

The Charlotte JEWISH NEWS

Celebrating Jewish Life

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Foundation of Shalom Park Announces Security Enhancements

By Jessica Goldfarb, JFGC Communications Specialist

The Foundation of Shalom Park (FSP) is excited to announce a major capital project that will significantly enhance the security of our entire campus: the Shalom Park security lobby. This project represents the latest effort in the ongoing commitment to implementing robust security measures for the Shalom Park campus and the community it serves.

The newly expanded lobby will encompass both the outside area and the interior foyer of the existing main building entrance, providing controlled access to Shalom Park facilities and advanced security measures such as a guest registration system, package control, and metal detection. The project will also refresh the social lobby within the main building as well as entrances to the Levine Jewish Community Center (Levine JCC), Jewish Federation of Greater Charlotte (JFGC), and Shalom Park event spaces. The new entrance will not only offer enhanced security measures, but also improve functionality, welcoming visitors with a sense of safety and



Photo rendering of the proposed security lobby at the front entrance of the Shalom Park building

community.

The Leon Levine Foundation proudly supports the Charlotte Jewish community's thoughtful approach to further strengthening security efforts with a generous \$550,000 grant, \$350,000 of which has been dedicated to the security lobby. \$100,000 of this donation will support JFGC's LiveSecure initiative,

a comprehensive security program ensuring that our greater Charlotte Jewish community has a best-practice security plan customized to meet our community's unique security needs. Another \$100,000 has been committed to Federation's Outshine Hate initiative to identify, con-

front, and counter antisemitism and anti-Israel bias through educational programming, training, and professional development, as well as legislative advocacy at the state and national levels.

This grant from the Leon Levine Foundation will further drive the vital work of FSP and

JFGC, to enable our community to confidently engage in Jewish life and endorse funds already raised in support of the \$900,000 security lobby project.

Thanks to The Leon Levine Foundation's generous support of this essential project, FSP is well on its way to meeting its fundraising goal and will continue its efforts to secure the remaining funds necessary to meet the project's November 2024 construction timeline.

If you wish to invest in this vital effort, you can donate online at www.shalomcharlotte.org, use the following QR code, or contact Terri Beattie, executive director of the Foundation of Shalom Park at tbeattie@shalomcharlotte.org or (704) 944-6840. Gifts of \$5,000 or more will be acknowledged on a special recognition wall in the new space.



A New Chapter for Paul Jacobs and Shalom Park

By Shira Firestone and Terri Beattie (FSP Executive Director)

While it's common these days for people to switch jobs or careers multiple times, it's less common to find someone who has committed their entire career to one organization. Paul Jacobs is one of those rare individuals.

A Legacy of Dedication

When people come to Shalom Park for the first time, they are always struck by the uniqueness and beauty of the 52-acre campus that serves as a hub for the Jewish community. Home to two main temples, Temple Beth El and Temple Israel, it also hosts several Jewish community agencies, including Jewish Federation of Greater Charlotte, the Levine JCC, the Charlotte Jewish Day School, the Charlotte Jewish Preschool, and Jewish Family Services of Charlotte, among others. For the past almost four decades, Paul Jacobs, facility manager of the



Paul Jacobs

Foundation of Shalom Park, has been putting his imprint on every aspect of the campus.

The Foundation of Shalom Park (FSP) manages the facilities and resources on behalf of the

community, and Paul has been instrumental in maintaining and enhancing the infrastructure for the many agencies that call Shalom Park their home. Paul retired in August after nearly 38 years of dedicated service.

Paul's journey to Shalom Park began in Fort Lauderdale, Florida, where he was working in facilities maintenance at Jacaranda Country Club. Over the years, he attended night school to become certified in heating, ventilation, and air conditioning (HVAC) and earned his electrical journeyman card. Seeking a better place to raise their family, Paul and his wife, Janet, moved to Charlotte after spending their honeymoon in the North Carolina mountains. Barry Hantman, the past CEO of both the Levine JCC and FSP, called Paul on Christmas Eve to invite him for an interview. Butch Rosen and

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Editor's Corner

Beneath the Surface: Unseen Struggles with Mental Health



Shira Firestone, Managing Editor CJN

By Shira Firestone

When you hear the name Simone Biles, the first image your mind conjures up may be one of an Olympic gold medalist, whose athleticism, grace, and skill set her apart from other athletes and leaves audiences in awe. Winning 11 Olympic medals, including seven gold, Simone Biles captivates audiences and performs to thunderous applause.

Michael Phelps is the most decorated Olympian of all time, with 28 Olympic medals. You may remember watching the 2008 Beijing Olympics, where his performance was described by many as one of the most memorable in Olympic history.

Dwayne "The Rock" Johnson is recognized as one of the greatest professional wrestlers of all time, holding multiple championships, including being a 10-time world champion and the first African-American WWE champion. Transitioning into acting and business, Dwayne Johnson is one of the highest-grossing and highest-paid actors globally, with his films grossing over \$10.5 billion worldwide.

When you think of these celebrities, you might first think of talent and success. However, despite their public success, what they are lesser known for is their transparency about their own mental health issues and public advocacy for mental health awareness and treatment.

Simone pulled out of the Tokyo Olympics in 2020 to prioritize her mental health. She has since become a prominent advocate for mental health awareness in sports, inspiring others to recognize the importance of mental well-being.

Michael Phelps uses his platform in public speaking engagements and with the media to advocate for mental health. He served as an executive producer



Simone Biles

for the HBO Sports documentary "The Weight of Gold," which explores the mental health challenges faced by Olympians. He added another award to his long list of accomplishments when he received the Morton E. Ruderman Award in Inclusion for his efforts to share his story and raise awareness of mental health issues.

Dwayne Johnson suffered from multiple episodes of serious depression, though he didn't recognize it as such at the time and acknowledged the stigma for men around talking about their mental health struggles. He's spoken candidly about his mother's suicide attempt and he now speaks openly and encourages others to seek help.

And then there are those whose struggles remained hidden until it was too late. Robin Williams, beloved for his comedic genius and profoundly versatile acting, had long struggled with addiction and depression. These challenges were tragically exacerbated by undiagnosed Lewy body dementia, a condition that contributed to his taking his own life, shocking the world. His death was a stark reminder that even those who bring joy to millions can be struggling underneath the laughter. Similarly, Stephen "Twitch" Boss, known for his infectious energy on "So You Think You

Can Dance" and as Ellen DeGeneres's DJ, left many in disbelief when he also died by suicide. Just three days prior he and his wife posted on social media one of their popular, cheerful, energetic, dance videos. The public personas of these individuals masked the pain they were enduring, underscoring the reality that mental health struggles can be invisible.

Figures like Simone Biles, Michael Phelps, and Dwayne Johnson use their platforms to talk about their own struggles. That they might not fit our image of what someone with depression or mental health issues "looks" like is precisely why their transparency is so important. It reminds us that the face of depression can look like anything. For those with "high-functioning" depression, those around them may never know. They show up to work, they smile and go to parties, and carry out their daily responsibilities without a hint of what they are enduring. Though you might not suspect it, it might be your parent; it might be your co-worker. It might be you.

While high-functioning depression often goes unnoticed, recent events have introduced a new set of challenges we should be mindful of. Even if you or those around you haven't struggled with mental health issues before, the events of October 7 and their aftermath have left many more vulnerable to depression and anxiety. For some, this is a new and unfamiliar challenge, and they may be slow to recognize the signs. For others who were already struggling, their symptoms may have intensified, making this a particularly difficult time.

A recent study on the mental health impact of the October 7 terror attack reports that close to a third of the Israeli population suffers from probable PTSD, and close to half suffer from probable depression and anxiety — a sobering yet understandable statistic.

The impact of October 7 has rippled far beyond Israel's borders, affecting many in our own

community with a new, pervasive sense of anxiety and isolation. Even those who have not struggled with mental health issues before may find themselves grappling with unfamiliar emotions and experiences. It's important to recognize that these feelings, whether they manifest as subtle changes or more severe symptoms, deserve attention and care.

In times like these, seeking help should not be seen as a sign of weakness, but rather as a proactive step toward maintaining our mental well-being. You may not label what you're feeling as depression or anxiety, but that doesn't mean you're not in need of support. By reaching out, whether to a professional, a friend, family member or a community resource, you can prevent yourself or others from slipping into deeper distress. We may not always recognize the signs in ourselves or those around us, but by being vigilant and compassionate, we can create a safety net that catches us before we fall too far.

As Dwayne Johnson said, "If you're going through your own version of mental wellness turning into mental hell-ness, the most important thing you can do is talk to somebody. Having the courage to talk to someone is your superpower."

Now, more than ever, we need to lean on each other, to be open about our struggles, and to encourage one another to seek the support we need. In doing so, we may not only safeguard our own mental health but also save lives.

Please read the article by Jewish Family Services on page 9, "Talk Away the Dark: JFS Highlights Suicide Prevention Month." For more information or professional help, contact Jewish Family Services at (704) 364-6594 or email info@jfscharlotte.org. If you or someone you know is experiencing a mental health crisis, call or text 988, the Suicide & Crisis Lifeline.

Shira

Shabbat Candle Lighting Times

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- September 6 — 7:24 p.m.
- September 13 — 7:14 p.m.
- September 20 — 7:04 p.m.
- September 27 — 6:54 p.m.

The Charlotte JEWISH NEWS
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Foundation of Shalom Park

(Continued from page 1)

Bill Gorelick interviewed him in person the next month. Paul confidently stated, "Give me six months, and I'll have this place in shape." Every few years, Paul would call up Butch and just say, "I'm still here..."

Over the years, Paul has seen a lot of changes. Camp Mindy was built in 2000, followed by the Howard R. Levine Gymnasium and the David Silverman Fitness Center in 2002. The Bubble Pool and the Barbara L. Levine Parking Pavilion were added in subsequent years. In 2017, Paul oversaw the transition from 6,000 lightbulbs to more efficient varieties, saving the park over 40% in lighting costs. He recently oversaw the installation of a new energy-efficient roof on all FSP buildings and is currently supporting the design and construction management of the bubble replacement to a structured tent, an extension of the bathhouse, and a social deck for the racquet sports.

Nora Wolfe, FSP benefits manager, who has also worked at Shalom Park for more than 32 years, said, "When I first met Paul in 1992, he was a one-man show. He was always devoted to the buildings as well as the Charlotte Jewish community as a whole. There was no job he could not do and he did it well. We often hear that everyone is replaceable, not so for Paul." No longer a one-man show, at his retirement, Paul had over 15 people reporting to him, representing all facility crafts: maintenance, custodial, and grounds-landscaping.

On his last day, Paul reflected on how much his time with FSP and with the Charlotte Jewish community has meant to him. He said that it filled him with satisfaction to know that what he was doing was serving the organizations and the work they do – that his efforts contributed to a greater purpose.

Paul's accomplishments in building management and maintenance are many and significant. His dedication and expertise have left an indelible mark on Shalom Park.

A New Chapter Begins

Taking the reins from Paul is **Forrest Brown**, the director of facility management for the Foundation of Shalom Park. Forrest, a graduate with a BS in construction management from Appalachian State University and an MBA in strategy and leadership from Wake Forest University, comes to Shalom Park with over a decade of experience in the field of facility management.

Forrest has a passion for building design, construction, and maintenance. He says he looks forward to shaping the future of the built environment at Shalom Park and helping to ensure that all Shalom Park organizations and temples achieve



Forrest Brown

their vital missions.

Facility management is not the only department with leadership and key staff changes at the Foundation of Shalom Park over the past three years.

Catherine (Kate) Bernard was hired in early 2021 as the director of finance and administration. Kate, a cum laude graduate from Upper Iowa University, has a BS and an MBA in accounting, which propelled her 20-year career. She has worked in both the business sector and for large CPA firms and has honed her finance and accounting expertise in the areas of non-profit and digital financial management. After reorganizing the Foundation's chart of accounts, she set her sights on strong cash flow management and has made significant progress in transitioning the organization into a paperless environment.

Recently, Kate has brought **Cheritta Stewart**, a staff accountant, to the Foundation team. Cheritta oversees accounts payables and receivables and accounting for the Hebrew Cemetery Association. Cheritta has a BS in accounting and an MS in human resources and organizational development from Eastern Michigan University.

Kate also oversees the administrative activities at FSP, which include employee benefits, business operations, and event management. The critical role of the event and communications manager is being handled by **Franki Clement**. Franki is a graduate of Suffolk University with a BA in journalism and communications. Her decade of experience in hotel event management and catering, and media and community relations for a major supermarket chain ensures that Franki can manage the over 1,000 events per year occurring at Shalom Park.

The creation of a new human resources shared services function supporting several Shalom Park organizations and temples brought human resource director **Kina Watkins** to Shalom Park. Kina brings more than a decade of human resources experience in both the transportation and manufacturing industries to

Shalom Park. She holds a BA in political science from University of Southern Indiana and an MS in organizational management from University of Phoenix - St. Louis campus. In only six short months she has become a critical resource to FSP, Jewish Family Services, Jewish Federation of Greater Charlotte, the Levine JCC, and Temple Beth El, all partners in the Human Resource Shared Service Program.

Another shared service at Shalom Park is the complex world of technology. **Mathew Gandron** spends his days supporting almost all Shalom Park organizations from network services to Wi-Fi to security systems. Mathew earned his Bachelor of Technology degree in network administration from SUNY Alfred and spent much of his college years participating in collegiate cyber defense competitions – a perfect skill in today's challenging technology environment. Mathew is currently completing the integration of Temple Israel into the Shalom Park master network.

Although security is everyone's job at Shalom Park, it is, most importantly, **Chris Dozier's** job, the director of safety and security. Chris joined the Shalom Park leadership team in February, 2024. Chris retired as a captain with the Charlotte-Mecklenburg Police Department (CMPD) after thirty years of service. During his tenure at CMPD, he oversaw both the Steele Creek, South Patrol, Special Events (including the Panthers' games), Violent Crimes, and Animal Care and Control Divisions, and he was awarded the CMPD Medal of Valor. Chris earned both a BA and MS in criminal justice from University of North Carolina – Charlotte and is a 2016 graduate of the Federal Bureau of Investigation's National Academy. Chris has made an impact at Shalom Park with his weekly security bulletins, his close relationships with local and federal law enforcement, and emergency and crisis management.

Terri Beattie, executive director of the Foundation of Shalom Park, says, "I am so privileged to be able to work with such a talented and experienced leadership team. They are truly elevating the professional support level provided to the Shalom Park organizations." It really is a changing era. And the Foundation of Shalom Park is embracing the change because it has a team that can guide us into a dynamic future.



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Jewish Federation of Greater Charlotte

Emily Zimmern To Receive Kipnis-Wilson/Friedland Award at Lion of Judah Conference

By Jessica Goldfarb, JFGC Communications Specialist

Jewish women involved in Federation’s Women’s Philanthropy are leading the charge toward a future defined by empowerment, unity, and unapologetic authenticity. Central to this mission is the Lion of Judah, an affinity group of dedicated Jewish women leaders who make significant contributions to their communities. This January, the sold-out 2025 International Lion of Judah Conference in Atlanta will bring these inspiring women together to celebrate their achievements. Among them, our community’s own Emily Zimmern will be honored with the prestigious Kipnis-Wilson/Friedland Award, recognizing her outstanding dedication and impact.

Emily has been a Lion of Judah since 1989, marking 35 years of remarkable service and commitment. In the ‘80s and ‘90s, she was the board chair of Jewish Federation of Greater Charlotte (JFGC), leading efforts to resettle Jews from the Soviet Union. She and her family participated in the historic Washington, D.C.



Emily Zimmern

march to meet President Reagan, supporting Jewish Soviet families with the cry, “Let my people go.” Under her leadership, Federation raised an additional million dollars for this cause. Emily served on the board of the United Jewish Appeal, eventu-

ally becoming its co-chair, and later, she was the director of the Levine Museum of the New South, among other endeavors. Throughout her career, she has remained deeply engaged in promoting Jewish heritage and supporting Jewish communities.

Emily reflects, “It’s remarkable how a small pin can hold such profound meaning. Wearing the Lion of Judah pin signifies a deep commitment to Jewish values, pride, and the pursuit of making the world a better place ... The Lion of Judah pin fosters a powerful sense of connection; seeing it worn proudly at any Jewish event fills me with a sense of solidarity, knowing we are united in our cause and efforts.”

Inspired by the principles of tzedakah (charity) and tikkun olam (repairing the world), JFGC’s Women’s Philanthropy aims to educate, inspire, and empower women of all ages. It is dedicated to nurturing leadership and fostering a commitment to philanthropy, addressing the breadth of issues facing the community, and making a significant impact. Women philanthropists who join the Lion of Judah affinity group make a minimum annual gift of \$5,000, demonstrating

their deep commitment to the Jewish community’s continuity, connectivity, and thriving future.

The Kipnis-Wilson/Friedland Award, given every two years by Jewish Federations of North America, honors a Lion of Judah who exemplifies the highest standards in philanthropy and volunteerism. Recipients of this award are recognized for their unwavering dedication to social justice, aiding the vulnerable, and promoting Jewish identity for future generations. They are women who have gone above and beyond for their community.

Emily Zimmern’s recognition with this award is a testament to her tireless efforts and contributions. As a Kipnis-Wilson/Friedland honoree, she joins a distinguished group of women who are celebrated as fierce defenders of the disadvantaged and as powerhouses in promoting a strong Jewish future.



Board Game CAFE

Wednesday

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Community members are also welcome to bring their own favorite board games to share at the event.

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Sue's Bookshelf

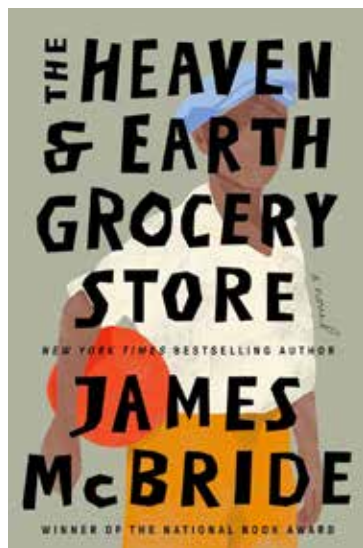


By Sue Littauer

According to the "The New York Times," when James McBride is asked what he does for a living, he says he's a saxophone player. He's also the author of eight books, the latest of which, "The Heaven & Earth Grocery Store," sold over a million copies since its release last summer. (In comparison, most authors are lucky to sell 10,000 books.) The book was selected as the 2023 Book of the Year by both Barnes & Noble and Amazon. With so much hype, it quickly became the first on my list to read.

The book centers around the Jewish and Black residents of Pottstown, Pennsylvania living in a segregated neighborhood known as Chicken Hill in the 1920s and 1930s. They face everyday indignities common to racial, religious, and ethnic minorities of the time, including no indoor plumbing, inadequate municipal services, and being subject to an annual KKK march through their streets. Those with physical and mental deficiencies are also subject to harassment and ridicule. Rather than concentrating on the poor quality of life for his characters, James McBride focuses on the power of cooperation and collaboration found among the residents of Chicken Hill. One of the most moving and emotional sections of the book describes the joint efforts of the local Black and Jewish residents to liberate a hearing-impaired Black teenager who is captured and placed in a state-run institute for the feeble-minded. The success of this endeavor exemplifies the power of their intertwined community.

I started the book and was immediately overwhelmed by the many characters introduced by the author in a setting to which



I had no frame of reference. I decided to put it aside until the time was closer to when I needed to have it read for both of my book clubs. I looked up the comments made by online readers and the reactions seemed split – between those who gave up reading it and those who praised the book. When I had to read it, I was determined to plow through and I was glad I did. I absolutely loved the characters, Chona, Moshe, Nate, Addie, Dodo, Monkey Pants, abhorred Doc Roberts, and Son of Man. I can definitely see why the book has been awarded top prizes and now has even been awarded the 2024 Library of Congress Prize for American Fiction.

According to "Hadassah Magazine," "In his 1995 memoir, 'The Color of Water: A Black Man's Tribute to his White Mother,' McBride writes movingly of his own Black and Jewish heritage. In his latest work, he again pays tribute — to those like Chona who move heaven and earth to make things a little bit better for the next generation."

For more insight into author James McBride, I highly recommend an article by Elizabeth A. Harris, published in "The New York Times" on March 23, 2024.

The next Center for Jewish Education Book Club meeting will be held on Wednesday, Sept. 11, at 10:30 a.m. in the Center for Jewish Education's Levine-Sklut Judaic Library at Shalom Park. The book we will discuss is "Family Family" by Laurie Frankel, who will join us on Zoom. For more information, please contact sueb.littauer@jewishcharlotte.org.

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Center for Jewish Education Book Club Schedule

September 11	Family Family	Laurie Frankel
October 9	The Wolf Hunt	Ayelet Gundar-Goshen
November 13	Leaving Eastern Parkway	Matthew Daub
December 11	Stockholm: A Novel	Noa Yedlin

All meetings are on Wednesdays at 10:30 AM • All community members are welcome to attend.

For more information about the CJE Book Club, please contact sueb.littauer@jewishcharlotte.org.

Jewish Federation of Greater Charlotte



FEDERATION IMPACT: BENEFICIARY AGENCY SPOTLIGHT

CHARLOTTE JEWISH PRESCHOOL

As a means of bettering our greater Charlotte Jewish community, Jewish Federation of Greater Charlotte allocates donation funds to local Jewish organizations who embody Jewish values and overall better our community. In recognition of their work, we at Federation wish to bring attention to these organizations and the good that they do.

Charlotte Jewish Preschool (CJP) is a cornerstone of early childhood education within the greater Charlotte Jewish community, providing a nurturing and inclusive environment for young learners from infancy to pre-kindergarten. It is a nonprofit organization that offers both high-quality half and full-day programs designed to instill a love for lifelong learning and Judaic values.

CJP and Jewish Federation of Greater Charlotte share a dedication to creating an inclusive environment where Jewish traditions are celebrated and passed down to future generations. This shared vision

ensures that young children receive a strong foundation in Jewish education, equipping them with the knowledge, values, and sense of community needed to thrive in their personal and academic lives.

CJP began in the 1950s as Temple Israel's nursery school. In 1988, a new partnership between Temple Beth El and Temple Israel formally established Charlotte Jewish Preschool, making it one of the first preschools in the country to be jointly owned by two differently affiliated synagogues. By 2002, the Levine JCC joined as a partner, and in 2012, CJP became its own nonprofit organization, reflecting its growth and independence.

CJP executive director, Becca Green commented, "At Charlotte Jewish Preschool, we are dedicated to providing young children with a secure and loving atmosphere in which to grow, develop a positive self-image, and learn the joy of Jewish life. Our enriching programs are designed to in-

spire curiosity, creativity, and a sense of community among our students. Through the generous support of our donors and the Jewish community, we are able to offer enriching experiences that honor our traditions while embracing modern educational practices. We are grateful for the partnership with our community, which helps us cultivate the next generation of compassionate, knowledgeable, and engaged Jewish leaders."

The impact of a CJP education extends far beyond the preschool years. Students leave CJP with a strong foundation that sets them up for success in their subsequent educational journeys. They move on to the next level of education with confidence and a deep-seated understanding of the importance of family and community, lessons first learned at CJP.



Federation Welcomes New Director of Education and Engagement

By Jessica Goldfarb, JFGC Communications Specialist

Jewish Federation of Greater Charlotte (JFGC) is pleased to announce that Megan Harkavy has been named the new director of education and engagement.

In this role, Megan will develop and implement innovative educational programs that cater to all ages and backgrounds including young children, teens, adults, newcomers, and interfaith families. Megan will work closely with schools, synagogues, and other Jewish organizations to create cohesive and meaningful learning experiences.

Previously, among her various leadership roles, Megan was the director of the Consolidated High School of Jewish Studies (Hebrew High) for six years, where she revamped the program to foster strong relationships among teens, peers, teachers, and clergy. She managed the curriculum and organized successful school-wide events, while also forging partnerships within the greater Charlotte Jewish community.

"During the seven years that



Megan Harkavy

"I've been living and working in the Charlotte Jewish community, I've seen the amazing work that our Federation does on behalf of the community, and I feel so grateful to now have the opportunity to be able to do this sacred work." Megan commented, "I am excited to serve this community and welcome newcomers, partner with PJ Library, work with Center for Jewish Education, and engage people and families of all ages and stages with Jewish Charlotte."

Megan will report to Tair Guidice, JFGC's chief impact officer.

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Israel Unpacked - Masterclass Series, offering unique insights from top experts into Israel's culture, politics, and more. Your gateway to understanding Israel like never before.

The series begins with Haviv Rettig Gur, senior analyst for the Times of Israel, who has covered Israeli politics, foreign policies, and its ties with the Jewish diaspora. He also teaches on the intersection of journalism, history, and politics at Israeli premilitary academies.

Thursday, September 19

7:00PM

Sam Lerner Center for Cultural Arts at Shalom Park



Jewish Federation
of Greater Charlotte

Jewish Community Relations Council

www.jewishcharlotte.org

Embracing the Multifaceted Nature of Jewish Identity

By Jessica Goldfarb, JFGC Communication

Jewish identity in our greater Charlotte community is as unique and diverse as the individuals themselves. Each person's Jewish identity is shaped by their own experiences, beliefs, and practices. There are many ways to be Jewish and many ways to celebrate Jewish identity, whether you prefer to be engaged through Jewish film, food, family activities, spirituality, social issues, or something else.

Jewish Federation of Greater Charlotte recognizes and celebrates this diversity. Our greater Charlotte Jewish community is one where all forms of Jewish identity are welcomed and embraced. Groups like Women's Philanthropy, NextGen, the Jewish Community Relations Council, Center for Jewish Education, and more all provide different and meaningful ways to connect.

It is essential to recognize that there is no single way to be "Jewish enough," whether you identify religiously or culturally, are Jewish by birth or through marriage, have been to Israel, or have not yet visited.



Douglas Greene, JFGC's Jewish community relations director, holding a Torah in front of Temple Israel's ark. 2023, Eugene Bennett/The Jewish Federations of North America. All other rights reserved.

Jewish identity is personal and subjective, shaped by a myriad of factors including upbringing, personal beliefs, and individual experiences. Some of us grew up immersed in Jewish education, attending Jewish day schools, summer camps, and participating in youth groups. Others

experience Jewish life through cultural practices, such as celebrating holidays or festivals like Chanukah and Yom Ha'Atzmaut with friends and family. Some of us converted to Judaism later in life. All of these ways of being Jewish are equally valid.

In recent years, there has been

a disturbing rise in antisemitism, with over a 337% increase between October 7, 2023, and January 7, 2024, alone, making it more crucial than ever for Jewish communities to come together. Although we are able to celebrate moments of progress, like the Jewish Community Re-

lations Council's tireless efforts advocating for the passage of the SHALOM Act, which became law in June, antisemitism is still ever-present. As we approach the first anniversary of the October 7 attacks, we look to our local Jewish communities to once again bring us all together in a safe place with a shoulder to lean on. Antisemitism affects all Jewish people, regardless of how they express their Jewish identity. It is in these challenging times that the strength and support of the community are most needed.

This community stands as a testament to the belief that being Jewish is not about fitting into a specific mold but about embracing the richness of our collective and individual experiences. Whether your connection to Judaism is through religion, culture, history, or a combination of these, or if you are still exploring your Jewish identity, Jewish Federation of Greater Charlotte and all of its beneficiary agencies are committed to providing a safe, supportive, and inclusive environment where every Jewish person can feel seen, valued, and protected.

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Camp SOAR Once Again Brings the Joy

By Jeremy Kuhn and Al Tinson

The 23rd annual Special Olympics Athletic Retreat, better known as Camp SOAR, once again brought together a diverse community of volunteers and campers for a week of sports, activities, and camaraderie. Held from June 10-14 at the Levine Jewish Community Center, this year's camp saw enthusiastic participation from area high school students and local groups.

Founded by Bob Bowler in 2001, Camp SOAR aims to provide a traditional summer camp experience tailored to individuals with special needs. Participants engage in a variety of activities ranging from sports like soccer, basketball, and tennis, to more unique offerings such as bocce, boxing, and pickleball. Beyond sports, campers enjoy arts and crafts, dance sessions, and fitness classes, and even have the pleasure of interacting with therapy animals including a mini pony named Soleil.

Bob Bowler's dedication to the Special Olympics spans four decades, a commitment officially recognized this year with a 40-year service award from NC Special Olympics. In addition, Bowler received the Special Olympics Mecklenburg County Matt Hull

Coach of the Year award. These accolades were bestowed upon him during the camp's closing ceremony, a fitting tribute to his enduring passion and leadership.

Among the standout volunteers was Charlotte Catholic High School rising senior Emma Keese, who was honored with the Vickie Bowler Memorial Volunteer of the Year award. Emma shared her personal motivation for involvement, citing her younger sisters, Molly and Caroline, who have special needs. "For years we have wanted the twins to have structure during the summer in a place that caters to their needs," Emma explained. "Camp SOAR provides exactly that — a safe environment where every camper is welcomed and supported."

Reflecting on her experience, Emma highlighted the profound impact of her volunteer work. "I feel so fulfilled knowing I am not at Camp SOAR merely to check a box or get my service hours, but rather I am there to advocate for the campers and to help them have a good time," she emphasized. Emma's encouragement to others considering volunteering at Camp SOAR elaborated on this sentiment: "Step out of your comfort zone ... It could be

difficult and unfamiliar at first. But that is the whole point, Camp SOAR is about being selfless and willing to help."

Camp SOAR continues to thrive thanks to the dedication of individuals like Bob Bowler, Emma Keese, and countless others who generously give their time and energy. The efforts of volunteers from local programs like RyzAb0ve Fitness, the Charlotte Soccer Academy, Allegro Dance, Havilah Dance Company, and Expand Movement ensure that every camper experiences joy, camaraderie, and the opportunity to excel in a supportive environment. The Charlotte community looks forward to its continued growth and impact, celebrating the spirit of inclusivity, collaboration, and service that defines this remarkable event.

If you are interested in learning more about this amazing program, including how to volunteer, please contact Stephanie Garner, director of athletics for the LJCC at stephanie.garner@charlottejcc.org.



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Talk Away the Dark: Jewish Family Services Highlights Suicide Prevention Month

By Howard Olshansky, JFS Executive Director

September is Suicide Prevention Month, and its importance has never been more critical. Suicide is a leading cause of death in our country. In 2022, nearly 50,000 people died by suicide, making it the 11th leading cause of death in the United States. Alarming, this marks a 16% increase over the past decade. Among youth aged 10-24, suicide is now the second leading cause of death.

According to the Kaiser Family Foundation (KFF), a nonprofit organization that focuses on national health issues, firearms are overwhelmingly the leading means by which suicides occur, driven by loose gun control laws. Firearm-related suicides have become the most common method of suicide, accounting for 55% of all suicide fatalities in both 2021 and 2022. States with fewer gun laws tend to have higher firearm suicide rates. In 2021, suicides accounted for more than half of all deaths involving firearms.

This year's campaign, "Talk Away the Dark," emphasizes the importance of opening up conversations and reaching out to those who may be struggling emotionally. Recognizing the



warning signs of suicide is crucial. Changes in behavior or the emergence of new behaviors, especially following a painful event, loss, or change, can indicate someone is at risk. Not everyone who is at risk of suicide exhibits clear or easily recognizable warning signs, however most people who take their lives exhibit one or more warning signs through their words or actions.

Warning Signs:

Talk: If a person talks about killing themselves, feeling hopeless, having no reason to live, being a burden to others, feeling trapped, or experiencing unbearable pain, they may be at risk.

Behavior: Behaviors that may

signal risk, particularly if related to a painful event, loss, or change, include:

- Increased use of drugs or alcohol
- Researching ways to end their life
- Withdrawing from activities
- Isolating from family or friends
- Changing sleeping patterns
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Exhibiting aggression
- Experiencing fatigue
- Mood — People considering suicide often display one or more of the following moods:
 - Depression
 - Anxiety
 - Loss of interest

- Irritability
- Humiliation or shame
- Agitation or anger
- Relief or sudden improvement

If you identify warning signs and are concerned about someone, the most important step is to have an honest conversation with them. While it may feel uncomfortable, it is crucial to reach out. Research indicates that discussing your concerns can be a catalyst for someone to seek help and potentially prevent a suicide. Here are some tips for having this conversation:

- Talk to them in private
- Listen to their story
- Express your concern and care for them
- Ask them directly if they are

thinking about suicide

- If they are considering suicide, stay with them and call or text 988, the Suicide and Crisis Lifeline. If they are struggling but not considering suicide, help them seek professional help.

For more information or professional help, contact JFS at 704-364-6594 or email info@jfscharlotte.org. If you or someone you know is experiencing a mental health crisis, call or text 988, the Suicide and Crisis Lifeline.







Emergency Numbers

Suicide Crisis Lifeline: 988

Greater Charlotte Hopeline: (980) 771-HOPE (4673)
Crisis line for parenting, DV, and sexual assault

Mobile Crisis: (704) 566-3410
24-hour behavioral health

Jewish Family Services
(704) 364-6594 or info@jfscharlotte.org



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Jewish Family Services Receives Grant to Provide Wellness Workshops for Senior Adults

By Julie Loftis, JFS Marketing Specialist

Jewish Family Services (JFS) is thrilled to announce the award of a new grant from Mecklenburg County to support wellness workshops for adults aged 60 and up who have experienced trauma, grief, or loss. This grant, spanning one year, will fund six workshops held in various locations throughout Charlotte at no cost to participants.

Building on JFS' experience of providing wellness workshops through a previous grant with the Jewish Federations of North America, JFS is looking forward to the opportunity to expand the scope of offerings for the wellness workshops and increase the number of seniors served. Our previous sessions have not only provided crucial support for seniors dealing with trauma but have also fostered a sense of community and connection among participants. One attendee shared, "These workshops have been a lifeline for me. They've helped me find peace and connect with others who understand what I'm going through."

The purpose of the workshops is to provide a fun and engaging way for seniors to acquire skills that improve their ability to manage situations that trigger previous trauma they have

experienced. This is done by implementing non-traditional therapeutic interventions by trauma-trained facilitators. The workshops will cover various aspects of wellness, including mental health, physical well-being, and social connection. Each session will be facilitated by experienced professionals who specialize in trauma and senior care.

We are excited to announce the first workshop in this new series, "Wellness through Movement," which will be held at The Village on Morehead beginning Sept. 6. It will incorporate seated and standing yoga postures, tai chi, and other movement techniques, as well as mindful breathing and experiential exercises. A second series, "Wellness in Creative Expression," will occur in October at The Barclay at SouthPark. Participants will use markers, pens, and cut-out words and images to create a wisdom journal, a scrapbook that captures their personal insights and experiences. This creative approach aims to provide a therapeutic outlet for self-expression and reflection, allowing participants to explore and celebrate their life stories in a supportive and encouraging environment.

The additional four workshops will be held in different locations across Charlotte to ensure accessibility for all partici-

pants. Specific dates and venues for the remaining workshops will be announced soon.

Trauma can have a lasting impact on individuals, especially seniors who may have fewer resources and support systems. These workshops aim to provide participants with the tools they need to cope with their experiences and improve their overall quality of life. Howard Olshansky, executive director of JFS, emphasized the importance of this initiative: "We are incredibly grateful for the support from Mecklenburg County. This grant enables us to continue our mission of supporting seniors in our community. We have seen firsthand how transformative these workshops can be, and we are excited to expand our capacity to impact the emotional health of our aging community"

For more information about the upcoming workshops and JFS programs and services, please visit our website at jfscharlotte.org or contact us at (704) 364-6594.



Jewish Family Services Volunteers & Donors August 2024

Volunteers: Jessica Alfandary, Marcia Arnholt, Mike Arnholt, Daniel Benjamin, Andrew Bernstein, Dan Coblenz, Jonathan Collman, Andrea Cronson, Julie Dermack, Joni Deutsch, Sheryl Effren, Rachel Friedman, Robert Friedman, Meredith Gartner, Marty Goldfarb, Richard Goldsmith, Jennifer Golynsky, Gail Halverson, Rebecca Hockfield, Oren Hubara, Tara Hubara, Dawn Hubbs, Bob Jacobson, Rikki Kinitsky, Etti Krause, Jennifer Koss, Elliot and Stephanie Kreitman, Marcia Lampert, Eric Lerner, Lisa Levinson, Adina Loewensteiner, Matt Luftglass, Susie Meier, Frada Mozenter, Wendy Petricoff, Barbara Rein, Nina Rose, Marilyn Schuster, Janice Shubin, Stuart Singer, Harry Sparks, Lorin Steifel,

Steve Teich, Gail Vogel, Amalia Warshenbrot, Nancy Wielunski, Amanda Zaidman

Hadassah Meal Preppies: Gabriel Allen, Daisy Allen, June Hirschmann, Paul Hirschmann, Judy Kaufmann, Penny Krieger, Elissa Vining

Shalom Green: Thanks 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 collect donations every other Wednesday at the portico entrance to the Blumenthal Center for Jewish Education Building at Shalom Park.

Jewish Family Services Tributes August 2024

Happy Birthday
Carolyn Hennes
 Margi Goldstein
Ann Langman
 Shirley Frank
 Melissa Van Glish
 Michael and Judie Van Glish
Elise Menaker
 Margi Goldstein
Judi Strause
 Paul and Lynn Edelstein

In Memory of
Evelyn Allen
 Lou Gottlieb and Gloria Lipson
Julius Goldstein
 Shelton and Ellen Goldstein
Donald Kurtz
 Paul and Lynn Edelstein
Jill Newman
 Leonard and Karen Fox
 Stanley Greenspon
Avraham "Avi" Warshenbrot
 Stuart and Eleanor Bantit
 Jack and Suzie DeSarno
 Beth Sapiro and Aaron Kasman
 Morris and Linda Spil

In Honor of
Barbara and Jerry Levin
 Barry Bobrow and Karen Knoble



Mazel Tov
 On the engagement of **Jordan Van Glish**
 Paul and Lynn Edelstein
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Religious Life

Living Our Best Lives

By Rabbi Chanoch Oppenheim

Whether it's carpool or canasta, we're slowly getting back to our routines after a (hopefully) restful summer. Although 2025 is about four months away, we are less than a month away from 5785, the Jewish New Year. This month, the month before Rosh HaShanah, is called Elul, the month connecting the past and present year with the future. It's traditionally a time of introspection; am I satisfied in my relationships, self-care, charity, support of Israel, and Jewish community engagement? In short, am I happy with my life? If so, how can I make it better. If not, what can I do to change things so that I'll be in a better place next year?

One of the main themes of the High Holidays is life. We pray not only for life, but we pray for *chayim tovim*, a good life — a life of health and prosperity. This year, for Jews around the world, life takes on new significance because after October 7, we no longer take life for granted. As a result of the tragic events that day, many Jews have begun searching and questioning what it means to be Jewish and why we are hated. There's no way a short article can address those important questions

but concerning life, we all agree that we want as much of it as possible. Let's look at the word *chayim* (life) and see what it teaches us about ourselves. Many words in Hebrew are not simply words, they are concepts, and *chayim* is one of them.

The first thing to note is that *chayim* is always plural. On Rosh HaShanah and Yom Kippur, we ask for *chayim tovim* (good lives), not *chayim tov* (good life). The significance of the word *chayim* never being singular is reflected in the knowledge that each of us has many lives. Here are five suggestions for discovering and embracing your numerous lives:

1. *Chayim* is plural because no one has a single role in life. You might be a father or mother, but you're also an accountant, doctor, lawyer, or some other vocation that is an integral part of your life. You aren't defined solely by your profession, nor are you defined solely by being a parent. In addition, you might be involved in communal projects, support of Israel, and many other endeavors. No one has just one life; we all have many lives.

2. *Chayim* is not singular because our lives are shaped by our ancestors. We connect to them

and elevate their souls when we live our lives in the right way.

3. In turn, what we do in our lives shapes the lives of the next generations and how they will express their authentic Judaism to the world. As Hillel said, "If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when?" We must find and express our inner voice but not forget to help future generations express theirs.

4. G-d's name is sometimes written with two yuds (the tenth letter of the Hebrew alphabet). The Hebrew spelling of *chayim* (חיים) has two yuds in the middle, signifying that we bring G-d to dwell within our lives.

5. The two yuds in *chayim* (חיים) symbolize two keys to life: not staying stationary but instead going from strength to strength and recreating our lives in an upward direction, and pivoting our lives to get back onto a productive footing when we have erred and need to do *teshuvah* (repentance). Autopilot — continuing down a single path — is not how we're supposed to live. Instead, we should keep recreating ourselves to get stronger.

As the summer comes to a close, it's a good time to reflect

on life, the many lives you lead, and the people who come into and go out from those lives.





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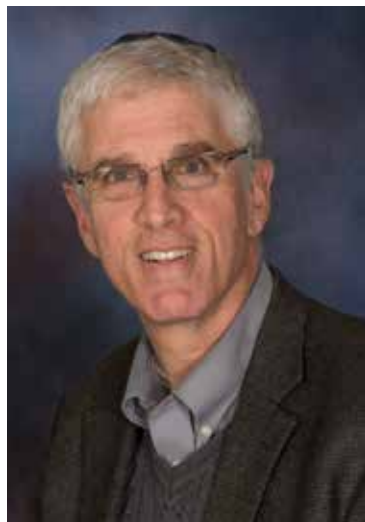
Religious Life

Temple Kol Ami Welcomes Rabbi Aft and Cantor Thomas for High Holidays

By Shari Baum

The Days of Awe are just a month away! Temple Kol Ami of Fort Mill, South Carolina, invites you to join us for the High Holidays. We welcome back Rabbi Bruce Aft of Springfield, Virginia, to lead us in meaningful and uplifting prayer once again. This year, we are especially excited that Cantor Mary Rebecca Thomas will also be with us, lending her beautiful voice to our Rosh HaShanah and Yom Kippur services.

Rabbi Aft is wonderfully engaging and has conducted our High Holiday services for the last four years, as well as leading periodic Shabbat, holiday, and b'nei mitzvah services. He has helped to inspire our congregation during both joyous and difficult times with his timely and powerful messages. Rabbi Aft grew up in the Chicago suburbs where he developed a love of Judaism and baseball. From 1991 until his "retirement" in 2020, he was the spiritual leader at Adat Reyim in Springfield, Vir-



Rabbi Bruce Aft

ginia. Currently, in addition to his work with Temple Kol Ami, he is a visiting scholar and adjunct professor at George Mason University's Carter School for Peace and Conflict Resolution. He remains an ardent Chicago White Sox fan and enjoys incorporating pop music lyrics in his sermons.

Cantor Mary Rebecca Thomas was ordained in 2011 from the Hebrew Union College-Jewish Institute of Religion's cantorial school, Debbie Friedman School of Sacred Music. Cantor Thomas is currently the director of placement for the American Conference of Cantors and previously served Temple Beth El in Charlotte, North Carolina from 2011-2023. She is passionate about Jewish history, music, worship, and helping to build the community within which people can lead meaningful, fulfilling lives engaged in Jewish tradition. Cantor Thomas is wife to Matthew and mom to Johannah and Ezra. In her spare time, she enjoys performing in local musical theater. She will also be leading Shabbat services at Temple Kol Ami with more regularity in the coming year.

Attendance at Temple Kol Ami's High Holiday services is included in Temple membership. Tickets including all services and our delicious Break Fast are also available to non-members



Cantor Mary Rebecca Thomas

for purchase. As always, college students and active-duty military members may join us for free. All services take place at Philadelphia United Methodist Church, 1691 SC-160, Fort Mill. For more information on purchasing tickets and a complete schedule for the High Holidays, please check out our website

www.templekolamisc.org, or contact us at yorksynagogue@gmail.com.

Additionally, it is not too late to enroll your child in religious school at Temple Kol Ami which starts on Sept. 8. For more information, contact tka.religiousschool@gmail.com.

It is imperative now more than ever to be part of a Jewish community. If you are looking for that Jewish home, especially during the Days of Awe, we welcome you to celebrate with us. Temple Kol Ami is a warm and welcoming Reform congregation made up of Jews from diverse religious backgrounds. We wish you a sweet, peaceful, and prosperous New Year! Shanah Tova!



HIGH HOLY DAYS | 5784-5785



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www.templebethel.org/highholydays

Religious Life

Honoring Our Legacy Society at L'dor V'dor Shabbat

By Jonathan Friedman

At Temple Beth El, we understand that the essence of a thriving community lies not just in its present activities but also in the foresight of its commitment to the future. With immense pride and deep gratitude, we recognize the over 150 families who have linked their legacies with Temple Beth El's through their after-life-time commitments to support the congregation's future.

Legacy giving allows donors to continue their support of Temple Beth El beyond their lifetimes and to be remembered. By establishing their legacy commitments, these families have demonstrated their trust and belief in the continuity of our mission to cultivate connected, proud, meaningful Jewish living that inspires change in our world, and our vision of a bold Jewish community of deep roots, sacred responsibility, and daring hope.

Temple Beth El's upcoming L'dor V'dor Shabbat: A Celebration of our Legacy Society and New Member Welcome

event will take place on Friday, Sept. 13 at 6:13 p.m. and will be followed by a special Oneg, generously supported by our partners at the Foundation for the Charlotte Jewish Community. It will be an opportunity not only to thank and honor our Legacy Society but also to welcome new families who are joining our vibrant community. This gathering epitomizes the spirit of l'dor v'dor — from generation to generation — highlighting the continuous thread of faith, commitment, and community that weaves through the fabric of Temple Beth El. It will be a tribute to how legacy giving sustains and inspires our congregation, ensuring that our sacred work thrives and adapts in an ever-evolving world.

We hope you will join us in recognizing and thanking this remarkable group and welcoming new members to the Temple Beth El family.



Join Temple Kol Ami of Fort Mill for the High Holidays!

Rabbi Bruce Aft and Cantor Mary Thomas will lead us in meaningful and uplifting prayer

Attendance included in TKA membership
 Tickets available for non-members
 Free for college students and active duty military

More info:
yorksynagogue@gmail.com
www.templekolamisc.org

L' Shana Tovah!



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 Bette Andrews
 Judy and Stan August
 Gail and John Baron
 Sharri and Peter Benjamin
 Benjamin and Elizabeth Benson
 Doug and Tara Benson
 Adam Bernstein and Tammy Seigel
 Andrew Bernstein
 Mark (OBM) and Louise (OBM) Bernstein
 Bobbi and Don Bernstein
 Susan P. Bessey
 Lee and Jeffrey Bierer
 Martin Birnbaum
 Peter Blair
 Jill Blumenthal
 Philip Blumenthal
 Lee and Alan Blumenthal
 Gary and Susan Bogarad
 Marian (OBM) and Walter Brawer
 Barry H. Brodsky
 Sera and Marvin Callif
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 Bruce Bishop Cheen and Regina Rosenberg
 Judith and Richard (OBM) Coates
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Religious Life

Conviviality at Temple Solel

By Steve Yaffe, President, Temple Solel

Conviviality, the enjoyment of each other's company and food, is a cornerstone of life at Temple Solel. We cherish the moments we spend together. We talk during Onegs after services. We enjoy celebrating holidays like Purim and sederim with our friends from Grace Presbyterian. Sharing lunch after our joint Widowed Folks Group discussions is important. Our commitment to conviviality also extends to serving others. Our social action includes serving meals to older low-income people at the Community Café. We also provide meals to the homeless at the Bethel Men's Shelter in Rock Hill.

Sharing food is more than just a meal; it is a means to build community and fight loneliness. The remedy for feeling alone is to engage with others — perhaps while sharing food or while serving food to those in need. We are in especially difficult times. Of course, we won't be eating during the Viddui confession of sins during the High Holidays. Positive images like the Break Fast meal at the end of Yom Kippur can be sustaining. Sharing food or serving food to those in need helps remedy loneliness and fosters a sense of belonging. Eating together keeps our brains and social skills active. Eating



together encourages meaningful conversations that lead to new understandings.

Engaging with each other, and with people we don't know well, serves many important purposes. Conversation helps combat loneliness, which can be debilitating. Conversation and service, especially with food, allow us to take part in social action. More importantly, these interactions help prevent hate. Many people don't know us as Jews. By engaging with others, we can demystify our culture and prevent the spread of false narratives by hate groups. By forming connections with our neighbors, we find allies and reduce the potential for hate.

Building relationships through convivial engagement allows us to share our stories. Through engagement, we can find common ground. We start with easy-to-discuss topics and gradually build deeper relationships. Sharing our hopes, his-

stories, and pride in our accomplishments reveals similarities with others. When discussing the Holocaust, we can learn that others have also faced victimization and genocide.

Do you know any unaffiliated Jews in Fort Mill, South Charlotte, York, or Indian Land? We invite them to check us out! Whether we are talking, eating, learning, or walking together, we embody conviviality. We listen and engage. We encourage participation in social action, prayer, education, or community gatherings.

Temple Solel is a Reform Jewish congregation. We have eliminated annual membership dues, though financial contributions are welcome. We pray at 7 p.m. on the 2nd and 4th Fridays of every month at Grace Presbyterian Church, 2955 W. Highway 160 in Fort Mill. Our High Holiday schedule is advertised in this issue and on our website, templesolelsc.org.

We'd love to meet you. For more information about our services and events, please visit our website at templesolelsc.org, email us at emailinfo@templesolelsc.org, or call (803) 610-1707.



HIGH HOLY DAY SERVICES

Erev Rosh Hashana	Wednesday, Oct 2	7 PM	Sanctuary
Rosh Hashana Morning	Thursday, Oct 3	10 AM	Sanctuary
Shabbat Shuvah	Friday, Oct 4	7 PM	Room 15
Kol Nidre	Friday, Oct 11	7 PM	Sanctuary
Yom Kippur Morning	Saturday, Oct 12	10 AM	Sanctuary
Yizkor	Saturday, Oct 12	3 PM	Sanctuary
Yom Kippur Afternoon & Neilah	Saturday, Oct 12	4 PM	Sanctuary
Havdalah, then Break the Fast	Saturday, Oct 12	~5:35 PM	Room 15



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High Holidays With Havurat Tikvah

Havurat Tikvah will host in-person, lay-led High Holiday services for the Charlotte community. A Zoom option will also be available.

Services will begin with Rosh HaShanah Day 1 on Thursday, Oct. 3 at 10 a.m. A potluck kiddush luncheon will follow.

The High Holidays will continue with Kol Nidre services on Friday evening, Oct. 11 at 6:45 p.m. Yom Kippur services will convene on Saturday morning, Oct. 12 at 10 a.m. Congregants will return after an afternoon break for Ne'ilah services. A potluck Break Fast will follow.

All services, except Tashlich on Rosh HaShanah afternoon, will be held at Avondale Presbyterian Church, 2821 Park Rd., in the MacLean Fellowship Hall.

Members and guests are encouraged to bring a tallit and kippah if available. However, a limited quantity of both will be available. Attendees can bring their shofar to participate in the shofar services on Rosh HaShanah and the concluding service on Yom Kippur.

As in past years, first-time attendees, including students and active military members, are welcome at no cost to attend services and participate in Tachlich. They can also stay for the luncheon served after Rosh HaShanah services and for the break fast after the end of Yom Kippur worship. All others are asked to pay a nominal fee (\$54 for individuals, and \$90 for families). Mail checks to Havurat Tikvah, P.O. Box 12684, Charlotte, NC 28220.

For the latest information on the havurah's High Holidays schedule, email admin@havurattikvah.org or visit havurattikvah.org.

More details will also be available in the October Charlotte Jewish News.

Havurat Tikvah is a warm, supportive, and nurturing Jewish Reconstructionist congregation with religious, cultural, and educational activities 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.

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/](https://www.facebook.com/groups/havurattikvah/).



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Bal Tashchit and Beyond: Closing the Loop

By Summer Minchew

We have all heard of the three Rs: reduce, reuse, and recycle. Circular economy is a rising trend in sustainability and another way of characterizing one of the three Rs: reuse. In a circular economy, materials never become wasted, effectively living in a closed-loop system. Looking beyond the current take-make-consume-throw away pattern of use and disposal, a circular economy aims to redefine material use, building economic, natural, and social capital.

In a circular economy, products and materials are kept in circulation for as long as possible through processes like maintenance, reusing, refurbishing, remanufacturing, recycling, and composting. In this way, the life-cycle of products is extended.

Closing the loop through maintenance, reuse, and refurbishment.

This model is very simple—repairing instead of replacing. Notice sometimes when you buy a new shirt, it comes with an extra button? The clothing manufacturer is helping you to reuse, if you lose a button later in the life of the shirt, you can replace the button instead of the entire shirt. This principle works



for all sorts of consumer goods, including furniture, cars, and equipment. When we truly value what we have, we are more inclined to fix it instead of getting rid of it. The circular economy aims to “close the loop” in various ways, ensuring that materials and products remain in use for as long as possible.

Closing the loop through remanufacturing.

In this model, material returns to the original source and becomes a new product. Here, manufacturers buy back or reuse materials and turn them into a new product. An example of this would be when a carpet

manufacturer buys back used carpet, grinds it up, and turns it into backing for new carpet. The carpet remanufacture cycle continues in a closed-loop system.

Closing the loop through recycling.

This is easily achieved by buying products with post-consumer recycled content. Post-consumer means it has been used by consumers and is now being turned into a new product. An example of this would be copier paper made with post-consumer recycled content, the manufacturer is taking used paper and recycling it into new paper. This is not to be confused with another trend-

ing term, upcycling. Upcycling is when you recycle in a creative way that adds value to the original item but doesn’t close the loop. For example, taking used t-shirts and weaving them to make potholders. Upcycling does not consider what happens to the material after the upcycled use.

Closing the loop through composting.

An example of this would be composting food scraps at home and using the compost you made to fertilize your garden. You then eat the vegetables harvested in your garden and use the scraps to make more compost. This

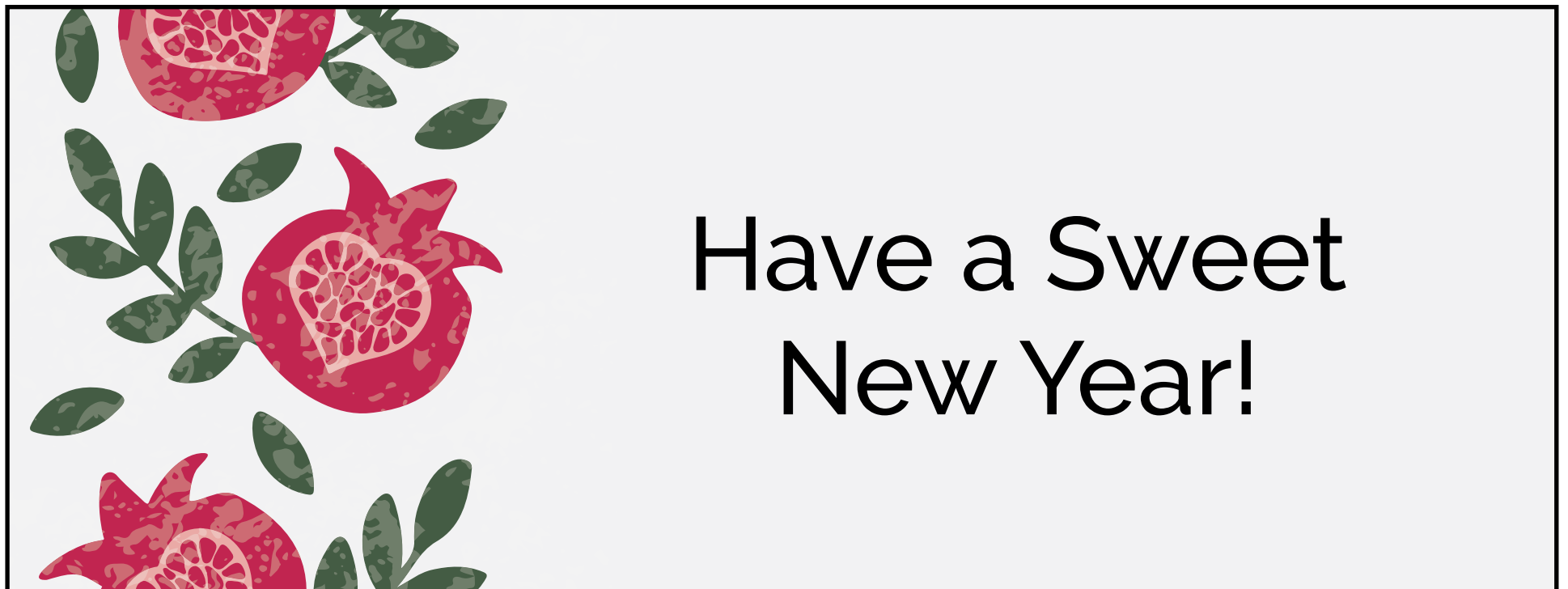
process also works when you contribute food scraps to a compost service like Crown Town Compost and fertilize your garden with your annual allotted compost. Interested in learning more? Mention “Shalom Green” when setting up your compost service with Crown Town to receive one month free.

A more circular economy would slow down the use of natural resources, reduce landscape and habitat disruption, help to limit biodiversity loss. It also could, increase competitiveness, stimulate innovation, boost economic growth, and create jobs. So how can we support a circular economy and help close the loop?

Buy circular products.

Think refillable and reusable containers, concentrated products, and products whose packaging is lighter in weight or more readily recyclable than their counterparts, for example, shampoo that comes in an aluminum bottle as opposed to plastic or laundry detergent tabs that come in a small cardboard box as opposed to liquid detergent in a giant plastic jug. Also, look for products whose manufacturers have extended or limited life-

(Continued on page 17)



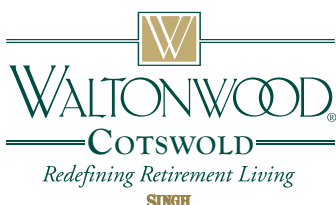
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Women's News

Hadassah 2025 Jewish Community Directory



By Aileen Greenberg-Kriner

"Has it been two years already?"

"It's hard to remember when I didn't have the app on my phone. I use it all the time."

"I just moved here. I found a jeweler to reset my ring and an estate lawyer from the ads."

Yes, it's been two years since the last Hadassah Charlotte Metro Area Jewish Community Directory, and a new directory is coming in 2025. The Directory is more than just a place to look up a person's phone number or check out a business website. It's a valuable resource for the community, with information about Jewish organizations and agencies. Want your child to get a Jewish education? Looking for a meaningful volunteer opportunity? In search of a new synagogue or temple? All that information, and more, is available in the Hadassah Charlotte Metro Area Jewish Community Directory.

2022 was the first time we added an online directory to the traditional printed version. People loved being able to look up a phone number or address in the app while in their car or in a meeting. Both the print directory and the app are available for

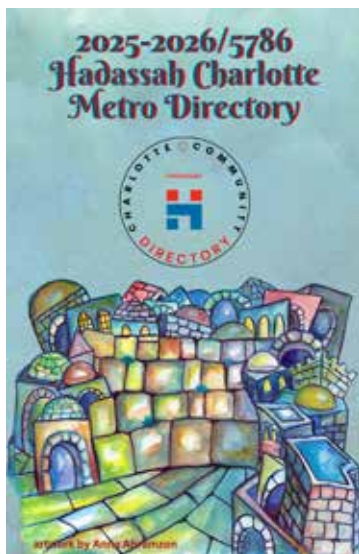
pre-order for \$18 each, or \$34 for both.

The Directory is one of Hadassah Charlotte Metro's biggest fundraisers. All proceeds from the Directory support the Hadassah Medical Organization and its two hospitals in Israel. Especially since October 7, Israel's need for expert care and specialized medical, psychological, and rehabilitation facilities are immense.

It is time to sign up to be included in the Directory. There is no charge to include your personal listing. You can choose to submit your phone number, email address, and/or mailing address. Because of privacy laws, even if you were listed in previous directories, you must sign up again.

If you would like to place an ad for your business, you can choose to be a Premium Advertiser or a General Advertiser. Each choice comes with specific benefits. Full-page, half-page, and quarter-page ads, in both color or black and white, are available. Your business will also be listed in the Personal Listing section.

To be listed in the Directory or to place an ad, go to our website: www.hadassahcltevents.org. If



Thank you to Anna Abramzon, who donated the rights to use her artwork for the directory cover.

you have questions about your Personal Listing, email cltdirectorylisting@gmail.com, about Business Advertising, email cltheadassahdir@gmail.com, or call (980) 553-1880.

Happy New Year!

Hadassah Charlotte Metro wishes everyone a happy, healthy, and sweet New Year - Shanah Tova U'metuka. We have two Rosh HaShanah activities:

Add to the sweetness of Rosh

HaShanah by ordering a gift of Honey from the Heart for friends and family. Each 8-ounce jar of kosher honey is \$14 and comes with a personalized card for the recipient. The last day to order is Sept. 12 for delivery by Rosh HaShanah. Order with the link on our website's "events" tab.

Join us on Sunday, Sept. 22 from 1-3 p.m. to celebrate the New Year together with your Hadassah sisters. We will bake honey cakes for Jewish Family Services' Food Pantry, shmooze, nosh, and learn. This is a great event for new or prospective members. Register on the "events" page of our website. Location provided after registration. (\$18 fee per person)

Coming Soon

Save The Date for our big fundraiser of the year, Celebrate the TaTas Reveal Gala, on Saturday evening, Nov. 16. If you are interested in assisting us during our TaTas event this year, or have wine (\$10-\$100/bottle) or something else to donate, please contact Cindy at (980) 553-1880 or celebratethetatas.Hadassah@gmail.com.

Monthly Events

Add Hadassah Wine & Shmooze to your calendar for Sept. 3 at 7 p.m. at Vintner Wine

Market in the Arboretum Shopping Center.

Our Short Story Discussion Group meets on the second Friday of each month and continues to read stories from the collection "Frankly Feminist: Short Stories by Jewish Women." The next meeting is at 11:45 a.m. on Friday, Sept. 13.

Join us for Hadassah Book-Talk on Tuesday, Sept. 24 when we talk about "Kissing Kosher" by Jean Meltzer. It's sure to be a fun discussion!

The next Hadassah CLT Metro Board meeting is Monday, Sept. 16, at 7 p.m. on Zoom.

Helpful Info

Our website, www.hadassah-cltevents.org, has details and registration links for our events. If you have questions or need additional information, email HadassahCLT@gmail.com or call our general phone number, (980) 553-1880. Follow us on Facebook (Hadassah CLT Metro) and Instagram (Hadassah Charlotte Metro).

To learn about membership, contact Laurie Sheinhaus at the phone number or email below, or come to one of our events. We'd love to have you join us!

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TOT SHABBAT

SEPT 20 • 6:15 PM
SHABBAT SERVICES FEATURING "SPIKE" AND TI KIDS SING

SEPT 21 • 9:30 AM
SHABBAT MORNING SERVICES FEATURING "SPIKE"

SEPT 21 • 8:00 PM • COMPLIMENTARY • \$18 FOR NON-MEMBERS
HAYDALLAH COFFEE HOUSE CONCERT

SEPT 22 • 1:00 PM • COMPLIMENTARY • \$18 FOR NON-MEMBERS
FAMILY CONCERT

REGISTRATION REQUIRED: TEMPLEISRAELINC.ORG/CALENDAR

Shalom Green

(Continued from page 15)

time warranties like The North Face, or whose manufacturers encourage end-of-life return like Preserve's toothbrush takeback program, or collect items from manufacturers who participate in programs like Terracycle who pledge to recycle typically hard-to-recycle items like chip bags, individual sauce packets, and toothpaste tubes. Terracycle has almost 150 free packaging and product take-back options.

Learn more and act.

There are examples of the circular economy happening right here in Charlotte. Envision Charlotte has created a Materials Innovation Lab called the Innovation Barn, located at 932 Seigle Ave. The Innovation Barn is a joint project with the City of Charlotte whose mission is to transition Charlotte to a circular economy. The Innovation Barn houses a collective of innovative businesses and zero-waste initiatives. Tours of the space are available to help Charlotteans learn more about and implement circular projects. Upcycle Arts is another great example of creative reuse opportunities. Upcycle Arts is a non-profit that accepts donations of gently used arts and craft supplies and resells them to the artist and crafter community,

hosts workshops, and supports make-and-take events. Upcycling materials reduces the need for new materials and provides a way for materials to be made into new items rather than going to landfill. Shalom Green is hosting a "back-to-school" donation drive for Upcycled Arts during the month of September. A collection bin will be located inside the "main street" portico entrance at Shalom Park, 5007 Providence Road. We will be collecting gently used arts and crafts supplies and materials. For more information email info@shalomgreenCLT.org.

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 or email us at info@shalomgreen-CLT.org. Connect with us on Facebook at Shalom Green: Shalom Park Environmental Initiative and on Instagram @shalomgreen_CLT.





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The Reveal
gala benefiting cancer research

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Catered Dinner, Beer and Wine
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Wonderful Wine Pull
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Natalie Robinson

Saturday, November 16th
6:30 pm
Temple Beth El, Shalom Park




www.hadassahcltevents.org/tatas

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Erev Rosh Hashanah

WED. OCTOBER 2

6:00 PM Erev Rosh Hashanah Service
(Morris & Sylvia Speizman Sanctuary)

Rosh Hashanah Day 1

THURS. OCTOBER 3

9:00 AM Traditional Shacharit Service
(Mindy Ellen Levine Chapel)

9:00 AM Rosh Hashanah Family Service
(Morris & Sylvia Speizman Sanctuary, geared towards K-5th grade)

10:15 AM Main service beginning with Torah Service (Morris & Sylvia Speizman Sanctuary)

6:00 PM Rosh Hashanah Afternoon Service (Morris & Sylvia Speizman Sanctuary)

Rosh Hashanah Day 2

FRI. OCTOBER 4

9:00 AM Young Families Rosh Hashanah Service (Morris & Sylvia Speizman Sanctuary, geared towards 0-6 years old)

9:00 AM Traditional Shacharit Service (Mindy Ellen Levine Chapel)

10:15 AM Main Service beginning with Torah Service (Morris & Sylvia Speizman Sanctuary)

5:45 PM Rosh Hashanah Afternoon Services & Kabbalat Shabbat (Morris & Sylvia Speizman Sanctuary)

Kol Nidre

FRI. OCTOBER 11

6:15 PM Kol Nidre Service (Morris & Sylvia Speizman Sanctuary)

Yom Kippur

SAT. OCTOBER 12

9:00 AM Traditional Shacharit Service (Mindy Ellen Levine Chapel)

9:00 AM Yom Kippur Family Service (Morris & Sylvia Speizman Sanctuary, geared towards kids of all ages)

10:15 AM Main service beginning with Torah Service (Morris & Sylvia Speizman Sanctuary)

11:15 AM Rabbi's Sermon & Yizkor (Morris & Sylvia Speizman Sanctuary)

5:00 PM Mincha Service (Morris & Sylvia Speizman Sanctuary)

6:15 PM Neilah (Morris & Sylvia Speizman)

7:30 PM Break the Fast (Leon & Sandra Levine Social Hall)



For a full schedule of events & programming, please visit: templeisraelinc.org

Parking pass & tickets required.
For more information, please call 704-362-2796

Journey to Poland “Life-Changing” for North Carolina Educators

By Mary Eshet

The Stan Greenspon Holocaust and Social Justice Education Center (Greenspon Center) was proud to offer the graduates of the first and second educator cohorts of the Certificate in Holocaust Pedagogy (CHP) program an impactful journey to Poland in June, culminating their experience in the CHP program, which offers intensive training and strategies for teaching about the Holocaust. The addition of

this experiential opportunity was a goal of Judy LaPietra, Greenspon Center assistant director, who recognized the power of place in learning and was made possible in part by a gift from the Blumenthal Foundation.

Led by Judy LaPietra and Katie Cunningham, Greenspon Center’s Holocaust curriculum and outreach specialist, the nine-day itinerary included viewing the Jewish Ghetto in Warsaw, visiting the Treblinka Memorial

and Museum, touring the former German Nazi death camp at Majdanek, and exploring Kazimierz with visits to several surviving synagogues and the Old Jewish Cemetery. The last two days of the trip the group visited Auschwitz-Birkenau.

The journey was aimed at providing understanding and experiences that simply cannot be conveyed in a classroom, regardless of the tremendous resources and tools offered in the program. The trip more than fulfilled this goal, as best expressed by the educators’ reflections:

“In terms of integrating this experience into my pedagogy, I am now more committed than ever to teaching the Holocaust with sensitivity, accuracy, and empathy. Sharing firsthand experiences, showing photographs, and recounting personal stories can make this history more tangible for students ... I hope I can empower my students to recognize and combat prejudice and discrimination in all its forms and to be upstanders.”

“After this journey (and the CHP course), I feel much more confident in teaching about the Jewish religion and culture related to our studies of Holocaust literature and history. I am so grateful to have been a part of this life-changing inaugural trip, and I have faith that the future groups who get to experience this journey will help to grow our forces for education, change,

and growth.”

“I’m not Jewish ... Until recently, I never really knew any Jewish people. However, after this trip, I feel more connected to the Jewish community and an even stronger responsibility to keep their stories alive, along with the stories of millions of other victims of Hitler and his evil regime. I left Poland with a renewed passion to teach the next generation what devastating results hate and dehumanization can have on society and the world.”

“My experience in Poland has stirred a powerful sense of remembrance within me. I feel as if it will positively impact my approach to Holocaust education moving forward. Being able to witness the remains of vibrant Jewish life alongside the chilling evidence of destruction has made me realize the importance of not just ‘remembering’ or ‘never forgetting.’ I feel empowered and justified to never be silent against discrimination and prejudice.”

An important aspect of the trip for LaPietra was the opportunity to represent the Charlotte community through the Margaret and Lou Schwartz Butterfly Garden Holocaust Memorial by placing ceramic butterflies at the Belzec, Majdanek, Treblinka, Płaszów and Auschwitz-Birkenau camps. The butterflies honor the 1.5 million children killed in the Holocaust, and serve as reminders of courage, justice, remembrance, and hope. The Butterfly Project pays tribute to the poem, “The Butterfly,” written by Pavel Friedmann, a young prisoner at the Terezin concentration camp.

For Cunningham, the journey did not end with the conclusion of the Poland tour. She continued on to Israel for the 11th International Conference for Educators at Yad Vashem in

Jerusalem. Nearly 150 educators from 40 countries gathered at Yad Vashem to engage in conversations around teaching the Holocaust in a global context and in a post-October 7 world. While Cunningham walked away with new considerations and approaches to bring back to the Greenspon Center Team, it was the physical and emotional experience of going from Holocaust learning in Poland to Holocaust learning in Israel that had the most impact on her.

“Prior to the trip, I was so caught up on the logistics and ensuring everything would go smoothly for our participants that I did not consider what I was about to personally undertake,” said Cunningham. “While this was not my first trip to Israel or to Yad Vashem, it was my first time going from the ultimate depths of Jewish despair to the highest height of Jewish celebration, even given the current realities of Israeli life.”

Going from the mass graves and memorials of Łopuchowo, Belzec, Majdanek, and Treblinka to the State of Israel and all its beauty was profoundly moving, inspiring, and overwhelming in a way that Cunningham was not expecting. “To have stood where millions of Jews had their identities stripped from them and were ultimately murdered, and then to stand where millions of Jews live with the ability to fully embrace who they are as a collective and what Judaism means to them individually is an experience I will always feel fortunate for having. This experience is one I hope to be able to offer educators in the future.”

QUEENS UNIVERSITY OF CHARLOTTE Stan Greenspon Holocaust and Social Justice Education Center

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Shoshanna

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The last, the very last,
So richly, brightly, dazzlingly yellow.
Perhaps if the sun's tears would sing
against a white stone...

Such, such a yellow
Is carried lightly 'way up high.
It went away I'm sure because it wished
to kiss the world goodbye.

For seven weeks I've lived in here,
Pinned up inside this ghetto
But I have found my people here.
The dandelions call to me
And the white chestnut candles in the court.
Only I never saw another butterfly.

That butterfly was the last one.
Butterflies don't live in here,
In the ghetto.

This poem is preserved in typewritten copy on thin paper in the collection of poetry by Pavel Friedmann, which was donated to the National Museum during its documentation campaign. It is dated June 4, 1942 in the left corner. Pavel Friedmann was born Jan. 7, 1921, in Prague and deported to Terezin* on April 26, 1942. He died in Auschwitz on Sept. 29, 1944



Charlotte Teen Rosie Smolowitz Recognized with Canopy Housing Foundation's YES Award. Directs Donation to Greenspon Center

By Shira Firestone

Rosie Smolowitz, a remarkable young leader in Charlotte, has recently been honored with the Canopy Housing Foundation's YES Award (Youth Excellence in Service). This prestigious award, established in 2019, recognizes area youth who are dedicated to improving the quality of life in their communities. The YES Award was created to encourage young people to address a broad spectrum of needs in an effort to build a stronger community. Since its inception, the program has donated \$2,500 to the recipients' designated nonprofit. The Canopy Housing Foundation, the charitable nonprofit arm of the Canopy Realtor® Association, empowers Realtors® to be leaders in the community through multiple programs and services including the YES Award, the Community and Habitat Grant programs, Realtors® Care Day, Strides for Shelter 5K, and other key initiatives.



Rosie Smolowitz

Rosie was nominated by the Ronald McDonald House of Charlotte, where her volunteer work has made a significant impact. Her commitment to the Ronald McDonald House stems from a personal experience —

her father's severe health crisis in 2011. Understanding the financial and emotional strain that serious illness can bring to families, Rosie was drawn to the Ronald McDonald House because "it provides a welcoming home that

allows families to focus on what really matters, which is their children."

As president of the Teen Volunteer Board for the Ronald McDonald House, Rosie revived their pre-COVID community event called Winterfest, which saw 200 participants, the biggest audience ever for this event. Her leadership also inspired new fundraising campaigns that raised \$3,000 in the first year and over \$8,000 in the second year. Additionally, she served as a key volunteer for the 2024 Sport A Shirt committee, personally raising more than \$15,000 for the Ronald McDonald House, along with securing many in-kind donations.

Her dedication to service extends beyond this organization, as evidenced by her active involvement in the Sababa Jewish Culture Club as founder and president and her role as a Student to Student ambassador through the Stan Greenspon Holocaust and Social Justice Education Center

at Queens University. In addition to her work with the Greenspon Center, Rosie founded Pints 4 Providers, a project that combined her interest in healthcare with her part-time job as an ice cream scooper. This initiative delivered ice cream to more than 1,000 healthcare workers during the pandemic, with more than \$10,000 worth of ice cream donated by Ben & Jerry's.

The Greenspon Center, which brought the national Student to Student program to Charlotte in 2022, has been profoundly impacted by Rosie's involvement. She joined the pilot cohort of the program, which aims to combat antisemitism and raise awareness of Judaism in Charlotte schools. The Greenspon team quickly recognized Rosie's passion, confidence, and leadership abilities, which have been instrumental in the program's success. Over the past two years, Rosie has made numerous presentations

(Continued on page 21)

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The Vital Role of Charlotte's Hebrew Cemetery: A Commitment to Our Jewish Community

By Tom BenGera

Joining the board of directors for Charlotte's Hebrew Cemetery has been one of the most meaningful decisions of my young life. This role isn't just about governance; it's about ensuring the continuity of our traditions, honoring our ancestors, and supporting the fabric of our Jewish community. The Hebrew Cemetery is more than a resting place for our loved ones; it is a cornerstone of Jewish life in Charlotte. It represents our respect for tradition, our commitment to community, and our reverence for those who came before us. The cemetery is a sacred space where we observe Jewish burial customs, where our history is preserved, and where future generations can connect with their heritage.

There are numerous ways to connect with and support the Hebrew Cemetery. Whether through volunteering, participating in educational programs about Jewish burial traditions, or simply visiting to pay respects, each act strengthens our communal bonds. Another way is through membership. The Hebrew Cemetery is not attached to any temple like in many com-

munities. Therefore, we charge a membership fee. Members get a 20% discount on cemetery services while supporting the only Jewish cemetery in the greater Charlotte Area.

We are particularly excited to introduce our new campaign, "\$36 for Up to 36." This initiative offers young singles and families (with the oldest member under 36) the opportunity to secure an annual membership at a third of the current regular price. This membership fee is tax-deductible and provides 20% discount on grave, perpetual care, and burial. For many, thoughts of cemeteries and burial plans come late in life, often under duress. However, the Hebrew Cemetery should not be an afterthought. It is essential to recognize its importance early on, as part of our ongoing commitment to Jewish life and community. Pre-planning (such as by taking advantage of "\$36 for Up to 36") allows individuals to make informed, thoughtful decisions, free from the emotional strain of immediate need. It also ensures that one's wishes are honored in accordance with Jewish traditions.

By engaging with the Hebrew



Tom and Lindsey BenGera and family

Cemetery early, we also sustain its mission and preserve its sanctity for future generations. The cemetery relies on the support of the community to maintain its grounds, uphold its traditions, and offer solace to those in mourning. Without proactive involvement, we risk losing a vital part of our cultural and religious heritage.

The "\$36 for Up to 36" campaign is designed to attract younger members of our great-

er Charlotte Jewish community, encouraging them to become involved with the Hebrew Cemetery early in their lives. By joining now, members can lock in current member prices, protecting themselves from future inflation and cost increases. It's a practical step toward pre-planning that offers peace of mind and financial benefits. Additionally, becoming a member helps ensure the cemetery's sustainability, allowing it to continue serving the community for generations to come. Your support, even at this modest level, makes a profound difference.

In joining the board of directors for Charlotte's Hebrew Cemetery, I am driven by a deep sense of duty and honor. This cemetery is not just a burial ground; it is a testament to our

Jewish identity, a place where our community's history and future converge. I urge everyone, especially our younger members, to consider the importance of this sacred space and to take an active role in its preservation. Together, we can ensure that the Hebrew Cemetery remains a vibrant, respected, and integral part of our Jewish community here in Charlotte. Join us in our mission to honor the past and secure the future. Interested in learning more about the Hebrew Cemetery, becoming a member, pre-planning or leaving a legacy gift? Contact director, Sandra Goldman at (704) 576-1859 or email director@hebrewcemetery.org.



The Hebrew Cemetery joins with the community in remembering the names of those who have been buried in the cemetery in the month of July, 2024.

Donald Kurtz	3-25-1934	- 6-27-24
Sallyann Rosenfield	6-6-1933	- 7-17-2024
Brian Gonzalez-Barreras	10-1-2002	- 7-22-2024
Moisiy Beyderman	4-28-1927	- 7-20-2024
Ruth Melnicoff	9-15-1928	- 7-25-2024
Gary Persin	6-30-1948	- 7-30-2024





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OCTOBER 6, 2024, 10:30 AM

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Around the Table



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.



Caribbean Hot Chocolate

As we get back into the swing of school and work and begin looking forward to cooler days ahead, I want to share this recipe that comes from a friend of mine from the French Caribbean island of Martinique. It combines several products of the islands including cacao, lime, cinnamon, vanilla, and peanuts, and sometimes rum, but in a warm drink that (in its non alcoholic version) makes a wonderful and nourishing breakfast or “goûter” (afternoon snack) for children before or after school. I have simplified the recipe just a bit.

- 1 1/3 cup whole milk
- 1/4 tsp vanilla
- 2 tbsp hot cocoa mix (we love the Israeli one called Chocolit)
- Sprinkling of lime zest (optional)
- A dash of each cinnamon and nutmeg or to taste
- 2 tbsp smooth peanut butter

Warm the first three ingredients in a small saucepan over low heat or in a microwave-safe container in the microwave. Once hot, add the peanut butter and stir slowly until blended. Add lime zest, cinnamon, and nutmeg, if desired. Serve immediately.

Rosie Smolowitz

(Continued from page 19)

and emerged as a leading figure in the initiative.

Katie Cunningham, Student to Student program coordinator at the Greenspon Center, expressed their pride in Rosie’s accomplishments: “We had no idea just how lucky we were when Rosie volunteered to be part of our pilot cohort. Within minutes of meeting Rosie, we recognized her as exactly what our program was going to need to succeed. Rosie showed passion, confidence, and a desire to share her Judaism with others. She enthusiastically embraced her role and became a leader of the group. Her dedication and enthusiasm have been crucial to the success of our Student to Student program. We are thrilled to see her recognized with the YES Award and deeply appreciate her decision to give back to our center.”

As part of the YES Award, Rosie received a \$500 donation to direct to organizations of her choice. Reflecting her diverse commitments, she chose to split the donation between the Ronald McDonald House and the Greenspon Center. In her honor, the Canopy Housing Foundation will also be donating \$250 each

to the Ronald McDonald House Charities of Greater Charlotte and the Stan Greenspon Holocaust and Social Justice Education Center.

Beyond her work with the Ronald McDonald House and the Greenspon Center, Rosie has served her community in many other ways, including as the tournament director for Myers Park High School Speech & Debate and as a volunteer at Atrium Health and Novant Health hospitals.

Rosie, who will attend Duke University as a recipient of the Benjamin Duke Scholarship, has made a lasting impact on both the Ronald McDonald House and the Greenspon Center. At just 18, she has demonstrated that she is a leader who cares deeply about her community. As the community celebrates Rosie’s achievements, there is excitement about what she will accomplish next. Her recognition with the YES Award is not only a testament to her past efforts but also an inspiration for future service.

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Education and Youth

Empowering Youth Against Antisemitism

By Adam Stone, Student

Fighting antisemitism can feel like an insurmountable feat, especially to young adults navigating a world increasingly hostile to Jewish people. When I joined Club Z, a national organization aimed at educating middle and high school students about Israel, Jewish identity, and Zionism, I learned that taking on the challenge of figuring out how to replace misinformation with truth is not only possible, but also extremely empowering.

As a Charlotte Jewish Day School (CJDS) student, I developed a profound pride in my Judaism, a deep love for Israel, and a penchant for fact-finding thanks to an education that emphasized using a historical lens to understand the present. Shortly after graduating from CJDS,

I celebrated my bar mitzvah by participating in a ceremony at Yad Vashem. As I zig-zagged through the museum, listening closely to my guide, I began to understand how antisemitism takes root and spreads, leading to unfathomable devastation. I was told the story of Naftali, a teenager whose parents begged him to watch over his younger brother during transport to a concentration camp. Even though the boys were forced into separate cattle cars, Naftali willed himself to live so that he could seek out and care for his brother at Buchenwald. The story induced a fear in me that I still carry, as I would do anything to protect my two younger brothers. This fear feels even more amplified in the current climate of record levels of antisemitism



Adam Stone delivering his Informational Speech on antisemitism during a national speech & debate tournament

in the United States. According to the Anti-Defamation League, antisemitic incidents in the United States have increased 361% compared to last year.

I left Yad Vashem with the realization that antisemitism is given oxygen through misinformation disguised as education aimed at dehumanizing Jewish people and portraying them as a threat. I also left Yad Vashem determined to gain the skills needed to correct the misinformation that feeds antisemitism so that I can do everything in my power to never be in Naftali's situation.

I joined Club Z in 2020 as an 8th grader. Each session focused on facts about the Jewish people and our history. Through fun and engaging discussions and activities, my peers and I learned that Jews are from Judea and indigenous to the land now called Israel, how the state of Israel was established, the details of nearly every conflict between Israel and

its Arab neighbors to the present day, and how modern-day antisemitism presents itself. By studying the comprehensive history of the Jewish people and Israel, such as how in 1948, the Jewish Agency invited all Arabs to remain in the land partitioned for Jews as full and equal citizens (a promise the Agency kept, which is why over 21% of Israelis today are Arab), my peers and I were able to easily debunk the most prevalent and provably untrue narratives that aim to delegitimize Israel and dehumanize Jews today: Israel was established through genocide, Israel is an apartheid state, and the Jewish state was a colonial endeavor. And we quickly realized that the newest incarnation of antisemitism is disguised as anti-Zionism. If Israel is falsely portrayed as a nation built upon ethnic cleansing and racist laws, then calling for its destruction through campaigns such as Boy-

cott, Divestment and Sanctions (BDS) seems socially just.

Armed with facts and skills to advocate, I used my knowledge from Club Z and wrote a speech about antisemitism. I traveled across the nation during 10th grade and competed at dozens of speech and debate competitions, winning first place at Stanford University and qualifying to compete in the two most prestigious and selective tournaments - the Tournament of Champions and the National Speech & Debate Association National Tournament. I explained the history of Jew-hatred and how it has evolved, how antisemitism is perpetuated through the media and positioned as social justice, and the negative impact that antisemitism has on all people in society. My words reached thousands of ears, and I knew that the skills I had gained through Club Z were making a real impact when competitors and judges went out of their way to tell me that they learned something new. This experience confirmed that most people are willing to listen to, and even eager to learn the facts, but the facts need to be presented.

In the days after October 7, as I grieved for all of Israel and a family member I lost at Kibbutz Nir Oz, I prepared myself for a rise in antisemitism. Thanks to Club Z, I had the skills and knowledge to speak up, which made this very difficult year easier to navigate with a feeling of empowerment rather than despair. And when I start college next fall, I will have the confidence to continue to be proudly Jewish and vocal about the truth.

"I am thrilled that Adam's Club Z education helped him to develop this topic for debate competitions. What a fantastic way to inform people about antisemitism and change minds! Not only did he win, so did everyone who heard the truth. Adam's courage is so inspiring! To any parents reading this, I hope you'll share this story with your teens." Marcy Goldstein, Ph.D. Club Z Charlotte Educator

Club Z creates a network of educated and articulate activists with a commitment to Zionism, who advocate for themselves, Israel, and the Jewish people. To learn more and register your 8th-12th graders, visit clubz.org.

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Education and Youth

New Toddler Playground at Jewish Preschool on Sardis Is Open!

The Jewish Preschool on Sardis playground ribbon cutting ceremony took place this summer and was a beautiful celebration of community and generosity. The event featured exciting activities and a guided tour of the playground, which quickly became a hit with families and children alike.

The day took a heartwarming turn with a surprise announcement from Florence Jaffa. In addition to her family's \$36,000 dedication of the Sinai Sand Dunes in loving memory of her great-grandson, Sid Cohen, Florence pledged an extra \$18,000 as a matching grant

to help nudge us closer to our final goal. We are hoping to match this grant by the end of 2024. Join us in reaching 100% of our playground campaign!

We extend our deepest thanks to all our donors and supporters. Your contributions and enthusiasm have made this playground a reality and will ensure it remains a cherished space for years to come.



Children enjoying the activities



Formal Ribbon Cutting of the new toddler playground!



Florence Jaffa with some of her grandchildren

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Education and Youth

Charlotte Jewish Day School Encourages Students to “Power Up” Through Jewish Teachings

By Gale Osborne and Mariashi Groner

Every year, Charlotte Jewish Day School (CJDS) looks to the Torah for teachings that model the behavior we desire for our students and children. The Judaic text for our motto this year comes from the Tanya, the “written Torah” of Chassidic philosophy: Chelek Eloka Meemaal Mamash, which translates to “Each and every one of us has a part of G-d in us.” You might ask, “How does that translate to children?” We came up with “Power Up! Connect to Your Source!”

We will remind our children that they are not alone, that they have the ability and resources to accomplish all they want and all that is expected of them. All they need to do is return to their source: their Judaism, the Torah, and G-d.

Here’s how a child might understand it:

Were you ever stuck with a dead iPad? “Dead” is probably

not a great word for it because you know that all it needs is a power cord and an outlet. The battery’s spark is still very much alive; it just needs to be recharged. What if you’re out in the woods and there are no outlets to be found? Technology has got you covered with these handy-dandy solar power banks. All you need to charge the bank is to expose it to sunlight. Then plug in your device, and voilà! You’re back to checking your emails!

Each of us has a solar power bank inside of us. Sorry, friends, it won’t charge your devices, but it WILL power up your life, your thoughts, and your actions. Any idea what I’m talking about? Yup—it’s your neshama, your soul, that piece of Hashem inside you. Just connect and power up. And that’s even easier than finding sunlight, which isn’t available at 2 a.m. when the sun is busy on the other side of the world.

See, the “sun” we’re referring to is Hashem Himself, and He is everywhere. Always. Inside each and every one of us. Connecting to our source and powering up our soul is as simple as doing a mitzvah. So here is your mission for the year: Power up. Connect to your Source.

Each month, a different goal will be set to help us power up and connect to our source. Some of these goals include:

Remembering to say Modeh Ani, the morning prayer where we thank G-d for renewing our soul for the new day

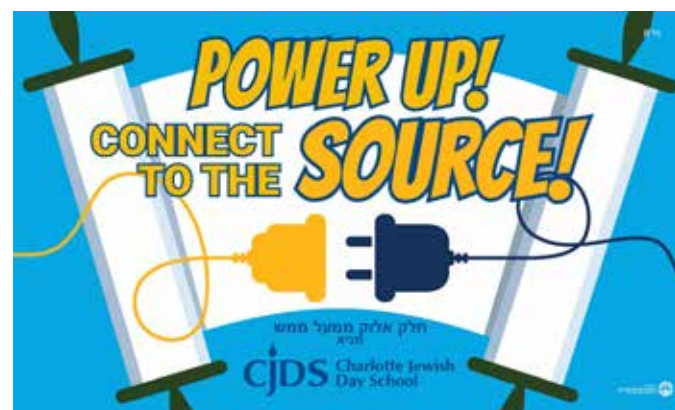
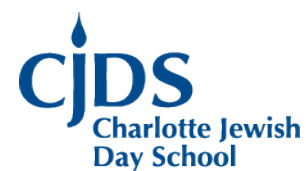
- Doing a mitzvah
- Respecting our parents
- Being a Kindness Katcher
- Sharing the Shabbat Light by lighting Shabbat candles
- Complimenting others
- Making someone happy
- Increasing tzedakah
- Demonstrating the mitzvah of V’ahavta L’reacha Kamocho—Loving your fellow as yourself
- Understanding that we are all

one people with one heart

When the students experience success, they will put a sticker on a puzzle piece hanging in the classroom. When all these puzzle pieces are complete and put together, they will form the map of Israel. Israel remains foremost in our minds and hearts, and everything we do to make a better world is for the sake of our brothers and sisters in Israel—our soldiers who are fighting to defend the one place in the world that is ours, and the hostages whom we

are anxiously awaiting to greet.

So, when we think we are alone, this message can give us strength. When the task at hand feels too hard, it can offer comfort. When the world around us feels too bleak, it can give us courage to stand up and do what is right.



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Education and Youth

The Power of Friendship: Ella's Story

By Nick Perez

Every Thursday, Ella eagerly anticipates her time at Friendship Circle. The inviting and relaxed environment allows her to engage in activities without stress or demands. However, the heart of her experience lies in her friendship with Lexi. Since joining Friendship Circle, Ella has forged an extraordinary bond with her Teen Friend, Lexi. Their connection has become a cornerstone of her

personal growth, providing her with an authentic relationship she deeply cherishes.

From the moment Ella arrives, Lexi is there to greet her with a warm smile and a heartfelt hug, making her feel valued and understood. Lexi's patience and genuine interest in Ella's daily life have had a profound impact. As Ella shares stories about her day at school, Lexi listens attentively, creating a safe space

where Ella feels comfortable and accepted. Lexi's consistent and sincere kindness, patience, and companionship have been instrumental in Ella's personal development.

The significance of this friendship extends beyond their weekly meetings. Ella, like many young adults in her community, yearns for authentic relationships outside of school. Friendship Circle has filled that void, offering a sense of belonging and connection. Friendship Circle's mission is to create genuine friendships, addressing a vital need often

overlooked by traditional educational and health systems. Lexi's kindness and dedication embody the core values of Friendship Circle.

Ella's father, Devin, is deeply grateful for the organization's unwavering commitment to supporting the special needs community. And of course, Lexi's impact on Ella. "Ella's time with Lexi at Friendship Circle has very quickly become an integral part of her personal growth," says Devin. "We feel extremely blessed to be a part of this wonderful program."

As Friendship Circle continues to grow and expand its reach in the greater Charlotte community, stories like Ella and Lexi's serve as a testament to the power of pure friendship.

Friendship Circle is a beneficiary agency of Jewish Federation of Greater Charlotte. To learn more, visit friendshipcircle.org



Ella and Lexi



Shiva's Journey at ZABS Place: From Puzzle to Potential

By Madison Harr

Meet Shiva. Shiva is a fantastic young man in our Talent-In-Training program. When he started his training at ZABS Place, Shiva's speech was very limited so we focused on non-verbal tasks like counting puzzles, sorting hangers, and hanging clothes. This gave him the opportunity to focus his energy on demonstrating his abilities instead of on finding the right words.

We began to see his attention to detail and his talent for making sure everything was in the correct place. We expanded his tasks and his vocabulary grew as well. He started getting clocked-in, logging in to view his daily tasks, and marking his progress – independently! He loves to read and use the computer and he's always eager to learn new things.

Shiva works in our warehouse

putting away bags of sorted clothing donations in their correct place. We also found that he loves to express himself through writing and he has beautiful handwriting!

Shiva has shown impressive growth in all areas since starting his training and there's little that we've tried teaching him that he isn't great at! As his training continues, we are excited to keep exploring other abilities and interests that Shiva may have.

If you have a local business and you need a talented hard-worker who has a great attitude, we'd love for you to be in touch with us about hiring a ZABS Grad. Help us make dreams of employment come true for Special Talent in our community. Your business will thank you!



Shiva honing his puzzle organizing skills



Shiva organizing ZABS donations with a smile

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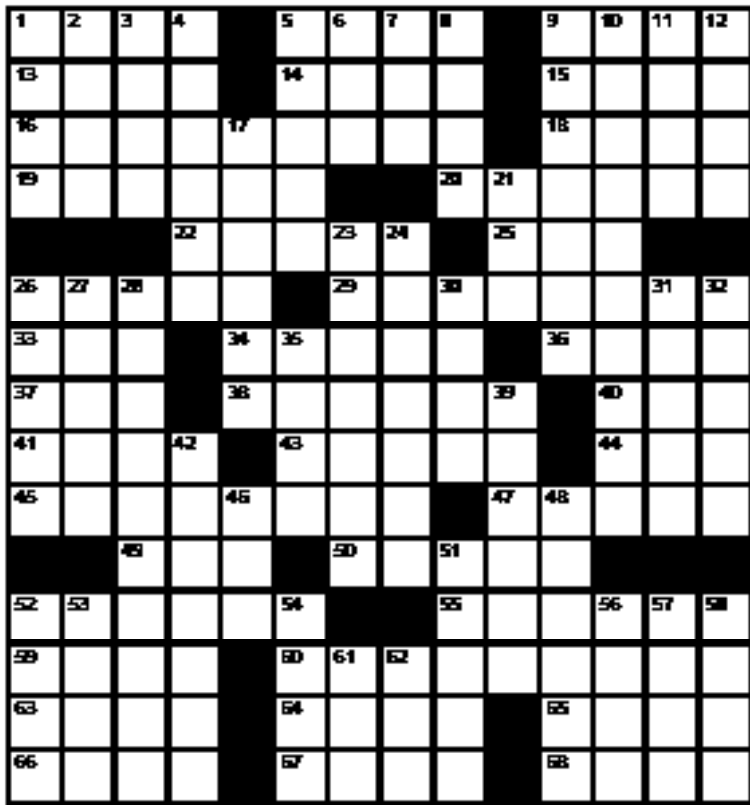


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Autobiographers



Across

- 1. Twins loc.
- 5. Kind of lashon
- 9. Autobiographer who also co-wrote Divrei Hayamim
- 13. On the Dead or the Red
- 14. He lost his head to 38-Across
- 15. Thank-___ (gift acknowledgments)
- 16. Autobiographer

- 18. Ages and ages
- 19. Last name of The Rif
- 20. Overcome with shock
- 22. Rash remedies
- 25. Howard of Hollywood
- 26. It was also written by 16-Across
- 29. Common receding

- boundary
- 33. Enero begins it
- 34. Mattress springs
- 36. Portion where 47-Across wrote about "an eye for an eye"
- 37. Lead-in to "mo"
- 38. Autobiographer who also wrote Shoftim
- 40. King Hezekiah's mother
- 41. Individually
- 43. One named Israeli singer
- 44. Bus. designation
- 45. Tree in a "Pocahontas" song
- 47. Autobiographer who also wrote Iyov
- 49. Provo native
- 50. Afghani or Indian, e.g.
- 52. Levy, as a fine
- 55. Jewish problems
- 59. 33-Across in English
- 60. Autobiographer who also co-wrote Divrei Hayamim
- 63. Actress Chlumsky
- 64. Home to Queen Sonja
- 65. Orchard measurement
- 66. It was also written

- by 38-Across
 - 67. Hevel's bro
 - 68. Mexican dough
- Down**
- 1. Rudolph of note
 - 2. Terrorist group, as Obama called it
 - 3. Big name in foam weaponry
 - 4. Broadway Joe of football
 - 5. Eshet ___ (Var.)
 - 6. Ankara title
 - 7. Cheerleader's shout
 - 8. Water, to Joaquin
 - 9. Mask opening
 - 10. Lions and tigers and bears, e.g.
 - 11. Goes for a seat
 - 12. Admin. aide
 - 17. Rabbis Luria and 19-Across
 - 21. Sound of frustration
 - 23. Lion-headed monster of myth
 - 24. Military greetings
 - 26. Loosens (up)
 - 27. Mosaic work
 - 28. Roommate, e.g.

- 30. "But ___ fire to the rain" (Adele lyric)
- 31. Aristocrat
- 32. Bana and Clapton
- 35. "Heavens to Betsy!"
- 39. Labor class?
- 42. Aish follower
- 46. French for "my"
- 48. One way to see all of Europe?
- 51. "Some Like ___"
- 52. It coincides with May
- 53. Options item
- 54. Son of 67-Across, in English
- 56. Some enjoy it on Passover
- 57. Galley blades
- 58. Huxtable son, of classic TV
- 61. Havdallah aspect
- 62. MLB's former Indians, on scoreboards

By Yoni Glatt, kosher-crosswords@gmail.com

(Answers on page 34)

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Highlights From a Jewish Trip to England

By Cantor Elias Roohvarg

I recently returned from an 11-day trip to England, which had been planned, organized, and executed by my cantorial colleague, Mathew Austerklein. Not counting our tour director, there were 20 travelers, including seven cantors, with the rest being lovers of Jewish music. In addition to being a fine and talented cantor, Matt is also a scholar, currently working on his doctorate in Jewish music.

At the National Gallery, the first of several museums we visited during our trip, I had the thrill of standing just inches away from a painting I had known about all my life: Rembrandt's "Belshazzar's Feast." The Rembrandt painting depicts the scene from the Book of Daniel in which King Belshazzar, in the midst of a wild party, sees the hand of God writing a message of warning on the wall. (This scene, in fact, is where the idiom "writing on the wall" comes from.)

What makes the painting remarkable is that Rembrandt learned how to write the Hebrew letters of the message and that the writing goes from right to left. Unfortunately, he was also under the impression that the letters go up and down, and that's how he painted them.

We visited JW3, which functions as a Jewish community center but cannot officially call itself that because it would then have to pay a fee to the international organization of Jewish community centers—a fee they choose not to (or cannot afford to) pay.

Like other Jewish community centers, they host multiple cultural events and classes. The building has classrooms, a small movie theater, a larger auditorium, and a café. They do not have a gym or a swimming pool, stat-



Rembrandt's "Belshazzar's Feast", National Gallery

ing that those are too expensive. They told us that since October 7, their security costs have skyrocketed. That is a universal problem!

We then proceeded to the Leo Baeck College, which trains Masorti and Reform rabbis and teachers. Of particular interest to us was their music collection: a gift from a philanthropist named Tunkel; two rooms with shelves from floor almost to the ceiling, consisting entirely of books about Jewish music and manuscripts of Jewish music from the early 19th century onward. I would have loved to spend more than the one hour that we had there. I had no idea that there were that many books about Jewish music!

We took a walking tour of the old Jewish Quarter of downtown London, specifically the neighborhoods of Aldgate and Spitalfields. We saw a plaque designating where London's

first synagogue had stood (1657-1701).

We then visited what may be the most famous synagogue in London, the Bevis Marks Synagogue, which is modeled on the Sephardic Synagogue of Amsterdam, though much smaller. This is an Orthodox synagogue, where men worship in top hats, and women worship in the balcony. The rabbi, Shalom Morris, actually grew up in Rochester,

New York! He spoke to us about the history of the congregation. He proudly stated that it is their tradition not to change any music, but to use the same melodies as they have for centuries. He then told us a joke: How many Sephardim does it take to change a light bulb? Answer: None: We never change anything! He shared with us the following true story from the congregation's history: When the building was



Plaque designating location of London's 1st synagogue

built, the architect was a Quaker. The building came in under budget, and the architect returned all the extra money to the congregation, saying, "I could not in good conscience make a profit on a house of God."

We had planned on simply being guests at the New London Synagogue for Friday night services, but the message came to our tour director that afternoon that the congregation had requested that the cantors among us lead part of the service. I can certainly understand this: How often does any congregation have seven cantors visiting all at once? So my colleagues and I led about three-quarters of the service, with the rest being led by their local student cantors. Then the 20 of us had a lovely Friday night dinner at the synagogue, where our hosts expressed their appreciation of our participation.

On Shabbat morning, we prayed at the Belsize Square Synagogue. The sanctuary was modest in size, seating perhaps 100, and it seemed about half full. I couldn't tell how many were in the balcony. The service starts at 10:00, but before it started, the cantor told us a little about the congregation. I found out later that the rabbi, in his thirties, is also American, from Cleveland. Although the cantor wore a robe and the fancy miter, which is kind of formal, the service was otherwise warm and engaging. It featured an organ and maybe an eight-voice choir. (I couldn't tell how many, because they were in the balcony.) But neither the organ nor the choir was overpowering. The melodies were mostly mid-19th century Sulzer and Lewandowsky, very participatory. One young girl, celebrating the first anniversary of her bat mitzvah, got an aliyah. The Haftarah was recited by a boy celebrating his third bar mitzvah anniversary. Also present were about a dozen pre-bar mitzvah kids, some of whom did things like opening and closing the ark, and being on the bimah for Kiddush and Motzi.

We concluded Shabbat by attending afternoon and evening services at the Lauderdale Road Synagogue, which is Syrian Sephardic; very different from the more familiar Spanish Portuguese Sephardic. The congregation's rabbi, Joseph Dweck, also holds the title of chief Sephardic rabbi of the United Kingdom. Before the service began, he talked to us about the Syrian Jewish community in London, where he has lived for 10 years. Like the other two congregational rabbis we have met, he is also originally from America.

This community's custom is not skipping a single word of a single prayer. In order to do so, it means speed is of the essence.

(Continued on page 31)

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England

(Continued from page 30)

They zip through every service lickety-split, with almost nothing that we would call a congregational melody to slow things down. When the congregation does participate, it is to chant somewhat monotonously—to my Ashkenazic ears—in unison with the leader. The rabbi's speaking voice was rich and well-modulated. But when he was leading the service, his voice took on a nasal and monotonous tone (once again, to my Ashkenazic ears) which, he told us, is typical of Syrian davening style.



Narrow streets in London's Jewish Quarter

The afternoon service was followed by a lovely dinner (the traditional se'uda shelishit, the third Sabbath meal), then a lickety-split Ma'ariv (evening service), and a lickety-split—and definitely not Debbie Friedman—Havdalah. Several people in our group complained later that they had been unable to follow the service because of its speed, but all acknowledged that we had been treated very graciously.

Sunday, we traveled to Hampton Court Palace, halfway between London and Windsor Castle, the residence of King Henry VIII and his six wives. Amid all the opulence, there was one thing of particular Jewish interest: The walls of the main banquet hall, in which up to 1,000 people could dine together, were lined with tapestries. One of the tapestries, on a biblical theme, prominently featured a depiction of the akedah; Abraham about to sacrifice his son Isaac. According to our guide, Henry saw some parallels between himself and Abraham, since both were childless in middle age, but both eventually sired a son.

(Continued on page 32)

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England

(Continued from page 31)

We took a walking tour of Oxford University. We saw many buildings dating from the 12th-14th centuries. And in the very middle of this very old campus, there was a pro-Palestinian encampment of some dozen tents, many signs, including one that said, "While you read, Gaza bleeds!" One of my fellow travelers insisted on yelling "Am Yisrael Chai!" as we passed, but fortunately there was no reaction. Maybe the demonstrators were all in class.

We learned that Oxford University first admitted Jews in the 1850s, and women in the 1870s. The combined libraries of all Oxford colleges: a total of 30 million books!

We walked around Cambridge University and saw more Gothic architecture. We then visited the university library, where we were in for quite a treat: In the late 1880s, Solomon Schechter, professor at Cambridge who years later would become the president of the Jewish Theological Seminary, was in Cairo where he was exploring the Geniza fragments in the old Ben Ezra Synagogue.

We think of a geniza—like the Dead Sea Scrolls—as a re-



Bevis Marks Synagogue

pository for sacred materials, but this one was primarily full of fragments documenting the life of everyday people. Fortunately for posterity, the chief rabbi of Egypt at the time gave Schechter permission to bring the whole collection, 200,000 fragments, back to the Univer-

sity of Cambridge. (I can't even imagine how he packed all those delicate fragments for shipping!) Among the documents that were on display for us were part of the Torah in Aramaic letters, a Quran in Hebrew letters, and the oldest handwritten manuscript of Jewish music known to ex-

ist, from the early 12th century! (Obviously of particular interest to cantors and lovers of Jewish music.)

Also in the library's Geniza collection, but not on display for us to see, were: eyewitness reports of crusader violence; an eyewitness report of an earthquake; Maimonides' treatise on aphrodisiacs, complete with recipes; a teacher's letter to parents on their child's misbehavior; children's doodles on their texts; and a truly delightful prenup agreement, in which the groom-to-be promises, "I shall not allow into my house the dissolute, jokers, frivolous company, or good-for-nothings. Nor shall I enter the house of anyone who clings to licentiousness, corruption, or immoral acts. Nor shall I associate with them for the purpose of eating, drinking, or anything else. And I shall not acquire for myself a concubine for as long as my wife is with me." All these documents from the 10th-12th centuries demonstrate how much those folks had in common with us in their day-to-day trials and tribulations.

(Continued on page 33)



Lauderdale Road Synagogue

Cantor Roochvarg is cantor emeritus at Temple Israel, where he served from 1995 to 2018. He remains active in the community, participating in various activities, including reading Torah and Haftarah, teaching occasional classes, leading a weekday minyan once a week, volunteering twice a week at ZABS Place, and serving on the advisory board of WDAV.



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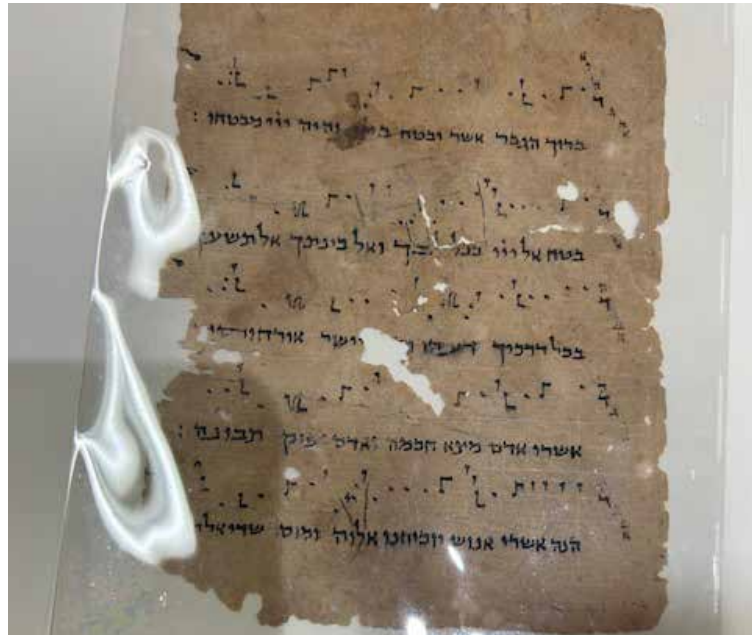



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England

(Continued from page 32)



Oldest surviving manuscript of Jewish music



"Akedah" detail, tapestry at Hampton Rd. Castle



London JCC, which calls itself JW3

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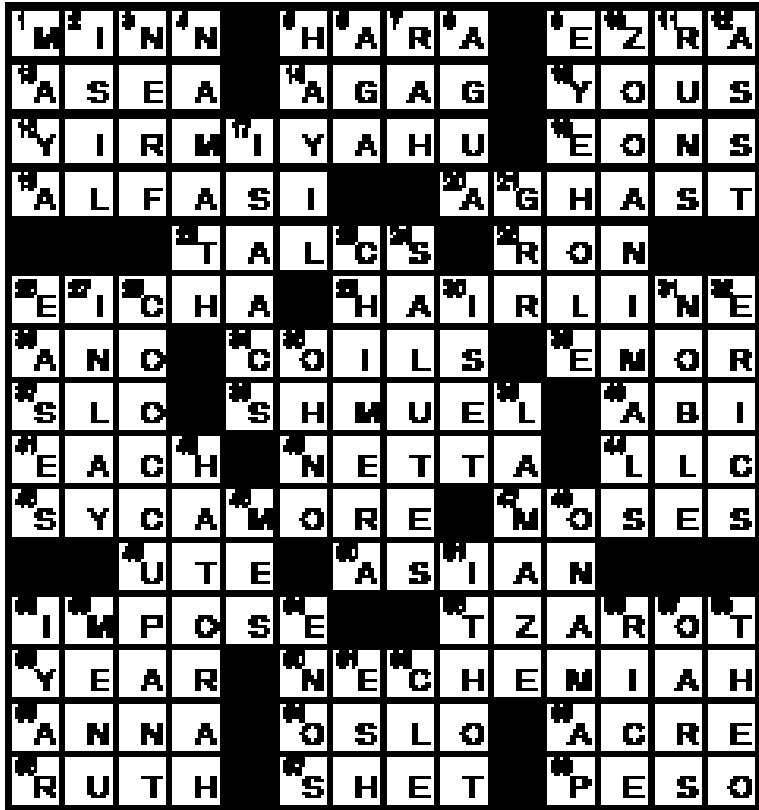


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(Puzzle on page 29)



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“It’s Like Living in Two Realities at the Same Time”: Israelis Navigate Normal Life Amid Danger and Anxiety

By Deborah Danan August 5, 2024

(JTA) — TEL AVIV — As she read the news about a looming attack from Iran and its proxies, Adi Tamir faced a series of dilemmas: Should she go ahead with her weekend vacation on the banks of the Jordan River? Living in a town near Israel’s northern coastline — well within reach of Hezbollah’s rockets — should she leave her house at all?

She settled on a compromise: She wouldn’t go on the vacation to Israel’s border with Jordan — but she also wouldn’t remain hunkered down at home.

“I’m not going to play with destiny to that degree,” she said about her vacation plans.

“But I am going out,” she added. “I don’t want to stop my life because of a ‘what if.’ We’re living in a shitty situation but the best we can do is understand we’re not in control and just surrender to that fact.”

For months, Israelis across the country have faced similar decisions, as daily life goes on amidst a multi-front conflict that has regularly spilled over into population centers and left once-popular recreation spots deserted. Israelis have gotten used to a constant cognitive dissonance — surrounded by reminders of the war and all those who have been killed or taken hostage — while they go to work, send their children to school and, often, go out to eat or enjoy themselves despite the risks. That tension has only mounted as Israel braces for an attack from Iran after a strike on a Hamas leader in Tehran.

“It’s like living in 2 realities at the same time here,” Karin Hershkovitz, an Israeli influencer who lives in the United States but is visiting her family in Israel this summer, posted on Instagram last week. “Working, kids, ‘routine,’ partying and living life — while dealing with grief, actual threats and uncertainty constantly.”

Sometimes the contrast is striking. Hours after a drone shot from Yemen exploded blocks away from the Tel Aviv beach last month, killing a local worker, the shore was crowded with locals enjoying a weekend in the sun.

A group of families gathered for a weekly surfing class — only one had canceled in the wake of the strike — and the traffic of cars, bikes, scooters and pedestrians continued as normal. A passerby, surrounded by busy cafes and shops, would be forgiven for not knowing the bustling area had been the site of an international terror attack



Ziv, a military reservist who expects to be called up again and who lost a friend at the Nova massacre, skates to relax. (Deborah Danan)

that morning.

“I thought about not coming for like half a second but to be honest, I’m far more concerned about jellyfish,” Ofer Zimri said laughing.

The overcrowded beach indicated that others shared Zimri’s sentiment. Near the water, a couple sat on the sand drinking beer.

“Life here happens at such a crazy pace, that you forget. One day, there’s an attack, and the next it’s business as usual,” Amit Mizrahi said.

But like many Israelis, he had made some life changes following Oct. 7. He obtained a license for a weapon, then the gun itself, and stays vigilant in public places, constantly scanning for exits and monitoring for suspicious activity.

“Just last week there was a terror attack near my house in Rishon LeZion,” he said, referencing a car-ramming attack in which a soldier was killed and three more wounded. “But it doesn’t matter what happens, I still feel safe. Because it’s our home, you know?”

For many Israelis, the losses of Oct. 7 and the war have been close and personal. A man named Ziv had a childhood friend who was killed at the Nova music festival, and another friend who lost both legs fighting in Gaza. Ziv said he is waiting to be called up to the army again.

In the meantime, Ziv was skateboarding at a nearby park. During a rest between kickflips, he waxed lyrical about life in the shadow of war.

“Life is the medicine for the opposite of life, which is loss,” he said. “My life is on pause but I’m trying to go back to routine as much as possible. I go to the

psychologist, I go skateboarding. The movement is good, it brings down the pain and the stress.”

Some Israelis see going out as a demonstration of defiance. At a recent concert headlined by Jewish American rapper Koshia Dillz, Michelle Long said she feels a responsibility not to give way to depression or, as she termed it, “drop the ball.”

“We’re all living double lives. You see something bad has happened, your heart flips and then you put your phone back in your pocket and continue,” she said.

“Well, sometimes you can continue like normal,” she continued. “Other times you act completely crazy. And sometimes you don’t even know what’s affecting your behavior any more.”

Noah Shufutinsky, one of the night’s opening acts who performs under his rap name Westside Gravy, said his music has changed significantly since Oct. 7.

“The new normal means that I’m not going to go and perform regular songs that I perform at any other time. I’m not going to make music just for the fun of it,” Shufutinsky said. “A lot of that for me has shifted to talking about the issues that Israelis are going through and trying to reflect a little bit of the society that I’m a part of now, through music.”

For Kim Feldman, going to a rap concert or any other event involving tickets and advanced planning has become too daunting since Oct. 7. Instead, she said she enjoys simpler evenings with friends, such as a screening of “The Princess Bride” in a local park, part of a free weekly outdoor movie series.

“I can’t plan to party. I can plan to sit in the park,” Feldman said. “It’s really nice to go somewhere super relaxed and social but without going out of your way. It’s a comfortable socialization, with less pressure and less expectations.”

Gesturing around her, she said, “Just look at the amount of babies and dogs there are here.”

Many Israelis say that the atmosphere in public is not the same as it was in the first couple of months of the war, when the shock of Oct. 7 was still raw. “Everything felt tainted and weird,” Feldman said.

“The thing that freaked me out was how few young men there were on the streets and then, how many of them were injured,” Feldman said of the hundreds of thousands who reported for military service. “It’s nine months later and in a way, the longer it goes on the harder it is. You’re not trying to be disrespectful but you’re trying to find a balance where you can continue to live as normally as possible.”

At a standup show, popular comedian Udi Kagan was interrupted by the sound of a newborn crying. He asked the infant’s mother how she could have planned to attend the evening when tickets sold out months in advance. The woman answered that she got the ticket from a reserve soldier who was called up to Gaza at the last moment.

“It just reflected the whole mood in the country,” said audience member Idan Cohen, who recalled the exchange. “You used to take things as a given, but now you can’t. From the smallest thing — like whether you’ll end up going to the standup comedy you bought tickets for — to the

biggest thing, whether you’re safe in your bed at night.”

Cohen added, “But life carries on, especially for the kids. During the holidays it’s the hardest.”

Israelis have perhaps been quickest to change their plans when it comes to traveling and vacations. Anat Shihor-Aronson, a spokesperson for the Ministry of Tourism, cited two main reasons for the trend: many airlines have canceled flights due to the war, and many Israelis are reluctant to travel abroad, a feeling fueled both by increasing antisemitism overseas and a strong desire to be near their loved ones.

“If God forbid something happens, they’re staying in Israel so they can be close to home,” Shihor-Aronson said.

As a result, hotels in Israel are operating at 90 to 100% capacity, despite having only about 10 to 20% of the usual number of foreign tourists typically present during the summer months. The occupancy rates are also higher due to approximately 24,000 evacuees, mostly from Israel’s embattled northern region, who are currently residing in the hotels.

Shihor-Aronson expressed optimism about the future of foreign tourism, noting a steady rise in numbers even during wartime. While most of those arriving are Jewish and evangelical Christian tourists, whom she described as the “loyal market,” there have been more and more volunteer and solidarity groups visiting — at least until most airlines scrapped flights this week in response to the Iran threat.

Some Israelis, like Tamir, are canceling their trips altogether. Cohen nixed an annual family trip to a campsite in the north due to frequent Hezbollah attacks in the area.

“There are so many spots we can’t go to, Cohen said. “it’s just too dangerous.”

And while life has in many ways returned to normal in Israel’s cities, one visitor said that shift also reflects a dreary reality.

“The beach volleyball courts are full. Life goes on,” Jonathan Jaffe, a New York-based rabbi in the country for the third time since the outbreak of the war, wrote on Facebook after the Tel Aviv attack. “You can see this as either an uplifting story of resilience displayed by a community that refuses to bow to terror, or a less optimistic tale of a region that has become all too accustomed to mornings like this.”

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Newspaper archives are a treasure trove of collective memories, providing a snapshot of our history. The following is an excerpt from the article in The Charlotte Jewish News, March, 2017. To read the rest of the article and other issues of The CJN, visit the archives at <https://www.digitalnc.org/newspapers/charlotte-jewish-news-charlotte-nc/>.

Looking Back: Year 2017

Paul Jacobs Celebrates 30 Years With Shalom Park

When people drive down Shalom Park Drive and enter the campus, they are always struck by the incredible facilities of Shalom Park. While part of a team, Paul Jacobs, facility manager, has been putting his imprint on that first impression for the last 30 years. Paul is admired by campus institutions for his tireless energy, commitment to excellence, and extensive management experience.

After 30 years on the job, Paul is a veritable fixture at the Park. But it wasn't always that way. Paul was working in facilities maintenance at Jacaranda Country Club in Fort Lauderdale, FL. Over the years, he went to night school to become certified in heating and air (HVAC), and earned his electrical journeyman card. Paul and his wife, Janet, decided they did not want to raise their family in south Florida. After having spent their honeymoon in the North Carolina mountains, they decided to move to Charlotte to raise their family. Barry Handman, past

CEO of both the Levine Jewish Community Center (LJCC) and Foundation of Shalom Park (FSP), called Paul at 3:30 p.m. on Christmas Eve to invite him to Shalom Park for an interview. Butch Rosen, then on the FSP Board, and Bill Gorelick interviewed him in person the next month. Paul said, "Give me six months and I'll have this place in shape." Every few years after that Paul would call up Butch and just say, "I'm still here..."

Paul and Janet have three children, Kevin, Brian, and Lorraine. While it was not part of a grand plan, Brian Jacobs is also part of the Foundation of Shalom Park maintenance team. When Paul and Janet's son, Brian, was in high school, he started working part-time on campus in housekeeping. Brian pursued a degree in horticulture and continued working at Shalom Park under Hoke White in groundskeeping. Brian took a brief hiatus while he worked at an electrical supply company, but after a year or



Paul Jacobs 1987

so, Brian was back at Shalom Park, where he now heads the groundskeeping team.

Paul Jacobs is responsible for housekeeping, groundskeeping, and facilities maintenance. "Each day is always different," Paul shares. "I get up early and love coming to work every day."

90% of the Park's repairs are done in-house. "Our approach helps control costs," Paul says.

"We have an experienced staff that is very flexible. Our skills complement each other's" With the facilities management software, Facility Dude (purchased in 2014), Shalom Park partner institutions can enter a work order anywhere on campus. FSP maintenance can track hours, labor, and parts on orders, schedule work and estimate completion dates. Paul proudly shares, "We complete 77% of our work orders in seven days or less, which is above the national average."

Over the years, Paul has seen a lot of changes. Before Phase II of Shalom Park was built in the early 2000s, Paul's team had to switch out furniture from the religious school to the preschool three days per week. Camp Mindy was built 17 years ago, followed by the Howard R. Levine gymnasium and the David Silverman Fitness Center were constructed 15 years ago, followed by the Bubble Pool and the Barbara L. Levine Parking Pavilion. But even now, there's never a

shortage of tasks to do. Over the winter months, the Foundation of Shalom Park maintenance team changed out 6,000 lightbulbs in exchange for more efficient varieties. With Duke Energy rebates and improved energy efficiency bulbs, the swap will save the Park over 40% on its lighting costs.

The Foundation of Shalom Park maintenance team has employees that stay over 300% longer than the national average. Housekeepers usually stay at an organization less than five years. Kevin Sobota, a Foundation of Shalom Park steward in housekeeping has been clocking in at Shalom Park for more than 25 years.

"I continue to be impressed by the loyalty and integrity of the team," says Paul. "It is a trustworthy group that enjoys working together. It's like a family."



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