the arrow to register

Join us for a very special Shabbat **It's Graduation Day for our Students!** Saturday, May 24th 10:00am

Our Shabbat School kids have worked hard all year learning about our Jewish history, values and holidays. Let's send them into the summer with a big TBE celebration!



Join us for a very special **Shauuot Shabbat Celebration**

Saturday, May 31st - 10:00 am

Come celebrate the giving of the Torah and hear the reading of the Ten Commandments!



Traditional dairy foods will be served at the Kiddush!

Religious School - A New Way, An Exciting Way!





Our religious school, called "Shabbat School" happens every Saturday morning beginning at 9:30 am. The students are included in the true celebration of Judaism. They become a part of their religion in a meaningful, practicing way, participating alongside their parents and/or grandparents and the rest of the congregants. This is the way learning was meant to be.



If you know of anyone interested in "Shabbat School" for their children, please have them contact Rabbi Tuviah.

If you would like more information, including Bar/Bat Mitzvah preparations and how to enroll, contact, Rabbi Tuviah – rebtuviah@gmail.com

<u>Learn More</u>









- Museums
- Lunches
- Bake Sales
- Parties
- Fundraising
- Outings
- And so much more!



Join the "Women of Beth El"! Open to all temple members for just \$35/yr

> Learn more about the TBE Sisterhood by going to: bethel-fl.org

Men's Club

As a part of the Men's Club, you will:

- Make friends
- Work with a purpose to support temple programs
- Cultivate your spiritual and emotional growth
- Attend fun outings and activities



Join this wonderful group of men at Temple Beth El! Open to all temple members for just \$36/yr

> Learn more about the TBE Men's Club by going to: bethel-fl.org



Every Thursday from 1-3 pm at TBE Men and Women welcome. No RSVP necessary. Contact Robin Block with questions: robinlblock@gmail.com

Join the TBE

Chavurah

Games * Social Outings * Dinners * Parties * Events

For more info contact Robin Block RobinLBlock@gmail.com



An Easy Way to Donate to TBE

Most of us have a dish where we collect coins that have fallen into our pockets or purses. Please consider donating them to the Temple's "Pushki Fund." 100% of the coins donated go to the Temple's general fund and help us with ongoing operations. We will acknowledge your donation by letter and, if you itemize deductions, you can use the amount to lower your tax bill. Put the coins into a sturdy plastic bag with a note with your name and address. Leave the bag on the Temple's desk in the office the next time you come to services. We'll take it from there.



Ira Kramer, Treasurer 908 723-4078 treasurer@templebeth-el.org



Legacy Gift Giving

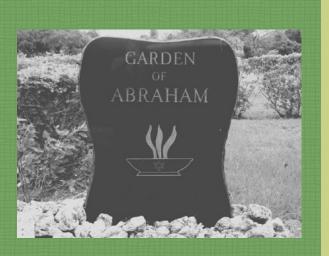
Please consider Temple Beth El in your Trust or Will stating a gift is to be made upon your passing. Your legacy gift will help ensure that Temple Beth El's 50-year history will serve the community for generations to come.

Aside from the tax incentives, there is no greater gift than leaving a lasting memory. Your gift can be a monetary gift, a piece of property, or a valuable or collectible item that might be relevant to your faith in God. And just as importantly, your gift might inspire others to give back as well.

The synagogue can purchase burial plots in the "Gardens of Abraham" section of the Skyway cemetery and pass the savings on to our members.

Our Treasurer, Ira Kramer is taking names of those who might be interested.

Contact him for more information <u>treasurer@bethel-fl.org</u> or 908-723-4078



Donations

General Donations

Roy Manas Mitcheal Pearl

Yahrzeit/In Memory Of

Karen Kneoll IMO Dr. Roger Knoell Judie Littell IMO Isadore Rabinowitz Judie Littell IMO Fannie Rabinowitz Beth Cooper IMO Joshua Hilbert Beverly Safron IMO Anne Hartwich **Beverly Safron IMO William Safrom** Sandy and Neil Clark IMO Helen Kleinman Sandy and Neil Clark IMO Goldie Solomon Sandy and Neil Clark IMO Aaron Milch Sandy and Neil Clark IMO Ginger Manas Murray Dimant IMO Akiva Dimant Judy Loew IMO Michael Forman Judy Loew IMO Gladys Forman Judy Loew IMO Marion Loew Judy Loew IMO George Loew Judy Loew IMO Joseph **Diane Hart IMO Henry Roth** William Gregory IMO Frank Jayson

Thank you for your donation!





In Honor Of

Robyn and Neil Spirtas IHO Ginger Manas Sandy and Neil Clark IHO Ginger Manas Judie Littell IHO Ginger Manas Ron Osipoff IHO Reb Tuviah and Nancy

Rabbi's Discretionary Fund Bruce Prince

Future Expansion Fund Anonymous donors

Security Fund

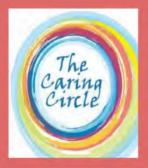
A very big thank you to the many people who donated to the security fund, your donations are always appreciated!

<u>Donate Today</u>

Thank you to all of our generous donors. Your gift helps keep Reform Judaism alive in Manatee County. There are many ways and reasons to make a donation to TBE

We Care! TBE's Caring Circle

If you, or someone you know is ill, had a fall, was in an accident, or has other needs, we are here for you!



The mission of TBE's Caring Circle is to support any member who may be in need. If you or someone you know needs our help, reach out to us! As a family at Temple Beth El, we care about you and your loved ones!

Please notify the temple office with your name or the name and contact information of any TBE member in need. With your consent, we will also include you/them in our Mi Shebeirach Prayers each week.

Go to bethel-fl.org or contact Regina Fluellen- Reitwiesner at 941-465-6428

Click here to make a prayer request

Check Out our Wonderful Advertisers!





Medical, Surgical and Cosmetic Dermatology

Board Certified Dermatologists
Emergency Appointments
40+ Years of Experience
Non-surgical Skin Cancer Treatment

Bradenton Dermatology & Laser Center

Skin Cancer Treatment MOHS Surgery Superficial Radiation Skin Disorders: Acne, Rosacea, Psoriasis, Rashes, & Moles

www.mybradentondermatology.com

Learn More

We're close by to serve you better.



Our area has grown, and so have the services we offer. No matter what your idea of a perfect memorial is, it's likely we already have the experience comfortably providing the best service and accommodations for it



Dignity -

Learn More



Learn More

Respecting Holiness in Our Gathering Place

The TBE Sanctuary is a special place where we go for spiritual connection, reflection, and prayer. We ask that during services, congregants refrain from wearing tank tops, spaghetti straps, mini-skirts, shorts, or t-shirts. Please turn your cell phone off or place it on vibrate and refrain from social conversations once the service has begun.

TREE OF LIFE!

Leaves are available on the Tree of Life in the temple lobby. Have your leaf custom engraved to honor a loved one for \$100. Call the temple office for details. 941-755-4900





Do you have a facebook page? Have you "liked" TBE's page? Go to our <u>FaceBook page</u> and hit "like". Keep up with everything going on at the Shul. Also, consider joining the "Jewish Community of Manatee" on facebook too. We can comment and support each other there.

 \sim \sim \sim \sim \sim \sim \sim \sim \sim \sim

For questions about using Facebook, contact Robyn Spirtas at 941-962-0884 or <u>publicity@bethel-fl.org</u>



And follow us on Instagram: @tbemanatee

Want to watch our live services or view past services? Go to: www.facebook.com/tbebradenton



Temple Beth El • Bradenton/Lakewood Ranch 5150 Peridia Blvd. E. Bradenton, Fl. 34203 941-755-4900 • <u>bethel-fl.org</u>