

The Charlotte JEWISH NEWS

Celebrating Jewish Life

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October 2023

Charlotte Community Remembers Kristallnacht

By Mary Eshet

On Nov. 9, 1938, a highly organized mob of Nazis inflicted massive destruction and looting against Jewish homes and businesses in Germany and arrested 30,000 Jews throughout the country. Since 2008, a committed group in Charlotte has worked to observe the memory of Kristallnacht on each five-year anniversary. This year, the community has several opportunities to remember, including a community program, "Remembering Kristallnacht," a special Charlotte Symphony performance of Verdi's Requiem, and a screening of a documentary that tells the story of the Requiem's role in the Holocaust.

Charlotte is home to two survivors who experienced Kristallnacht: Irving Bienstock and Hanna Adler. Irving has made it a mission to share his story broadly so that the terrors he experienced in Germany are not forgotten. He remembers the mobs of Nazis going house to house and waking to terrible noise in the street with thousands yelling, "Out with the Jews; exterminate them." He shares that he thought he would die that night. He and his family survived, but the Nazis invaded their home, smashing all the dishes, crystal, and windows while a policeman looked on.

Hanna was 13 when shouting and marching in the streets awakened her family that November night. Her father was dragged to the town center and beaten along with other Jewish men. The Nazis



Onlookers observe the damage following a night of destruction

then took them to the synagogue and tried to force them to destroy the Torah. The men resisted, and when Hanna's father struggled home, injured, he held the Torah in his arms. Just like at Irving's home, dishes, furniture, photographs, and books were destroyed at Hanna's home.

While Kristallnacht is not as well known or as broadly taught as the Holocaust, it carries a critical and urgent message for our current time: the response to early indications of hate and violence can shape the future and alter the course of history. We will never know what might have happened differently had more objected and stood up to the Nazis rather than standing by.

This year's commemoration of the 85th Anniversary of Kristallnacht will be held on Nov. 12 at Queens University in the Sandra

Levine Theatre of the Sarah Belk Gambrell Center for the Arts and Civic Engagement. The planning committee includes representatives from Temple Israel, Temple Beth El, Jewish Family Services, the Levine Jewish Community Center, the LJCC Butterfly Project, Jewish Federation of Greater Charlotte, the Stan Greenspon Holocaust and Social Justice Education Center, and the North Carolina Council on the Holocaust.

"We want this program to be an opportunity for our whole Jewish community, and beyond to the Charlotte community, to remember this moment in time that proved to be such an inflection point in the tragic years to come," said Judy La Pietra, assistant director of the Greenspon Center. "Peggy Gartner and Margi Goldstein have led the efforts to keep the memory alive for many years, and the Greenspon Center is honored to carry the tradition forward for the community."

The program will include inspirational remarks from keynote speaker, Dr. Lilly Filler, chair of the South Carolina Council on the Holocaust and the daughter of Holocaust survivors. Rabbi Wolk of Temple Israel and Rabbi Knight of Temple Beth El will speak, and Cantor Lissek of Temple Israel and Cantor Roskin of Temple Beth El will provide music. Two educators, graduates of the Greenspon Center's Certification in Holocaust Pedagogy program, will offer reflections. A Holocaust Torah will be on display.

Also on display will be vitreographs from a portfolio titled



Dr. Lilly Filler

"Kristallnacht: Night of Crystal Death" created by German artist Erwin Eisch. According to Eisch, he created the portfolio as a means "to bring courage to all those who oppose hate and violence and the destruction of the environment, today and forever." He said, "I make these drawings for the sake of life and freedom, to give meaning to the sacrifice by ensuring that the warning lives on. I want to give courage to myself and to those who search for humanity, life, and dignity."

On Nov. 17 and 18, the Charlotte Symphony will perform Verdi's Requiem in the Belk

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Celebrating Temple Beth El's 80th and Honoring Sam and Emily Zimmern

By Jonathan Friedman and Madeline White

This year, Temple Beth El is commemorating its 80th year with an evening of celebration titled "L'Chaim Temple Beth El – Cheers to 80 Years." This upcoming fundraising event will take place at the Knight Theater on November 18. At this remarkable event, Temple Beth El is excited to present the prestigious Blumenthal Lifetime Achievement Award to Emily and Sam Zimmern, whose more than four decades of inspirational leadership, generosity of spirit, and commitment to tikkun olam have left an indelible mark on Charlotte.

Sam and Emily's selfless contributions to both the Jewish



Sam and Emily Zimmern

and civic communities stand as a testament to their commitment to living their Jewish values. Emily currently serves as the co-chair of the Jewish Federation of Greater Charlotte's community-wide Outreach Hate initiative. At Tem-

ple Beth El, the Zimmerns have played pivotal roles, with Sam serving on the Board of Directors and chairing the Adult Education and Israel Committees. Their recent initiation of the Ahavat Medinat Yisrael Endowment reflects their commitment to supporting Israel education opportunities at Temple Beth El for generations to come, a living tribute to Sam's unwavering support for Israel as a prominent leader in AIPAC. Emily, a former president of the Jewish Federation, and Sam, who has served on the Allocations Committee, have further enriched the Jewish community.

Beyond their significant contributions to the Jewish com-

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From the Editor

Beyond Women Issues: Including Men in Breast Cancer and Domestic Violence Awareness



Shira Firestone, Editor CJN

October is a month of vibrant colors, crisp autumn air, and pumpkin spiced everything. It is also a month awash in a sea of pink and purple ribbons representing Breast Cancer Awareness and Domestic Violence Awareness campaigns. First observed in 1985 and 1989, respectively, these campaigns have changed the landscape of how we perceive and talk about both of these issues. I clearly recall growing up and hearing hushed whispers about someone having “the c word.” Similarly, domestic violence was rarely discussed, hidden behind closed doors and ignored by society. It was a subject many preferred to turn a blind eye to, perpetuating a culture of silence and shame. We’ve come a long way since then, and today we are more openly embracing the conversations that lead to support for those faced with breast cancer or violence in the home.

However much progress has been made, there is still an aspect to these two issues that remains shadowed. Both are considered to be “women’s issues.” And while it is true that women grapple with both breast cancer and domestic violence in greater numbers than men, for those men diagnosed with the disease or struggling to escape an abusive situation, those statistics offer little consolation. Breast cancer and domestic violence know no gender boundaries.

This was something I hadn’t spent much time thinking about until I was preparing this month’s CJN. When corresponding with one of Hadassah’s representatives about their article about “Celebrate the TaTas,” their biggest fundraiser of the year, she mentioned to me that at this year’s Painting Days, a male survivor of breast cancer had volunteered to have his breasts painted and would be part of the collage poster to be introduced at The Reveal later this month. It caused me to pause. It’s not that I didn’t know, intellectually, that men could develop breast cancer. It was just that until I’d been presented with a real indi-

vidual, it hadn’t truly registered in my awareness.

In the same week, I was searching through my stock photography collection for an image that might accompany Jewish Family Service’s article about Domestic Violence Awareness Month. I have learned to pay attention to what the photos I choose to use say about the accurate and inclusive representation of my subject as much as the words I use. So while I was scrolling through photos, paying attention to such features such as the ages and skin color of the subjects in the photos, I was stopped by a photo of a woman screaming at a man with fist raised in the air while he leaned away, harboring a small child under his arm. I recognized in the moment that my pause was because it was unexpected. Again, I know very well that women can be aggressors and perpetrate abuse. But that is not the image that comes to mind when someone says the words “domestic violence.”

My response to both of these situations mirrors the awareness and response of our society, in general. Historically, these issues have been predominantly associated with women, leading to a lack of awareness and research on how they affect men. This lack of focus can result in underreporting, misdiagnosis, and a limited understanding of the prevalence and impact of these issues on men.

Although men account for about 1% or less of all breast cancer diagnoses in the United

States, male breast cancer patients have a 19% higher mortality rate than their diagnosed female counterparts, according to a 2019 study in JAMA Oncology. One of the primary reasons cited for this higher mortality rate is the fact that breast cancer in men is typically diagnosed at a more advanced stage. Since breast cancer is often considered a female health issue, men may not be as aware of their risk or may not seek medical attention promptly when they notice symptoms. This delay in diagnosis can result in the cancer being more advanced by the time it is detected, making treatment less effective.

Similarly, the prevalence of domestic violence against men may be underreported due to societal stereotypes, stigma, and reluctance among men to report abuse. According to the CDC, one in seven men age 18+ in the United States has been the victim of severe physical violence by an intimate partner in his lifetime. One in 10 men has experienced rape, physical violence, and/or stalking by an intimate partner. In 2013, 13% of documented contacts to The National Domestic Violence Hotline identified themselves as male victims. (<https://www.the-hotline.org/resources/men-can-be-victims-of-abuse-too/>)

Since their inception in the 1980s, the October Breast Cancer Awareness and Domestic Violence Awareness campaigns have made remarkable strides in reshaping our understanding and response to these critical issues.

The transformation is nothing short of awe-inspiring. What once were subjects shrouded in stigma and secrecy have now become platforms for open dialogue, empowerment, and advocacy. We have witnessed a profound shift in societal attitudes, with breast cancer no longer relegated to whispered conversations and domestic violence no longer ignored behind closed doors. These campaigns have not only increased public awareness but also driven significant advancements in healthcare, early detection, and support services.

However, as we celebrate this progress, we must also recognize that our journey is far from complete. The next step on this path to greater understanding and empathy is to be more inclusive in our campaigns. It’s time to shine a spotlight on the less-addressed aspect of both breast cancer and domestic violence — the experiences of men. By acknowledging that these issues affect everyone, regardless of gender, we can create a more compassionate and equitable world where all survivors are seen, heard, and supported.

Shira

For more information about the work that Hadassah is doing to eradicate breast cancer and on Celebrate the TaTas, see page 17.

Jewish Family Services’ article on Domestic Violence Awareness Month can be found on page 18.

Shabbat Candle Lighting Times

October 6 — 6:42 p.m.
October 13 — 6:33 p.m.
October 20 — 6:24 p.m.
October 27 — 6:16 p.m.

The Charlotte JEWISH NEWS

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Shira Firestone, Editor
 Julie Dalli, Proofreader

5007 Providence Road,
 Suite 112
 Charlotte, NC 28226
 (704) 944-6765

www.charlottejewishnews.org
charlottejewishnews@shalomcharlotte.org

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Dr. Eli Stav, Local Veteran of Yom Kippur War

By Noah Goldman, JFGC Israel & Global Jewry Associate

In Israel and across the globe, individuals and groups are coming together to remember and commemorate the sacrifices made during the Yom Kippur War on the occasion of its 50th anniversary. From solemn ceremonies and candlelit vigils to educational events and exhibitions, communities are finding various ways to honor the memories of those who served, and to ensure that the lessons of the Yom Kippur War continue to resonate with new generations. Here in Charlotte, The Jewish Federation of Greater Charlotte is hosting a conversation with Amit Cohen, the co-creator of "Valley of Tears," the popular TV series inspired by true events on Oct. 19.

For Charlotte resident Dr. Eli Stav, however, the Yom Kippur War is more than the stuff of documentaries or history books; it is deeply personal as he fought in the war and lives with its memories every day. Having the opportunity to speak with Dr. Stav not only gave me insight into the historical events, but also into the human resilience and sacrifice of the conflict.

"I live with the Yom Kippur War," Dr. Eli Stav told me. "I live with it every single day." Dr. Stav and his wife Hagit have been members of the Charlotte Jewish community for some years now. Eli, full of stories and history, was born about 7,000



Dr. Eli Stav

miles away on the beautiful Kibbutz Dafna nestled just under Mount Hermon in the North. The State of Israel was just a few years old when he was born and he spent most of his childhood with his kibbutz classmates and only two hours a day with his parents. He remembers well the constant rocket attacks that came out of Syria and Lebanon.

His bar mitzvah was originally scheduled for June 1967, but it was abruptly disrupted by the infamous Six-Day War. Instead of celebrating this rite of passage, he found himself spending what should have been his bar mitzvah day in a bomb shelter. He vividly recalls the days of the war when he aided soldiers passing through the kibbutz, providing them with food and unwavering support. To this day, he has not had the opportunity to celebrate his bar mitzvah.

War

Eli was enlisted in the Israeli army on November 2, 1972. Following his basic training, he went on to a specialized course to become a tank commander. As history would have it, his services would soon be required. In 1973, Eli was ordered to go to the Refidim Airbase located in the Sinai Desert, at the time under Israeli control. On October 6, 1973, Egypt and Syria launched their attack on Israel, marking the onset of The Yom Kippur War began. The Refidim Airbase was struck by Egyptian bombers, catching Eli in the shower. He ran to his tank and was sent into action. He made his way into the city of El-Qantara, which was the site of intense, bloody fighting. There, Eli's tank commander was killed in action there and his tank was damaged.

Eli was evacuated and sent to an infamous post called Milano. He recalled the bold stance they took: "We are the Israeli army, we will not flee!" But the commands from superior officers outrank youthful fearlessness, and Eli and his unit began to move north. This is where one of his more remarkable stories occurred.

Friendly Fire and Courage

The fog of war can easily disrupt communication and mistakes are inevitable. As Eli and his unit were moving, they came

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Kristallnacht

(Continued from front page)

Theater, in memory of Kristallnacht and as a tribute to the resilience of Holocaust victims and survivors. While the Requiem does not directly relate to Kristallnacht, its performance at this time draws the connection between that first atrocity and the tragedy that inexorably followed. This performance is not the first time the Symphony has reached out to the Jewish community to join music with remembrance. The Symphony performed earlier this year at the community's Yom HaShoah Remembrance.

To learn more about the Requiem's special role in the Holocaust, join the screening of the documentary "Defiant Requiem" on Oct. 14, sponsored by the Jewish Film Festival, at the Sam Lerner Cultural

Arts Center at the Levine JCC. The feature-length film tells the story of Rafael Schacter, a brilliant Czech conductor who helped fellow prisoners at the Theresienstadt Concentration Camp sustain hope and courage through music, including teaching them Verdi's Requiem. The prisoners sang the words "Deliver me, Lord, from eternal death on that awful day," likely not understood by the Germans, but asserting their hope for ultimate victory even as they faced their oppressors. A panel discussion including Charlotte Symphony's conductor and choral conductor as well as the conductor featured in the film will take place at the conclusion of the film.

For more information about all Kristallnacht programming, see page 14.

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Sam and Emily Zimmern

(Continued from front page)

munity, Emily and Sam's civic and professional leadership have been equally remarkable. Emily was honored as the Charlotte Woman of the Year in 2002 for her role in launching the Community Building Initiative to address racial inequity. Her tenure as executive director of the Levine Museum of the New South from 1995 to 2015 was transformative in shaping an organization that has brought pride and social conscience to our city. She has been a national leader in establishing best practices for museums to promote positive social change and empathy within communities. Along the way, she received accolades such as the Thurgood Marshall College Fund Award of Excellence in 2011 and Leadership Charlotte's Schley R. Lyons Circle of Excellence Award in 2013. As co-chair of the City of Charlotte's Immigrant Integration Task

Force, Emily played a pivotal role in presenting comprehensive recommendations to the City Council in 2015. Her reputation for compassionate leadership shone through as she chaired the Niner Nation Remembrance Commission following the tragic shooting at UNC Charlotte in 2019. She continued her impactful leadership in 2020 when she chaired the City of Charlotte's Legacy Commission, contributing to the city's evolving cultural landscape.

Simultaneously, Sam's contributions to the medical field resonate further. Throughout his decades-long cardiology practice and work at the Sanger Heart & Vascular Institute, Sam cared for countless individuals, earning a reputation for compassion, thoughtfulness, and dedication. Even after retiring from full-time practice, Sam continued to provide care to cancer survivors

facing challenging cardiology issues at the Levine Cancer Institute.

Temple Beth El cordially invites the community to join in honoring the Zimmerns on Saturday, November 18, at an event headlined by the iconic duo Marilyn McCoo and Billy Davis, Jr. of the 5th Dimension. In Temple Beth El's 80th year, the congregation draws inspiration from leaders like Emily and Sam Zimmern, eagerly envisioning a future where Jewish learning, prayer, and good deeds transform people's self-understanding, harness the power of community, and inform our responsibilities to the world. For more information, please visit www.templebethel.org/fundraiser.



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Dr. Eli Stav

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under fire by an Israeli reserve unit that mistook them for being an Egyptian unit. The reservists, who were called in just the day before, thought that no Israeli unit should be in that location so they attacked whom they thought were the enemy. "Wow, I went through all this only to be shot by fellow Israelis" he said to me.

It was then that one of his fellow soldiers stepped up to save his unit. A religious Jew, he removed his tallit (Jewish prayer shawl) and ran through the flying bullets flapping his tallit in the air to identify them as Jews to their fellow soldiers. Thankfully, he was unharmed and the reservists ceased fire.

Eli was stationed up north for the remainder of the war. "The first few days were very unique – and after that it was like any other war, and if it wasn't for [Henry] Kissinger, we would not have won." It was the then secretary of state who ultimately provided the Israelis with the ammunition Israel would need to continue its fight. "You can have the best trained men, but you can't win a war without ammunition and Kissinger helped save Israel." Eli would go wherever Israel

summoned him throughout his service in the war. He was in the Sinai Desert, the Suez Canal, and the Golan Heights. He was fighting on the Suez Canal when the ceasefire was signed on October 24, 1973. By the end of the war, many whom he had known and served with were killed in combat, including Amotz Peretz and Dovid Guron, two soldiers who fought alongside Eli. May their memories forever be a blessing.

Legacy

Eli's story is one of courage and devotion to his nation and his country. He served with distinction and remained with the Israeli Reserves for many years taking up about 60 days per year for training and duty. While in the Reserves, he was also studying at the Technion in Haifa ultimately earning a PhD in chemistry. In the 1990's, he moved to Buffalo, New York to work with a gypsum company. He noted that he never received a salary until accepting that job and moved to the United States. "That was how the kibbutz was – everyone earned the same and shared almost everything." He holds fond memories of his childhood on the kibbutz and takes great pride not



Dr. Eli Stav served as a tank commander in the Yom Kippur War

only in being a kibbutznik himself, but also that many of Israel's elite warriors came from the kibbutz. After living in Buffalo and a brief return to Israel, Eli's company moved to Charlotte where he and Hagit have lived ever since.

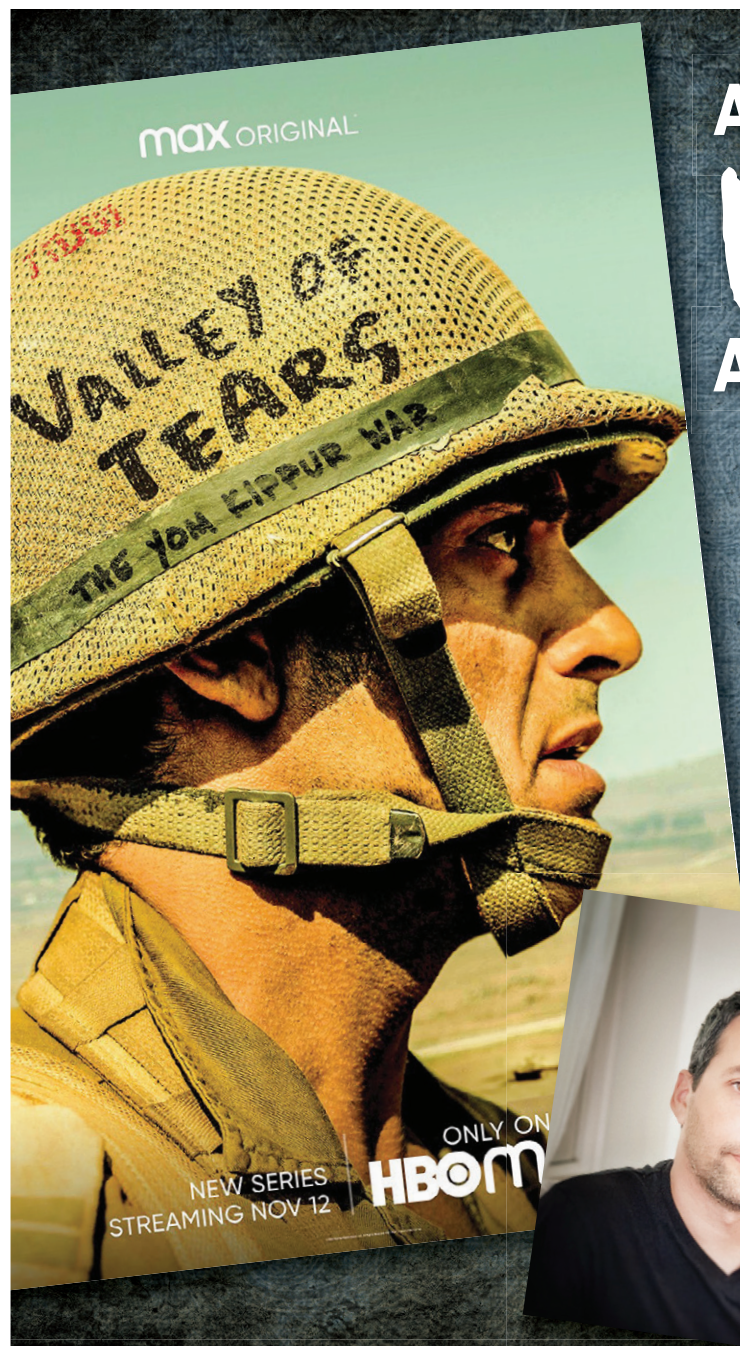
It was an honor to be able to speak to Dr. Eli Stav not only to hear his powerful story, but also to be able to share the powerful lessons he wants to convey to our community. I asked him two questions in conclusion of our

conversation: "What comes to mind when you think of the war being almost 50 years ago?" and "What lessons from your experience would you like to share with the Charlotte Jewish community?" To the first question he said, "We [the veterans] live with this war all the time. I can't believe it has been 50 years. It feels like it happened yesterday. I think of how far Israel has come and how much stronger it is since then, but we must remember the lessons from the war – respect your

foe and always look yourself in the mirror. It makes me think about how divided we currently are and how dangerous that is. After the Six Day War, we were glorious, but it went to our head and created a lot of problems for us in 1973. We must be able to have these debates respectfully without destroying ourselves, otherwise all our enemies have to do is sit down and enjoy the show."

To the second question, he said, "I want the community to know what we went through in 1973. That it is in unity that we can achieve a lot together because we all bring something unique that we can each contribute to unity. I was someone who didn't have a bar mitzvah that was saved by a Jew with a tallit and that shows that for all of us, our heritage is here for us. Today, in our division, we must find ways for all sectors to contribute to society while not being afraid to be who they are."

For information on the JFGC "Valley of Tears" program with Amit Cohen in commemoration of the anniversary of the Yom Kippur War, visit www.jewish-charlotte.org.



A conversation with writer & co-creator of VALLEY OF TEARS, Amit Cohen

In honor of the 50th anniversary of the Yom Kippur War, join Jewish Federation of Greater Charlotte as we reflect on this watershed moment in history that reshaped the Middle East.

Inspired by true events, Valley of Tears is the first TV series to depict the Yom Kippur War and its lingering trauma on Israeli society.

**October 19th
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Sam Lerner Center for Cultural Arts
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**Jewish
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Miss Debby's Best-Loved Children's Books

What's in a Name?



By Debby Block

The name that parents decide to give to their child is very significant. The chosen name reflects the essence, the character, as well as the potential of that child. Rabbi Luria of Tzefat even says that each child's Hebrew name is actually divinely inspired. No matter what name is chosen, it symbolizes lots of love, pride, and family tradition. Let's explore some wonderful books about Jewish names.

"The very first gift my parents gave me was my name. It was totally, absolutely mine, but everybody used it all the time. It was a gift I couldn't see, I couldn't touch, but I could hear." These



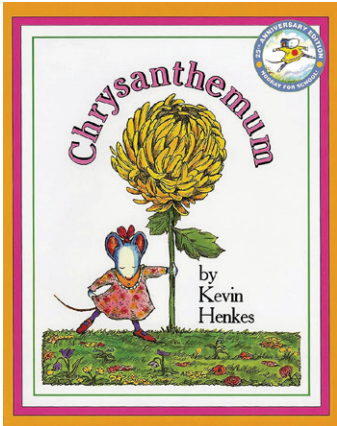
are the words found in the wonderful children's picture book called "The First Gift" by A.S. Gadot. This book includes a description of a variety of Jewish naming customs for adults at the end as well. I recommend this book for children ages 3 to 8, but also for any teachers educating early elementary school children about their Hebrew names.

"My Name is Aviva," by the prolific author Lesléa Newman tells the story of a little girl who is embarrassed about her name and decides to go by a different name. Finally, Aviva finds out that she is named after her beloved great-grandmother, who



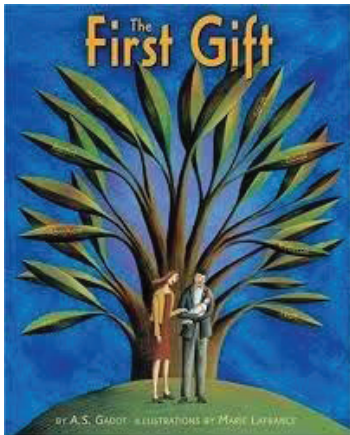
also shaped many family traditions, including her chicken soup recipe, a love for stargazing, sewing, and reading. In the end, Aviva is excited to be named after someone who was brave, smart, and kind. This PJ Library selection is recommended for children ages 3 to 7.

In the Ashkenazi tradition, Jewish children are named after someone who is no longer living to honor and keep that person's memory alive. Sephardic Jews, however, have a tradition of naming their children after living relatives. "I Share My Name" by Esther Levy Chehebar celebrates the Sephardic tra-



dition of naming children after a living relative. In this picture book, there are lots of people in the family with the name Jojo, all named after the grandfather. The whole family gathers every Shabbat for challah and Sephardic dishes such as eggplant mehshi (stuffed eggplant) and hamid (lemony vegetable broth) and Grandpa Jojo blesses each and every little Jojo! It is wonderful to explore the diversity of Judaism. I recommend this book for children ages 3 to 6.

A true celebration of Jewish names is the joyous book "I Have a Jewish Name" by Charlotte's own Rochel Groner Vorst. The



rhyming text and eye-catching illustrations (by Dena Ackerman) feature over 170 Hebrew/Yiddish names. "I Have a Jewish Name" will encourage young children to understand more about the meaning and importance of their Jewish names. I love this book and recommend it for children ages 2 to 6.

I am including one last book in my list of best-loved books about names: the award-winning, classic picture book "Chrysanthemum" by Kevin Henkes. It is the story of a little mouse with a beautiful name that she

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Together Against Antisemitism

Parent Advocacy Series:

Empowering Parents to Combat Antisemitism in Schools



Join us for an ongoing workshop series, where we will educate parents about how to recognize and respond to antisemitism in K-12 schools and the digital world. Each individual workshop will offer two sessions to accommodate parents, one in the morning at 9am and one in the evening at 7pm.

- Navigating Antisemitism in the Digital World**
Date: Wednesday, October 11th (2 sessions - choose 1) - AM 9:00-10:30 or PM 7:00-8:30
Location: AM - Levine Social Hall at Temple Beth El, PM The Sam Lerner Center for Cultural Arts
- Knowing your Rights: A Conversation with Civil Rights Experts**
Date: Wednesday, November 15th (2 sessions - choose 1) - AM 9:00-10:30 or PM 7:00-8:30
Location: AM Levine Social Hall at Temple Beth El, PM The Sam Lerner Center for Cultural Arts
- Conversations with CMS Department of Diversity, Equity, and Inclusion**
Date: Wednesday, December 6th - 7:00-8:30 PM
Location: Gorelick Hall
- Conversation with UCPS Office of the Superintendent**
Date: Wednesday, January 10th, 2024 - 7:00-8:30 PM
Location: The Sam Lerner Center for Cultural Arts

All locations are at Shalom Park
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Register at jewishcharlotte.org

For questions contact Douglas Greene ,
Government Relations & Public Affairs Associate at
704.944.6858 or
douglas.greene@jewishcharlotte.org

Jewish Federation of Greater Charlotte

Sue's Bookshelf

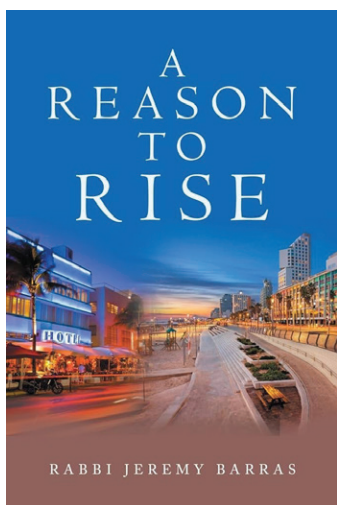


By Sue Littauer

When Rabbi Jeremy Barras moved to Charlotte, I knew him not only as a new rabbi fresh out of rabbinical school but also as a neighbor. He was an associate rabbi at Temple Beth El for five years before moving to Miami. I've followed his journey and there are some things I know about Rabbi Jeremy Barras: I know he's a mensch and that he loves Israel. I know he has a lovely family, and that he comes from a family of rabbis. I know he is the well-loved and respected senior rabbi at the largest reform congregation in the Southeast United States. What I didn't know about him is that he is an excellent writer!

When I first learned that Rabbi Barras had written a book, I quickly checked it out at the Levine-Sklut Judaic Library. The blurb on the back cover of the book indicated he was an extraordinary author on par with Leon Uris and Daniel Silva. Seriously?

There is no way I could describe the book better than to copy the description on the book.



"In 'A Reason to Rise,' the Groh rabbinic dynasty takes the reader on an international journey of the Jewish experience in the 20th century. From the depths of the Holocaust to the establishment of the state of Israel, to the systemic rise of antisemitism across Europe, one family does their part to keep Judaism alive."

The book begins in 1946, when Rabbi Sam Groh is asked to travel to Greece to accompany a group of Holocaust survivors to Palestine. During the dangerous sea voyage, he establishes relationships with the rag-tag passengers, and nurtures them after the group settles in Kibbutz Nof Kinneret. Rabbi Sam Groh's history with the kibbutz is passed on with warmth and compassion through the generations of families on both sides of the Jewish world.

In 2020, amidst the rise of antisemitism in Europe, Rabbi Eitan Groh is asked to travel to the Ukraine to assess the situation of the Russian Jews wishing to make aliyah to Israel. As he narrows in on the situation, he becomes involved in espionage and terrorism at the highest levels of government both in the United States and in Israel.

How will Rabbi Eitan Groh make the biggest difference in the growing battle with antisemitism? Should he stay in Israel or come back home to Miami where he can guide his congregation and American Jews in the rising tide of antisemitism? This is the question that leads to the very emotional climax of the book.

I contacted Rabbi Barras with a few questions, one being, "I know the book had to be written prior to Russia's invasion of the Ukraine. Why did you choose to set the second part of the book there?" He replied, "I wrote the book during COVID. When I wrote the Ukrainian sections, it was 2020 and 2021. I chose the Ukraine because the Day School at our temple has a sister school in Odessa. Since I know a lot about it and the situation of the Jews there, it made sense to me. Plus, I needed a country that had a critical mass of Jews who could one day find themselves in danger and need to make aliyah to Israel."



Rabbi Jeremy Barras

"A Reason to Rise" is a page turner and a very thought-provoking book. I highly recommend it as an excellent choice for book clubs.



LIBRARY UNDER CONSTRUCTION



During the renovation period, library programs will continue. See jewishcharlotte.org/cje for more information. A lending library program will be available in the teen room, directly across from the library on Mondays, Tuesdays, and Thursdays from 10am – 2pm, and on Sundays from 10am – 12pm. E-books, online resources, and book drop locations will be accessible throughout the renovation.

For inquiries email library@jewishcharlotte.org



Miss Debby

(Continued from page 6)

loves — "Chrysanthemum." Unfortunately, when she starts school, the other kids make fun of her unusually long and flowery name. Things get worse and worse until Mrs. Delphinium Twinkle, the music teacher comes along. Although this book is not distinctly Jewish, there is a curriculum on Jewish values (jewishlearningmatters.com) that

uses the book "Chrysanthemum" to teach about kavod (showing respect) and lashon hara (using nice words). I recommend this book for children ages 3 to 6.

Every child's name is a blessing! Help your child understand how very special their name is by reading one of these terrific books.

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November 1, 8, 15

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The Jewish Federation of Greater Charlotte and Temple Beth El are pleased to offer this class for \$70, a 40% discount off the regular \$179 tuition. To claim your discount, enter the coupon code JFGC when you register.

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Hebrew Cemetery Submits Proposal to City To Acquire Additional Space

Moses Luski, Hebrew Cemetery Association President

Over the past 10 years the Hebrew Cemetery Board of Directors has contemplated the future need for graves. Since the opening of the Memorial building and new sections, calculations were made to try to estimate how many years remained before all graves were sold. To the best of our calculations, family plots may be sold out on existing lands within 10 to 15 years. The options to expand were limited until about seven years ago when the Double Oaks School, located adjacent to our existing property, became surplus property of the city of Charlotte. Our attempts to secure and purchase the property were refused by the city as it had determined that other uses were best suited for that property. We have continued to communicate and meet with city and community leaders in attempts to gain at least part of the property. Recently, you may have heard that the City of Charlotte has officially asked for proposals for use of the property as community and mixed income housing.

Once again the cemetery board is attempting to acquire the site and to designate a por-

tion of the property as cemetery grounds. This process is very public and influenced by competing interests. The proposal request issued by the City calls for low density development such as we are proposing, but there is pressure to make the housing portion more dense.

Our modest and neighborhood appropriate site utilization plan proposes to redevelop the Double Oaks School Property into a thriving community amenity with raised garden beds, a gathering gazebo which can also generate business activity, play and assembly fields, low density impact mixed income ownership housing connected to the adjoining neighborhoods, community center, and Camp North End. This plan complies with the Request for Proposal (RFP) issued by the City. Email director@hebrewcemetery.org for the site plan.

Importantly, our proposal also allows expansion of a thriving 156-year-old cemetery, extending its useful life at least 100 more years. This process will continue over many months culminating with the City accepting the Cemetery's proposal or another proposal. It is our inten-

tion to at least be a part of the selected proposal. This is where we are today.

So what can you do today? Any advocacy toward community members, leaders, and politicians are welcome and can benefit us. Once a plan is more solidified, fundraising is our next step. If this opportunity is not successful, future land will be sought outside of Mecklenburg County. It is our sincere goal to gain at least part of this property to help provide burial sites for the next several decades. Thank you for your interest and support.

To read local media coverage search for:

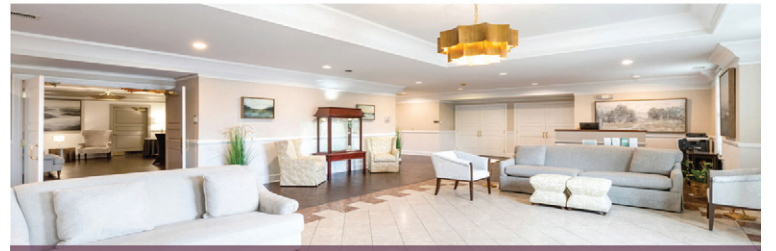
WSOC TV.org, "Charlotte's Only Hebrew Cemetery Is Running Out of Room"

WSOC TV.org, "Charlotte's Hebrew Cemetery Proposes Townhomes, Park Space as Part of Expansion Request"

WFAE.org, "In Fast-changing North End, Hebrew Cemetery Looks To Expand and Provide Housing - For the Living"

CharlotteObserver.com, "Charlotte Wants Housing to Replace Vacant School. Jewish Cemetery is Wary of City's Plans."

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The Hebrew Cemetery joins with the community in remembering the names of those who have been buried at the Hebrew Cemetery in the month of August.

Robert Rose 7/29/1947 - 8/7/2023
Roger Malman 12/9/1948 - 8/25/2023

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Religious Life

Women of Temple Beth El Launch Pilot Program for Community Initiative

By Joy Miller

On a recent sunny morning in August, sixteen women of Temple Beth El (TBE) gathered for brunch and mimosas to kick off a yearlong pilot program with the goal of creating further connection and engagement among women at Temple Beth El. The initiative is being spearheaded by the Women's Community Advisory Team, consisting of Joy Miller, Tracey Adams, and Jennifer Clark.

Nicole Sidman, director of congregational life at Temple Beth El, kicked off the meeting with warm words of welcome, which were followed by Rabbi Lexi Erdheim offering an inspiring message about the role of women in leadership and women's community in the Torah and in contemporary temple life.

The group aims to hold at least two events this year for women at Temple Beth El. There was much excitement as the attendees began work on selecting themes for the events. Planning teams were formed to discuss and implement the themes of

social events, classes and workshops, adult education, and current events discussions.

Be on the lookout for more information, and if you are a female member of TBE, please plan to attend! The events will be multigenerational and will occur before June 2024. We are

looking forward to continuing to build upon our already thriving community by forming even greater connections, friendships, and engagement as we launch the Women's Community Initiative at Temple Beth El.

Want to learn more about the Women's Community Initiative?

Contact Nicole Sidman, director of congregational life at nsidman@templebethel.org.



Temple Beth El congregants enjoying brunch and brainstorming to plan for upcoming programming (from left: Jenn Clark, Rose Planer, and Alison Levinson).

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Thursdays • 10 AM

Join Rabbi Wolk for a study of the weekly Torah portion through the lens of traditional and modern commentaries.

To register for any of the above classes, except the weekly Torah study, visit the Upcoming Programs page at templeisraelinc.org

SEE ALL OF OUR UPCOMING PROGRAMS AT [TEMPLEISRAEL.ORG](https://templeisraelinc.org)

Religious Life

A Story to Tell: Tzedakah Across Generations

By Bonnie Shaw

The ability to read may seem like a simple thing. You learn to link together letters and sounds that somehow form words. Then those words link together to tell a story. In that story one can find mystery, intrigue, learning, and pure magic. Temple Kol Ami's most recent bar mitzvah Jayden Horton-Jones understands the magic of those words. He understands them so much that he wants to share his love of reading with children who may not have the same opportunity to grab a book from their nightstands and just start reading. So, Jayden made his mitzvah project about reading and sharing his love of reading with others. He decided to donate books to the non-profit organization Promising Pages. (www.promising-pages.org)

Jayden's mitzvah project took on a life of its own. He was able to donate 1,500 books to Promising Pages; 1,500 magical stories that other children can now immerse themselves in. The love of reading is at the core of who we are as a Jewish people. Our Torah houses written words and tells the stories of our people and how they have overcome challenges — how they have emerged victorious. Temple Kol Ami has the privilege of owning two historical Torot. Our beautiful Torot, though, were not complete. They have lovely man-



Jayden Horton-Jones

tels and one has a beautiful breast plate. But we were missing the crowing jewels of the Torot. We did not have Torah *rimonim*, that is until now. One of our long-time members, John Robbins, decided that it was time that our Torot completed their ensembles. His gifts of these Torah *rimonim* will honor the stories that our Torot

hold. For the first time in our temple's history, our Torot have their full adornment. As a retired college professor, John understands the value of reading and of the written word. He understood that so much he chose to help adorn our sacred scrolls as they should be. Both Jayden and John took their love of reading and what

it represents and chose to make significant donations in their own way. They chose to honor one of the core values of our faith: tzedakah — justice, to give.

Those of us at Temple Kol Ami hold this value close and are honored to have both Jayden and John as valued members of our congregation. We hope that you take the time to stop by one of our services and discover what makes us special. Come meet all of the TKA family. I invite you to sit next to me and I will share with you why Temple Kol Ami is full of stories — stories of amazing members who contribute their gifts in so many beautiful ways. As a congregation that embraces all generations, we welcome you to make TKA your Jewish home.

If you live in the York County

or the Ballantyne area, Temple Kol Ami might be the place for you! We are a warm and inclusive congregation comprised of Jews from diverse backgrounds. We have Friday night

Shabbat services on the first and third Fridays of each month. For more information check us out at www.templekolamisc.org.



Havurat Tikvah To Host Zoom Kabbalat Shabbat

By Lainey Millen

On Oct. 20, Havurat Tikvah will host Zoom Kabbalat Shabbat services beginning at 6:30 p.m. Afterward, participants will join together for Kiddush at their respective locations. The link for the services will be available on Oct. 19 on the website. Those interested in attending should send RSVPs to admin@havurattikvah.org by Oct. 18 at noon.

Havurat Tikvah is a warm, supportive, and nurturing Jewish Reconstructionist congregation with Shabbat services and a full spectrum of holiday observances, as well as religious educational options for both families and single adults. We are a diverse group of families, singles, and Jewish and interfaith couples who participate in projects that promote social justice.

We value and depend upon member participation and leadership for our religious services, spiritual growth, and governance.

Havurat Tikvah is an affiliate of Reconstructing Judaism.

For more information on upcoming services, programs, membership, or other queries, call (980) 225-5330, write to Havurat Tikvah, P.O. Box 12684,

Charlotte, NC 28220, email membership@havurattikvah.org, or visit havurattikvah.org. Havurat Tikvah is also on Facebook at facebook.com/groups/havurattikvah/.



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The remarkable story of Rafael Schächter, a brilliant, young Czech conductor who was arrested and sent to Terezín concentration camp in 1941. He demonstrated moral leadership under the most brutal circumstances, determined to sustain courage and hope for his fellow prisoners by enriching their souls through great music. His most extraordinary act was to recruit 150 prisoners and teach them Verdi's Requiem by rote in a dank

cellar using a single score, over multiple rehearsals, and after grueling days of forced labor. The Requiem was performed on 16 occasions for fellow prisoners. The last, most infamous performance occurred on June 23, 1944 before high-ranking SS officers from Berlin and the International Red Cross to support the charade that the prisoners were treated well and flourishing.

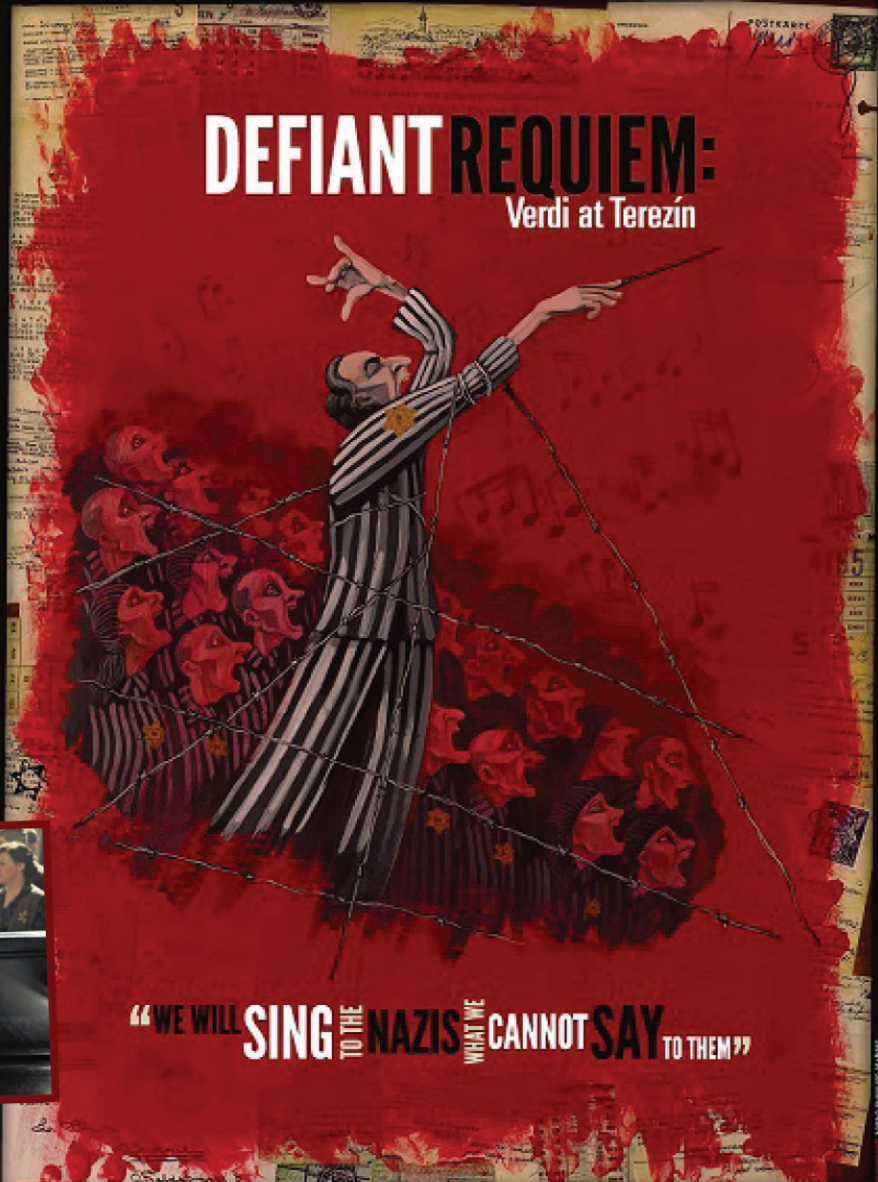


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DEFIANT REQUIEM:

Verdi at Terezín



“WE WILL SING TO THE NAZIS WHAT THEY CANNOT SAY TO THEM”

JLI Charlotte Introduces “The World of Kabbalah”

A Six-Week Journey Into the Mystical Teachings of Judaism And How It Relates to Us in Real Life

Have you ever wondered what is Kabbalah and why it generates so much interest? Perhaps you’ve wondered how Jewish spirituality works and how it can help navigate the daily challenges of life.

Jewish Learning Institute of Charlotte is introducing a new course, “The World of Kabbalah,” to find the answers to those questions.

Many Jews searching for spirituality are intrigued by Kabbalah. They wonder if the centuries-old esoteric study can illuminate some of their ontological questions or contemplative thoughts.

The cryptic language in the formative works of Kabbalah makes its secrets nearly indecipherable to the uninitiated. “The World of Kabbalah” introduces key terms and concepts to open the door to study further.

The journey into the mystical will provide a comprehensive overview of Kabbalah’s core teachings and explore how these ideas offer powerful insights into everyday life, self-understand-

ing, and personal growth.

Chabad of Charlotte will begin this special journey on Tuesday, Oct. 31, with a six-week introduction to Kabbalah that will give you a comprehensive understanding of the core ideas and key terms behind Judaism’s best-kept secrets. We will bring Kabbalah’s profound spiritual ideas down to earth. We will see how Kabbalah’s understandings of G-d, the soul, and the universe unlock powerful new perspectives to guide us through everyday challenges, from high-stakes decision-making to stronger relationships and confronting adversity.

There are other courses out there on Kabbalah, but none that strike this perfect balance. You’ll go straight to the sources to learn about Kabbalah’s answers to the big questions of G-d, life, love, and the universe, while getting a comprehensive handle on what Kabbalah is and why it generates so much interest.

Each of the six lessons shows you why these mystical ideas matter to you and how you can

see the divine dynamics we discuss, which are playing out right before your eyes in your own life.

Participants in this course will be furnished with easy-to-read textbooks with colorful diagrams as well as many fun-filled facts about Kabbalah.

The six evening classes will be held starting Tuesday, Oct. 31 at 7:30 p.m. through Tuesday, Dec. 5. Morning classes will begin on Wednesday, November 1 at 11 a.m. and go on through Wednesday, December 6. All classes will be held at the Epstein Family Chabad Center, 6619 Sardis Road in Charlotte. Fee \$99 per person, \$180 per couple. For more information you can visit: www.myjli.com/learn/charlotte or call our office at (704) 366-3984.



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Religious Life

Shabbat 180 Event Draws Over 150 Young Jewish Professionals for a Night of Inspiration

By Motti Groner

The Uptown Chabad, a vibrant center for young Jewish professionals in Charlotte, hosted a remarkable Shabbat 180 event that brought together more than 150 young Jewish professionals. The event, which took place at the Springhill Suites in Uptown Charlotte, offered 16th-floor views of the city, an open bar, a sumptuous dinner catered by Kosher Charlotte, and, most importantly, the opportunity for young Jews to connect and find inspiration in the company of like-minded peers.

This lively evening would not have been possible without the generous support of its sponsors:

Platinum Sponsors: Mark Roth, Todd and Stacy Gorelick, and David Lipsitz

Gold Sponsors: David and Karen Ransenberg, Hillel Gontownik, Jeff Epstein, and Andy Griesinger

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Aaron Goldstein, Savitz Family, Helene and Mark Rosen, David and Risa Miller, Karen and Gary Maniloff, Olga Pen, Anonymous (2x), and David and Aleen Epstein

Shabbat 180, with its stunning view, delicious food, and incredible company, served as a testament to the vibrant and tight-knit Jewish community in Uptown Charlotte. The event provided an opportunity for young Jewish professionals to connect, find

inspiration, and strengthen their bonds with one another. The support from sponsors and the dedication of the Uptown Chabad made this event an unforgettable experience for all in attendance.



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Women's News

Help Hadassah Raise Funds for More Cancer Research Breakthroughs

By Aileen Greenberg-Kriner

What do body paint, wine, a week at the beach or in the mountains, and food have in common? If you said they can all support breast cancer research at the Hadassah hospitals, you're right!

The women of Hadassah Charlotte Metro want to eradicate breast cancer, and you can help. Celebrate the TaTas is our biggest fundraiser of the year. This is the first time we've held these Painting Days and The Reveal events since the pandemic. All funds raised will be donated to the Hadassah Medical Organization (HMO) in Israel to be used for cancer research.

On Aug. 28 and 29, 45 women had their TaTas painted by female artists at Painting Days, the first event of Celebrate the TaTas. The works of art were photographed and will make up the collage poster to be introduced at The Reveal, which will be held on Thursday, October 26 at Maggiano's in SouthPark at 11:30 a.m.

The Reveal is a fun-filled afternoon that includes lunch, inspiring speeches, a live auction, a cork pull to win wine valued from \$10-\$100, and the opportunity to celebrate the amazing women and men in our community who have dealt with breast cancer.

The highlight of our afternoon is our guest speaker and honoree, Rabbi Judith Schindler. Rabbi Schindler is an activist, author, professor, rabbi, wife, mother, and breast cancer survivor. She will share her personal struggle overcoming breast cancer and how it has impacted her perspective on life, education, and relationships. Don't miss what is sure to be her moving story of survival and empowerment.

Hadassah doctors and researchers have achieved incredible breakthroughs, made possible by donations from Hadassah chapters nationwide and individual donors.

- A clinical trial is underway at HMO using proton therapy to treat cancer. Radiation using protons reduces harmful side effects of radiation on healthy tissue.

- An experimental treatment for multiple myeloma, a cancer that forms in plasma cells, has an 88% success rate! The process uses genetic engineering technology to activate a patient's immune system to destroy the cancer.

- A new cream co-developed by an HMO dermatologist is the first effective remedy for skin damage caused by a treatment for several types of cancer.

The drug in this new cream neutralizes damage to the skin and does not interfere with the cancer treatment.

In addition, the Breast Cancer Treatment Center at the Sharett Institute of Oncology at Hadassah Hospital Ein Kerem has a multidisciplinary clinic for women at high risk. Women can go to one place and have all their screenings, consultations, preventive surgeries, fertility preservation procedures, and more. It is staffed by radiologists, oncologists, gynecologists, cancer surgeons, and plastic surgeons.

We hope you'll join us at The Reveal. Please purchase tickets on the Hadassah website. You can also honor Rabbi Judy, or pay tribute to a family member or friend, by donating to Celebrate the TaTas as an honorarium or memorial. Donations can be made on The Reveal registration form even if you don't buy tickets to the event. For questions, call us or email celebratethetatas.Hadassah@gmail.com. We would like to thank Hearing Solution Center for being a Pink Champion Sponsor of Celebrate the TaTas.

Monthly Happenings

Join us for our monthly *Hadassah Wine & Schmooze* at 7 p.m. on Tuesday, Oct. 3 at Vintner Wine Market in Arboretum.

Short Story Discussion Group meets at 11:45 a.m. on Oct. 13 to discuss *The Wedding in Persia* in the book "Frankly Feminist: Short Stories by Jewish Women," edited by Susan Weidman-Schneider and Yona Zeldin McDonough. Call, email, or

check our website to check the meeting location.

Beverly's Book Nook will meet via Zoom on Thursday, Oct. 19 at 1:30 p.m. to discuss "The Heaven and Earth Grocery Store" by James McBride. Note that meetings have been moved to Thursdays. Check website for location details.

Hadassah BookTalk is reading "Woman on Fire" by Lisa Barr. Our meeting is on Tuesday, Oct. 24 at 7 p.m. via Zoom.

Helpful Info

Our website, www.hadassah-cltevents.org, has details and registration links for our events. If you have questions or need information, email Hadassah-CLT@gmail.com or call our general phone number at (980) 553-1880.

Get involved with Hadassah! To learn about membership, contact Lori Trapani or Merrill Schenkel at the phone number or email above, or come to one

of our events.

The next Hadassah Charlotte Metro Board meeting is Monday, Oct. 16 at 7 p.m. via Zoom.

Follow us on Facebook (Hadassah CLT Metro) and Instagram (Hadassah Charlotte Metro).





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Domestic Violence Awareness: #KnowDVJFS

By: Rachel Green, Director of Programs and Services

Imagine you're having coffee with a friend, and you notice something is amiss. She shares with you that her parents won't be visiting for the holidays, which strikes you as unusual. She also mentions that she needs to finish her coffee quickly because she doesn't like being away from home for too long. She explains that her boyfriend prefers her to be home when he returns from work. When you ask her how things are going with her new boyfriend (remember, she was excited about him the last time you talked), she responds with

a forced smile, saying, "Great," before swiftly changing the subject. Despite her words saying "great," your intuition tells you otherwise.

Jewish Family Services' (JFS) #KnowDVJFS Campaign aims to educate about warning signs of domestic violence and abuse, to help us listen to that "gut feeling," and to learn ways to take action. Sarah Stewart, author of "The Monster in My Home: Surviving Evil" explains eight early warning signs in her blog post, <https://nomore.org/early-warning-signs-of-abuse/>.

- Love Bombing: Showers you with attention and affection

early on; makes you feel special, loved, and appreciated; lowers your defenses and makes you feel closer to the person than you really are.

- Moving the Goal Post: In the beginning, generally doting, kind, and affectionate; often mirrors your values and goals. Over time, changes opinions and values.

- Isolating You: At the beginning, may compliment your friends and family and want to spend time with them. Over time, pulls away from your loved ones and encourages you to pull away.

- Owning You: Doesn't see you as a person, instead sees you as a possession. Early on, says you are "theirs" or claims you are their boyfriend or girlfriend very early, sometimes before the first date.

- Disrespecting Others: May make derogatory comments about others, call others names, tell you they dated someone "crazy" in the past, or lack close relationships with others. May appear charming, but is disrespectful when you pay attention to how they talk about others.

- Double Standards: Abusers often look down on others for the same things that they do.

- Blaming Everyone Else: Often blames others for their actions and takes responsibility only when manipulating someone. Abusers tell victims the abuse is the victim's fault or that the victim "made" them do it.

- Pushing Boundaries: Breaks

your boundaries, initially in small, subtle ways. For example, leaves dirty dishes in the sink after you've asked them to put them in the dishwasher. Over time, encroaches more and more on your boundaries.

By understanding these warning signs, JFS hopes that each one of us can #KNOWDVJFS and take action. Ask for support from family and friends if any red flags cause us concern in our own relationships. Seek information and support from organizations such as the National Domestic Violence Hotline (<https://www.thehotline.org/>) or Jewish Women's International (<https://www.jwi.org>), a leading Jewish organization working to prevent domestic violence.

How do we take action if we notice a friend or loved one experiencing red flags or warning signs in their relationship? Some of us may worry about upsetting our friend or losing a relationship if we say something. Some of us may feel at a total loss of what to say and how to say it. According to the One Love Foundation (<https://www.joinonelove.org/>), a non-profit with the goal of ending relationship abuse, there are a few simple guidelines that can help frame these conversations.

- Calmly start the conversation on a positive note.

- Be supportive and do more listening than talking.

- Focus on unhealthy behaviors, rather than their partner as a person. Focus on concerning be-

haviors and share how you might feel if you experienced them and why you are concerned. Be specific about the behaviors.

- Keep the conversation friendly. It's important for your friend not to feel judged.

- Do not place the blame on your friend. It is NOT their fault their partner is acting this way.


- Allow your friend to make their own decisions, you can't make them decide anything.

- Offer Solutions. You can help your friend think of choices and you can suggest options, but they have to decide for themselves.

- Expect more conversations in the future.

One more important guideline if you are the one supporting someone who is a victim of domestic violence: get support for yourself. It can be emotionally draining, sad, scary, and even frustrating when you are helping a friend or loved one experiencing abuse. Gather your own support system, practice self-care and boundaries. Remember, you can provide support, suggestions, and love, but you can't fix the problem for them.

Please visit the JFS table in the front lobby of the Levine Jewish Community Center during the month of October to learn more and support the #KnowDVJFS Domestic Violence Awareness campaign. If you or anyone you know needs support, please reach out to JFS at (704) 364-6594.



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Mitzvah Baskets: The Zimmern family in honor of Huntley Zimmern's Bar Mitzvah

Food Drives: Howie Cole in honor of his bar mitzvah, Nate Loewensteiner in honor of his birthday

Special Thanks: Jered Mond for the donation of homemade soups for pantry

Hadassah Meal Preppies: Karen Fox, June Hirschmann, Johnson and Wales, Judy Kaufmann, Ali Kavadlo, Penny Krieger, Jered Mond, Helene Schilian, Elissa, Emily and Kyle Vining

Shalom Green: Thank to all Shalom Green volunteers for providing fresh produce to our pantry clients

Food Pantry Donations: Thank you to our generous community for continuing to donate to the food pantry. We continue to collect donations every other Wednesday at the portico entrance to the Blumenthal Center for Jewish Education Building at Shalom Park.

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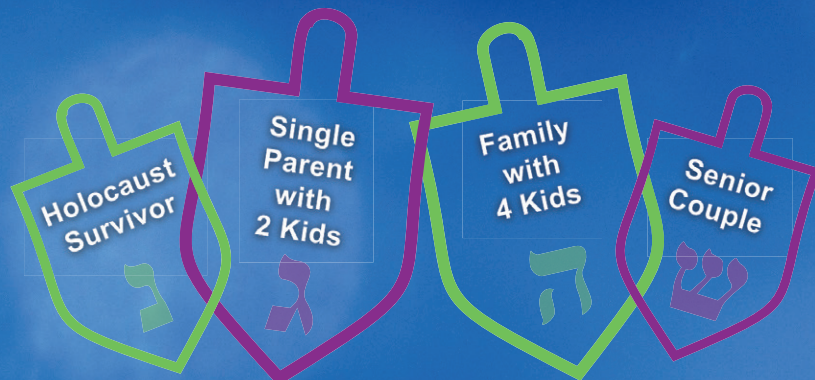
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Adverse Childhood Experiences: Resiliency Through Education

By Ginny Rosenberg, Temple Beth El, and Howard Olshansky, JFS

As part of Jewish Family Services' (JFS) commitment to raising awareness about the importance of mental health, JFS has partnered with Temple Beth El in an initiative aimed at educating the community about the long-term effects of trauma on our children and youth.

Cora remained silent throughout the school day, never displaying a smile. She would quietly read to me in the classroom but refrained from speaking to her classmates or engaging in class discussions.

Angela expressed her dislike for school openly. She frequently missed school or left during the day, citing stomach pains. Despite being a good student, she was reserved and often on the verge of tears.

Chad struggled with sitting still in class and paying attention to instructions and assignments. He frequently disrupted other students, leading to him being isolated or sent to the bathroom for "time out" due to outbursts of frustration and anger.

These were students in the classroom where I volunteered. As a volunteer, I lacked the ex-

perience and authority to address these children's complex issues. Learning was an evident struggle for them, leaving me with questions about what might be causing their difficulties and what a volunteer like me could do to help.

A group of Temple Beth El school volunteers convened under the auspices of the Social Justice Committee with the goal of devising strategies to support the school in addressing behavior-related obstacles to effective learning. We found research highlighting the detrimental impact of childhood trauma on the learning process.

Stress is a natural component of life and plays a crucial role in childhood development. Nevertheless, stress can become harmful or traumatic when it triggers flight, fight, or freeze responses, particularly in children. These instinctual reactions can overpower rational responses. Our group underwent a transformative shift in perspective; instead of inquiring, "What's wrong with this child?" we started asking, "What has happened to this child?" This change in approach allowed us to better understand the underlying issues affecting these children.

The scientific exploration of trauma frequently revolves around the examination of adverse childhood experiences, commonly referred to as ACEs. ACEs can stem from a variety of sources, including:

- Community Trauma: Such as poverty, discrimination, or high crime rates within the neighborhood.

- Personal Trauma: May involve instances of abuse, neglect, household dysfunction, or the presence of mental health issues within the family.

- Historical Trauma: This encompasses intergenerational exposure to trauma that is passed down from one generation to the next, as well as epigenetic changes in genes that are associated with various medical or mental health risks.

Research shows that as the number of ACEs increases, so do problems in behavior, mental health, and physical health. Children who experience three or more ACEs are at risk for learning and behavior issues, depression, drug or alcohol use, obesity, diabetes, adult heart disease, cancer, and other problems.

In the United States, the number of children, ages 3-17, with a diagnosis of depression or anxiety increased by 49% from 2016

to 2020. COVID has caused a significant increase in the need for mental health intervention, but North Carolina ranks 42nd in the country in accessibility to youth mental health care. The NC Child and NC Institute of Medicine gives an annual grade on child health for our state. In the area of mental health, the state received a "D" in 2021, and an "F" in 2023.

Trauma-informed education is a set of principles that guides schools and communities to build resiliency and successful learning in children. Our team's mission is to spread the word about ACEs, trauma, and resilience within Shalom Park. While trauma is exacerbated by poverty and discrimination, no child is immune to the impact of trauma caused by abuse, neglect, divorce, drug or alcohol abuse, mental health problems of loved ones, or the loss of a parent.

We can build resiliency in children by teaching them about mind-body connections, training caregivers, and offering resources to the community to combat systemic toxic responses to trauma.

If you are interested in learning more about trauma-informed education:

- We are currently promoting the reading of "The Deepest Well" by Nadine Burke-Harris and will offer a discussion of the book on Tuesday, Nov. 14 at 6:30 p.m. at Temple Beth El.

- Additional resource information includes the TED Talk, entitled, "Nadine Burke-Harris- How Childhood Trauma Affects Health Across a Lifetime," which can be found on YouTube.

Trauma-informed education can promote effective interpersonal skills, approaches for building resilience, and good mental health outcomes. Whether we are parents, teachers, volunteers, or camp staff, we all can benefit from being informed about ACEs.

If you are a youth/young adult or a parent of a youth/young adult ages 12-26, JFS is assessing the mental health needs of our youth. Please complete either the youth/young adult or parent questionnaire to help formulate a plan to respond to the mental health needs of youth and young adults in our Jewish community. You can access the questionnaire at jfscharlotte.org.

If you or your child have experienced trauma and need professional counseling, JFS therapists are certified in evidence-based practices to address both child and adult trauma. Contact JFS at (704) 364-6594 or jfscharlotte.org for more information.

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Sign Up Now for an Unforgettable Journey to Poland

By Mary Eshet

Judy La Pietra remembers the first time she visited Poland over 23 years ago and the impact seeing authentic sites of Holocaust memory had on her. "When standing on the hallowed ground of Auschwitz, words fail. It is a wound on humanity that cannot heal," she said. A dozen trips later, including leading annual trips to Poland for University of North Carolina at Charlotte students and working at the Auschwitz Museum Preservation Department on several projects, the Stan Greenspon Holocaust and Social Justice Education Center associate director is excited to be working with Director Rabbi Judy Schindler to lead a nine-day journey to Poland for a small group from the Charlotte community. The trip is planned for June 10-19, 2024.

"We want to keep the group small enough to be intimate and conducive to sharing, so space is limited," said La Pietra. "Now is the time to learn more and sign up for the trip."

The trip will include visits to Warsaw, Lublin, and Krakow,



©Henry S. Winokur

Temple Synagogue in Krakow was built in 1862 and survived the war

and will explore the rich history of the Jewish community in Poland, the tragedy of the Holocaust, and the current revitalization of the community. Prior to the Holocaust, Warsaw was home to more than 300,000 Jews. While today's population is small in comparison with the prewar population, Warsaw comprises Poland's largest Jewish community, and includes a Jewish Community Center, Hillel, and a Jewish day school.

Highlights of the visit to Warsaw will include the rebuilt Old

Town; the POLIN Museum of the History of Polish Jews; the Umschlagplatz Monument, which commemorates the 300,000 Jews deported from the Warsaw Ghetto to Treblinka in 1942; and the Grzybowski Square vicinity, including the Nożyk synagogue, the only synagogue to survive the war.

In Krakow, the group will tour the Jewish quarter and take a study tour of both the Auschwitz and Auschwitz-Birkenau concentration camps, in addition to sharing a Shabbat experience with

the Krakow Jewish community. The itinerary also includes visits to the Treblinka and Majdanek camps.

In planning the trip's itinerary, the Greenspon Center is partnering with the Taube Center for Jewish Life and Learning, which is dedicated to enriching Jewish life in Poland and to connecting Jews from around the world with their East European heritage.

In the world of Jewish travel, there is sightseeing, there are trips, and there are journeys. And then there are extraordinary experiences. Join Judy and Judy for an extraordinary experience as the Charlotte community journeys together through Jewish Poland's complex past and explores its intriguing present.

For more information about the trip, contact Judy La Pietra (Lapietra@queens.edu) or Rabbi Judy Schindler (schindlerj@queens.edu). Join us for an information session on September 12th at 4:00 PM in the Queens



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Educating Our Children on the Holocaust

By Mitch Rifkin

The North Carolina Council on the Holocaust has completed its curriculum development for Holocaust studies in middle and high school. The curriculum has been accepted by the North Carolina Department of Public Instruction. If you have children in the public school system, they may be studying the Holocaust and World War II using the curriculum developed by the Holocaust Council. The North Carolina Holocaust Foundation financially supports the efforts of the North Carolina Council on the Holocaust with significant fundraising.

The Holocaust Council has a list of recommended books aligned with grades.

Grade 6: "The Devil's Arithmetic" and "The Boy on the Wooden Box"

Grade 7: "Salvaged Pages" and "Parallel Journeys"

Grade 8: "The Diary of Anne Frank" and "I Have Lived a Thousand Years"

Grade 9: "The Pianist"

Grade 10: "Night" and "Rena's Promise"

Grade 11: "All But My Life"

Grade 12: "The Sunflower"

The Holocaust Council has also created eight instructional videos that teachers can access for their classrooms. Titles of our four most requested videos are "Jewish Resistance," "The

Ghettos," "The Death Camps," and "Life After the War."

The Holocaust Council has expanded its collection of traveling exhibits. See the video: <https://youtu.be/j27mPdLSzw8>. Titles of some of our most requested exhibits are "The Kindertransport," "Dr. Seuss Goes to War," "What They Could Carry to the Ghetto," and "I Never Saw Another Butterfly."

Over 300 teachers attended

our six workshops in the last school year. We have another six workshops planned for this year. Titles of our workshops are "Jewish Resistance in the Holocaust," "The Ghettos," "Nazi Propaganda, How to Counter Current Antisemitic Distortion Movements," "Life in the Displaced Persons Camps, and Life After the Holocaust."

Our Foundation attempts to purchase books for schools.

Unfortunately, we can only fulfill about 20% of teacher requests. If you would like to help us purchase books for schools, please use our PayPal account paypal.com/us/fundraiser/charity/1931798 or mail a check to The North Carolina Holocaust Foundation, 5704 Crooked Stick Trail, Raleigh, N.C. 27612. Your donation is tax deductible and very appreciated.

If you would like more infor-

mation about our programs or the curriculum, please contact Mitch Rifkin, chairman of the Holocaust Foundation at rif121@carolina.rr.com or (704) 607-3936.



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Greenspon Center Offers Robust Resources for Holocaust Educators

By Mary Eshet

Issuing a directive is but the first step in truly effecting change and having an impact. Successful directives include the means and resources to implement them.

Across the U.S., 25 states require Holocaust education and 17 have a Holocaust commission, council, or task force. North Carolina has both a mandate and a council, and is one of an even smaller subset that has gone the extra mile to approve an accompanying budget for resources and curricula, thanks to the hard work and advocacy of the North Carolina Council on the Holocaust. The Stan Greenspon Holocaust and Social Justice Education Center at Queens University offers additional support and resources for teachers in the Charlotte area.

North Carolina is a “local control” state, meaning that while the mandate puts in place a requirement for Holocaust education throughout the state, each school district has autonomy to decide exactly how it will fulfill the requirement. At a minimum, a 45-minute session taught sometime between sixth and 12th grade could enable a district to

check the box on the mandate’s requirement.

Charlotte-Mecklenburg Schools (CMS) is taking the mandate very seriously. The district already complies with the mandate based on its current curriculum, with an eight-week unit included in eighth grade language arts. Still, it is a challenge for teachers to prepare to teach a topic many have not taught before, and which is sensitive and traumatic.

At the Greenspon Center, Katie Cunningham, Holocaust curriculum and outreach specialist, and Judy La Pietra, associate director, are leading several efforts to support teachers. The Center created a nationally leading Certification in Holocaust Pedagogy (CHP) program and graduated the first cohort in April 2023. The next class for the 2023-2024 school year is already full, but educators interested in joining the 2024-2025 program can contact Cunningham at cunninghamk@queens.edu. The program is unique in N.C. in offering both training and travel to prepare educators. The first two cohorts will travel to Poland for a learning experience in June 2024.

Graduates of the first cohort will take what they learned into schools and classrooms this school year.

“Being a part of the [program] continues to encourage me that I am not alone in my mission and vision for implementation of Holocaust education. Through my CHP experience, I will be able to apply my Holocaust education knowledge, experience, and resources to help provide a framework for English teachers at my school,” said Mallory Sattler, CHP graduate.

Currently, the certification program is only available to N.C. teachers, but Cunningham and La Pietra dream of taking it further. “With additional budget resources, the certification program is scalable and we aspire to have impact beyond North Carolina,” said Cunningham.

In addition to the certification program, the Greenspon Center offers other forms of support. Teachers can contact the center to have a gap analysis done on their curriculum. Cunningham will review a Holocaust curriculum and identify gaps in resources and content. The Center offers resources to teachers on

its website, such as documentaries, curriculum guides, and trusted sources of information.

The Center also offers personal development (PD) days for teachers and administrators. On Nov. 6, a PD opportunity will be offered at Queens University on “Combating Contemporary Antisemitism in Our Classrooms & Schools,” where speakers will include a reformed former neo-Nazi.

Cunningham has also authored an 80-lesson elective unit on the Holocaust, which will be available for CMS students in grades 9-12 beginning in the 2024-2025 school year. The Greenspon Center will offer training and support for teachers of this unit.

The Greenspon staff provides coaching and support for educators one-on-one and in groups. At CMS’s curriculum day in August, Cunningham led sessions on “Teaching Trauma Without Inflicting Trauma,” which were attended by more than 100 middle and high school social studies

teachers.

In January 2024, the Greenspon Center is excited to bring the internationally acclaimed “Seeing Auschwitz” exhibit to Charlotte. The exhibit includes 100 photographs of the camp and audio testimonies from survivors. The Center’s plans include covering the cost for students in grades 7-12 to visit.

“The more resources, training, and support we can provide, the more effective we will be in advancing Holocaust knowledge and combating antisemitism. We have a great opportunity to do justice for the North Carolina mandate, and beyond,” said Cunningham.

If you are a parent and see an opportunity for Katie Cunningham to interact with your child’s school, an educator seeking training and support, or are interested in supporting the program or sponsoring an educator, reach out to Katie Cunningham, cunninghamk@queens.edu.

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Around the Table: Sukkot



By Charlotte Rouchouze

Growing up in a secular Jewish home, Sukkot was not a holiday I had much experience with. We did Hanukkah, a Passover seder, and Rosh HaShanah, but Sukkot had not made it onto the roster of Jewish traditions we acknowledged. As an adult,

I have most definitely added it to my holiday repertoire, and in fact, I find it to be one of the most fun and beautiful parts of the Jewish year. Every fall, we (i.e., my husband) build a sukkah and decorate it with all kinds of pinecones, branches, and garlands. While I can't say we take all our meals there, I do try to have a couple of dinners in the sukkah and spend some time sitting in it every day.

I love both the esthetics of Sukkot and the symbolic meaning, which, as I understand it, is both a remembrance of the 40 years that the Israelites spent wandering in the desert and a reminder that we are part of nature and not above it. The fragile, outdoor abode reminds us that we too are fragile, and while the fall harvest is in some ways the re-



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Serves 4

- 2 butternut squash
- 1 box Israeli couscous
- ½ red onion
- 1 small bunch of parsley
- ¼ cup dried dates, sliced (any dried fruit of your choice can be substituted)
- ¼ cup extra virgin olive oil, plus 2 tbsp
- 1 lemon
- ½ cup tahini
- 1 tbsp mild miso
- 1 tbsp brown sugar
- ½ tsp chopped garlic
- Water

To begin, poke a few fork holes in the squash and place in the microwave for six to seven minutes. This will soften them slightly and make cutting easier. Meanwhile, preheat the oven to 375° F. Next, cut the squash in half and scoop out the seeds. Slice off the very tip of each side, creating a flat surface to sit them on, and place in a baking dish. Drizzle with olive oil and salt. Add ¼ cup water to the dish and cover with foil. Bake between one and one-and-a-half hours or until tender, depending on the size of your squash. You want them soft but not so soft that they lose their shape. (Hint: in a pinch, you can microwave for longer to reduce baking time even further).

In the meantime, cook couscous according to package instructions. In a large bowl, add the couscous, 2 tbsp olive oil, the zest of the lemon, chopped parsley, finely chopped onion, and sliced dates. Toss to distribute. Season to taste with salt and pepper. In a separate small bowl, add tahini, lemon juice, garlic, brown sugar, olive oil, and miso. Stir well. Add about ¼ cup of water, a tablespoon at a time, to achieve a smooth dressing. (Do not be alarmed if the tahini seizes up and becomes stiff at first. This can be undone with a bit of extra water.)

To serve, place a butternut cup on a plate and fill generously with couscous salad. Drizzle with tahini dressing.

sult of our own (human) labors, we should not forget that the blessings we enjoy in life do not really come from us. Whether you think of it as God or Mother Nature, we are not in charge.

Instead of this being a gloomy thought, however, we are to celebrate this idea and gather as much joy as possible from the seven sometimes rainy, sometimes chilly, but mostly beautiful days in the sukkah. Of course, as with all Jewish holidays, this includes festive meals. Yet, the way that Sukkot intersects with food is a bit different than other holidays. Usually, when we think of holiday food, we're thinking of what we eat; and which foods are symbolically or traditionally associated with a particular holiday. On Sukkot, however, it is all about where we eat. You can eat whatever you choose, but it should be in the sukkah. In fact, traditionally observant men must take all their meals in the sukkah, even while traveling or in the rain.

That said, there is one tradition that comes to mind when we think of Sukkot dishes, and that is eating stuffed foods. The reasons I've heard are that it is to symbolize the abundant harvest, the protection the Jews received in the desert, and my favorite, the hidden blessings in life. To be honest, I've never been terribly into stuffed recipes, as I often find them daunting and time-consuming. But this recipe, loosely based on a recipe by kosher food writer Jamie Geller, is not complicated to put together. It makes a beautiful and delicious vegetarian main course to serve in your sukkah, reminiscent of all the flavors of the fall harvest, and dotted with dried date jewels that remind us of the joys that dot our lives. Roasted butternut squash are filled with a fresh Israeli couscous salad, and drizzled with a tahini miso dressing. The recipe can be easily adapted to the number of servings you need.

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Charlotte Rouchouze, PhD is a local French teacher, food blogger, and beaded jewelry designer. Her blog about food traditions from around the world can be found at www.thechildrenstable.com. Contact her at charlotte.rouchouze@yahoo.com.



NC Historical Highway Marker To Be Installed in Statesville To Honor Wallace Brothers Herbarium

By JoAnne Rosenblum

The North Carolina Department of Cultural and Natural Resources has notified JoAnne Aronson Rosenblum and Jewish Heritage North Carolina that their application for a memorial to commemorate the Wallace Brothers Herbarium has been accepted. JoAnne is the great-granddaughter of Isaac Wallace, who founded the herbarium with his brother David. Jewish Heritage NC is a non-profit dedicated to preserving and presenting the state's Jewish legacy.

This Marker is only the seventh Historical Highway Marker honoring any Jewish person or place throughout North Carolina.

David and Isaac Wallace were antebellum Jewish immigrants from Bavaria who settled in Statesville and went on to establish the largest herbarium in the world.

Along with an enterprising spirit, the Wallaces brought their Judaism. They lived their lives by its tenets of honesty, generosity, and tikkun olam. In 1883 they started the third oldest synagogue in North Carolina, Congregation Emanuel in Statesville. They helped their entire immediate and extended family leave Germany, providing initial employment for them. They became civic and business leaders in their community, region, and state.

Initially settling in Smoaks, South Carolina in 1854, Isaac followed the railroad and opened a mercantile business in Statesville in 1859 with brothers-in-law Lewis Elias and Jacob



Isaac Wallace

Rintels. The new "cash store" advertised "quick sales and small profits." After the partnership ended, in 1861 David joined Isaac in the family business. In newspapers reviewed from that time, Wallace Brothers had already begun to set the commodity prices on produce and staples. While continuing in the retail business, they also sold wholesale to smaller rural stores. It is also known that they had begun a small trade in roots and herbs brought in from the surrounding hills.

During the Civil War, they continued to operate their business, but how well they managed is unknown. What is known is that it was during Passover when Union troops occupied Statesville. Mistaking their matzo for hardtack, they didn't confiscate it!

After the War they continued what became the largest mercantile wholesale and retail establishment in the northwest part of North Carolina. Continuing to trade in roots and herbs, and "despite ridicule from those who questioned new enterprises", in 1871 the Wallaces erected a

two-story warehouse for their botanic collection. They hired a respected and accomplished botanist, Mordecai Hyams as botanical manager and the Botanic Depot became a fixture in the community. The Wallaces, with Mordecai Hyams, scoured the mountains for roots, herbs, barks, and berries that could be utilized in the pharmaceutical and liquor distilling business. In

the cash-poor rural South after the Civil War, the gathering of these products provided a means for bartering to obtain goods not otherwise attainable. Wallace Brothers developed their own scrip to be used like cash in the local rural stores to which the mountain folks brought their gatherings.

The Wallaces opened offices throughout this country, Europe,

and China. Ginseng was shipped by the ton to China. In 1876 tons of roots, herbs, leaves, and fruits were sent to multiple American and European cities. They also distributed to (42!) local liquor distilleries in Statesville and the surrounding area. By the late 1880's more than 2,000 commodities were collected and processed.

(Continued on page 31)



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Bal Tashchit and Beyond: Shalom Green How it Started, How It's Going

By Summer Minchew

Shalom Green: The Shalom Park Environmental Initiative was formed in 2015. Initial momentum came in the form of a ClearPath Foundation Grant to Shalom Park. The vision was that Shalom Park could lead by example and become a model of the Charlotte Jewish Community for real-world climate solutions, provide consistent communications to educate Jewish community members about the work being done on Shalom Park, and inspire fellowship through community engagement via educational seminars, solutions showcases, and family activities. The grant provided funding for energy audits at Shalom Park facilities, the hiring of a garden coordinator and project manager, and the installation and initial plantings at the Shalom Park Community Garden.

At around the same time, the ADVANCE program was developed by the U.S. Green Building Council as a framework to increase access to resources and expertise for new, underserved, and underrepresented audiences, including faith-based commu-

nities. ADVANCE was built to meet organizations and communities wherever they are on the path to sustainability and provide professional resources and assistance. Shalom Park was one of four ADVANCE initial pilots. In February 2015, the U.S. Green Building Council and Shalom Park leadership held a community charrette attended by more than 50 people, through which goals for the entire campus of buildings, comprising more than 250,000 square feet, were identified using the ADVANCE framework. The resulting USGBC Sustainability Plan Builder for Existing Buildings Report was delivered to Shalom Park. The need to identify, support, and grow "green champions" within the community was a primary goal from the outset.

Shalom Green: The Shalom Park Environmental Initiative was formed as an opportunity for "green champions" representing Shalom Park partners, volunteers, and community advocates to pursue the goals laid out by the Clear Path Grant and the ADVANCE Sustainability Plan Builder. Shalom Green has

developed a board structure and continues to grow and thrive thanks to the tireless dedication of volunteers and community members, and the continued support of Shalom Park partners.

Shalom Green advocates for environmental sustainability across the campus, measures progress towards the goals developed by the Clear Path Grant and the ADVANCE Plan Builder report, maintains the Shalom Park Community Garden, teaches campus partners and community members about environmental footprint reduction, and hosts a variety of educational outreach events for the community including an annual environmental film screening, a monthly community garden volunteer workday, a monthly meetup for young environmentalists called Green Sprouts, and an ongoing teen volunteer service program called REgeneration.

The key strategic initiative of Shalom Green is the successful operation of the Shalom Park Community Garden (SPCG). SPCG serves as an educational hub for community members of all ages and has become Sha-

lom Green's most established and successful program to date. With heightened awareness of the issues of food insecurity and the correlation between environmental justice and social justice, Shalom Green has partnered with Jewish Family Services of Greater Charlotte (JFS) to donate fresh produce from the Shalom Park Community Garden to their food pantry.

Located just steps from the JFS offices, SPCG provides the only source of fresh produce to the JFS food pantry which is otherwise stocked with non-perishable food and household goods. Existing clients enjoy the addition of fresh produce to enhance their pantry staples and we know that access to fresh fruits and vegetables reduces the risk of short- and long-term poor health outcomes. In 2022, Shalom Green logged over 400 volunteer hours, and generated and donated over 330 pounds of fresh produce to the JFS food pantry.

More Shalom Green Highlights:

- Shalom Green was a USGBC Carolinas Community Change

Agent award finalist in 2018.

- In 2019, Shalom Green hosted a Sustainable Jewish Communities Event that highlighted key initiatives by all Shalom Park partners working towards the achievement of the goals identified within the ADVANCE Plan Builder Report.

- In 2021, in response to the COVID-19 pandemic, Shalom Green secured funding from the Jewish Federation of Greater Charlotte to provide recycled plastic integrated seating and tables to create an outdoor classroom space within the garden.

- In 2022, Shalom Green launched a program called Pe'ah Forward to support growing client demand for fresh produce at the JFS food pantry. The program encourages home gardeners to donate some of their harvest to the pantry. In 2022, this effort generated an additional 100 pounds of fresh produce donated.

- In 2022, Shalom Green expanded the SPCG by 88 sf by adding four new raised garden beds.

(Continued on page 27)



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Our Journey Living With Epilepsy

By Marlo Fox

Epilepsy is the fourth most common neurological disorder in the world. For people with epilepsy, surges of electrical activity in the brain can cause recurring seizures; they can be visible and invisible. Epilepsy can impact individuals, families, and communities in a wide variety of ways.

In March 2017, my world changed forever. Ms. Wanda, my daughter's preschool teacher at the Jewish Preschool on Sardis, pulled me aside at pickup. She expressed concern for my daughter. She had noticed involuntary movements and other clinical symptoms that had progressively worsened over a short period of time. At that moment, my heart sank and all I wanted to do was call my mother, who had passed away years prior. I wanted to curl up into a ball. Then my warrior instinct kicked in, and I was on a mission — relentless, focused, and determined never to stop un-

til we had answers.

Four days later, my daughter and I found ourselves at Mount Sinai Hospital in New York City, one of the world's renowned medical centers. It was there that my daughter received a diagnosis of generalized epilepsy, and the medical team promptly crafted a treatment plan. Since then, we've been on a challenging journey to Boston every six months for inpatient EEGs, neurology appointments, frequent blood tests, MRIs, and dealing with a range of difficult side effects stemming from this devastating disease.

This journey ignited an overwhelming desire within me, a pull to support those enduring similar struggles. Last year my family and I volunteered at the inaugural "Walk to End Epilepsy" event in Charlotte. The participants at this gathering were energized, passionate, and seeking a sense of solace and community, which the walk offered to all of us. The experience inspired

me to do more. I couldn't remain passive any longer; I was ready to share our story and provide a voice for my daughter, our family, and all those who suffer as a result of epilepsy.

I reached out to the director of the Epilepsy Foundation in North Carolina and enthusiastically volunteered to take the lead in organizing the 2023 annual walk in Charlotte. I was excited when my employer, TIAA, embraced the role of Premier Sponsor for the event. Epilepsy is indiscriminate in its impact; it affects many individuals within our own community. It's imperative that we come together and show our support for those battling this condition. By increasing our collective knowledge and understanding of epilepsy, we can channel more research funding towards finding a cure. The key to achieving this goal lies in open conversation and sharing our personal stories. We cannot fund research, raise awareness, or combat the stig-

ma surrounding epilepsy if we remain silent about it.

Join us in taking strides towards raising awareness and support for epilepsy on Oct. 15 at 9 a.m. at McAlpine Creek Park. Create a team, register, or donate at WalkToEndEpilepsy.org.

org/NCCCharlotte. Lace-up your shoes and join our walk to make a difference! Together, we can create a brighter future for those living with epilepsy.

Shalom Green

(Continued on from page 26)

expanded the SPCG by 88 sf by adding four new raised garden beds.

- Shalom Green contributes an environmentally focused article in the Charlotte Jewish News each month. Yes, you're reading it right now! The Charlotte Jewish News print version reaches 4,500 homes and businesses and has more than 1,000 online readers each month.

Shalom Green depends on financial support from the Jewish Federation of Greater Charlotte, Shalom Park partner organizations, and individual community donors. Shalom Green is launching its annual Here We Grow campaign on Saturday, Oct. 21 as part of our Friends of the Community Garden Celebration with a goal of raising \$7000 to support 2024 funding.

Community financial support helps Shalom Green continue to its mission threefold:

- Community support enables us to continue to fund our part-time Garden Coordinator position which we have maintained since 2015, and to acquire funds needed to maintain the garden and continue growing fresh produce to fight food insecurity right here in our community.


- Community support enables us to pursue additional environmental outreach and educational opportunities. Working with Shalom Park partners to provide educational opportunities has been a hallmark of our success. Funding and support would allow Shalom Green to bring expert speakers to Shalom Park to supplement our existing educational programming.

- Community support enables us to continue to progress toward carbon reduction goals. We envision two pilot projects that would benefit from 2024 funding 1) improved waste diversion through partnership with Shalom Park partner event teams to provide zero waste collection boxes and 2) engagement with Shalom Park operational staff to develop methods for reporting and tracking environmental performance metrics.

Shalom Green has grown to become a prominent sustainability resource for the Shalom Park community. Shalom Green is united in its commitment to sustainability, and its mission to educate and mobilize members of the Charlotte Jewish community on environmental issues and Jewish values related to sustainable living and protecting the planet. Shalom Green represents the power that dedicated community members have in making real and lasting impacts on the communities for which they serve. Through demonstrated leadership, passion, and vision, Shalom Green is a growing and thriving movement of sustainability at Shalom Park.

Jewish tradition teaches the importance of caring for the environment, for we must act as partners in preserving creation. If you are interested in donating your time or dollars to Shalom Green, please visit our website at www.shalomgreenCLT.org and email us at info@shalomgreenCLT.org. Connect with us on Facebook at Shalom Green: Shalom Park


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Education and Youth

Local Teen's Memorable Experience to Israel Through The Bronfman Fellowship



By Daniel Shames

Last summer, I had an incredible experience with going to Israel through The Bronfman Fellowship, a prestigious program uniting Jewish teenagers from across North America for an immersive and intellectually invigorating experience. When I was first accepted, I was filled with questions and doubts. Would I like it? What would I learn? Would the other fellows be nice? How will my Judaism evolve after Bronfman?

All these uncertainties vanished when I met everyone in New York. I immediately felt a

sense of community. This sense of belonging continued beyond the summer, shaping my everyday life outside Bronfman. As we gathered on the 17th floor, I pushed myself out of my comfort zone, feeling a desire to be more open and outgoing. Fortunately, this was mutual among the other 25 fellows and staff, leading to instant connections. By the end of the week, it felt like we had known each other for months, cementing a connectedness that made Bronfman special.

Our second stop was Pearlstone Retreat Center in Maryland. Here, our cohort flourished with new ideas and perspectives. A typical day began at 8 in the morning, with fellows rushing to the opening circle, often skipping breakfast due to late nights. Afterward, Shiur sessions focused on Talmud and other texts in small groups. Following a break and a lunch featuring fresh vegetables, questionable soup, and carbs, we embarked on bus tours of museums with guest speakers and free exploration. Returning to the retreat center, dinner included meat and various side dishes prepared by the staff.

After dinner, we gathered for a closing circle and then had free time. Many nights, we stayed up until 3 or 4 a.m., engaging in deep and meaningful discussions that brought a sense of closure and grounding to our cohort.

After five nights at Pearlstone, we made a quick stop in Philadelphia to tour the Weitzman Museum of American Jewish History before heading to Israel. The 11-hour flight, feeling like just three hours due to conversations, movies, and hushed voices, was memorable. Arriving in Israel, we headed to Goldstein Youth Village in Jerusalem, where we spent three weeks. Our time in Israel included visits to various places. A walk around the Old City and a visit to the Western Wall deepened my appreciation for Israel's history and Jewish traditions. At the Kotel, we followed the tradition of walking with closed eyes, opening them to the sacred site's sight. Later, I prayed, wrote a note, and put on tefillin for the first time, making the experience unforgettable. We also took a day trip to Tel Aviv, exploring museums, enjoying a walking tour, and relaxing in the

Mediterranean Ocean. Shabbat in Jerusalem, with its unique quiet and vibrant atmosphere, was memorable. Exploring multiple synagogues, including a Yemenite service, enriched my experience. My favorite was Yakar Synagogue, a 15-minute walk from our building, where handshakes, singing, dancing, and a warm rabbi made us feel at home. He even invited us to a Shabbat dinner and offered a place to stay if needed.

Bronfman not only has a North American program but also one in Israel. Our cohort met 20 Israeli Jewish fellows in Neve Shalom, a small town. Over 3 days, we exchanged cultures, learned about life in Israel, and studied together. Adir, an Ethiopian Jew aspiring to be an IDF fighter pilot, became a friend. Our late-night walks involved discussions about sports, movies, and friends back home. These laughs and conversations deepened my connection to Israel and its people.

As the fellowship came to an end, I felt a mix of emotions. Gratitude for the experience, sadness at leaving my new-

found friends, and excitement for the journey that lay ahead. The impact of The Bronfman Fellowship extended beyond those few weeks, influencing my educational and career choices, as well as my personal relationships and perspectives. Looking back, I can confidently say that The Bronfman Fellowship was a transformative experience that shaped me in profound ways. It nurtured my intellectual curiosity, expanded my worldview, and reinforced the importance of community, dialogue, and life-long learning. I am immensely grateful for the opportunity to have been a part of this remarkable program and carry its lessons with me as I continue to grow and evolve.

Daniel Shames is a high school senior from McAdenville, North Carolina, and member of Temple Emanuel of Gastonia. Daniel recently selected as a 2023-2024 Bronfman Fellow and was one of the 2023 CJN Celebrating Jewish Youth Essay Contest winners.

The Bronfman Fellowship Announces 38th Application Season

The Bronfman Fellowship invites applications for its 38th cohort, offering a transformative experience to twenty-six outstanding North American teenagers. Founded by visionary Jewish philanthropist Edgar M. Bronfman, z"l, this program aims to provide a year of intellectual enrichment and personal growth. It all begins with an immersive seminar that includes travel to Israel and the U.S., bridging the gap between the Fellows' junior and senior years of high school. Following this, participants engage in monthly virtual experiences and attend two additional seminars in the U.S., with the overarching goal of empowering young Jewish minds to become influential community builders, deep thinkers, moral voices, and cultural creators.

Applications for the 2024 Fellowship are open until December 4, 2023, and can be submitted online at bronfman.org. Eligible candidates are high school students in the United States and Canada entering the 11th grade in the fall of 2023. The Fellowship is an inclusive program, welcoming Jews from all back-

grounds, with no prior Jewish education required.

For nearly four decades, Bronfman Fellows have formed a diverse and pluralistic community, facilitating personal growth by connecting with peers from various backgrounds and worldviews. Guided by an exceptional faculty of rabbis and educators, Fellows explore a wide range of Jewish texts, sparking meaningful conversations, engaging in existential questions, and fostering a deeper understanding of themselves and their peers, ranging from classic religious works to contemporary literature and philosophy.

Moreover, Bronfman Fellows have the privilege of interacting with prominent intellectuals, artists, and cultural leaders, including past speakers like journalist Matti Friedman, author Nicole Krauss, musician and Yiddish scholar Anthony Russell, and Torah scholar Dr. Avivah Zornberg. Fellows also collaborate with Israeli peers selected through a parallel selection process by Amitei Bronfman and can participate in arts tracks offering workshops in poetry,

dance, drama, visual narrative, and music, taught by leading innovators in the field of Jewish art. Upon returning home from their summer experiences in the U.S. and Israel, Fellows delve into key themes in North American Jewish life and undertake projects that bridge the ideas and questions from their Bronfman summer with their daily lives and home communities.

The impact of The Bronfman Fellowship extends far beyond the program itself. Alumni have emerged as leaders in various fields such as social justice, academia, law, and the arts. Notable alumni include Daniel Handler (Lemony Snicket), author of "A Series of Unfortunate Events;" Jonathan Safran Foer, author of *Everything Is Illuminated*; Rabbi Rachel Nussbaum, co-founder of the Kavana Cooperative in Seattle; Judy Batalion, author of "The Light of Days;" Anne Dreazen, director for Egypt, Israel, and the Levant at the Department of Defense; Itamar Moses, Tony Award-winner for "The Band's Visit;" Rabbi Deborah Sacks Mintz, director of Tefillah and Music at Hadar, among others.

Some alumni have also founded organizations like Keshet, Se-faria, and YidLife Crisis, while others hold central leadership roles in major organizations, including the Shalom Hartman Institute of North America, the Jewish Women's Archive, Central Synagogue, Hillel International, and The Foundation for Jewish Camp.

Israeli alumni of Amitei Bronfman have risen to influential positions in government, civil groups, the private sector, and cultural institutions, including attorneys at the State Justice Department, noted journalists, successful filmmakers (including a Tribeca Film Festival winner), political advisers to Members of Knesset, members of elite IDF units, and university lecturers.

The Bronfman Fellowship offers this transformative experience to twenty-six North American teenagers at a pivotal moment in their lives, just before they embark on their college journeys. It provides a unique opportunity for deep exploration, personal growth, and lasting friendships. The journey begins with an immer-

sive summer study program in the U.S. and Israel, culminating in an encounter with a parallel group of exceptional Israeli teenagers. This enriching experience continues throughout the Fellows' senior year of high school, featuring a series of dynamic in-person and virtual seminars, gatherings, and projects. After high school, Bronfman Fellows join an alumni community that encourages lifelong engagement, as Bronfman alumni continue to exchange ideas and inspire one another to contribute their talents, vision, and creativity to the Jewish community and the world.

For more information about The Bronfman Fellowship and the application process, please visit www.bronfman.org.



Education and Youth

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Why pajamas, you ask? Because they're comfortable, soft, silly, and allow us to dream big without worry or judgment — just like the accepting, inclusive community we aim to build through this event.

Of course, we also dream in pajamas and we're all about making dreams come true for children, teens, and adults of ALL abilities.

Opening ceremonies begin at 12:30 p.m. followed at 1 p.m. by a walk of just under a mile and a DreamLand Festival from 1 to 4 p.m.

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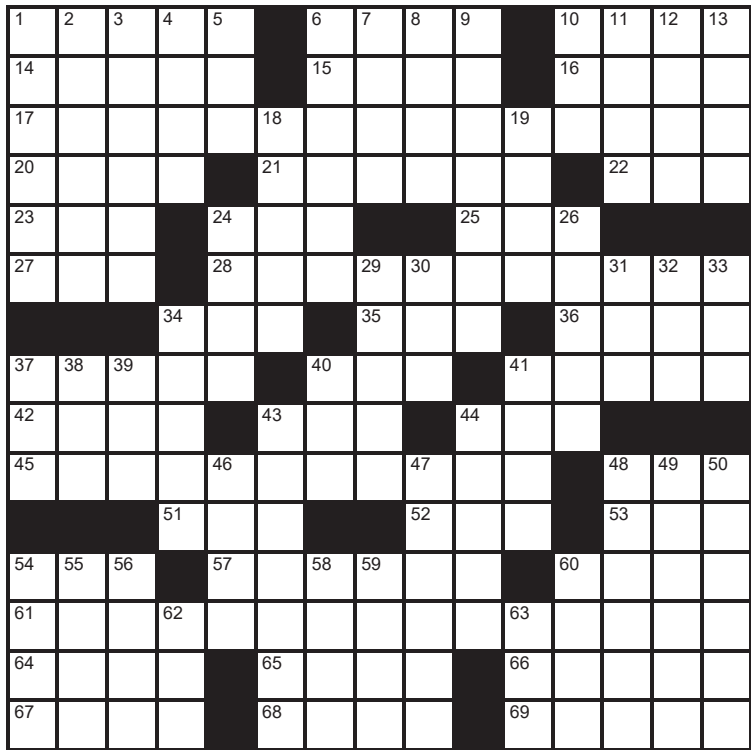
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- Across**
- 1. Asian noodles
 - 6. Sci. endeavor
 - 10. Number of Seder kosot
 - 14. Dickinson or Bronte
 - 15. Yoni Netanyahu, Avigdor Kahalani, or Henrietta Szold, e.g.
 - 16. "A League of Their Own" actress Petty
 - 17. Clip of a TV show set in Jerusalem
 - 20. It's put in a pot
 - 21. They might be in cholent
 - 22. Must, with "to"
 - 23. Oft-stubbed digit
 - 24. Constantly increasing number
 - 25. "Lost" actor Daniel ____ Kim
 - 27. Miscalculate
 - 28. Groban's snacks
 - 34. "Fifth quarters", for short
 - 35. Yes, to the Captain
 - 36. A Great Lake
 - 37. Getaways
 - 40. The "Avatar" movies would be quite short without these letters
 - 41. Causing goose bumps

- 42. Mrs. Netanyahu
- 43. "Diary ____ Wimpy Kid"
- 44. Kind of Kat
- 45. Gush over "The Producers" maker
- 48. AOL was one
- 51. "____ Haderech" (Israeli slang term)
- 52. Make an inquiry
- 53. Black-eyed veggie
- 54. 1949 UN entrant
- 57. Area in front of a hockey goal
- 60. "The Amazing Race" host Keoghan
- 61. Chat on Jack Daniels and Johnnie Walker
- 64. Farm tools
- 65. Elvis Presley's middle name
- 66. They get scoops
- 67. Words before end or impasse
- 68. ____deals.com
- 69. Colgate rival

- Down**
- 1. Car sale offer
 - 2. C major relative
 - 3. Title that's usually abbrev-

- viated
- 4. "... or ____!"
 - 5. "Science guy" Bill
 - 6. They're in many a pocket
 - 7. Altered mortgage, for short
 - 8. Approximating phrase
 - 9. Unidentified man
 - 10. "Aladdin" alter ego
 - 11. Start of the new year?
 - 12. California's La ____ Tar Pits
 - 13. Doesn't feel so great
 - 18. Puma's puma and Jaguar's jaguar, e.g.
 - 19. "May G-d bless and keep the ____... far away from us!"
 - 24. Crawling carpenters
 - 26. Bail out from a jet
 - 29. Mother of Yishmael
 - 30. Memo-opening letters
 - 31. Sixty minutes, in Milano
 - 32. Elevated 3-Down, perhaps
 - 33. "Yo!"
 - 34. Australian gemstones
 - 37. "For shame!" sound
 - 38. Yeshiva title
 - 39. Rage
 - 40. Big exec.
 - 41. Fiber from a cocoon
 - 43. Racing or vehicles (for that racing)
 - 44. Moolah in Modi'in
 - 46. "Motion" starter
 - 47. Stone workers
 - 48. Galaxy alternative
 - 49. Captures
 - 50. Most ashen
 - 54. Holy Land woman
 - 55. Person from Edinburgh
 - 56. Perlman of "Cheers" and "The Bad Batch"
 - 58. Book often combined with Nechemiah
 - 59. "____ Flux" (1990s sci-fi series)
 - 60. Low rating
 - 62. Rival of AOL, once
 - 63. Secretive email letters

(Answers on page 35)

Wallace Brothers Herbarium



Wallace Brothers Herbarium

(Continued from page 25)

Wallace Brothers Herbarium had become the largest in the world. Recognized by the state, in 1876 they represented North Carolina at the Philadelphia Centennial Exposition, winning the highest award, a gold medal, for their botanic display. Asked by the State Department to replicate the exhibit in the 1878 Paris Exposition, a gold medal was also won and another in the 1892 Chicago World's Fair. Other collections were sent to the NY College of Pharmacy, Harvard College, the Smithsonian Institute, and the North Carolina Museum of Natural Sciences where specimens remain today.

The Wallace Brothers Herbarium continued to be recognized

throughout the US, Europe, and China well into the next century. Upon the death of Sigmond Wallace in 1942, the Wallace Herbarium was finally shuttered. Their legacy is a proud gift to their family, to Statesville, the region, and the state. They would be most gratified, however, by the recognition of their Judaism in the marker that identifies them as Jewish Immigrants.

The State Historical Marker honoring the Wallace Brothers Herbarium will be unveiled on Oct. 15 in Statesville. Please contact JoAnne Rosenblum at jarose82@gmail for further information.





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“Tatami,” a Film Inspired By Iran’s Israeli Athlete Boycott, Is Making Movie History

By Jacob Gurvis (JTA)

A film being billed as the first co-production by Israeli and Iranian filmmakers debuted at the Venice International Film Festival after a secretive production process that included a trip to Israel by the Iranian co-director.

“Tatami,” which received a standing ovation last month at the prestigious film competition, tells the story of a female Iranian judoka champion who is ordered to fake an injury to avoid facing an Israeli opponent at a judo championship.

The story is loosely based on the 2019 incident in which Iranian judoka Saeid Mollaei was ordered to throw matches at the World Judo Championships to avoid facing Israeli Sagi Muki, who would ultimately win the tournament. The International Judo Federation banned Iran from all international competitions over the incident. (The ban was later reduced to four years.)

Co-directed by Israeli Guy Nattiv, the Oscar-winner who also helmed “Golda,” and Iranian Zar Amir Ebrahimi, “Tatami”

was shot in Tbilisi, Georgia — a country that Iranians can easily visit — beginning in the spring of 2022. The project was kept in strict secrecy because of Iran’s potential reaction to the production. Iran does not recognize Israel’s existence and, as the film’s plot underscores, forbids its athletes from competing against Israelis.

According to The Hollywood Reporter, the film’s title and plot were kept secret throughout the public casting stage. It was first announced publicly in February 2023 with the name “Untitled Judo.” (A tatami is the traditional Japanese mat used in judo matches.)

“We were undercover. We knew it was a dangerous thing,” Nattiv told Reuters.

“Tatami” also drew inspiration from the death of 22-year-old Iranian Mahsa Amini, who was allegedly beaten by police in Tehran over Iran’s mandatory hijab policy last year. Her death sparked an unprecedented protest movement across Iran.

“We just felt this sudden ur-

gency of telling the story,” Amir Ebrahimi told The Hollywood Reporter. “I think we all somehow felt like we were in this revolutionary time while making this movie.”

Amir Ebrahimi, who won the best actress award at Cannes last year and also stars in “Tatami,” herself fled Iran in 2008 over fear of imprisonment stemming from a sex tape scandal. After filming had wrapped, she took a secret trip to Israel to assist with editing.

“It was very emotional for both of us,” Nattiv told The Hollywood Reporter. “Zar told me she had been dreaming about this moment, because she’d been looking at Israel as something so hostile from back home when she was a kid, and now she’s there drinking coffee with her Israeli friend.”

Amir Ebrahimi said she “felt at home” in Israel.

“I loved it. We could be from the same nation, the same family, we are the same,” she told Reuters.

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Newspaper archives are a treasure trove of collective memories, providing a snapshot of our history. The following article is from The Charlotte Jewish News, April, 2015. To read other issues of The CJN, visit the archives at <https://www.digitalnc.org/newspapers/charlotte-jewish-news-charlotte-nc/>.

Looking Back: Year 2015

Shalom Park Environmental Initiative Begins

By Amy Krakovitz

Walk around anywhere in Shalom Park and you will witness the usage of energy. Electric lights shining, water fountains bubbling, computers whirring, music playing, and more. With a property the size of this park, you can bet the “carbon footprint” is enormous. And it is well known that reducing this “footprint” would be advantageous, both in the practical sense, as it would reduce energy costs, and in the spiritual sense, as it would be part of tikkun olam.

Adam Levy of Temple Beth El sees this, too. As a former business associate of Jay Faison, he was asked to serve on the advisory board of Faison’s non-profit organization, Clear-Path. His “compensation” for serving on the board is the opportunity to grant \$50,000 to any climate related cause he wants.

“I really wanted to create a local experiment to see a grass roots effort,” Levy explains. “So I offered the grant to the Foundation of Shalom Park to bring awareness on a local level.”

It is no surprise that a project of this size requires a huge effort on the part of the organizations in Shalom Park. There is a Steering Committee to oversee all the aspects of the project, chaired by Bette Andrews of Temple Beth El. There are three subcommittees tasked with the following:

Carbon Footprint Reduction — This subcommittee is chaired by Kevin Levine and has already held their first workshop.

Education — To be spearheaded by Rabbis Jonathan Freirich and Noam Raucher.

Community Garden — The garden will act as a learning hub for families, school classes, seniors, and camp groups. Environmental education will be injected into the activities surrounding the community garden. Some education will be based on Jewish values. Garden yield will be donated to Jewish Family Services or sold to create funds for JFS.

Carbon Footprint Reduction Committee

The Carbon Footprint Reduction Committee created a mission statement at its workshop: “To assess the current energy/water/waste usage in Shalom Park and report; to evaluate, prioritize, and recommend changes to the three main properties on Shalom Park; to assist in implementation and measurement from baseline to end of year (and forward from year to year) to assess progress.”

They have already begun their assessment by engaging North Carolina Interfaith Power and Light to provide a free energy audit of Temples Beth El and Israel. NCIPL’s focus is to help faith-based organizations across North Carolina to understand ways to cut their energy costs. Results have not been reported yet.

The committee also heard a presentation from the US Green Building Council that educated them on energy and atmosphere, indoor environmental quality, water efficiency, sustainability, materials and resources, location and transportation.

Professional Staff

The Shalom Park Environmental Initiative also hired its first professional part time Project Manager, Lisa Garfinkle. “My hope is that this whole project increases the Park’s awareness of environmental concerns and develops a commitment to sustainable living,” says Garfinkle, “by reducing the carbon footprint, by educating our constituents, and by publicizing our efforts and plans.”

She is very excited about the garden as well. “It will be for all ages,” she points out. “It

(Continued on page 35)

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Looking Back: Year 2015
Shalom Park Environmental Initiative

(Continued from page 34)

will aid in learning and appreciating the earth. We'll work with the clergy to inject Jewish values into creating and maintaining the garden.

"My research shows this is something Jews everywhere really care about," Garfinkle continues." This effort is very timely and a great opportunity for community building."

Some changes are already done and in the works. You may notice some bulbs have been replaced with compact fluorescents, that some plumbing has been changed out for low-flush toilets and touch-activated faucets, that stacks of paper towels have been

switched out for single-dispensed towels, some cleaning chemicals have been converted to green sustainable cleaning products, as well as other energy saving items. Keep your eyes open for more changes in the coming months.

What can you do? This is a vast and ongoing effort. Volunteers and donors are needed now and will be needed over the next several months and years. Please contact environmental@shalomcharlotte.org to lend a hand with this effort or to get any additional information you need on it.

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Join Us!

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(Puzzle on page 31)

1	R	A	M	E	N		6	P	R	O	J		10	A	R	B	A			
14	E	M	I	L	Y		15	H	E	R	O		16	L	O	R	I			
17	B	I	S	S	E	18	L	O	F	S	H	19	T	I	S	E	L			
20	A	N	T	E		21	O	N	I	O	N	S		22	H	A	S			
23	T	O	E		24	A	G	E		25	D	A	E							
27	E	R	R		28	N	O	S	29	F	O	R	J	31	O	S	33	H		
			34	O	T	S		35	A	Y	E		36	E	R	I	E			
37	T	R	I	P	S		40	C	G	I		41	S	C	A	R	Y			
42	S	A	R	A		43	O	F	A		44	K	I	T						
45	K	V	E	L	46	L	F	O	R	47	M	E	L		48	I	S	50	P	
			51	S	O	F		52	A	S	K		53	P	E	A				
54	I	55	56	R		57	C	R	E	58	59	A	S	E		60	P	H	I	L
61	S	C	H	M	62	O	O	Z	E	O	F	63	B	O	O	Z	E			
64	H	O	E	S		65	A	R	O	N		66	C	O	N	E	S			
67	A	T	A	N		68	D	A	N	S		69	C	R	E	S	T			



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