

The Charlotte JEWISH news

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Adar I-Adar II 5779

March 2019



Jewish Federation
OF GREATER CHARLOTTE

IT ALL STARTS WITH YOU!

FEDERATION 2019 CAMPAIGN IN FULL SWING

A crowd of more than 600 people packed the sanctuary at Temple Israel for the Jewish Federation's 2019 Main Event! Co-Chairs Sam and Emily Zimmern & Bill and Angie Zimmern told their personal stories about family, becoming involved in Federation and other Jewish organizations. They spoke passionately about the power to sustain and create Jewish life, to ensure a safety net locally and globally for Jews in need, and to create a positive Jewish future here in Charlotte.

Every dollar and every gift make a difference. Just as generations before you built the community we benefit from today, it's up to you to create the Jewish world we wish to pass along to our children and grandchildren. Giving generously to our community is at the core of how we accomplish this together.

Special thanks to The Leon Levine Foundation for their generous commitment of \$800,000 to the 2019 Campaign! PLUS \$50,000 of their gift is a match to help inspire YOU, our donors in making a new or increased gift to the Federation. To learn more about how you can take advantage of this incredible opportunity, please call Jason Pressberg, Chief Development Officer, at 704.944.6758.

The extraordinary impact of Federation can be felt throughout the community and around the world. Join us by making your gift to the annual campaign today! www.jewishcharlotte.org

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How Purim is a Call to Leadership

By Abigail Pogrebin

(JTA) — Purim is a dark story marked by a crazy party. I'm still unsure why a close brush with extermination became, in the Middle Ages, an opportunity for costumes and farce, but there you have it.

It's the fifth century BCE, about a hundred years after the First Temple's destruction. The Jews who were exiled to Babylon are now ruled by the Persian king

Ahaseurus, who thinks highly of himself. In the city of Shushan, the king's adviser, Haman, is a cruel Jew-hater. He hatches a plan to kill all the Jews and draws lots ("purim") to pick the day it will happen, persuading Ahaseurus to go along.

A proclamation is made throughout the kingdom: On that day, all Jews shall be killed. A Jew named Mordechai entreats his cousin, the gorgeous Queen

Esther, to prevent it by pleading for mercy with her husband the king.

Esther was married to Ahaseurus essentially against her will. He chose her out of a bevy of prospective wives at a banquet after banishing his then-wife, Vashti, who refused to display her beauty for his guests. (Some say she refused to dance naked.) Esther's Jewish roots were kept secret when she married the king, so for her to now entreat her husband would mean exposing her Judaism — not to mention that in those days it was life threatening to approach the king without having been summoned.

Nevertheless, she plucks up the courage, successfully appeals to her husband and foils the massacre. The king kills Haman and his sons, and then, because the proclamation could not officially be canceled according to Persian law, the Jews can only defend themselves with a preemptive strike. Some say they took self-defense too far, slaughtering 75,000.

Purim's modern observance, at least in Reform synagogues I've visited, does not focus on that brutal coda, highlighting instead the reenactment of cruel Haman and courageous Esther. The ritual is to read aloud the story from a scroll of parchment known as the Megillah, which has the biblical book of Esther inscribed on it.

The narrative is then often

theatricalized with wacky costumes in a play called a spiel — pronounced "shpeel." Whenever Haman is mentioned during the satire, people "boo" vigorously or spin noisemakers, called groggers, to drown out his name.

Purim is, hands down, the biggest party of the Jewish year. Simchat Torah pales by comparison, with its sips of single malt. This is the Big Megillah (word-play intended), and we're supposed to get so trashed that we can't tell the difference between Mordechai (good guy) and Haman (really bad).

I decide to sample some of the elaborate spiel-prep under way in New York City, so I spend an evening watching rehearsals at the Stephen Wise Synagogue on the Upper West Side of New York City, where congregant Norman Roth, 76, a retired accountant, has been writing and directing the shul's spiel for the

past three decades.

Some of his past triumphs line the stairway in colorful, theatrical show posters with titles like "Michael Jackson's The Thriller Megillah," "Les Mis — Les Me-gillah," and "Oh What a Spiel — The Jersey Boys Megillah." This year's theme is Elvis. One of Roth's lyrics riffs on "Blue Suede Shoes," when the king tells Haman, "Don't you step on my Shushan Jews."

Roth takes great pride in his spiel scripts. And he points out that in his librettos, Haman never dies.

"We have very few men in the show, so we need Haman for the closing number. We never kill him off," he says.

I ask Roth if it gives him pause to know he's leaving out the real bloody end of the story — the 75,000 slain.

(Continued on page 31)

Community Purim Carnival

March 17
Noon - 3 PM
Levine JCC

See page 26 for details.

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Jewish Federation of Greater Charlotte Main Event, February 7, Featuring *New York Times*’ Editorial Page Editor, Bari Weiss



Leon Levine and Judie Van Glish



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Ivy Berman, Gabe Mathless, Jeff and Becca Stern, Casey Topol, Megan and Andy Harkavy



Dale Polsky, Mattye Silverman, and Sandra Levine



Nancy Bernstein, Dale Polsky, Larry Polsky, and Bari Weiss



Harry and Gloria Lerner, Bari Weiss, Jason Pressberg



Rachel Friedman, Bari Weiss, Jonathan Friedman



Moishe House NODA residents Caleb Seidler, Calvin Newman, and Daniel Rich



Queens University student Josh Klasky, Bari Weiss, Queens University student Noah Goldman, Talli Dippold.



Bari Weiss, Lori and Ken Jackowitz, and Jason Pressberg

Shabbat Candle Lighting for March 2019

Friday, March 1, 6:00 PM

Friday, March 8, 6:07 PM

Friday, March 15, 7:12 PM

Friday, March 22, 7:28 PM

Friday, March 29, 7:24 PM

The Charlotte Jewish News

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Partnership 2Gether: Creating a Living Bridge with Israel

This past January, two medical professionals from Charlotte had the unique opportunity to travel to Israel on a customized medical trip as part of our P2G Medical Exchange. Dr. Jim Shearer and Larry Berendt, PA joined seven other medical professionals from our Southeast consortium for a week-long trip showcasing Israeli medical achievements and exposed participants to the many ways Israelis think out of the box to solve complex problems.

American participants were matched with physicians in their field of practice and were able to shadow their counterparts in the Hillel Yaffe Medical Center*. Participants also had the opportunity to tour the Western Galilee Hospital, known for its work treating Syrian refugees and the



At Hillel Yaffe Medical Center.

Hadassah Medical Center in Jerusalem. Interspersed, the group enjoyed guided tours in Jerusalem and Tel Aviv, wine tasting at a local vineyard, and sightseeing across the country.



The doctors visit the The Shuk.



Larry Berendt (far left) and Jim Shearer (2nd from right) with their Israeli colleagues.

***Hillel Yaffe Hospital in Hadera:**
Established in 1957 as a governmental hospital, the Hillel Yaffe hospital is situated half-way between Haifa and Tel Aviv. It serves a population of approximately 450,000 inhabitants - from Zichron Ya'akov in the north to Netanya in the south, and from the sea coast on the west to Um el-Fahem and the "Green Line" in the east. The patient population of the hospital is highly varied, representing the full range of Israel's population. As such, the medical center serves as an exemplary model for peaceful coexistence between Jews and Arabs and successful absorption of immigrants from the former Soviet Union, Ethiopia, and other countries.

This trip was the second part of a two-way P2G Medical Exchange, which started with three Israeli doctors from the Hillel Yaffe hospital visiting Charlotte in May 2018.

For more information about our P2G programs, contact Tair Giudice, Director of Education and Engagement, tair.giudice@jewishcharlotte.org or 704-944-6759. ☆

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What Is PJ Library?

PJ library is an award-winning program that engages families in their Jewish journey by giving free books and music to children around the world. PJ Library is just one of the amazing programs created by the Harold Grinspoon Foundation (HGF). PJ Library in

Charlotte was launched in 2013 and is made possible with generous funding from Liz and Brad Winer and the Jewish Federation of Greater Charlotte. PJ Library provides families with children ages six months to eight years old with free monthly books and the

opportunity to connect Jewishly through weekly and monthly programming.

Interested in learning more, contact Kara Culp, Engagement Associate, at kara.culp@jewish-charlotte.org or 704-944-6858. ☆



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Sue's Book Shelf

By Sue Littauer

On the Same Page: Chapter 2 -
Promised Land by Martin Fletcher

We'll be in for a real treat on Sunday, March 24 when Martin Fletcher joins the Center for Jewish Education to speak about his new book *Promised Land: A Novel of Israel*. The accolades go on and on about the author and his new book, the first in a planned trilogy, and the hype is spot on for this well written, riveting book of historical fiction.

"Martin Fletcher, who headed up NBC TV's Tel Aviv News Bureau, knows his territory and it shows on every page. *Promised Land* is a great sweeping epic,

reminiscent of Leon Uris' *Exodus*; a moving story of triumph and tragedy, new love and historic hate, expertly told by a cast of unforgettable characters. Fletcher's writing is superb and rises to the level of importance that this story demands and deserves. Historical novels don't get much better than *Promised Land*." -Nelson DeMille, #1 New York Times bestselling author

Promised Land is the sweeping saga of two brothers and the woman they love, a devastating love triangle set against the tu-



multuous founding of Israel. The story begins when fourteen-year-old Peter is sent west to America to escape the growing horror of Nazi Germany. But his younger brother Arie and their entire family are sent east to the death camps. The brothers reunite in the nascent Jewish state, where Arie becomes a businessman and one of the richest men in Israel while



Peter becomes a top Mossad agent heading some of Israel's most vital espionage operations. One brother builds Israel, the other protects it. But they also fall in love with the same woman. Over the next two decades, as their new homeland faces extraordinary obstacles that could destroy it, the brothers' intrigues and jealousies threaten to tear their new lives apart. *Promised Land* is at once the gripping tale of a struggling family and an epic about a struggling nation. (Amazon)

A Wonderful Opportunity for Your Book Club....

Promised Land offers book clubs the opportunity for lively discussions based on the complex

issues raised in the book. Visit www.jewishcharlotte.org/CJE to download the discussion questions to enhance your reading experience.

Mark your calendars today, and come as a group to the March 24 event to be held in the Sam Lerner Center for Cultural Arts at Shalom Park. There is no charge for this event and everyone is welcome to join us.

Additionally, the CJE Book Club will discuss *Promised Land* at our next meeting on Wednesday, March 20 at 10:30 AM. For more information, contact sueb.littauer@jewishcharlotte.org. ☆

Check out what's happening this month at the CJE ?					
CJE CALENDAR: MARCH 2019					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
The Center for Jewish Education (CJE) enhances community engagement, promotes lifelong Jewish learning, and creates pathways to Jewish identity. LIBRARY HOURS: Monday - Thursday, 9:00 am - 4:00 pm; Friday, 9:00 am - 3:00 pm; and Sunday, 9:00 am - 2:00 pm					¹ PJ Library Baby Storytime 11:00 AM Levine-Sklut Judaic Library
³	⁴	⁵	⁶ Once Upon a Storytime 1:15 PM Levine-Sklut Judaic Library	⁷	⁸ PJ Library Baby Storytime 11:00 AM Levine-Sklut Judaic Library
¹⁰	¹¹	¹²	¹³ Once Upon a Storytime 1:15 PM Levine-Sklut Judaic Library	¹⁴	¹⁵ PJ Library Baby Storytime 11:00 AM Levine-Sklut Judaic Library
¹⁷ On The Same Page: Chapter II Martin Fletcher 7:00 PM Sam Lerner Center	¹⁸	¹⁹	²⁰ CJE Book Club 10:30 am - 12:00 pm Once Upon a Storytime 1:15 PM Levine-Sklut Judaic Library	²¹	²² PJ Library Baby Storytime 11:00 AM Levine-Sklut Judaic Library
²⁴	²⁵	²⁶	²⁷ Once Upon a Storytime 1:15 PM Levine-Sklut Judaic Library	²⁸	SATURDAY, MARCH 30 PJ LIBRARY HOLLYWOOD HAVDALAH 4:00 PM TEMPLE BETH EL

PJ Our Way, The Next Chapter of PJ Library Welcomes a National Leadership Team Member from Charlotte

Ben Spiegler, 10, has been chosen by the Harold Grinspoon Foundation (HGF) in partnership with the Jewish Federation of Greater Charlotte, to join the new national PJ Our Way Leadership Team.

As part of a Harold Grinspoon Foundation initiative to create kid-driven local programming for tweens, Ben and nine other team members from across America will participate in monthly leadership trainings, explore what interests excite them, and learn how to translate their enthusiasm into action.

The six-month program gives team members opportunities to



Ben Spiegler

form friendships with kids from a variety of different Jewish communities. During this time together, they will learn skills such as visioning, goal setting, marketing and program planning. Team Leadership kids will also be paired up with local PJ Library professionals to achieve a goal of creating a program that can be used as a model for tween engagement. "Charlotte is so proud to be selected as one of only ten communities across the USA to be part of the PJ Our Way national leadership team initiative," says Debby Block, program coordinator for the Center for Jewish Education. "A big mazal tov to Ben Spiegler who is our PJ Our Way tween leader representative."

"I am excited to join the team so that I can help bring new PJOW programming to kids my age," says Ben. "I like hearing what other cities are planning and hope that we can plan something fun here in Charlotte." Ben's mother, Karen Spiegler, adds, "I am excited that Ben wanted to join the PJOW Leadership Team



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OF GREATER CHARLOTTE



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EDUCATION

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Adult Learning

ON THE SAME PAGE: CHAPTER II

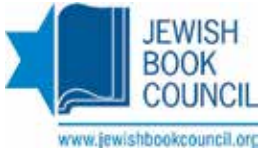
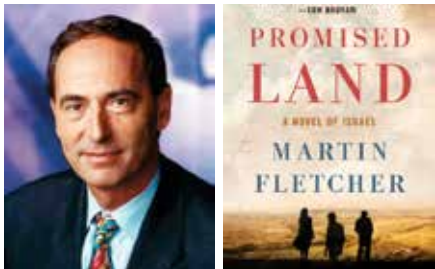
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Author of PROMISED LAND: A NOVEL OF ISRAEL

Sam Lerner Center for Cultural Arts

Register at www.jewishcharlotte.org/CJE



Community News

Emergency Preparedness: Training Synagogue Leaders and Inspiring Security Awareness

Leaders of Temple Beth El and Temple Israel gathered for a joint security and safety training in February. Shalom Park's Director of Safety and Security, Michael Philbeck, along with Captain Ryan Jackson and Lieutenant J.D. Furr from Charlotte Mecklenburg Police Department hosted two training sessions for the synagogues' leaders and staff. Its purpose was to lay the foundation and begin building a prepared security culture.

Philbeck opened the session and introduced the objective - increase preparedness and move to a proactive state of thinking in terms of security and safety. The Pittsburgh Tree of Life event that occurred last October initiated a change in the culture of security, not only at Shalom Park and Charlotte, but worldwide. That spark of change was echoed throughout the presentation.

The training lasted two hours. Leaders met on Shalom Park for the presentation by Philbeck, Captain Jackson, and Lieutenant Furr. At the end of the presentation the leaders were taken to their respective synagogues and were asked to demonstrate their level of preparedness and understanding. The discussion topics included scenarios such as active shooter, fire, severe weather, and criminal activity. Leaders were presented with a basic foundation so in the event of an emergency they would be able to step in and assist others to safety.

Temple leaders were given the opportunity to ask questions during the presentation and throughout the role play demonstration. The answer to most questions began with a question of its own - What would you do? "It is our objective to give you the tools and basic understanding of emergency response for you to make survival decisions in the moment, with no feedback. The likelihood of me or a CMPD officer being next to you when an emergency occurs is almost nonexistent," was the powerful message from Philbeck and reinforced by CMPD. "Our purpose isn't to increase your paranoia, but to increase your preparedness," stated Captain Jackson.

Where are your exits? What room is safest to barricade? How could you assist vulnerable populations in the synagogue? These and many more questions were posed to the leaders as they began the role play and demonstration. "As leaders, we are not only asking you to begin thinking about these situations for your own survival, but for the survival of those around you," stated Lieutenant Furr.

Survival. The entirety of the training could be summarized

and defined by that one word. It is a difficult subject, but a necessity. Philbeck, Captain Jackson, and Lieutenant Furr spoke regarding the increase in violent events across the nation and les-



CMPD Officers and FSP Security conduct emergency preparedness class.

sons learned as a result. From the implementation of fire drills resulting from a school fire in 1819, to the change in law enforcement tactics from events such as Columbine, Sandy Hook, and Virginia Tech, everything teaches us something. The lesson here is simple. We can't stop tragic events from happening, therefore, we must prepare ourselves for not if, but when they do.

The Temple leaders were also asked to establish best practices and address building safety and security procedures. Communication is key, not only in emergency response, but in preparedness. Philbeck ended the conversation on that subject. The more eyes evaluating our processes, the better our preparedness will be. This could be as simple as notifying Security of a broken exit sign or a door that is propped open and approaching someone on Shalom Park that you do not know. Security is everyone's job. If you see something - say something.

For more information contact Michael Philbeck, Director of Safety and Security, at 704-944-6843, or mphilbeck@shalom-charlotte.org. Security can be reached at 704-287-0527.

The following list includes donations to the Foundation of Shalom Security Fund that were received prior to January 15 and were not included in our February Thank You listing. - Jeff Epstein, Kenneth and Tammy Golder, Jon and Stephanie Simon, and Phil and Beth Warshauer.

The Foundation of Shalom

Park is a 501(c)(3) non-profit agency that owns and manages the properties and facilities for most of the organizations that are located on the central campus of Shalom Park, which includes: Temple Israel, Temple Beth El, the Levine Jewish Community Center, Jewish Federation of Greater Charlotte, Jewish Family

Services, Temple Israel Religious School, Temple Beth El Religious School, Consolidated High School of Jewish Studies, Charlotte Jewish Preschool, Charlotte Jewish Day School, Center for Jewish Education, Moishe House, Hebrew Cemetery Association, B'nai Brith Youth Organization, and *The Charlotte Jewish News*. ☆



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OUR VISION

Inspired and guided by our tradition of tzedakah (righteousness/charity) and tikkun olam (repairing the world), the Jewish Federation's Women's Philanthropy is dedicated to the continuity, connectivity and thriving future of our Charlotte Jewish community, Israel and the Jewish people.

Women's Philanthropy is about knowing and understanding deeply the breadth of issues facing our community and rolling up our sleeves to help. It's about educating, inspiring, and empowering women of all ages in our community. It's about nurturing leadership and fostering a commitment to philanthropy. It's about having an impact.

MARK YOUR CALENDAR

TUESDAY, APRIL 30: 9:00 AM | GORELICK HALL

THE POWER OF WOMEN: Literacy & Tikkun Olam

Co-Chairs: Lisa Strause Levinson and Marisa Zeibert

Please join us for this hands – on social action project where we will read with the children at Huntingtowne Farms and Sterling Elementary Schools. We will collect books prior to this event to donate to the students.

For more information about Women's Philanthropy, please contact Ilana Toch, Development Associate, at ilana.toch@jewishcharlotte.org or 704.944.6784.

WWW.JEWISHCHARLOTTE.ORG

Growing Relationships Through Education

If you look around the Charlotte Mecklenburg area, it becomes immediately apparent that we are a diverse and growing community. The differences in our languages, music, styles of dress, food, and art make a vibrant and ever-changing landscape of sights and sounds. It is a blessing and a challenge at the same time. The Greenspon Center welcomes the blessings and faces the challenges with outreach and education.

During the past month, we have had the opportunity to bring meaningful Holocaust and human rights education into four different schools for diverse reasons. In two of the schools, educators contacted the Center to bring the "Becoming One Human Family" program to their students. This program begins with the students viewing the film *Secret Courage: The Walter Susskind Story* as they record their thoughts and questions. After examining the issues presented in the film, students at both schools took on the challenge of developing modern day responses to historical instances of prejudice and discrimination. It was wonderful to watch the small groups come up with workable

solutions to complex problems. At the end of the program, the students were ready to stand up against hate in their own communities.

Another school contacted the Greenspon Center asking us to provide their theater students with guidance regarding proper use of Holocaust themes in live productions. We worked with administration and educators as well as the Jewish Federation of Greater Charlotte and the Butterfly Project to bring the best of what we have to offer to the school. One result is that the Junior/Senior theater class will read a Holocaust survivor's memoir and develop a short play based on the content. We will remain in partnership with the school throughout the year long process and look forward to the end result.

Finally, we worked with a fourth high school to help plan their annual Martin Luther King, Jr. Day "Interfaith Justice" program. We travelled to a local mosque where students explored texts and teachings from Judaism, Buddhism, Hinduism, Sikhism, and Christianity in order to discover how each religious tradition addresses social injustice. After a

short discussion, a panel of representatives from four faiths answered questions and shared how they are working in Charlotte to build a more inclusive and just community.

All of this and we've only just begun 2019. The Greenspon Center team is excited to be working with so many different partners in education and advocacy. It is

through outreach and open dialogue that we help our youth to become informed and intentional citizens. We thank the Jewish Federation of Greater Charlotte

Impact Fund for supporting our Becoming One Human Family program, and every person and organization that makes our programs possible. ☆

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PJ Our Way National Leader Hails from Charlotte

(Continued from page 4)

and help bring new programming to 9-11 year old kids in Charlotte. I am very proud that he is participating in this National Leadership opportunity to work with other friends around the country to expand the PJOW program beyond the books. It is providing him the chance to brainstorm creative ideas with kids his age while learning many valuable skills such as visioning and program planning."

The PJ Library adventure continues with PJ Our Way where kids ages 9-11 can log in to a



child-safe website each month to choose a free Jewish chapter book. PJ Our Way members can write book reviews, read blogs, watch kid created book trailers and author interviews, and access activities just for them.

You can sign-up for PJ Our Way at www.pjourway.org or if you would like more information, please contact Debby Block, CJE Program Coordinator at 704-944-6780 or debby.block@jewish-charlotte.org. ☆

"I wanted, on this occasion of my farewell, to leave you, my dear children, instructions and rules for conduct. As all of you, however, are grown up, I cannot advise you as is usual with minors. I shall therefore limit myself to some general though important instructions. Above all I admonish you to cherish virtue and fear God; otherwise you can neither achieve full happiness on earth nor find peace and reward in the world to come. Content yourself with your fate and fortune and accommodate your needs to your income, behave peacefully to everybody and among yourselves. Do not allow yourselves to become involved in harmful family conflicts. Live, moreover, in concord and assist each other with advice and deeds ..."

—from *Written Out of History*,
ed. Sondra Henry and Emily Taitz

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Levine JCC 2018 Annual Meeting

The 32nd Annual Meeting of the Sandra and Leon Levine Jewish Community was held December 11. The evening began with a beautiful cocktail celebration honoring Capital Campaign Donors, Legacy Donors, and Distinctive Members. Elise Kosofsky served as the emcee of the event setting the celebratory tone with her welcome.

David Van Glish delivered the D'Var Torah, speaking about the Levine JCC's role as "the lamp

lighter" of the Jewish community, our extended mishpocha. David recounted that "As J members ... whether you are the lighter or the one in need of the light, there is a place for you at your Levine JCC."

The Outgoing Board Directors, Rick Abrams, Evan Weiss, and David Van Glish were recognized for their service to the LJCC. David Van Glish was recognized and specially honored for 14 years of service on the Board.

Jon Simon, Chair of the Nominating Committee, thanked members Julia Greenfield, Elise Kosofsky, Gabe Mathless, Andrew Rosen, Eric Sklut, and Robert Valenstein for their outstanding job in presenting a strong slate of candidates.

The slate of Officers and Directors were presented to and unanimously approved by the general membership:

Officers - **George Cronson** (Treasurer), **Raizel Kahn** (VP), **Jonathan Kulbersh** (VP), **Lisa Levinson** (VP)

Directors - **Brian Bernhardt**, **Elise Kosofsky**, **Michelle Perlmutter**, **Ed Pizer**, **Helena Scott***, **Brian Sterling***, **Rebecca Stern**, and **Eric Wisotsky*** (*new directors). **Raizel Kahn** was nominated as the President Elect of the Levine JCC for a term to begin in 2021.

Jeff Turk, President, spoke eloquently about the JCC's robust membership of 12,000 and the importance of each individual in our community. He recounted how from youngest to oldest, each face is a thread in the fabric of the tapestry that makes up the J and what makes our community special. The LJCC continues to flourish and is evidenced by the establishment of the Rock Steady Boxing



Jeff Turk, LJCC President; new board members Helena Scott, Eric Wisotsky, Brian Sterling; and Peter Blair, CEO of the LJCC.

Program for Parkinsons, the 10th anniversary of our Butterfly Project, and the continued investment in our Cultural Arts program. Our growth and strength is a result of living our value of *hachnasat or-*

chim (hospitality). The LJCC values our diverse community and looks forward to welcoming more Charlotteans into our community this year.

Peter Blair, CEO, thanked South State Bank for their title sponsorship of the Annual Meeting. Peter spoke about the Midrash, the 70 faces of the Torah – a teaching about the value of an individual's perspective within the collective experience of the community. He introduced us to the individual J members who are the faces of the Rock Steady Program, the Butterfly Project, and the UNCC Reading Camp. All of these programs had a deep impact on our community.

The J's inaugural Yachad Award (together) was presented to UNCC College of Education for their partnership in the UNCC Reading Camp. This partnership impacted nearly 70 children who were one to two years behind in

(Continued on page 11)



Jenny Crow with Program Service Award recipient, Lucky Levinson.

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Nutrition, Mental Health, and Mindfulness

By Claire Alessi

“What’s for dinner?” Did you know the nutritional quality of the food you consume can impact your mental health? In fact, there is a known correlation between a person’s diet and the part of the brain responsible for emotion, memory and motivation.

Those who eat more nutritious foods demonstrate better emotional responses and improved memory, which can also stave off Alzheimer’s Disease and Dementia. And, if you are one of those people who enjoy eating a diet rich in “whole foods” such as fruits, vegetables, nuts, whole grains, legumes, fish, and unsaturated fats, you are up to 35% less likely to develop depression than those who eat less of those foods. Conversely, research also shows that regularly eating processed foods can increase your risk of developing depression as much as 65% and depression has been identified as one of the top five leading causes of disabilities. Nutrients that may play a role in combating depression include:

* Vitamin B-12 and folate. Good sources of B-12 are salmon and trout. Folate is found in dark leafy vegetables, almonds, dairy and fortified whole-grain breakfast cereals.

* Omega-3 fatty acids. The best sources of omega-3 fatty acids are fatty fish like salmon, catfish and trout. Other sources include ground flaxseeds, walnuts and omega-3 fortified eggs.

And, it is not only beneficial to observe what’s for dinner, but how you eat your dinner. The term mindfulness, “the practice of

being aware of your body, mind, and feelings in the present moment, thought to create a feeling of calm”, has been gaining in popularity the last number of years. Having a mindfulness routine has been identified as a key practice to alleviating mental illness symptoms. So what does mindful eating look like? In a very basic sense, mindful eating means eating slowly while noticing all the different sensory aspects of food such as taste, texture and aroma. Practicing mindfulness has proven to decrease stress and increase enjoyment.

So it seems eating more nutritiously and mindfully, has its benefits.

Here’s an exercise you can try to eat more mindfully – Eating an Orange Mindfully.

Find a quiet space with limited distractions before beginning this exercise.

1. Hold the orange in your hand and examine it. Look at the orange as if you have never seen an orange before—engaging the five senses as you eat the orange.

2. Next, put the orange up to your nose and smell the aroma of the orange. Feel the texture of the orange peel.

3. As you begin to peel the orange, notice the sound it makes as you peel it. Observe the aroma and how it continues to grow as you continue to peel it.

4. Look closely at the peeled orange and notice the different colors and textures between the sections of orange and its white fibers.

5. Pull apart the sections and gently place the orange in your

mouth, letting it lie on your tongue first without taking a bite. Observe what you taste, feel, and recognize.

6. Bite down on the orange and notice the flavor. Begin chewing and observe how the texture and consistency of the orange changes as you continue to chew.

7. When ready, swallow the orange and be conscious of the act of swallowing. Attempt to observe this action as the orange moves down your throat to your stomach.

8. Take time after this exercise to reflect on your experience and observations. ☆





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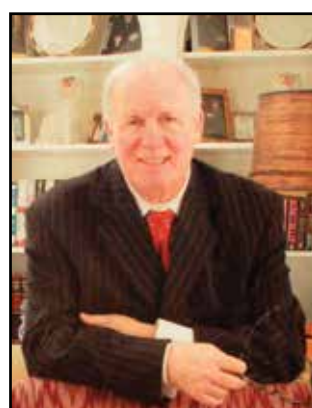
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“Since by keeping the body in health and vigor one walks in the ways of God -- it being impossible during sickness to have any understanding or knowledge of the Creator -- it is a person’s duty to avoid whatever is injurious to the body and cultivate habits conducive to health and vigor.”

-- Maimonides, Mishneh Torah: Laws Concerning Moral Dispositions and Ethical Conduct



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Drop in the Bucket: Tikkun Olam at Moishe House in 2019

By Molly Cram, Senior Mid-Atlantic Regional Manager

When I canvassed in the mid-term elections last November with two friends, we knocked on 63 doors in two and a half hours. We only spoke to three people. Of those three, only one was an undecided voter. We spoke to her about the importance of voting and why we hoped she would vote for our candidate. She may have voted. She may have even voted for who we canvassed for. The likelihood of her doing so was greatly increased by our efforts, but it's hard to see the benefit in a cost analysis: three people canvassed for two and a half hours and might have swayed one voter? Really, a drop in the bucket. But what might have happened if 30 people canvassed,



Molly Cram

instead of just three? What about 3,000 or even 3 million? If we all canvassed, it might have made an impact.

That's how I feel about Tikkun Olam, or repairing the world, and through my experience working with Moishe House residents and Moishe House Without Walls

(MHWOW) hosts, I know it is a feeling many share with me. And a year ago, I asked myself if there might be a way to encourage the entire Moishe House network to pull in the same direction on key issues related to repairing the world.

So, over the past year, at the four Moishe House training conferences across the globe, MHWOW hosts, Moishe House residents, and Moishe House staff members voted on four pillars of Tikkun Olam for 2019. These are four themes upon which we can all focus and build meaningful programming for our communities.

Our goal is to have every



house, 100 MHWOW hosts, and every staff member participate in programming related to at least one pillar at some point in 2019.

If one Moishe House in California hosts a beach clean-up day and an MHWOW host in Europe begins composting with their friends and a staff member commits to only using reusable plates and real napkins, do we really solve the issue of Global Climate Change?

Admittedly, no. Again, it's a drop in the bucket.

But if we all did those things, we would have an impact. And it turns out, Judaism has something to say about this line of thinking:

"It is not incumbent upon you to complete the work, but neither are you at liberty to desist from it." (Pirkei Avot 2:16)

We, as individuals, are not obligated to fix Global Climate Change or improve the world's Health and Wellness or solve Hunger Insecurity or eliminate prejudice, discrimination, and oppression. But we do have an ob-

ligation to do something.

For ideas on that "something" check out what others in the Moishe House community are up to at moishehouse.org/tikkun-olam, and be part of the change. ☆

Molly Cram is an Oregon native and holds a degree in international relations from the University of St. Andrews from St. Andrews, Scotland. Before joining the Moishe House team, Molly previously worked for a disability rights organization, spent time traveling in Central America, lived and worked in an Ethiopian community in Israel, and served as the Director of Engagement at American University Hillel. Molly supervises the Moishe House communities in the Baltimore/Washington, D.C. area, Philadelphia, and throughout Ohio. She loves talking about Jewish identity, human rights activism, and British culture.



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Bal Tashchit and Beyond: Tips for a Greener Spring Clean

Are you spring-cleaning or Passover cleaning this year? Consider adding a little more green to your routine.

It is said that our heart is our home but all too often we fill our home with cleaning supplies that can be dangerous to our most beloved including children, pets, the elderly and those among us with respiratory issues. Remember that many everyday cleaners contain harsh chemicals that are destructive to the environment and toxic to us.

Below are some basic tips covering a few of the many ways to reduce the environmental impact and negative effects of home cleaning products.

* Read all labels on cleaning supplies and household products before you buy them. Choose products that do not contain or have reduced amounts of VOCs, fragrances, irritants and flammable ingredients. Take careful note of the following items that often

contain high levels of VOCs and other toxic substances: aerosol sprays, air fresheners, chlorine bleach, detergent and dishwashing liquid, rug and upholstery cleaners, furniture and floor polish, and oven cleaners.

* Not all product environmental claims and labels are equal, and only some represent true environmental and health benefits. Beware of "greenwashing" and look for eco-labels including Green Seal, Safer Choice, ECOLOGO, and GREENGUARD.

* Make your own. Using common household ingredients like white vinegar, lemon, baking soda, and toothpaste, you can make a variety of homemade cleaners that actually work. Safety Tip: Never combine ammonia-based cleaners with chlorine bleach or products containing bleach, such as powdered dishwasher detergent. The fumes they'll create are extremely dangerous. Before doing any mixing,

read the product labels first.

Here is Shalom Green's Favorite Recipe for Homemade Scented All-Purpose Cleaner:

- * One part white vinegar
- * One part water
- * Citrus rind or a splash of lemon juice

* Rosemary sprigs (need some? Visit the Shalom Park Community Garden and pick your own.)

Combine the above ingredients together in a spray bottle, shake and then let infuse. You can use the solution for just about anything (windows, dishwashers, carpet, even supermarket produce to remove residues from fruits and veggies). Avoid using

vinegar based cleaners on natural stone and hardwood.

If you have an idea for an article, please email info@shalomgreenCLT.org

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ing more about Shalom Green, visit our website at www.shalomgreenCLT.org. Like us on Facebook. Follow us on Twitter and Instagram @ShalomGreenCLT.☆



Levine Jewish Community Center Annual Meeting

(Continued from page 8)

literacy development, helping them to dramatically improve their literacy skills. He presented the Program Service Award to Lucky Levinson for his volunteer efforts in the Rock Steady Boxing program.

Judy and Eric Laxer, Volunteers of the Year, were recognized for their leadership with the Charlotte Jewish Film Festival (CJFF). As Chairs of the Screening Committee, they have been instrumental in ensuring that over 5,000 members annually enjoy the CJFF. Their dedication and passion has deepened the impact of the CJFF, enriched the lives of many, and enhanced our community.

George Cronson, Board Treasurer, received the President and Executive Director's Award. George epitomizes tireless dedication to the LJCC, having

served as Board Treasurer, on the Stewardship Committee, Finance Committee, Executive Committee, Personnel Committee, as the LJCC representative to the Federation Board of Directors, and Chaired the Adult Program Task Force. George has quietly influenced the LJCC's growth, development, and prosperity by providing financial oversight and guidance through the LJCC's largest growth years. George serves on the Board because he cares about and wants to invest in our community. Through his volunteer efforts he is ensuring that the LJCC will be as strong and vibrant for his children as it is for him.

Peter expressed his appreciation of the commitment of the staff, as without our tremendous staff, our LJCC would not be the community we are today

and will be tomorrow. He presented awards to the following staff members: Mark DiDonato, Outstanding Staff Member of the year, as well as longevity of service awards to Bob Allensworth, Diana Barnes, Brent Miller, and Joshua Steinberger - five years; and Karen Greenblatt and Greg O'Connor - 10 years.☆



Jeff Turk, LJCC president, Judy and Eric Laxer, LJCC volunteers of the year, and Susan Gundersheim, Charlotte Jewish Film Festival director.



Yachad award recipients UNCC College of Education Bill Anderson, Ellen McIntyre, Sil Ganzó, Daniela Mickey, David Flores, with Peter Blair, LJCC CEO.



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Make 2019 the Year You Join the Hebrew Cemetery Association

By Brian Yesowitch, Hilbert Furstman Historical Chairman

2019 has been another year of activity and outreach at the Charlotte Hebrew Cemetery. We sponsored a double-feature film

– “Wendy’s Shabbat” and “Restoring Tomorrow” at this year’s Charlotte Jewish Film Festival. We were treated to a wonderful discussion afterwards with Director Aaron Wolff. I hope all of you

were able to attend. Our friends at UNCC Hillel along with the Eta Xi chapter of UNCC’s ZBT fraternity spent a nice afternoon performing *g’milut hasadim* (deeds of lovingkindness) at the cemetery. Special thanks to UNCC Hillel director Jamie Krusch and Michael Valenstein, ZBT Heritage Chair, for their leadership of this event.

If you are in a Jewish or civic organization and would like to perform *g’milut hassadim* – please reach out to our Director, Sandra Goldman to see about finding dates for your group to join us at the cemetery. No one is ever solicited for donations on-site. Our cold winter foretells a warm spring – there will be many beautiful days to spend outside with your Temple, youth group, men’s club, garden club, or employee philanthropic team. Our landscaping tasks are simple but immediately noticed and valuable. You will have a great time while performing good deeds.

If you can’t volunteer, we’d still like to have you as a Cemetery Association member. We have a modest annual dues payment of \$72. You can begin your membership in a secure manner by visiting www.HebrewCemetery.org. Our cemetery is member based – and we don’t dictate which synagogue or temple the member should belong to. It may be that you have connections to synagogues in other cities. We don’t discriminate in that manner. Nor do we discriminate based on finances. In 2012, with cooperation from Jewish Family Services and the Charlotte area synagogues and clergy, we petitioned the Jewish Federation to create the Jewish Funeral Assistance Fund. Along with our Norman



New photo caption??

Steinberger Funeral Assistance Fund, we now have a robust support structure that uses the professional services and experiences of Charlotte Jewish Family Services to direct Federation funds designated specifically for financial aid for funerals as well as contributions from area clergy to provide the same standard of dignified care and comfort to families in their time of loss – regardless of their ability to pay “full price” for a funeral. Our “assisted” funerals are undistinguishable from our

other funerals. We don’t have a “paupers’ section” as the other cemeteries have. We work with the families and provide support and guidance because our community is blessed to have a Jewish funeral support system that

(Continued on next page)



SYNAGOGUES & CONGREGATIONS

Havurat Tikvah Observes Shabbat, Engages in Learning

Havurat Tikvah will hold a Community Shabbat Service on March 9, 10 AM, at Avondale Presbyterian Church, Vanguard Classroom, 2821 Park Rd. Following services kiddush, along with challah and blessings, will be held.

The congregation will host a Lunch ‘n Learn on March 13, noon, at a location to be determined (was not available at press time). The session will be centered around “Life in the Diaspora” from Amy-Jill Levine’s *The Old Testament Great Course* series. Participants will listen to Levine’s discourse on the subject and then will be able to engage in discussion afterward. A light lunch will be served. Registration is required. To join in, send RSVPs via email to admin@havurattikvah.org. Check the congregational calendar for further updates.

Monthly minyan services continue in the upcoming months. Information on times and locations are on the congregational website’s calendar, as well as other upcoming service dates and events.

Havurat Tikvah is a warm,

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

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

Havurat Tikvah is an affiliate of Reconstructing Judaism.

For more information on upcoming services, programs, membership or other queries, call 980-225-5330, write to Havurat Tikvah, P.O. Box 12684, Charlotte, NC 28220, email membership@havurattikvah.org or visit havurattikvah.org. Havurat Tikvah is also on Facebook at facebook.com/groups/havurattikvah/.



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Chabad Will Feature Purim at the Circus

Purim is the most joyous holiday on the Jewish calendar and has been celebrated for over 2500 years in Jewish communities around the world. Purim commemorates the miraculous change of events in ancient Persia, when the wicked Prime Minister Haman convinced the foolish King Achashverosh to kill all the Jews in his kingdom.

The Persian Empire of the 4th century BCE, extended over 127 lands and all the Jewish people of that time were subjects of the Empire. Haman chose the 13th day of Adar as the day to annihilate and destroy all the Jews in the

kingdom.

Mordechai the Jew, a minister in the king's cabinet, galvanized all the Jews to repent, fast, and pray to God for salvation. Esther the queen, Mordechai's cousin, revealed her Jewish identity to the king. Haman was hanged and Mordechai was appointed Prime Minister.

On the 13th of Adar the Jews mobilized and defended themselves against their enemies. On the 14th day of Adar they celebrated and this day was permanently declared as an eternal, joyous holiday by Esther and Mordechai. In Shushan, capital of

Persia, they extended the fighting by one day and they celebrate Purim on the 15th day of Adar.

The holiday of Purim is extreme in its joy and merrymaking. The dress up is rooted in the fact that everything turned on its head. The downtrodden Jews were suddenly propelled to the top and Mordechai and Esther radiated with light and splendor.

Esther's request was universally accepted as well as the five special observances of the Purim day. They are: reading of the scroll of Esther; sending at least two ready-to-eat food gifts to a friend; giving gifts to the poor;

thanking God for the miracle; and rejoicing with a festive feast.

At Chabad of Charlotte the joy of Purim is serious business. We have a full schedule of events planned. This year's Purim theme at Chabad is "Purim at the Circus."

Wednesday, March 20, is the fast of Esther. The Purim festivities begin in the evening with the reading of the Megillah at 8 PM. Circus costumes are the recommended attire for all the Purim festivities at Chabad.

Purim day, Thursday, March 21, morning service is at 6:30 AM with the second Megillah reading at 7 AM. There will be an additional reading at 5:30 PM.

The Purim main event will be held Thursday evening at 6:30 PM with a fantastic Circus

themed feast which will include hot dogs, mini burgers and relish, cotton candy, popcorn, and of course gourmet Hamantaschen.

Circus entertainment for the children and exciting activities for grownups as well.

Fee is \$25 per person and \$65 per family. (Early bird special - \$20 per person and \$54 per family if paid by March 14). For more information, please visit Chabadnc.org or call our office at 704-366-3984.★



Celebrating Purim in a Topsy-Turvy World

By Rabbi Asher Knight, Temple Beth El

"Read me another book" These are the regular words of the sleepy children in my household who are negotiating just before bedtime. Stories help to shape our understanding of ourselves and root us in the narrative of the world.

"Sing me another song" These are the regular words of the children in my household - tucked into their beds, eyelids fluttering, listening to the melody of the Sh'ma. Songs help us to express our values and ideals: joy and gratitude, safety and friendship, sadness and mourning, longing and love.

As a parent and rabbi, I often wonder how to engender and encourage my children to feel knowledgeable enough to ultimately make their own Jewish journey when they become adults. The challenge, of course, is that Charlotte's prevailing culture is decidedly not Jewish. Jewish culture, food, songs, stories, lessons, and virtues will not randomly seep into our consciousness without deliberate action. How do we create a strong sense of Jewish identity? Reading certain books and singing certain songs, celebrating certain holidays, and joyously living with the seasons and cycles of Jewish time.

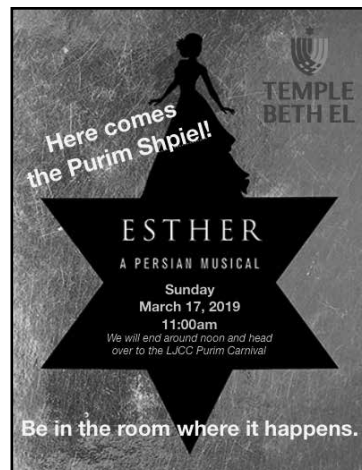
This March brings us to Adar II, which brings us Purim, which brings us Haman. On Purim we are commanded to mirth and

merriment. We read the story of Mordechai and Esther in the Megillah. We sing songs. We wear costumes. The Talmud goes so far as to say that we should drink until we can't tell the difference between the "good guy," Mordechai - and the "bad guy," Haman.

Not knowing the difference between Haman and Mordechai is not just about tempering the categories of "good and evil." It's a powerful spiritual message. Our people's journey isn't over - sometimes it's hard to tell the difference between safety and security. The tides of trouble are still prevalent in our lives today. And on Purim, we tell the story of a people who dared to hope. We tell how they fought for safety, freedom, and opportunity. We learn that our ancestors could not have done it alone. In this crazy, topsy-turvy world, neither can we.

Come celebrate Purim with Temple Beth El on Sunday, March 17 at 11 AM. Members of our congregation will tell the story of Esther, Mordechai, and Haman to the music of the wildly popular *Hamilton*. The shpiel is appropriate for community members of all ages. We will conclude shortly after noon so that we can head over to the LJCC Purim Carnival. And as we celebrate - whether you wear a costume or not, whether you raise a toast or not, try to think of one way the songs and the stories of this holiday bring you a sense of Jewish

belonging, purpose, connection, and joy. Chag Purim Sameach!★



Hebrew Cemetery Association

(Continued from previous page)

our Director Sandra Goldman leads with compassion and yiddishkeit.

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Community volunteers from the Charlotte Jewish Federation level footstones at the cemetery.

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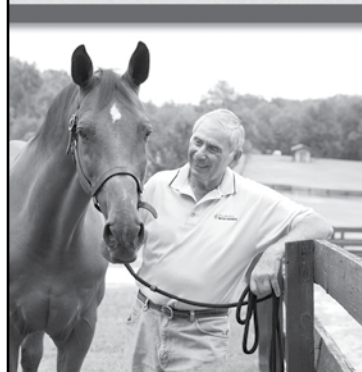
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Purim Carnival, The Ruach - Part of Busy March at Temple Kol Ami

March is shaping up to be a whirlwind of activity at Temple Kol Ami of Fort Mill, SC. We will start the month off with Kabbalat Shabbat service on March 1 led by our rabbi, Ana Bonn-

heim. We have been so blessed in the last two years to have Rabbi Bonnheim to lead us in spiritually meaningful services as well as interesting and insightful discussions of the Torah portion. Rabbi

Bonnheim has also been a wonderful addition to our Religious School educational experience, meeting with the kids a few times over the course of the year. Her next visit will be on March 31 when she will help prepare our students for their upcoming Education Shabbat service.

Temple Kol Ami is truly excited to welcome The Ruach back to our bimah on March 15 when they will perform their uplifting Shabbat Experience. The performance takes place in the beautiful sanctuary of Philadelphia United Methodist Church, 1691 Sc-160, Fort Mill, and will start at 7 PM. Pizza pre-neg prior to service at 6:30 PM, delicious oneg to follow. This event is free and open to the public, so please join us for what will definitely be an entertaining as well as invigorating evening.

On March 24, Temple Kol

Ami will sponsor our Annual Purim Carnival from 10 AM to noon at Walnut Grove Christian School, 1036 Maxwell Mill Road in Fort Mill. This is always a super-fun event at TKA and this year will be no different. There will be a bounce house, games, face painting, food, and a hamantaschen walk (instead of the traditional cake walk). Everyone is encouraged to wear costumes and join us for this free event which is also open to the public.

The month of March will come to a close with the b'nei mitzvah of two of our Religious School students, Natalie and Jason Linch, on March 30. No occasion brings us more pride than to see our kids called to the Torah after years of hard study. The Religious School is a labor of love at Temple Kol Ami, run by a completely volunteer staff. It truly takes a village to educate our youth, and at TKA



this is one of our main priorities. Mazal Tov to the Linch Family.

As you can see, there is a lot going on at Temple Kol Ami. We are a small but growing congregation serving the York County and South Charlotte community. We would love for you to join us at any of these gatherings. For more information, please check out our website www.templekolamisc.org or follow us on Facebook (Temple Kol Ami). Feel free to attend any of our Shabbat services which are generally on the first and third Fridays of each month. We hope to meet you soon. ☆

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Purim Under the Sea

Join us for a Purim Celebration under the sea. Our annual Purim parties are famous for being fabulous, delicious, and a great time for all ages. Join us for an unforgettable evening of fun, great food, and an experience you don't want to miss. Listen to the traditional reading of the Megillah scroll of Esther, which depicts the age old story of Purim. Enjoy an entertaining slideshow illustrating the historical events, a bingo game to keep you guessing, and your kids will each receive an activity bag to engage them during the reading.

Come dressed for under the sea adventures and take part in a delicious buffet dinner and Hamantaschen. Don't forget to enjoy all the activities like crafts, taking awesome pics in the photo booth, and making your own Purim basket to give to a friend. Adults will enjoy Purim drinks while every-

one has a fantastic time. Don't miss out on this great event and celebrate Purim with friends and family.

Thursday, March 21
5:30 PM-Megillah Reading
6 PM-Dinner and Party
South Charlotte Banquet Center, 9009 Bryant Farms rd.
BJC Partners-\$15 per person/\$50 per family
Non-Partners-\$20 per person/\$60 per family
Children ages 3 and under are welcome free of charge.

For more info or to RSVP contact Rabbi Yisrael and Leah Levin 704-246-8881, info@JewishBallantyne.com or visit our website www.JewishBallantyne.com.

There will also be a megillah reading Wednesday night, March 20, at 7:50 PM at the Ballantyne Jewish Center: 8632 Bryant Farms Rd. Free of charge. ☆



Hamentash Bake – Jewish Women's Circle

Treat yourself to a ladies night out with hamentash baking and Purim fun. Make your own hamentashen to take home and make some more to share with Jewish Family services. Roll, fill, pinch, and bake - and learn about the woman's special role in the story of Purim. Enjoy delicious refreshments and Purim themed cocktails while you bake.

Sunday, March 10, 7:30 PM
 Charlotte Jewish Day School Kitchen, 5007 Providence Rd.

\$15 per person
 RSVP Devorah@jpskids.org or Leah@JewishBallantyne.com

A joint project of Chabad of Charlotte and the Ballantyne Jewish Center ☆



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Ages 3 - 11

Rabbi Judith Schindler Presents Women’s Roles in the Hebrew Bible

Statesville - “There are women throughout the Bible who speak out, who use their voices – often at great personal peril – to seek a better life for themselves, others around them, and society.” This was one of the many inspirations that Rabbi Judith Schindler shared on February 3, when Congregation Emanuel in Statesville welcomed the community to participate in a discussion entitled “Women’s Role in the Hebrew Bible.”

Sponsored by Jewish Council of Lake Norman, Rabbi Judith Schindler, renowned author and educator, and the Sklut Professor of Jewish Studies and Director of the Stan Greenspon Cen-

ter for Peace and Social Justice at Queens University of Charlotte, led the interfaith program. Schindler began with a series of thought-provoking questions, including “When you think of women in Judaism/Christianity, what images come to mind?” Answers such as “women seem secondary” and “we don’t know the names of Noah’s/Lot’s wife or Pharaoh’s daughter” framed Rabbi Schindler’s introduction of two concepts: (1) “invisible women” and (2) “women in power.”

As the presentation unfolded, Schindler led the group to understand how two seemingly opposite concepts are connected, and how, in many instances, a woman is simultaneously “invisible” and “in power.”

Referencing Judith Plaskow’s *Standing Again at Sinai: Jewish Memory from a Feminist Perspective*, Schindler pointed out Plaskow’s assertion that women “were always part of the community as shapers of tradition,” and suggested that our job is to think about how we tell and teach history. In the texts, where women are invisible despite their critical roles, it is important to



Rabbi Schindler greets the crowd before the talk begins.

(Continued on page 18)



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Women's News

President's Message

By Sharon Goretsky, Charlotte Chapter of Hadassah

What do you think of when hear the word Hadassah? I would guess that many people think of a hospital in Israel, but in actuality, Hadassah is so much more.

Hadassah's mission statement describes our organization as "a volunteer organization that inspires a passion for and commitment to the land, the people, and the future of Israel. Through education, advocacy, and youth development, and its support of medical care and research at Hadassah Medical Organization, Hadassah enhances the health and lives of people in Israel, the United States and worldwide." Does any of this describe you? If so, Hadassah needs you.

For any organization to run well, it needs all types of people and Hadassah is no exception. We need women to plan events and women to execute those

plans. We need women who like to raise money and women who like to handle money. We need women who are motivated by social justice and education, as well as women who just want to have fun with friends. We need all types of women with a variety of interests and talents. I ask you to think about who you are and where you fit into Hadassah.

Not everyone can make it to meetings and events, and to be honest, not everyone wants to. That does not mean you cannot be involved in the work of Hadassah. Take a look at the website (<http://www.hadassah.org>) and I am sure you will find something that interests you. Do you have an interest in women's safety and security, gender equity in health research and healthcare, or civil and human rights? Check out the advocacy page on the website (<http://www.hadassah.org/advocate/domestic-advocacy.html>). There

HADASSAH



you will find out how Hadassah makes it so easy to reach out to your representatives in Raleigh, Columbia, and DC. Just a few clicks and Hadassah will send the letters for you. On the website, you will also find a wealth of information from Defining Zionism in the 21st Century to tips on how to keep your heart healthy. You can learn all about Young Judea, Youth Aliyah, and Hadassah's amazing youth villages in Israel (<http://www.hadassah.org/connecting-to-israel/>). Look for the link to The Branch, Hadassah's podcast that offers a glimpse into the everyday lives of Jews and Arabs in Israel forging meaningful relationships (<http://www.hadassah.org/multi-media/podcasts/the-branch-podcast.html>). The podcast episodes are wonderful.

Are you a nurse, physician, or attorney? Hadassah has National Councils for each. In fact, if you are a nurse and a member of Hadassah, please let me know (sharon.goretsky@gmail.com). I'm a nurse practitioner and would love to see Charlotte have our own Nurses' Council chapter.

After you spend some time learning about all that Hadassah does, take the next step. Come to an event or a meeting. If you are not a joiner, you can still help. When you are out to lunch with a friend, why not tell her about Hadassah? Tell her about what you learned on the website and suggest that she check it out for herself. If you meet someone new to the community, tell her about Hadassah Charlotte. Suggest that she check out our website to see what we have going on (<http://www.hadassah.org/regions/southern-seaboard/chapters/charlotte/>). You can both find out what we have coming up in the next few months on our site. Do you have daughters or granddaughters? Why not gift them a lifetime membership in Hadassah? That will be my daughter's 18th birthday present this year.

There really is something for everyone in Hadassah. I hope you will check out the website and find your connection. I am sure it is there.☆



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PLACE: Temple Beth El, 5101 Providence Road

WHO: Families of all ages

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Hadassah Charlotte 2019-20 Charlotte Jewish Community Directory

Now is the time for Charlotte Jewish community members to get your personal listings to us, so that we can include you in the 2019-20 Jewish Community Directory put together with love by Hadassah Charlotte. Many thanks to the entire Directory committee: Jena Coen Gartner, Marci Goldberg, Marci Willenzik, Judy Kaufmann, Amy DeLoach, Bonnie Bonomo, Lynda White, Linda Reece, Sharon Goretsky, Dana Kapustin, and Tonya Meltsner for all of your help! There is a lot of work to be done, but we will look to you, the community, to help make sure all of the information is accurate. Go to hadassah.org/Charlotte and input your household and advertising information so that we can include you in the 2019 Jewish Community Directory. If you are interested in advertising your business, this is a wonderful way to reach an

audience of over 10,000 people. Please do not assume that we have your correct information. The best way to ensure that you are listed in the directory is to submit your information on our website. Thank you and we look forward to a wonderful new year in Hadassah Charlotte.

Hadassah, the Women's Zionist Organization of America, Inc. (HWZOA), is the largest Jewish women's organization in the United States. With 300,000 members, associates and supporters Hadassah brings Jewish women together to effect change and advocate on critical issues such as medical care, research,

and women's empowerment – meeting with elected officials on Capitol Hill and locally through its Day in the District Program. Through the Hadassah Medical Organization's two hospitals, the world-renowned trauma center and the leading research facility in Jerusalem, Hadassah supports the delivery of exemplary patient care to over a million people every year. HMO serves without regard to race, religion, or nationality and earned a Nobel Peace Prize Nomination in 2005 for building "bridges to peace" through equality in medical treatment. For more information, visit www.hadassah.org.☆

Rabbi Schindler Visits Statesville to Talk About Women in the Bible

(Continued from page 15)

discuss "what would the women have said?" Where women are visible, we must study and celebrate their roles.

While comparing "women of strength" in today's world to "courageous" biblical women, the conversation revolved around examples where women leveraged their power and saw positive outcomes. Common threads were how the women elevated those around them, and how the women worked together as a group, combining their collective talents to affect positive change. As Schindler summarized, "These women used their voices, at times risking their lives, to advocate for their own well-being and that of their people. In each of these cases, women managed, in a patriarchal society, to have their voices heard. In each of these cases, *kol isha* – the woman's voice – was an agent for change and goodness. In each of these cases, strong and courageous women spoke out in difficult circumstances."

Schindler concluded: "I believe the rabbis were correct in their assessment that *kol isha* – the voice of a woman – has power. Just look at the decades of accomplishments of great women in our country and in our world."

For more information: Congregation Emanuel: www.congregationemanuelinc.com; Jewish Council of Lake Norman: www.jewishcounciloflakenorman.org;

Rabbi Judith Schindler: www.judyschindler.com.☆



Rabbi Schindler signs books after the event.



Rabbi Schindler speaks from the bimah at Congregation Emanuel.

SCHOOL NEWS

Why This Room?

Charlotte Jewish Preschool Director's Chat at the Teen Lounge in the JCC

By Brooke Amo

Why would I choose to meet in this room? I asked CJP parents at our very first Director's chat. What message does this room (the teen lounge at Shalom Park) convey to you? To me, the teen lounge is a cozy, casual, fun place that sends the message of open dialogue, approachability, and comfort. These questions were intended to spark the conversation around the importance that environment plays in the education of our children. As equally important, was the display of our materials, the placement of the seating, the lighting and warmth in the room, and the body language of the facilitator. All of these factors together are what go into creating a safe, explorative, learning space where children are encouraged to take risks and use higher level thinking skills; all while developing positive relationships with one another and themselves.

The purpose of the Director's chat is to inspire a community of learning around pertinent early childhood topics. This is an opportunity for parents to partner with us on our journey as we continue to learn about current educational trends, explore best

teaching practices, and partner together when teaching our children everything from the values we hope to instill, to the way learn from one another. All of this over coffee and/or wine... depending on morning or night sessions.

We felt it was time to bring parents together and share the buzz that the staff and teachers

have been experiencing over the past year or so. The teachers have been working diligently to transform their classrooms into beautiful spaces that reflect our values, and more importantly respect the capabilities of children. Recently, we have been emptying our classrooms one by one to examine each material we put

back in it. We challenge ourselves by asking what educational experience this material offers a child. What are its capabilities? If this material offered a closed experience, we did not put it back into the classroom. Furthermore, we are reflecting on the feeling that the classrooms are portraying. Is it cluttered, chaotic, and overstimulating? Or is it calm, organized, clean, and inspiring? Overwhelmingly, our findings have suggested that less is more. If each material or item in the room has a defined purpose and has multiple uses, then the less "stuff" we need to have. Have you ever cleaned for Passover, gone into spring-cleaning, or gone through your house to get rid of all of your junk on the weekends? What did you feel like when it was over? As our classrooms are our home away from home, why shouldn't we consider the same exercise? Thus, resulting in clean, inviting, joyful, warm spaces that teachers, students, and parents can be proud of.

At this past "chat," I witnessed parents getting excited about the materials we put out. As parents explored the materials, we discussed at length what open-ended materials are, and how they

The room where it happens.

foster higher-level thinking and problem solving skills within our children.

Furthermore, we explored the concept that children can and should take ownership in their own learning. Rather than telling children what to play with and how to play with it, our job is to entice them with possibilities, which opens up the doors of endless learning opportunities. How do we do this? We listen to the children to hear what sparks their curiosity and respond to it. We provoke them with materials that offer various ways to interact, and we let the children know they are unique and capable people.

I must say, I truly enjoyed this opportunity to be with these 15 or so parents, and hope to see many of the same and even some new faces at our next chat time. Thank you for being such amazing partners.☆



Parents explore some of the materials used in CJP classrooms

Director Chats

with Brooke Amo,
CJP Executive Director



The Director Chats will inspire a community of learning around pertinent early childhood topics. This is an opportunity for parents to learn, ask questions, and engage in meaningful discussions with school leaders.

February 1st at 9:30am (Teen Lounge)

February 26th at 7pm (Location TBD)

April 5th at 9:30am (Teen Lounge)

Morning sessions include coffee;
evening session includes wine.

Please RSVP to Alyson.Kalik@charlottejewishpreschool.org



Charlotte Jewish Preschool
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CJDS Kids Have a Voice

By Mariashi Groner, director,
Charlotte Jewish Day School

It is so wonderful when children choose to express their opinion and use their voices. You can imagine that this skill will help them in life, their relationships, their jobs, and in fulfilling their dreams and goals. Elementary school education consists of skills like teaching children to read and write, format friendly and business letters, and manipulate numbers in order to understand the world around them, and to solve the problems and challenges before them. However, social and emotional skills, courage to step out and take a risk, and reaching to achieve personal goals and desires essentially come from within. It is up to us, the adults, their parents and teachers to provide the safe space, and the opportunity for them to practice and try to test these abilities. It is also up to us to be the cheering squad for these attempts so that they will feel free to try and try again. When our kids demonstrate for us that we have created this environment for them, my heart sings, because I know then that they are

ready to stand up for themselves, for others, and for what they believe in.

I found the following letter, typed up in a perfect friendly letter format on my desk. The spelling and writing were accurate, the information researched, and the argument well made. It was perfect. He knew that if you want something to change and you want your opinion to be registered, you need to speak up. So he did. And he did it so well.

Dear Mariashi and Rabbi Vorst,

Hello, how are you? It's me, Cornelius Levi, 5th Grade class representative. My goal is to have edamame at our salad bar.

Why do a number of 5th graders want it? Well, we would like to have edamame because we think the school should offer something new at the salad bar.

I think a lot of the teachers and kids of other grades who might not yet have tried edamame will get to appreciate it as well. Apart from its great taste, edamame can lower cholesterol and contains Omega 3. It also contains manganese that strengthens bones –

very important for kids as we are still growing.

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Omega 3 and the above listed ingredients have great health benefits for your body and brain.

As kids, our bodies and brains need great nutrients to help us grow and learn. That is why I think we should have edamame at the salad bar.

Thank you!

From Cornelius Zielinski, 5th grade rep.

Yes, Cornelius, I spoke to Rabbi Vorst, and we will have edamame on the menu. I am so proud of you! ☆

cjds
Charlotte Jewish Day School

Do You Need a Roommate or Housemate in Uptown or Dilworth?

Looking for 1 bedroom/1 bath in apt. or condo. I am Jewish, age 30, respectful, social, kind, clean, quiet, and responsible and a professional. Looking for in-unit laundry, secure parking, above ground. No pets. No smoking. No drinking. I am Vegetarian, but okay with having meat in the house if you aren't.

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- Extenuating chronic family circumstances

For more information, please contact Jewish Family Services, 704.364.6594.

Gorelick Teens to Israel Fund: Subsidies are available to local Jewish teens ages 13 - 19 traveling to Israel on a Federation approved program

Gloria & Harry Lerner Family Fund: Subsidies are available to local Jewish young adults between the ages of 21-30 traveling to Israel on a Federation approved program

For more information, please contact Laurel Grauer, Director of Israel Affairs & Community Relations, 704.944.6751 | laurel.grauer@jewishcharlotte.org

Special thanks to Bill and Patty z"l Gorelick and Harry and Gloria Lerner for their ongoing support and generosity.



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March 2019

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LJCC Department Directory

Please contact us if you have questions!

Membership

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susan.lerner@charlottejcc.org

Early Childhood

Patty Torcellini 704-944-6891
patty.torcellini@charlottejcc.org

K-5th Grade Programs

Mitch Ormand 704-944-6733
mitch.ormand@charlottejcc.org

Adults & Seniors/Oasis

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jill.lipson@charlottejcc.org

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Jenny Crow 704-944-6870
jenny.crow@charlottejcc.org

Sports

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stephanie.garner@charlottejcc.org

Aquatics / Swim Team

Joshua Steinberger 704-944-6746
joshua.steinberger@charlottejcc.org

LJCC Tennis / CRUSH

Greg O'Connor 704-944-6748
gregory.oconnor@charlottejcc.org

Visual/Performing Arts

Susan Gundersheim 704-944-6778
susan.gundersheim@charlottejcc.org

J-Childcare

Amie Gray 704-944-6726
amie.gray@charlottejcc.org

Social Action

Julie Rizzo 704-944-6730
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Early Childhood

Play Play! Theatre

Shalom

Birth – 3 years

Shalom is the story of the arrival of spring as we plant flowers, bake challah, and light the Shabbat candles. *Shalom* explores Jewish culture while celebrating new life and new beginnings.

Thursday, March 28 at 10am

Friday, March 29 at 10am

Saturday, March 30 at 4pm

Sunday, March 31 at 10am

Tickets are \$10 and available at charlottejcc.org or at LJCC Customer Service 704-366-5007

Teens

Summer Employment Opportunities

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704-944-6746 or joshua.steinberger@charlottejcc.org

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JForce Youth
with Renaldo

Sign up at the LJCC Customer Service Desk or call 704-366-5007 Questions? 704-944-6870 • jenny.crow@charlottejcc.org

JForce Youth is a non-sport specific clinic for youth **Grades 5-10**. The clinic is designed for the athlete or non-athlete, and consists of an overall fitness program designed to improve body strength, endurance, speed, and agility.

Tue/Thu, April 16 – May 30
5:30-6:10pm
JForce Room

8-Week Program:
M/\$130 B/\$115 NM/\$160

SUMMER TENNIS CAMPS

CRUSH VALLEY

Ages 6-16
June 10 - August 16

Registration is open!
For pricing and details and to download the complete forms packet, please visit charlottejcc.org/sportscamps

Questions? Greg O'Connor • 704-944-6748
gregory.oconnor@charlottejcc.org

Open to the Public
Ages 10 - adult

LEARN CREATE REFLECT

Levine JCC's Butterfly Project Community Workshop

Middle schoolers through adults are invited to experience a Butterfly Project Workshop!

Sunday, March 10
1:30-3:30pm
Sam Lerner Center at Shalom Park

FREE to LJCC Members • Non-members \$5
Registration Required Call 704-366-5007

The Levine JCC Butterfly Project Zikaron v'Nivah Remembrance and Hope

SOCIAL ACTION = LJCC CARES

Levine JCC Charlotte

704-944-6730 • julie.rizzo@charlottejcc.org

JSOCCER*JPILATES*JCLAY*JHOOPS* JTEAM*JBABY*JMOM*JMASSAGE*

Adults

Visiting Artist Demo Workshop

Learn the art of pottery from seasoned artist Adrienne Dellinger.

Sunday, March 10 • 9am-2pm

M/\$30 B/\$18 NM/\$40 (lunch included)

704-944-6862 or mary.couillard@charlottejcc.org

Oasis Book Club

March: **Small Great Things** by Jodi Picoult

Friday, March 29, 1-2pm

FSP Boardroom • Free

Hemp, What's the Hype?

A panel discussion on CBD oil, agricultural hemp in NC, safety, sourcing and more.

Sunday, March 31 at 10am

Sam Lerner Center

Free but please register at LJCC Customer Service
704-366-5007

704-944-6730 or julie.rizzo@charlottejcc.org

The Power of Aging

Discover and uncover the basic physical, emotional, cultural, and social needs which the aging experience challenges you with on a daily basis. Life can be exciting, purposeful and meaningful! Meets once per month on Tuesdays. A collaborative program between LJCC's Senior & Adult Department and First Hand Success' Lorrie Klemons, RN, MSN.

Tuesday, March 12

Medicare Made Easy with Medicare Specialist Donna Rinderle

9:15-10:15am

FSP Board Room

Free

704-944-6753 or sharri.benjamin@charlottejcc.org

JMemory Café

Caring for a family member with mild to moderate dementia? Come with them to the JMemory Café. Socialize, meet new friends, engage in activities together and just have fun. A light breakfast will be served.

The purpose of the program:

- social engagement & discussion
- a safe environment that is relaxed and non-judgmental
- enjoy music, art, and more

Meets twice every month:

2nd & 4th Thursdays • 10am-12pm

Weinberg Senior Center

704-944-6792 or jill.lipson@charlottejcc.org

Memory Café

Tai Chi/Qigong

Adults 50+

Improve your strength, balance and flexibility through this gentle form of fitness.

Tuesdays, 11:45am-12:45pm (all levels)

Swimmer Family Aerobics Studio

Oasis/M/\$30 B/\$20 NM/\$42 per month

Drop-in fee: M/B/\$12 p/class NM/\$14 p/class

SHIIP

Seniors' Health Insurance Information Program

Free Medicare Counseling Available year round! Please call Senior & Adult Director Jill Lipson at 704-944-6792 for information



A VERY SPECIAL EVENING:

FARM to TABLE DINNER

at New Town Farms

- 5 Course Meal w/Wine Pairings by Haw River Wine Man
- Panel of 4 Local Chefs
- Music - South Branch Bluegrass

JCC **NEW TOWN FARMS**

Saturday, April 27 5:30pm

Optional Farm Tour
M/\$125 NM/\$135

charlottejcc.org • 704-366-5007

A Taste of Central Ave FOOD TOUR

Wednesday, March 20 6pm

Join Charlotte Observer *Food from Home* columnist Tom Hanchett on a stroll exploring Latin food and culture. We will meet at *Lempira* for a Honduran main course; after, we will visit *Sav-Way Deli* and finish the evening with coffee and pastry at *Manolo's Columbian/Mexican Bakery*.

M/\$30 • B/\$25
NM/\$40 per person

REGISTER & PAY ONLINE by Wed, 3/13: charlottejcc.org or LJCC Customer Service 704-366-5007

Meet at Lempira Restaurant, 4439 Central Avenue @ 6pm

Q? 704-944-6753 • sharri.benjamin@charlottejcc.org

ADULTS

Ballroom Dance

Swing

Thursdays, March 7 & 14 7-8pm

Instructor: **Bob Peltzer**
Swimmer Family Aerobics Studio

NOTE: You must sign up with a partner

2-week session:
M/\$25 B/\$20 NM/\$30

RSVP/Pay by 3/1 at charlottejcc.org or LJCC Customer Service 704-366-5007

Q? Sharri Benjamin
704-944-6753 • sharri.benjamin@charlottejcc.org

OASIS

The Senior Enrichment (OASIS) Program's mission is to enrich the quality of life for all seniors, regardless of religious affiliation. We welcome all adults age 50 and up from the greater Charlotte area.

HOURS
Monday-Friday • 9am-5pm
Weinberg Senior Adult Center

Game Days
Enrichment Activities
Educational Seminars
Painting Classes
Monthly Field Trips
Exercise Classes
M/W/F Kosher Lunch

Please read our monthly newsletter online or pick up a hard copy in Weinberg Senior Center.

Questions? Jill Lipson • 704-944-6792
jill.lipson@charlottejcc.org

SPRING CLASSES BEGIN MONDAY, MARCH 4TH!

Sign Up Today
charlottejcc.org

Teacher in the Spotlight: A Peek into Ms. Jane's Class

At JPS we take much pride in our teachers and staff, and we want to give you all a taste of how special our teachers are.

We sat down with Ms. Jane, who has been at JPS for four years, to ask her a couple questions.

JPS: What age do you teach, and how many students do you have?

Ms. Jane: I teach three year-olds, and I have eight students.

JPS: What is your favorite time of the day with your students?

Ms. Jane: Free play/choice time in the mornings is definitely my favorite; that's when I see the children in their element, and really get to watch how their minds explore and discover new things; I get to observe how they play and interact with each other and see their imagination soar.

JPS: Tell us what makes you most proud of your students.

Ms. Jane: One of the things I really work hard on with my students is to help them make good choices and work their problems out on their own. When I see the children actually putting these life skills to use in their play and interactions that makes me extremely proud. Sometime a child has challenging behaviors, but

I can see them turn themselves around because they want to be leaders and make better choices.

JPS: Tell us about a time that you saw one of your students putting the social skills you teach them into action.

Ms. Jane: One day while out on the playground, two friends were playing and a third wanted to join but wasn't sure how to join the group, so her feelings were hurt. A different friend who was playing near me went over to the sad friend and invited her to play together with her. I was so happy to see her have empathy for a friend and use her words to help.

JPS: What do you love most about JPS?

Ms. Jane: I've worked in many different child care corporations and franchises over the year, and what I love about JPS is that it truly is like family. The administration is so understanding of our personal lives outside of school, and willing to support us and cover for us without ever making us feel guilty. It's comforting to know that if something last minute comes up with my own kids, I can approach them and they'll understand. I believe that as Jewish school, the culture of family life is so important and

that makes it a wonderful place to teach.★



We talked about hibernation and how bears go into caves to sleep. We also spoke about different cold buildings like igloos. We built some out of blocks for other animals.



Since the beginning of the year we have had two plants in our Science Center that we can observe, water, and make sure it gets sunlight. One plant grew four leaves over winter break. What an exciting observation.



During our transportation unit we learned about a taxi, which was new for some of us as we don't have many in Charlotte. We looked at a real picture of taxis in NY City and watched a clip of Grover driving a taxi wearing a taxi driver hat. Then we made our own taxi caps and enjoyed wearing them throughout the day.

CKids Jewish Adventure Travels Through Time

We all know time travel is a myth. But what if we got really close? Every Sunday at Chabad of Charlotte our CKids program experiences Jewish history as if it were happening right in front of them.

On Chanukah, we had an adventure through ancient Judea to get a front row seat of the Mac-

cabees. On Tu BiShvat, we celebrated trees by meeting the ancient trees of Israel that gave us the seven unique fruits. We also took a tour and reconstructed the Beit Hamikdash of Jerusalem and learned all about its treasures and secrets.

Every week we experience another unique adventure. Come

visit us on any given Sunday and see our Time Travels in action.

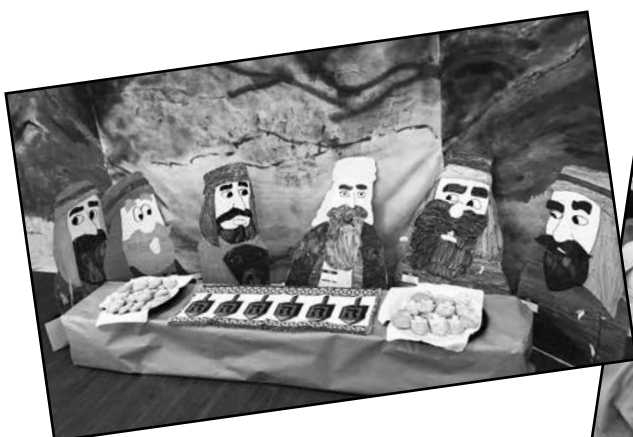
CKids is Chabad of Charlotte's Hebrew School program, although it's not school, it's an adventure. To learn more visit www.ChabadNC.org/CKids or call us at 704-366-3984.★



CKids celebrating Aleph Champ achievements



Painting the bricks for the Beit Hamikdash



CKids Adventure to Judea!



SAVE THE DATE

**Shalom Park Freedom School's
Spring Movie Fundraiser**

Thursday, May 9, 7-9 PM

**Sam Lerner Center for Cultural Arts at Shalom Park
Join us for a movie and refreshments**

**The SPFS Committee is excited to announce the
movie this year is: *The Homestretch***

The Homestretch follows three homeless teens as they fight to stay in school, graduate, and build a future. Each of these smart, ambitious teenagers - Roque, Kasey, and Anthony - will surprise, inspire, and challenge audiences to rethink stereotypes of homelessness as they work to complete their education while facing the trauma of being alone and abandoned at an early age.

www.homestretchdoc.com





The New World Order: U.S. Foreign Policy in a Dynamic Middle East

FEATURING

THE HONORABLE

JOSEPH LIEBERMAN

FORMER U.S. SENATOR (I-CT)

THURSDAY, APRIL 4, 2019

7:00 p.m. Dessert Reception | 7:30 p.m. Program

Sam Lerner Center for Cultural Arts at Shalom Park
5007 Providence Road • Charlotte

For security purposes, advance registration is required.

To Register, Please Visit:

WWW.AIPAC.ORG/CHARLOTTE

OR

WWW.JEWISHCHARLOTTE.ORG/JCRC

THIS EVENT IS OFF THE RECORD AND CLOSED TO THE PRESS.



The honorable **Joseph Lieberman** is a Senior Counsel at Kasowitz Benson Torres LLP. In this capacity, Senator Lieberman applies the investigative skills he honed as a United States Senator and Attorney General of the State of Connecticut to represent clients in independent and internal investigations and advise them on a wide range of public policy, strategic, and regulatory issues. As a seasoned leader who is skilled in the art of facilitating mutually beneficial and strategic agreements, Senator Lieberman also assists corporate clients on tax, health care, security, and intellectual property matters.

In addition to practicing law, Senator Lieberman is Co-Chair of the American Enterprise Institute's American Internationalism Project, which is a cross-party initiative designed to rebuild and reshape a bipartisan consensus around American global leadership and engagement.



Jewish Federation
OF GREATER CHARLOTTE



Youth Visions

Friendship Circle's UMatte School Clubs Multiply Thanks to Jewish Federation's Impact and Innovation Fund

Everyone matters. Duh! We all know it, we all believe it, and we all preach it. However, every so often that message needs to be reaffirmed and shared with an individual when they need to hear it most.

That's the purpose of Friendship Circle's UMatte Club – a grassroots initiative which encourages kids and teens to reach out to their peers and let them know that they matter; that Everyone Matters. Because you were created by God for a unique purpose in this world, you are needed. Nobody is extra. UMatte!

Socrates Middle School launched the first ever UMatte Week in early February. Students gathered on each of the days to share inspirational stories as well as some of the challenges they face. They encouraged each other to look out for one another and

help identify fellow students in need of a friend, a listening ear, or a smile.

A UMatte club is also active at Providence Day Middle School. Thanks to a generous grant from the Jewish Federation's Impact and Innovation Fund, there are plans for expansion to Country Day High School and Ardrey Kell High School with the goal of offering monthly inter-school Teen Talk events starting in the spring.

Save the Date: Join us for the first community-wide UMatte event: "One Thing I Wish You Knew" on May 16.

Friendship Circle and UMatte are beneficiaries of the Jewish Federation of Greater Charlotte.

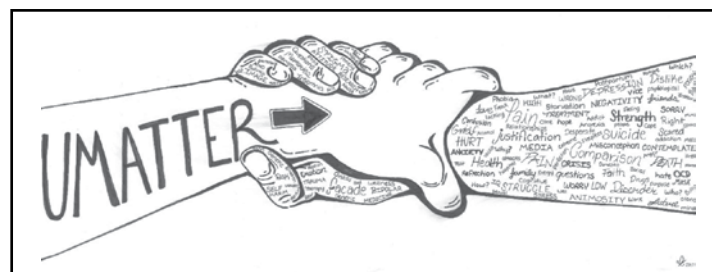
To learn more about UMatte visit www.FriendshipCircleNC.org/UMatte. ☆



UMatte Club in action at Providence Day School.



Students at Socrates present UMatte Club to their fellow students.



"One Thing I Wish You Knew"

A Community Event by Friendship Circle and ZABS Place

Imagine if your friends, relatives, and colleagues always knew how you felt. Imagine always being understood and never feeling judged.

While we can't snap our fingers and make that happen, we can share a glimpse of our "behind-the-scenes" with those close to us to give them a better understanding of the challenges we face.

On May 16, Friendship Circle and ZABS Place invite you to join us as four members of our community, in different stages of life, come together and share their "one thing I wish you knew" about their personal journeys. Together as a team we can empower our community to open up, recognize we each matter, and be accepting of our peers as we each face our own challenges. Special Feature: Participate in creating a community mural with renowned Chasidic pop-artist Yitzchak Mouly.

The event is open to the community and will be held at the Selkin Friendship Circle Center on the Chabad Campus – 6619 Sardis Rd.

To learn more visit www.FriendshipCircleNC.org/one-thing.

Friendship Circle and ZABS Place are beneficiary agencies of the Jewish Federation of Greater Charlotte. ☆

have your people
call my people.

PJ Baby Playdate

Drop-in Fun with Friends
No Registration Required
Free and Open to All

Fridays @ 11:00 am (For parents and babies 6 - 24 months)
in the Levine-Sklut Judaic Library



Jewish Federation
OF GREATER CHARLOTTE



Questions? Contact Debby Block, 704.944.6780, debby.block@jewishcharlotte.org

Cooking for a Cause at Hebrew High

By Anya Dippold and Lily Shinn

Hebrew High's cooking class, led by Janice Zacks, is a great experience. Not only do we get to make and eat amazing Jewish food, but we also get to interact with other Jewish teens and develop long-lasting friendships. Each week we work together as a group to accomplish one big goal, making yummy food. We have learned a lot about the delicious foods we eat and the "tricks" behind making everything taste perfect. Cooking in a large group teaches us many lifelong skills such as teamwork and patience. Some of our culinary goods included kugel, mandel bread, challah, and babka.

The cooking class has been a little different this session. The theme of the overall session is "Think Globally, Act Local-

ly" and the cooking class title is "Cooking for a Cause." Each week, at the end of Hebrew High, we package our baked goods to sell to the other teens, staff, and families in car pool line. The money raised will go to two organizations of our choice. After a long and productive conversation, our class has decided to donate our money to The Friendship Circle and to The Jewish Refugee Initiative.

To date, we have raised over \$200 and have one class remaining. The cooking class is a super interactive, educational, and fun class. Just another reason why Hebrew High Is the Place to Be on Wednesday Nights.☆



What families say about JPS

“The Jewish Preschool on Sardis means so much to our family. Not only did I attend JPS as a child, but Sadie has been here since she was a baby and I couldn't think of a better place for her. Knowing how friendly and warm the teachers are makes us confident that she is in the best of hands, and leaving her there to go to work is easy! As parents, we couldn't ask for anything more, and I understand why my parents felt the same way when my brothers and I were growing up!”

Tracy Lisk



Tracy and Daniel with their daughter Sadie

Join our family

Give us a call (704) 364-8395 or visit jpsonsardis.org





COMMUNITY - WIDE PURIM CARNIVAL

MARCH 17: READY....SET....Go!!!

READY for another year of **PURIM** fun!

SET aside a few canned goods or household items for JFS and receive 1 ticket per item (up to 5 tickets)

GO to the

Community-Wide PURIM CARNIVAL

SUNDAY, MARCH 17

12:00 - 3:00 PM | LEVINE JCC

games ♦ inflatables ♦ food ♦ crafts ♦ prizes ♦ fun for ALL!

11:30 AM: Lollipop Tales Storytime for Preschoolers

Food provided by CJDS Catering/KosherCharlotte



JEWISH FAMILY SERVICES



JFS Marks a Year of Enhancing Programing for Holocaust Survivors

As an Executive Director, on any given day you can be in receipt of notification about a grant opportunity. The majority you rule out for some reason. But according to Howard Olshansky, Executive Director of Jewish Family Services, "This one completely grabbed my interest." It was from the Jewish Federations of North America's Center for Advancing Holocaust survivor Care and was all about enhancing the quality of life for a community's Holocaust Survivor population utilizing a trauma-based approach. "I had only been with JFS about a year but one of the things that struck me was the gap in resources available to engage individually with our community's survivors and enhance their connection to the community and with each other."

This month will be a year since JFS was awarded a substantial grant from JFNA with three primary focus areas:

- * Enhancing the engagement of our community's Holocaust survivors with the community and increasing socialization opportunities especially with each other.

- * Recognizing the trauma that a survivor of the Holocaust has experienced and lived with and creating every opportunity possible for any survivor in our community to leave their legacy by



Ann participated in JFS Holocaust survivor support programming.

documenting their testimony in a sensitive, supportive environment.

- * Providing programming and support that recognize the challenges faced by children and caregivers of Holocaust survivors.

Over the past year, spearheaded by Sheryl Gerrard and Dana Kapustin, who work in JFS' Department for Senior Engagement services, JFS has been overwhelmed at the level of interest and engagement from our community's survivors. Through JFS' outreach efforts, along with support from our community partners, JFS has been able to identify and engage 30 survivors in our community, some that we didn't even know were living here, increase the participation of our survivors in community programs

and, most significantly, hear and learn about their life experiences before, during, and since the Holocaust.

- * Results of the funding from this grant include the highest level of participation from our survivor community ever in our community's Yom HaShoah and Kristallnacht commemoration programs.

- * Our community's Holocaust survivors have had multiple opportunities over this year to meet and socialize with each other including survivors in our community being introduced to other that were from the same country and even local towns whom they had never met.

- * Caregivers of survivors have had an opportunity to connect, commiserate, and learn from each other.

- * Seventeen of our community's survivors were interviewed and had their testimonies video-taped. Some acknowledged that this was the first time they had actually told anyone of their survival experiences.

- * For the first time, survivors in our community participated in an Ethical Wills workshop, facilitated by Rabbi Judy Schindler, in



Creating Ethical Wills with Rabbi Judy Schindler.



At the Kristallnacht dinner. Seated: Marina, Joelle, and Maya. Standing: Sheryl Gerrard of JFS, Margi Goldstein, chair of the Kristallnacht program, and Rabbi Murary Ezring of Temple Israel

tated by Rabbi Judy Schindler, in which they were given the opportunity to put in writing a "legacy letter," a gift, of their thoughts that they want to leave to future generations

The response from our survivor community to the events of

the past grant year have been overwhelmingly positive. Comments such as "I appreciate being connected to this community since I've been so lonely" and "You've done a great job in recognizing us and helping us feel heard," support the mission of the grant. For example, at the dinner prior to the Kristallnacht program, families were seated by country

of origin. At a table for Russian-speaking individuals, one couple who recently moved here from Cleveland, were introduced to Marina, one of our survivors, who also lives here but had lived in Cleveland many years ago. As they explored their histories they realized that Marina was actually good friends with a relative of theirs. Small world! Marina had previously expressed feeling isolated and sad that she did not have many Russian speaking contacts.

As this article is being written, JFS was pleased to learn that we have been awarded a 2nd year grant to continue this work. We are excited to have the unique opportunity to expand social opportunities, enhance our engagement with our caregivers and continue to provide opportunities for survivors in our community to document their legacies. ☆

J

ALL AGES

Registration Going On Now!

SPRING PROGRAMS • SUMMER CAMPS



How To Register

ONLINE: charlottejcc.org

CALL: 704-366-5007

VISIT: LJCC Customer Service Desk

★ Levine
JCC
Charlotte



TORAH TOTS



SHABBAT SERVICE & ONEG

Friday, March 8 (5:45 p.m.)

Come welcome in Shabbat with Rabbi Kornsgold and Miss Nancy with songs, prayers and movement!

YOUTH

KADIMA BONIM CHOCOLATE BAR IN A CAR

(ALL 6th-7th Grades)

Sunday, March 24 (12:15-1:45 p.m.)

Chocolate Bar in a Car is coming to educate about where chocolate comes from, how to make chocolate, and most importantly, creating a delicious treat! Register on the calendar event at templeisraelinc.org by March 20.

TEMPLE ISRAEL RELIGIOUS SCHOOL



TIRS ALL-SCHOOL SHABBAT SERVICE

Friday, March 8 (6:15 p.m.)

Please join us as Kitah Gan (Kindergarten) & Kitah Aleph (1st grade) help lead services in the Morris & Sylvia Speizman Sanctuary. Afterwards, all are welcome to stay for an oneg.

YOUNG PROFESSIONALS



MARCH MITZVAH MADNESS BASKETBALL TOURNAMENT

BENEFITTING JFS

Sunday, March 3 (10 a.m.)

We are hosting our 2nd annual March Mitzvah Madness Basketball Tournament to benefit Jewish Family Services (JFS)! This 3 vs. 3, double-elimination tournament will be open to the first 16 teams to register. For details, visit the calendar event at templeisraelinc.org.

SOCIAL ACTION

BOOK-A-PALOOZA @ HUNTINGTOWNE FARMS ELEMENTARY SCHOOL

Thursday, March 14

Help the kids at our partner school, HFES, grow their love of reading and their home libraries! Visit this link to volunteer: <http://bit.ly/FUN2READ2019>

WOMEN OF TEMPLE ISRAEL

NOSH, COOK & KIBBITZ: A TWIST ON PURIM!

Thursday, March 7 (7-9 p.m.)

The final Nosh, Cook & Kibbitz event of the season celebrates Purim - with a twist! Enjoy cocktails and appetizers, bake hamantaschen for JFS clients, and hear insights on the holiday from Rabbi Helene Kornsgold. Cost: \$18/members; \$25/non-members. Register online (by March 4) at templeisraelinc.org.

EMPTY NESTERS

EMPTY NESTER SHABBAT SHMOOZE

Friday, March 22 (5:15-6:15 p.m.)

Location: Leon & Sandra Levine Social Hall

Stop by any time between 5:15-6:15 p.m. and enjoy some socializing with fellow Empty Nesters prior to Shabbat services. Wine, beer, cheese, crackers and fruit will be served. No cost to attend.

LIFELONG LEARNING



TALMUD IN THE TECH AGE

Saturdays (12:30-1:30 p.m.)

Don't miss our newest weekly class as Rabbi Ezring teaches an introduction to Talmud (with Rabbinical commentaries and analysis [Gemara] from both the Babylonian and Jerusalem Talmuds) and explains how these ancient writings are relevant to us today. No charge for Temple Israel Congregants. Admission for non-congregants is \$18. To register, please contact Dallas Morris (dmorris@templeisraelinc.org) in the Clergy Office.



Thank you to our
newest Legacy donor,
Roslyn Greenspon!

THE GREATEST SPIEL

Celebrate Purim at Temple Israel!

Wednesday, March 20

5-5:30 p.m. – Torah Tots program

5:30-6:15 p.m. – Pizza Dinner*

6:15-7:15 p.m. - Megillah Reading and "The Greatest Shpiel"

7:15-7:30 p.m. - Ma'ariv

7:30 p.m. - Adult Dessert/Beverage Reception

Please join us at Temple Israel for a special Purim celebration!

*To register for the pizza dinner (\$5/person), please visit templeisraelinc.org by Monday, March 18 @ 5 p.m.



WOMEN OF TEMPLE ISRAEL SING IN SHABBAT: RAISE OUR VOICES WITH KAVANAH!

Friday, March 29 (6:15 p.m.)

Bring the entire family and join us for WoTI Shabbat! Oneg to follow. Cocktails, "Shirley Temple" Israels & Hors D'oeuvres.

Honor the Women in Your Life with WoTI Shout-Outs

Shout-Outs will appear in the March 29-30 Shabbat Service Announcements.

Submit up to 100 characters for each shout out with donation to WoTI (minimum donation \$5 per shout-out) Submit shout-outs and donations on the calendar (event date) at templeisraelinc.org.

*All proceeds to benefit WoTI's Social Action initiative, project: DIGNITY.



THE ROSE ROOM - WOMEN OF TEMPLE ISRAEL GIFT SHOP

GIFT SHOP HOURS

Sunday: 9:30 a.m. - 12:30 p.m.

Tuesday - Thursday: 10 a.m. - 1 p.m.

Friday - 11 a.m. - 1 p.m.

Special appointments outside normal business hours are available. Please contact Tess Berger (704) 488-3842 or Cindy Jennes (704) 443-7643.



Stop by and see our expanded product selection and let us help you find that perfect gift for simchas, holidays & more!

Proceeds support Temple Israel, the Women of Temple Israel, Temple Israel Youth Programs, and Social Action Initiatives.



Save The Date:

**RABBI EZRING
RETIREMENT CELEBRATION**

May 31 – June 1

אין כמו בבית

Ayn k'mo babayit – there's no place like home.

The Hebrew word for home, bayit, transcends the brick and mortar structure, as it also describes a state of mind. Temple Israel is not only a gathering place, but it is a place to engage with Judaism and to transform your life through Torah, worship and acts of loving kindness.

Our egalitarian kehillah kedosha was founded in 1895 by visionaries and is continued today by visionary lay leaders, clergy, and professional staff who want to help you find a sacred and safe place to connect to each other and to Judaism. Won't you join us on this journey? **Temple Israel....our house, your home.**

Donations to Jewish Family Services in January 2019

IN MEMORY OF

Walter Klein to Lawrence and Rachel Berendt, Betsy Klein, Richard and Paula Klein from Eric and Susan Lerner, Paul and Lynn Edelstein, Franklin Block, Steven and Ellen Engelhardt

Doris Rousso to Melanie Brown, David Rousso, Harold and Lyba Rousso, Paul and Joy Rousso, Steven Rousso from Lauren Althofer, Paul and Lynn Edelstein, Ty and Patricia Boyd, Woody and Debbie Fox, Martin Green, Shelton and Ellen Goldstein, Stuart and Carolyn Hennes, Saralee Melnick, Paula S. Musler, Jan Nomina, Allan and Marcelle Oxman, Buzbaum children, Paul and Joan Polking, Miller and Gale Porterfield, Joy V. Rousso and Max Alligood, Frank and Ellen Nelson, Michelle Brown, Woody and Debbie Fox, Martin Green, Mark and Cindy McManus, Alvin and Helene Levine, Marcy Neale

Your mother to Douglas Cohen from Lynn and Myron Slutsky

Tribute for Douglas Cohen
Edward Dordick to Robert and Fran Dordick from Steven and Susan Meyer

Josephine Ruth Swartz Kaplan to Fred Konig from Larry and Jody Russak

Jay Hickman to Holly and Hal Levinson from Stuart and Carolyn Hennes

Dr. Joseph Nathan Hankin to Marc and Laura Lewin from Eric and Susan Lerner

Simon Wojnowich to Alan and Pearl Mann, Harold and Lyba Rousso, Mary Wojnowich, Alan and Rose Zimmer from Paul and Lynn Edelstein, Jill Novick, Ty and Patricia Boyd, Joy V. Rousso and Max Alligood, Michelle Brown, Allan and Marcelle Oxman, Buxbaum children, Frank and Ellen Nelson, Richard and Suly Chenkin, Howard and Julie Levine, Nadija Golden, Alan and Ruth Goldberg, Gloria Goldberg, Shelton and Ellen Goldstein, Marion and David Kronovet, Eric and Susan Lerner, Michael and Sue Littauer, Elise Menaker, Scott and Marnie Moskowitz, Paula S. Musler, Edwin and Jill Newman, Floyd and Brenda Patten, Mark and Harriet Perlin, Lowell and Jane Rosman, Marvin and Anita Shapiro, Gary and Sharon Chadwick, Bruce and Carolyn Moskowitz, Clark and Marida Orr, Rick Sherman, Nick and Loree Sherman

Your sister to Robert and Sheila Peltzer from Marvin Barman and Sharon Taubman

Barbara Valenstein Jarrell to Robert Valenstein from Andrea and Adrian Mesoznik

IN HONOR OF

Lynn Edelstein from Marvin and Anita Shapiro

Carol Gorelick from Elise Menaker

HAPPY BIRTHDAY TO

Leon Golynsky from Jill Blumenthal, Mark and Debbie Freedman

Sandra Levine from Paul and



Lynn Edelstein

Joshua Loewensteiner from Jill Blumenthal

Allan and Marcelle Oxman from Jared and Diane Schwartz

MAZEL TOV ON

Mason and Bashi's engagement to Leon and Sandra Levine, Eric and Lori Sklut from Paul and Lynn Edelstein

Your son's marriage to David and Judy Miller from Ben and Margie Liebshtein

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"You find that people are given three names — one that their parents call them, one that their fellows call them, and one that they acquire for themselves. The one they acquire for themselves is better than all the others."

— Midrash: Tanhuma, Va-yak'hel

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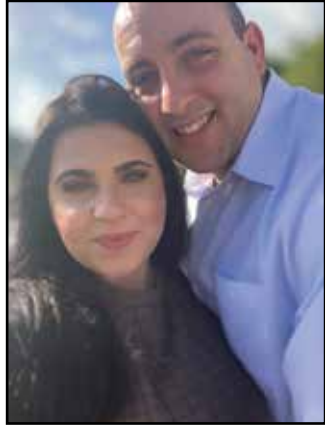
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Mazel Tov & Congratulations



ENGAGEMENT

Alyssa Soto daughter, of Susan and Daniel Soto of Charlotte, to Corey Biazso son of John and Karyn Biazso of Parkland, FL, got engaged on the bimah at Temple Beth El over Thanksgiving weekend in front of their family. They will be married by Cantor Mary Thomas at Temple Beth El on June 1. Corey is an attorney with Biazso and Panchenko Law in Matthews. Alyssa is a hair dresser at Dolce Lusso Stonecrest. They met on JDate and had their first date at the gym at the Levine JCC. ☆



Alyssa and Corey

With a Little Help from Our Friends – It's All about Community

Fostering community is central to the mission of the Jewish Federation of Greater Charlotte. To achieve this goal the Federation funds programs that create life-sustaining and life-changing impact. The Ruach Shabbat Experience is precisely this type of program which is why the Federation chose to support The Ruach with a grant from its Innovation and Impact Fund.

Those who join The Ruach Community for The Shabbat Experience know that “relational Judaism” is more than just a catch phrase. It is a reality. It is all about feeling and being connected to the Jewish community. According to Dr. Scott Menaker, a regular at The Ruach Shabbat Experience, “The Ruach provides a new, exciting, and novel way to celebrate Shabbat with old friends with an opportunity to make new ones.”

On February 22, The Ruach, as it always does, provided an uplifting, spiritual and engaging Shabbat Experience in non-traditional setting, this time at 8514 McAlpine Park Dr., Suite 210, off Monroe Rd. near Sardis Rd. N. Thanks to Daniel Levine for donating the space. Folks brought their lawn and sports chairs and



The Ruach: Dan Ruda, Nancy Good, Rick Lipson, Franklin Kaunitz, Howard Swartz, and Peter Levinson.

enjoyed a Shabbat Experience that included lots of new Jewish music. The Unknown Brewing Company was on hand serving several of its locally brewed craft beers. Izzy's Catering was there with hot dogs, turkey dogs, chips, and soft drinks.

The Ruach Shabbat Experiences many times have a theme. In February, it was the importance of friends, community, and caring for one another. This is exactly the message that Rabbi Smookler delivered in her inspirational d'var Torah. The band ended The Experience with the Beatles song, “With a Little Help from My Friends,” done using the Joe Cocker arrangement ... sort of. Nancy Good, lead singer of The Ruach, added the words, “I get by with a little help from Adonai,” which got an incredible response from the crowd. “This is why I love The Ruach. The name of the band is epitomized as it awakens,

enlivens, and enriches my spiritual self. My soul gets fed every time I attend an Experience,” said Ellen Martin.

As The Ruach likes to say, don't just celebrate Shabbat ... experience it!

On March 15, The Ruach will be Temple Kol Ami in Fort Mill, SC and on March 22, they will be at Temple Emanuel in Gastonia, NC.

If you'd like to be added to The Ruach's distribution list and stay informed about upcoming Experiences, email the.ruach.band@gmail.com. Also, to learn more about The Ruach, like the band on Facebook, and follow them on Instagram @the.ruach.new.jewish.music and Twitter @TheRuachSpirit.

The Ruach is a 501(c)(3) non-profit organization whose mission is to spread the joy of Judaism through new Jewish musical experiences that are meant to create and maintain personal connections and, inspire and engage people to embrace the religion and all that it has to offer. The Ruach is: Nancy Nagler Good, lead vocals and rhythm guitar; Peter Levinson, lead guitar and manager; Dan Ruda, bass guitar and backing vocals; Franklin Kaunitz, violin and backing vocals; Howard Swartz, percussion; and, Rick Lipson, drums. ☆

Guava and Cheese Hamantaschen Recipe

By Sandy Leibowitz

(The Noshers via JTA) - Guava, or guayaba in Spanish, is native to tropical areas such as Mexico, Central America, South America, and the Caribbean. Because of its proximity and availability, the fruit is a part of many Latino cuisines.

Guavas have a strong tropical fragrance and floral taste notes similar to papaya and grape. They can be prepared a variety of ways (think smoothies, cocktails, glazed over grilled meats, and even fish), but is especially wonderful mixed with cheese, such as

queso fresco, because it provides the sweet and salty element that is so irresistible.

If you cannot find queso fresco in your area, you can also use a mild feta (try soaking it in water to remove some of the saltiness). Another option is ricotta cheese supplemented with a nice pinch of salt.

Guavas can be found fresh from early spring through the winter, but in this recipe, I used a guava paste, which can be found year-round and is much easier to work with, as the many seeds

(Continued on next page)



(CELEBRATE!)

Chag Purim Sameach

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Purim Is a Call to Leadership

(Continued from page 1)

"I don't think God really let that happen," he says. "That's human beings writing that story, not God."

But it's in the megillah, I point out.

"It's not in my megillah," Roth counters.

But my amusement is tempered when I remember I have to fast before this holiday.

It must be embroidered on a sampler somewhere: "Before Jews party, they should suffer." The day before Purim is Taanit Esther, the Fast of Esther. This will be my fourth fast of the year, with two more to go.

Taanit Esther is not in the Bible, but was created by the rabbis in the eighth century. The fast springs from the book of Esther — in the Bible's "Writings" section — when Esther decides to prepare herself to confront her husband by fasting for a day.

One Esther expert is Erica Brown, a Washington, D.C.-based author and educator.

"The thing that I most admire about the Esther story," she tells me over the phone, "is its notion of the tests that are thrown at an individual and the way in which they transform themselves as a result."

Brown continues: "Esther's cousin, Mordechai, says to her, essentially, 'How do you know you weren't put in this position of royalty for exactly this moment?' I would throw in the Sheryl Sandberg 'Lean In' way of looking at

this, of initially having the insecurity to say, 'I'm not the right person. I can't do this for any number of reasons.' You opt out of your own future. And then you have someone like Mordechai who says, 'No, this is your time. Take advantage. Leap into that.'"

I think about the challenges I've avoided; the moments I've chickened out. A few come to mind, both large and quotidian: causes I didn't fight for (gun control), people I haven't aided (domestic-abuse victims and Rwandan refugees), articles I didn't pitch (a long list), physical feats I avoided (parasailing).

But this holiday forces me to reflect on leadership — what it means to be thrust forward when that wasn't your plan. Seven months earlier, I was asked by the current president of New York's Central Synagogue if I would be interested in being considered to succeed him.

The very request left me choked up. The job is not only a tremendous honor, it's also daunting and important. I love Central in a way I never expected to love an institution. I've seen how clergy can deepen daily life, how a synagogue community can anchor a family. But if you had asked me back in college, when I was focused on being an actor or writer, if I thought I'd end up as a shul president, I'd have said, "In what universe?"

Now this invitation feels like a blessing and a test: Can you do

your part to guide a place that has challenged and changed you? Obviously, being a board president isn't comparable to Esther's assignment. But Judaism is always asking us to apply epic stories to everyday decisions.

I say yes to Central's president and yes to Esther's fast, even though it's another holiday that few around me observe.

"The joy of victory in her story is so much more colorful, rich and deep when you participate in the suffering," Brown says. "The joy that I experience every Purim is heightened by the fact that I've fasted and I've tried to put myself in that moment of risk — leadership risk — that Esther took all those years ago because so much pivoted on that one individual."

I love Brown's term "leadership risk" because as I get older, I've come to see how those words are conjoined. Trying to lead is risky, but then so is not trying. Despite my mother's feminist inculcation, I often worry that people will see audacity in my saying "I'm up to the task." Esther reminds me to stop apologizing for myself and get on with it.

Then again, she was saving lives, which is a little more pressing. ☆

(Adapted from Abigail Pogrebin's "My Jewish Year: 18 Holidays, One Wondering Jew" [Fig Tree Books], in which journalist Pogrebin documents an immersive, highly personal exploration of the Jewish calendar.)

Guava and Cheese Hamantaschen

(Continued from previous page)

have been removed.

You can find guava paste in the international section of most large supermarkets (I found mine at ShopRite), and there is even kosher-certified guava paste. Please note: In this particular recipe, you want to make sure to use paste and not jelly, as jelly can ooze out too much.

Ingredients:

14 oz. guava paste
1 c. of water
1 roll store-bought phyllo dough, thawed
1/2 c. (1 stick), melted butter
1 c. (approximately) queso fresco (or feta cheese or ricotta, as noted above)

Directions:

Preheat your oven to 350 F. In a saucepan over low heat, mix the guava paste and 1/2 c. water with a whisk till the mixture comes together and there are no lumps. Add the rest of the water if needed. Continue to add water and whisk thoroughly until you achieve the desired consistency. When it is the right consistency it should coat the back of a spoon, like a thick sauce. Set aside and allow to cool. When working with the phyllo dough, it's very important to gently roll it out flat and immediately cover it with a damp towel. This ensures that it doesn't dry out while you are working with it. Take approximately 3-4 sheets at a time and use a cookie cutter or a cup with a diameter of approximately 2-1/2", and make circles as close together as you

can (to maximize the amount you can make on one stack of sheets). I recommend scoring the dough around the cutter or cup with the tip of a sharp paring knife. Work quickly to fold up the edges of the circles and pinch on 3 corners to create a triangle.

Brush them with a generous amount of melted butter to hold the edges together. After you have made all your triangles, fill each one with a little bit of crumbled queso fresco and top with approximately 1-2 t. of the guava "sauce." Take care not to fill too much or the guava will melt a bit and ooze out of the triangle. Bake on a sheet pan lined with parchment paper about 15-20 min., till golden brown. When the hamantaschen are done, allow them to cool on a rack a few minutes before eating them. Note: They are best enjoyed soon after they come out of the oven, but you can also reheat them in a 350 F. oven for a few minutes until warm and enjoy the next day. Makes 2 dozen hamantaschen. ☆

(Sandy Leibowitz is a trained chef, recipe developer and food blogger. Find more of her recipes at www.thekoshertomato.com and follow her on instagram @thekoshertomato.)

The Nosh food blog offers a dazzling array of new and classic Jewish recipes and food news, from Europe to Yemen, from challah to shakshuka and beyond. Check it out at www.TheNosh.com.



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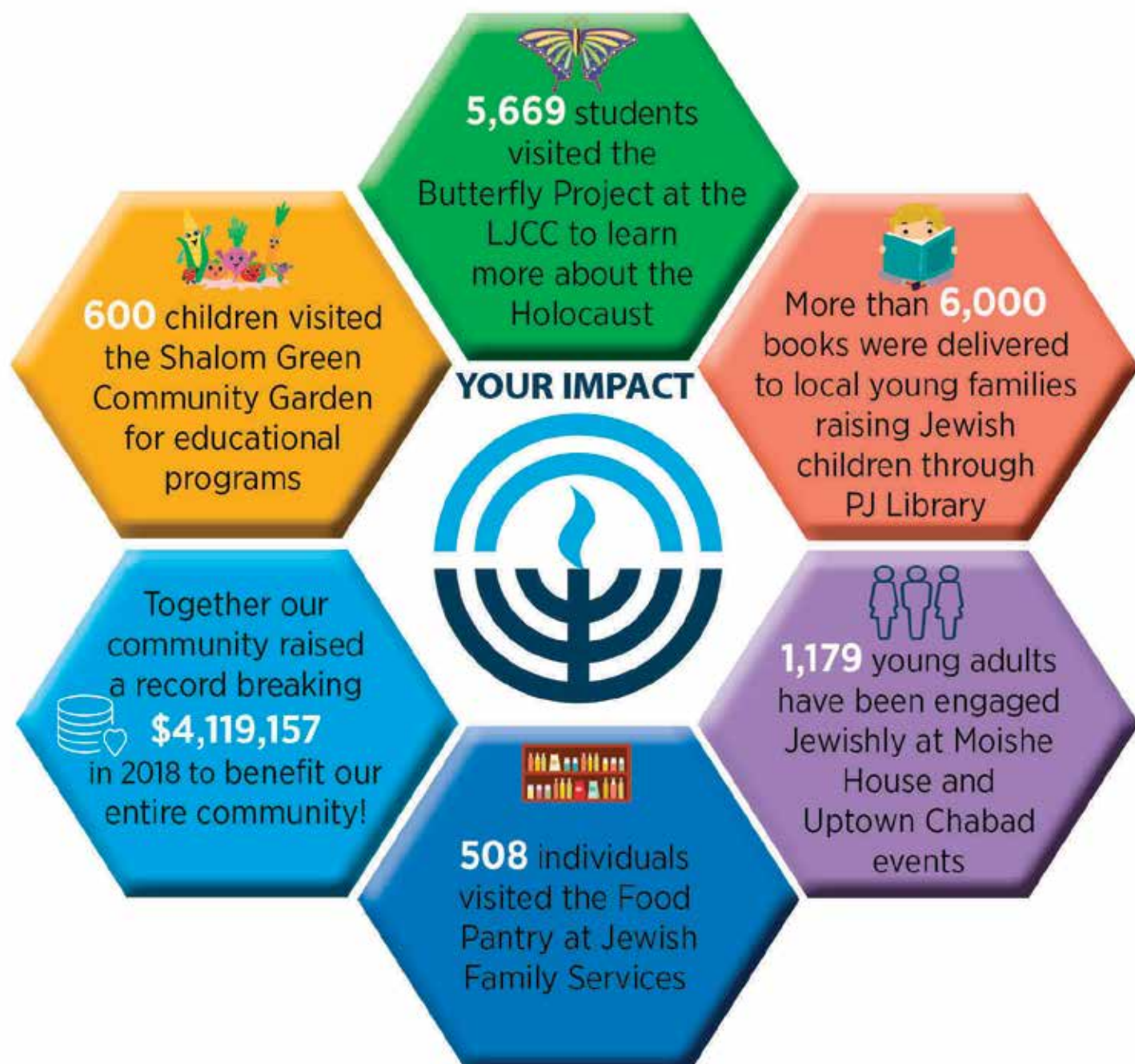
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