

The Charlotte JEWISH news

Vol. 42, No. 8

Tishrei 5781-Cheshvan 5781

October 2020

Levine JCC Needs You Back!





Jewish Federation
OF GREATER CHARLOTTE

Federation Announces Record Breaking Campaign

\$4,523,102

Go to page 17 for details and
recognition of our donors.

In the pre-COVID-19 world of March 13th, we woke up and started our day like any other, with plans to come to the Levine Jewish Community Center (LJCC). Whether we were coming for a morning swim in the pool, to work out in the David Silverman Fitness Center, or play tennis with friends, our plan was to come to the J. We came not only to participate in the program of choice, we came because of our relationships with our community. Because of the commitment of our members and the dedication of our staff, the LJCC was thriving,

and you could feel the energy.

Within hours of receiving word that the LJCC would need to temporarily suspend our operations, we launched JConnect, our online platform, which has delivered more than 500 programs, attended by thousands of LJCC members, community members, and family members across the country. You can now build community whenever, wherever, and with whomever you want — take a yoga class when it fits your schedule or attend the excellent LJCC Cultural Arts programs from the comfort of your couch.

During the mandated suspension of our operations and phased reopening, we have not wavered from our Mission: To enrich lives and build relationships, through quality Jewish experiences.

When we resumed operations two months later, albeit with some modifications, that energy returned and along with it, the smiles on our faces. Our community was exactly what we all needed. Since then, we have safely and successfully resumed nearly every program, service, and class. Our Tennis Facilities are thriving, our Aquatics Com-

plex is filled with the laughter of families, and our Group Fitness, Weight Training, JFORCE, Pilates, & Personal Training programs are operating both outside and inside!

Through every challenge, we have remained steadfast in our commitment to the most vulnerable members of our community. Our Oasis Senior program continues to make bi-weekly meal deliveries to seniors who are isolated and live alone, to date delivering over 2,500 meals, in partnership with locally owned businesses, FS Food Group, Phil's Deli, Izzy's Ca-

tering, and Foster-Caviness, and made possible by a COVID Response Fund Grant (United Way of the Central Carolinas/The Foundation of the Carolinas). Our Kosher BBQ continues its work to eradicate Children's Hunger, funding thousands of meals to those in increasing need. Our Butterfly Project continues to educate children about what happens when governments and individuals fail to stand up to injustice, something of which we are reminded daily.

Summer 2020 may have been different, but Camp Mindy continued to meet the needs of our community, serving over 200 campers, and will continue year-round with Camp Mindy 365, a program that will combine the best parts of Camp with online learning support for school-age families.

COVID-19 has changed the LJCC, but not all of these changes are positive ones. Due to the precipitous loss of members who canceled or froze their memberships, the LJCC will incur a financial loss *in the millions of dollars*. In order to sustain the J, over 40 staff positions were eliminated. The staff



(Continued page 4)

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From the Editor



Shira Firestone, Editor CJN

What do the Philadelphia Jewish Voice, Chicago Jewish News, Chicago Jewish Star, the Jewish Chronicle, and the Jewish News have in common? They are all papers that have ceased publication within the past two years. And they are not alone. They are part of a larger story about the demise of many print publications, both profit and nonprofit, due to the changing landscape of media and the ways in which information is being consumed, as well as a loss of revenue as print advertising dries up. Setting aside potential concerns about social media as a major source for news, the trend toward searchable and shareable news was taking a major bite out of print media even before the pandemic. COVID simply finished the job.

2009 saw the beginning of a major decline in print media when the recession had a devastating impact on advertising revenue. Newspaper circulation dropped consistently between 2000 and

2016. Some papers shifted their models by going completely digital. Others were able to survive by being bought out by rich owners (think Jeff Bezos stepping in to buy the Washington Post) or, as in the case of nonprofit papers, by being rescued by community-minded philanthropists. More recently, unfortunately, last-minute restructuring of The Jewish Chronicle and The Jewish News, England's leading Jewish newspapers since 1841, was not enough to save the papers which earlier this year announced their closing. In a letter to readers, President Elizabeth Wolfe wrote, "Already struggling, we are not able to sustain the enterprise in an environment of almost complete economic shutdown...We too have become a victim of COVID-19."

The Charlotte Jewish News is not the Washington Post nor the Jewish Chronicle and Jewish News. We are a monthly paper with a print distribution of approximately 4,500. However, Charlotte is one of the fastest-growing cities in the country with as many as 3,600 people moving here each month, suggesting that there are opportunities for circulation of CJN to grow rather than shrink. Estimates are that as many as 15,000 Jewish households living in an ever-widening area of greater Charlotte, from Rock Hill to Lake Norman.

This makes the role of CJN even more important as a communication vehicle for the Jewish

community. Ken Garfield, former religion editor of the Charlotte Observer, now a freelance writer/editor focused on charitable causes, tells CJN, "The Observer used to have two fulltime religion writers to cover stories from all faiths. Now it has none." He adds, "The Charlotte Jewish News, in print and online, was and is the only consistent, reliable source of news from the Jewish community. At a time when the Jewish community is growing so fast here, and more people are looking to their faith for comfort in these challenging times, there are few if any places to turn other than the Charlotte Jewish News."

As we look forward to how CJN can stay relevant while representing and serving the Jewish community, there are ways that you can help. We are a nonprofit paper which relies on advertising as our primary source of revenue. Advertising in CJN offers an opportunity to be seen by a uniquely targeted audience, and more online opportunities to advertise are on their way. In addition, we welcome editorial content submissions and story ideas. Finally, we are asking for your feedback about the future of your paper. We invite you to go to our website at www.charlottejewishnews.org and answer a short two minute survey. With your involvement, we look forward to being your primary communication vehicle for the Charlotte Jewish community for many years to come.

Shira

Welcome Tair Giudice: Chief Impact Officer



The Jewish Federation of Greater Charlotte is pleased to announce that Tair Giudice has been promoted to the newly created position of Chief Impact Officer.

Originally from Arad, Israel, Tair has called Charlotte her home for the past 14 years and has been employed with Federation since 2010. Most recently, Tair held the position of Director of Education and Engagement, and was instrumental in the creation of the Center for Jewish Education. In her role as Chief Impact Officer, Tair is uniquely qualified to magnify the strategic impact of Federation's work in the arenas of Jewish education, engagement, community relations,

and Israel affairs. Recognizing that engagement and identity building are the foundations of Jewish life in the 21st century, Federation is excited to expand Tair's portfolio to include all of its programmatic departments, including the Center for Jewish Education, Jewish Community Relations Council, PJ Library, NextGen, Newcomers, Emerging Communities, and other engagement efforts.

About her new position, Tair says, "I feel a tremendous sense of responsibility assuming this role at this unprecedented time. The challenges brought on by the pandemic compel us to look at our field in new ways and explore new opportunities for impact. The road ahead is long and steep, but when we come out of it on the other end – and I am confident we will – it will be Jewish values, traditions, and rituals that will sustain us. We need to seize this moment to embrace and reshape a more vibrant, rich, and meaningful future for our community."

Tair and her husband Chris have two children, Noa, seven, and Nathan, four. Tair can be reached at tair.giudice@jewish-charlotte.org.

Shabbat Candle Lighting Times October

Friday, October 2, 6:47 p.m.
Friday, October 9, 7:31 p.m.
Friday, October 16, 6:28 p.m.
Friday, October 23, 6:19 p.m.



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Shira Firestone - editor

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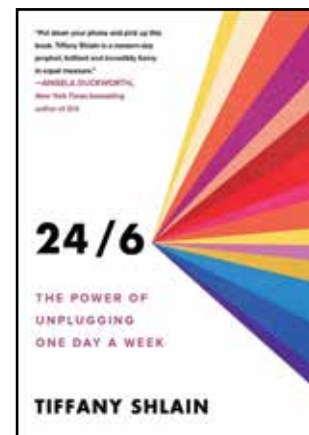
PJ Library Presents: Shabbat Unplugged

PJ Library Charlotte has some exciting news! Charlotte area families raising Jewish children will now have more opportunities to participate in Jewish life, thanks to a grant recently awarded by PJ Library, the flagship program of the Harold Grinspoon Foundation that provides free books to families raising Jewish children all over the world. Along with the grant from the Harold Grinspoon Foundation, it is with the continued generosity of Jewish Federation of Greater Charlotte and Liz and Brad Weiner that we are able to bring our "Shabbat Unplugged" initiative to you this fall.

PJ Library Charlotte aims to create a vibrant family engagement community that helps empower parents to take the lead in their family's Jewish life. "Shabbat Unplugged" is about being present as a family and making the day different.

Inspired by Tiffany Shlain's bestselling book, 24/6, small cohorts of families will learn together and motivate each other to embrace Shabbat and create screen-free time, providing much needed respite that restores us all week long. Families will sign up to participate in groups of 3-4 families called "pods" and encourage each other to unplug, honor the spirit of Shabbat and enjoy technology free family time.

During this program, participating families will learn how to create a meaningful Shabbat experience, technology free activity ideas, journaling and friendship. The conclusion of this program will take place during the first Shabbat in March to coincide with The National Day of Unplugging. For more information about PJ Library Charlotte's "Shabbat Unplugged" program and to register for participation, please



check out the Jewish Federation of Greater Charlotte's website at www.jewishcharlotte.org or reach out to Kara Culp, Engagement Coordinator at kara.culp@jewishcharlotte.org.



Inspiration.
Innovation.
Imagination.



Jewish Federation
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Inspiration.
Innovation.
Imagination.

~ Sue's Bookshelf ~ By Sue Littauer



I've been thinking a lot about libraries lately, and how thankful I am that I've had free access to books throughout the pandemic. I use the Libby app to check out e-books both from the Levine-Sklut Judaic Library (LSJL) at the Center for Jewish Education and from the Charlotte Mecklenburg Library.

Apparently, I'm not the only one who's been taking advantage of this free service.

Weekly library e-book lending across the country has increased by nearly 50% since March 9, according to data from OverDrive, a service used by many libraries to let patrons check out media for e-readers, smartphones and computers. Audiobook check-outs are also up 14% — not quite as large a shift, likely because fewer peo-

My mother and my father were illiterate immigrants from Russia. When I was a child they were constantly amazed that I could go to a building and take a book on any subject. They couldn't believe this access to knowledge we have here in America. They couldn't believe that it was free.

~ Actor Kirk Douglas

ple are in their cars commuting to work.

The Libby and OverDrive apps make checking out e-books from any library very easy.

The free Libby app is the simplest way to get started with digital books, audiobooks, and magazines from the LSJL or from the Charlotte Mecklenburg Library. Libby is available for Android, iOS, Windows 10, some Chromebooks, and in your browser at libbyapp.com.

If you have a device that's not compatible with Libby, you can use the OverDrive app to borrow and enjoy digital titles instead.

How to Use Libby

Install the Libby app from your device's app store.

In Libby, follow the prompts to find your library and sign in with a valid library card.

Search for Center for Jewish Education to find the LSJL on Libby. If you do not have a library card, visit www.jewishcharlotte.org/CJE to apply for one online.

Browse your library's collection and borrow a title.

Borrowed titles appear under **Shelf > Loans** and download to the app automatically when you're connected to Wi-Fi, so you can read them when you're offline.

From **Loans**, you can:

Tap **Read With** to choose where you'd like to read the book (Kindle or Libby), then finish sending to your Kindle or start reading in Libby.

Tap **Manage Loan** to see options like **Renew** and **Return**.

You can also place holds on e-books and the app will let you know approximately how long it will be until the title is available. (I've actually found the wait time to be about half of the estimate because people are reading more and returning books more quickly.)

Now you might be wondering what's on my e-book bookshelf.

"The Book of V"

by Anna Solomon

"If Only I Could Tell You"

by Hannah Beckerman

"Maybe You Should Talk to Someone"

by Lori Gottlieb

I recently read and returned:

"Florence Adler Swims Forever"

by Rachel Beanland

"The Yellow Bird Sings"

by Jennifer Rosner

"The Hired Girl"

by Laura Amy Schlitz

These are some of the many wonderful books waiting for you at the Levine-Sklut Judaic Library. Why not start taking advantage of these free e-books today?

If you need assistance, please don't hesitate to contact library@jewishcharlotte.org.



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- **Books Will Be Due In Three Weeks And May Be Returned To the Library Drop Box In the Circular Drive.**



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Don't have a library card? Visit www.jewishcharlotte.org/cje and click "Library Card" to apply. Library materials are quarantined for 72 hours before they return to circulation

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Levine JCC (Continued from page 1)

who remained incurred salary cuts and benefit eliminations. Entire departments were eliminated in order to sustain the J, and the losses continue to this day, despite every effort to pivot and provide new programs and services to our community.

We are grateful to those who have continued their memberships, paid monthly program and service fees, sustained or upgraded to Distinctive Membership, or made donations. Many of our members contrib-

uted to the Jewish Charlotte Emergency Response Fund, created by Jewish Federation of Charlotte. This fund raised close to \$500,000, \$100,000 of which was distributed to LJCC to provide critical programs, services, and to support LJCC staff during these past few months.

While the board and staff are working tirelessly to ensure that the LJCC's doors are open when we are on the other side of this pandemic, the truth is that

this will be difficult if the current trend of membership loss continues.

These have been challenging times for us all. Board president Raizel Kahn reminds those who have frozen or canceled their memberships that, "Your community needs you now. Your monthly membership dues are the difference between a thriving JCC and one that doesn't survive COVID-19. The programming happening at the J right now is phenomenal and safe. Come back and check it out. The day's most fulfilling moments for many of us, physically and mentally, are happening every day on campus – whether it be sweating through a workout or helping out Oasis – being part of this community (even if virtually) is powerful and meaningful, especially right now. We miss you and need you."



Note:

Safely re-opening requires some temporary changes. Many programs require reservations, which can be made online, and some have temporarily changed location. A health screening and waiver are required before entering the building. For a more comprehensive list of changes to be aware of, visit our website at <https://www.charlottejcc.org/> We look forward to seeing you!

Something to Crow About



Richard Klein

By Nadine Fox

The truth of the matter is that Richard Klein's charmingly illustrated, newly published children's book, "Something to Crow About," has a lot to say to adults too. In simple rhymes, targeting three to eight-year-olds, are disguised real-life questions:

Was this the life for which I was meant?

From where do I come?

Is physical appearance destiny?

What's truly important?

The author introduces us to Moe the Crow, a tiny, black baby bird who can only look down on the exciting ebb and flow of life from ground level beneath his tree perch. Sensing his distraught demeanor, Mama Crow quickly intervenes with

an intriguing tale of his ancestry and evolution into a creature of promise and pride. Though not his intention at the time he wrote the book, it turned out to be a perfect metaphor for the Black Lives Matter Movement.

The youngsters will be enchanted with illustrator Ariel Coburn's colorful, diverse drawings. They are stylized in a manner that is original. Moe and his ancestors certainly jump off the page. *Something to Crow About* is an inaugural edition of what will be a series of three stories, introducing a frog with Jewish holiday woes and another concerning a locomotive caper.

The author, a husband, father of four and grandfather of eight, has published before. His first book, "Putting the Fun into Fundraising," was inspired by his years of involvement with Jewish and civic causes. He has served as president of the Jewish Federation of Greater Charlotte, president of Beth Shalom Congregation, a board member at Temple Israel, vice president of Temple Beth El (currently his family attends Congregation Ohr HaTorah), Hadassah associate member, vice president of Fundraising of the Oratorio Singers and has served professionally as the associate network director and Southeast Network Regional Director for the Jewish Federations for 21 years.

One of Klein's proudest accomplishments while with Fed-

eration involved John Belk of Belk Department Stores. Richard, past Master of Excelsior Lodge # 261 A.F. & A.M., member of Scottish Rite Bodies, Oasis Temple of the Shrine and Royal Order of Jesters, knew Belk personally as a fellow active brother of the Masonic organization. One day, while chatting, Richard suggested Mr. Belk travel to Israel with him on a personal tour and mission, and Mr. Belk agreed.

After much planning, the two went on an extensive visit to Israel. Upon visiting the well-known, but very poor, village of Dimona and touring a run-down, decrepit community center, John's heart was touched and he made a personal gift of \$500,000 to finance the total rebuild and refurbishment of the center.

Prior to that, Richard was President of Walter J. Klein Company, Ltd., associated with the family-owned production company for 30 years. He wrote 65 scripts, all produced for television and group audiences. While there, he belonged to the famed Friar's Club of New York, working with major personalities of the era, including Morey Amsterdam, Richard Jansen, Avery Schreiber (all of whom were Jewish), and Joan Fontaine (who was not). Locally, the talent included names like Ty Boyd, Gladys Lavitan, and Clyde McLean.

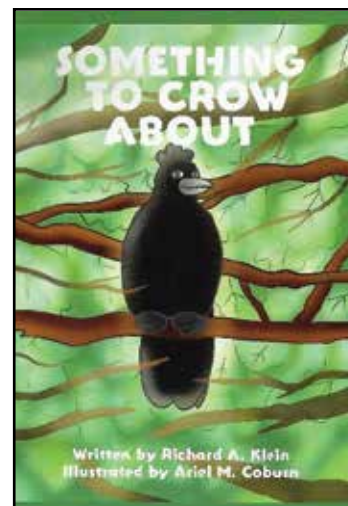
He tells the story of his teen years in which his father routinely volunteered him to show screenings of their films to friends and groups, including Charlotte's famed Jewish personality, Harry Golden. Klein grew up in the film business and traveled domestically and overseas with his father. One memorable trip was to film "The Safari Rally," where he had to drive all night from Nairobi to Tanzania and back, driving for the first time on the left with Impalas intermittently jumping into the road. All for about five minutes of filming! He filmed that race three times, in Kenya, Tanzania, and Uganda. Another of the company's memorable achievements was producing a film for Public Service called "The Big Yellow Bus." It was picked up

nationwide for its clear, effective visual of school bus safety.

Richard's ancestors first arrived in America right after the civil war. His grandfather, Arthur Goodman, Sr., arrived in Charlotte with his wife, in the 1920s, as a department store buyer. He left and after a short career in the Five and Dime business with Ben Jaffe, Sr., he attended Duke Law and began a law practice in Charlotte. Both Arthur Sr. and Richard's uncle, Arthur Goodman, Jr., came to serve in the North Carolina Legislature as Representatives. Richard's mother, Elizabeth, married a WW II soldier, Walter Klein, stationed here in Charlotte. This family has a long and deep history with Charlotte, four generations having been born at the former Presbyterian Hospital. They are embedded in the Jewish history of our community. Richard is currently tracing the military history of his family. He and his father served in the U.S. Army. He is very proud that his son, son-in-law, and grandson have all served in the IDF.

Richard jokingly told me he wrote the book based on how many times he has had to eat "crow," but I think not. He definitely has "Something to Crow About."

The book is now available online at Barnes and Noble and Amazon.



Cultivating our Humanity with Author, Educator, and Rabbi Ariel Burger



Jewish Federation
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"No human race is superior, no religious faith is inferior. All collective judgments are wrong. Only racists make them." —Elie Wiesel

Every year, the Center for Jewish Education proudly provides our Charlotte Jewish community two opportunities to read as a community accompanied by booktalks from award-winning authors. This year, our country and our community have been struggling with the novel COVID-19 pandemic as well as the ongoing issues of social and racial injustice. The Jewish Federation's Center for Jewish Education (CJE) and JCRC (Jewish Community Relations Council) are proud to have provided our community with a virtual series on the topic of racial justice and racism.

In the face of an overwhelming tidal wave of bad news and finger-pointing, it is our belief that what our community needs most right now are daily reminders of our better human selves, so that each of us can rise to this challenge. That is why this fall, our Federation's CJE and JCRC have partnered for a community-wide read and fall lecture around the award-winning book "Witness: Lessons from Elie Wiesel's Classroom" by author, rabbi, artist, teacher and beloved student of Elie Wiesel.

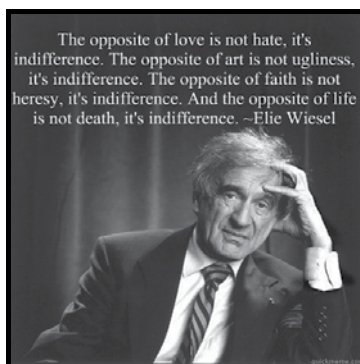
Make no mistake, this is not a book about the Holocaust! As a long-time student of Elie Wiesel, Ariel Burger captured the life wisdom of Elie Wiesel. Wiesel was a towering presence on the world stage — a Nobel laureate, activist, adviser to world leaders, and the author of more than forty books, including the Oprah's Book Club selection "Night." But when asked, Wiesel always said, "I am a teacher first." In this profoundly thought-provoking and inspiring book, Burger grants readers access to Wiesel's lessons and teachings. It is an immensely hopeful book, underscoring how much more richly we can experience our humanity because

of Wiesel's work. "Witness" serves as a moral education, a primer on education against indifference and our roles in making the world a more compassionate place.

Don't miss this opportunity to be inspired!

This virtual event will take place on Thursday, October 29 at 8:00 p.m.

For more information and to reserve your spot visit www.jewishcharlotte.org



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Looking Back

The invitation of a new year is to not only look forward to our future, but to reflect upon our past. Newspaper archives are a treasure trove of collective memories and experiences, providing a snapshot of our history. The Charlotte Jewish News has been in print since

1979, providing a nearly bottomless opportunity to delve into the history of the greater Charlotte Jewish community. We hope you enjoy our new feature — Looking Back.

The following is a reprint of the headline from CJN October 1997.

Foundation for the Charlotte Jewish Community Formed to Enhance Communal Fundraising

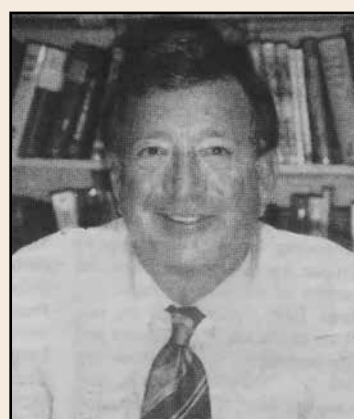
By Susan Kramer

According to Don Bernstein, chairman of the newly formed Foundation for the Jewish Community, there are many things that make the Charlotte Jewish community unique. He notes that it is a community whose impact far outreaches its numbers and whose dedication and devotion to Jewish causes are well-known and respected throughout the state and nation. Perhaps nothing defines the Jews of Charlotte so well as the spirit of cooperation that knits the diverse community together and has produced some amazing accomplishments in the last 25 years. One need look no further than the Shalom Park campus to see what this spirit of cohesiveness can create. This 52-acre campus is a model environment of Jewish communal life, embracing as it does synagogues, schools,

recreational and social facilities. Shalom Park draws people from all over the country who come to learn the secrets of its success and take them back to their own communities. And now, Bernstein announces with pride, there is another model of Jewish communal effort of which we can boast — one that, as much as the bricks and mortar of Shalom Park, will bring us together and ensure the future success of our community.

The phenomenal growth of the Charlotte Jewish community has been a mixed blessing of sorts. The influx of new people and ideas has certainly enhanced what our community can offer. But the burgeoning growth has also strained our resources almost to the breaking point. It is time, according to Bernstein, to put into place a mechanism that will allow the community to support this

growth and ease the financial strain that all of the organizations are feeling as we enter the 21st century. To that end, Bernstein and a committee of thirteen community leaders have been working for the last several months to develop just such a vehicle. Soon, each member of the community will be receiving a booklet describing the newly established Foundation for the Charlotte Jewish Community and independent, nonprofit, charitable organization dedicated to furthering the quality of Jewish religion, life and culture in the greater Charlotte area. Affiliated as a supporting organization with the Foundation for the Carolinas, the Foundation for the Charlotte Jewish Community will serve as an umbrella organization for charitable giving for six entities: the Foundation of Shalom Park, Inc., Hebrew Cemetery



Don Bernstein, Chairman of the Foundation for the Charlotte Jewish Community.

Association, Jewish Community Center, Jewish Federation of Greater Charlotte, Temple Beth El, and Temple Israel. Bernstein notes that the additional institutions in the community are also welcome to participate in the fund.

The elected Board of the Foundation for the Charlotte Jewish Community, which includes Donald Bernstein, Chair, Robert Abel, Mark Bernstein, Herman Blumenthal, Marvin Goldberg, Meg Goldstein, Harry Lerner, Leon Levine, Abraham Luski, Richard Osborne, Joel Ostrow, Marc Silverman, Robert Speizman, and William Spencer, worked together with representatives of each of the contributing organization to develop the brochure that provides a clear and concise picture of what the Foundation can do and the many options that are available to individual givers. The short version, however, is this: by pooling their resources, the six contributing organizations will be able to take advantage of the professional management and investment expertise of the Foundation of the Carolinas, which currently manages funds in excess of \$1,180,000,000. In this case, the sum result really will be greater than the individual parts.

Don Bernstein is quick to point out that the Foundation for the Charlotte Jewish Community is not intended to take the place of any endowment

campaigns now in place — each organization will continue to fund raise on its own. What the Foundation will provide, however, is an investment pool that Bernstein expects to reach between \$8-10 million dollars in the next twelve months. Funds will be disbursed to the member organizations through an allocation committee that will meet frequently during the year to act on requests. While each organization will be contributing lump sums to the Foundation for the Charlotte Jewish Community, there are many ways for individuals in the community to help meet future better prepared and to support their favorite organizations through current and planned giving. An Education Committee, working with the Foundation of the Carolinas, is in place that will be presenting a series of seminars in the near future to educate the community on the advantages of charitable giving through the Foundation for the Charlotte Jewish Community. Bernstein and his committee urge each of us to take a moment when the Foundation of the Charlotte Jewish Community brochure arrives in our mail boxes to look it over, consider the possibilities and contact any of the organization for more information.

As the sages have said, “Kol Yis-ra-el ah-ray-vim zeh bazeh — all Israel is responsible for one another.

Dr. Kevin Berman, DMD, Joins Smilecharlotte Dentistry

Dr. Scott Menaker and Dr. Tricia Rodney are excited to welcome Dr. Kevin Berman as an associate dentist in our practice. Kevin brings all the attributes that our practice strives for – great interpersonal skills, a patient-centered focus, empathy and compassion, and a deep commitment to excellence. Kevin grew up in Charlotte, and at Shalom Park, and joins us after graduating from the University of Kentucky School of Dentistry.

Kevin and our practice are accepting new patients. We look forward to welcoming you and friends to the Smilecharlotte family for a full range of general dental services, with an emphasis on state-of-the-art, digitally enhanced care in a safe environment.



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bring additional meaning to the wall (sponsoring family's name will be printed at the bottom of quote tile). All tiles will be handmade using richly colored glazes. Don't miss your opportunity to leave a lasting print on this beloved preschool.

Order online at jpskids.org or contact Heather Rasowsky (HeatherRaz@gmail.com) or

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A sample of the mural's design




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Preschool Connection in the Time of COVID

By Becca Green

On August 3, the Charlotte Jewish Preschool (CJP) welcomed 135 Full Day students back through our doors, and our teachers were eager to take on their new challenge to create meaningful connections with their students during the pandemic. We've been so impressed with our teachers and their creativity that we are featuring a different class and activity every day on our social media pages, which helps us to connect with our families in a time when we aren't able to have visitors in our building. These are just some of the highlights from our return to school!

On Monday mornings, each class celebrates Havdalah, the service separating Shabbat and the rest of the week. Havdalah is a beautiful way to start the week with melodies, blessings, and sensory experiences. In the picture, the class of Ms. Ashlea and Ms. Marcia is seen gazing upon the Havdalah candle and holding their hands up so they can see the



Kindness Rocks

shadow the flame creates.

Ms. Talya's and Ms. Lari's Kochavim class explored mitzvahs and kindness. They decorated kindness rocks and wanted to decorate the outside of our school with all of the beautiful colors they'd created. The Ko-



Havdalah with TK

chavim lined the pathway up to our school with kindness rocks for everyone in our kehillah to enjoy.

Ms. Laura's and Ms. Torie's class explored the theme "All About Me" in their first week. It culminated with a focus on kehillah, community. They created a kehillah quilt — each student used

open-ended materials to create a piece that represented their individuality before they put it all together as a unique representation of their whole class.

Ms. Stephanie's, Ms. Margie's, and Ms. Britney's one-year-olds demonstrated kavanah (intentionality and focus) making their own cloud dough! They picked herbs from the CJP learning garden, crushed them up, and added them to flour, salt, and oil. The children used a spoon to manipulate and explore these ingredients. They noticed how the ingredients changed when they mixed together, and then they used the aromatic cloud dough to work their



Making Spices for Havdalah

fine motor muscles! This was a science, sensory, and math activity in which all students were happily engaged.

In the past, the whole school would come together every Shabbat to celebrate with Ms. Patty and Morah Becca. Our new policies have stretched us to think creatively, so this year, Shabbat looks a little different — but the ruach (spirit) has remained the same! Teachers use their iPads to tune into Shabbat on Zoom as Ms. Patty leads everyone in old favorites and teaches new Shabbat tunes. In the classroom, teachers have

found different ways to engage students with Zoom Shabbat. Some classes use instruments to play along, some participate in a Shabbat dance party, and some sit in chairs for the special service. Each classroom has candles, a Kiddush cup, and challah so they can sing along with the blessings and participate meaningfully in a beautiful service. It's the highlight of my week when I am sitting in my office watching Shabbat on Zoom and I can hear the building erupt in singing, dancing, and "stomping" for Shabbat.

For a daily dose of preschool connection, follow us on Facebook at The Charlotte Jewish Preschool or on Instagram @CharlotteJewishPreschool.



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The Value of a Jewish Day School Education



Stacy Gorelick and her family at the Western Wall in Jerusalem

By Stacy Gorelick

I was lucky to attend B'nai Shalom Day School in Greensboro. My parents' decision to send me to a Jewish day school is a major reason I have always been so committed to the Jewish community. When I moved to Charlotte and married Todd, I knew I wanted my children to have a similar experience, and Charlotte Jewish Day School (CJDS) was the place where we knew that could happen. Our kids would not only receive an excellent secular education, but

they would also learn Jewish values and Hebrew, and gain pride in Judaism and Israel every single day. For us, there was no substitute for a Jewish day school education. Our four children graduated from CJDS, and for nearly 30 years, I have worked tirelessly for our school.

There are many reasons to send your child to a Jewish day school. He learns his ABCs and the importance of gemulit hasadim (acts of loving kindness). She learns how to add and subtract and the mitzvah of tze-

dakah. He learns about rivers and streams in science and the law of bal tashchit (resource conservation). At a Jewish day school, becoming a mensch is built into the lesson plan. Our students leave CJDS well prepared for the next stage in their academic journey, grounded in Jewish values, and secure in their Jewish identities.

I was asked to take on the role of president of the board of CJDS in January. My youngest child had graduated from the school six years ago, but I had remained involved. While my term would not officially begin until June, COVID-19 demanded my engagement much sooner. Mariashi Groner, head of CJDS, assembled a Reopening Task Force within a few weeks of the March shelter-in-place order. Unsure of when school would actually reopen, we began to prepare nonetheless. The number of details was overwhelming. Rather than creating the president's usual list of goals, I attended countless Zoom meetings to discuss PPE, thermometers, learning pods, and remote learning. The intense preparations had a simple

and singular goal: keep students and faculty healthy so that the school can remain open.

I am writing two weeks after opening day. The children are happy to be back in the classroom, and we have welcomed more than 30 new students. I have begun to look past this moment's strange markers — the handwashing stations, the temperature checks, and the ever-present masks. Instead, I notice the enthusiasm and commitment of our teachers and the

excitement and energy of our children. In this weird time, families are especially grateful for the opportunity to send their children to an excellent Jewish Day School, and that makes serving even more fulfilling.

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The Ecology of Sukkot



(JTA) Our ancestors dwelt in the wilderness as they evolved from a mixed multitude of liberated slaves into a nation committed to building a society based on the ideals of the Torah. In the wilderness, at Sinai, we experienced the Eternal most directly. Through this extended excursion in an uninhabited place, we shed our previous

identities, developed new kinds of relationships and institutions, and cultivated commitments to enduring values of justice, compassion and righteousness. During Sukkot, we recreate the experience of dwelling in the wilderness. The Torah explains that “all citizens of Israel shall live in huts [for seven days] in order that future generations may know that I made the Israelite people live in huts when I brought them out of the land of Egypt.” (Leviticus 23:42-3) We construct temporary booths with a covering that has grown from the ground (plant materi-

al). There should be enough of the covering that during the day there is more shade than sun, but not so much that we cannot see the stars at night. Last fall, while at a gathering of the National Religious Partnership for the Environment in the Catskills (the quintessential place for an American Jewish wilderness experience), I wandered up to a mountaintop on a dark, moonless night. Suddenly I came into a clearing and was surrounded by stars, thousands upon thousands of shining points of light. I was overwhelmed by a sense of awe at the beauty of the stars that surrounded me as tears streamed down my face. I felt the Living Presence of the universe. I marveled at the faith-

fulness of the stars. Although we obscure them through light pollution and air pollution, the stars remain faithful to us. Not so long ago, people regularly experienced the mystery of the night sky, even in cities. With the advance of civilization, however, we have become increasingly alienated from the natural world. The practices of Sukkot offer us an opportunity to break through some of this alienation. First, during Sukkot, the Season of our Gladness, we find joy in the “simple pleasures” of life – building and decorating the Sukkah, having festive meals in it, dancing and singing, sleeping under the covering and the stars. In a society in which we have become accustomed to being

entertained, shopping for pleasure and spending our time in high-tech pursuits, Sukkot is a welcome reminder that the greatest pleasures and most fulfilling moments can be found in human relations and nature. Second, Sukkot connects us with the rhythms of the agricultural cycle. In our early days as a people, we all were intimately connected to land, the seasons and agricultural cycles. Today we can buy any fruits or vegetables throughout the year. Many of us are not aware of what is “in season” in our areas. Some urban children today do not understand where food comes from. Sukkot reminds us of our direct dependence on the bounty of the Earth and our responsibility to share that bounty among all people. Third, Sukkot connect us with wilderness. Leaving the security of our homes and the possessions that keep us continually “plugged in,” we enter of wildness where we can hear the small, still voice inside of our own souls. We can gain spiritual insight by spending time away from the dominant civilization and experiencing the wild world, just as our ancestors heard the voice of the Eternal in the desert God created. The beauty, grandeur and power of nature are profoundly inspirational. Sukkot teaches that our human spiritual well-being is intimately and inextricably connected to the well-being of the rest of Creation. The rest of Creation, however, is facing new dangers this season. Congress is now considering radical revisions to one of our nation’s core environmental laws, the Endangered Species Act, which is up for reauthorization. This law, passed in 1973, mandates that the federal government prevent harm to species in danger of becoming extinct. Humans are now causing the greatest wave of species extinctions since the last ice age, and many scientists believe that the rate and extent of extinctions may threaten the integrity of the ecosystems upon which all life depends, including our own. The Endangered Species Act has been interpreted by the Department of Interior to mean that the habitat of endangered species must be protected. This past summer, the Supreme Court affirmed this interpretation. Subsequently, selfish and short-sighted interests in the House and Senate – Reps. Don Young (R-Alaska) and Richard Pombo

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(Continued on page 11)

Z'l: Their Memories Are a Blessing

By Jacob M. Fuerstman and Cantor Marlina Fuerstman

As I walk the grounds of the Hebrew Cemetery, I see generations of my family all around me. Over there, those are the graves of my great, great grandparents Harris and Yetta Miller. And there, my great grandparents Joe and Minnie Miller lie. And just a little way over there lie my grandmother and grandfather, Mildred and Hilbert Fuerstman. And that's my uncle David's grave. My oldest son is named after him.

My children are 6th generation Charlotte Jews, and this cemetery has been a part of every generation since my family settled here in the early 20th Century. But one of the big movers and shakers of the Hebrew Cemetery since the 1950s was my grandfather Hilbert, a foreigner from New Jersey who came here as a soldier, fell in love with a beautiful Charlotte girl, married her, and made Charlotte his home. He volunteered as the cemetery co-chair-

man along with Buddy Roberts. They served the Charlotte Jewish community faithfully for over 45 years.

As a child, Grandpa brought my brothers and me to the Hebrew Cemetery to check on graves that needed to be dug, lawn care that had been ordered, or monuments that were to have been set.

Over the years we learned that the cemetery was established in 1867. Grandpa pointed out the oldest graves, which date back to 1870, and that of Harry Golden. Grandpa knew all the history of the cemetery and never tired of sharing his knowledge with anyone interested.

As I grew older Grandpa enlisted my help in cemetery chores. The biggest chore was setting up for the community-wide Memorial Service which takes place every year on the Sunday between Rosh Hashanah and Yom Kippur. The entire grounds are given special care and a big tent is erected. All the area clergy participate, and hundreds of people come to pay respects to their loved ones. This community memorial service is also a major fundraiser for the cemetery.

As Grandpa began to age, it just seemed natural that I would step in and do my part to see that

the Hebrew Cemetery continues to be cared for. Now it's my kids who come with me to plant trees on Tu B'Shvat or place flags on graves for Memorial Day.

Over the years the needs of our greater community have increased and changed, and the Hebrew Cemetery has been on the forefront of meeting those needs. We have a cremations section for those who choose to be cremated, a section for interfaith families, an Orthodox section, the option for a "green burial," and, of course, the memorial building.

The COVID-19 crisis presents all new issues for the cemetery. The Hebrew Cemetery's executive committee, headed by President Barry Blau, along with area rabbis, have not deliberated long hours on how best to meet the crisis vis-à-vis funerals, ritual cleansing of bodies, and, of course, the community community-wide Memorial Service. This year, because of virus restrictions, we had the first first-ever virtual Annual Memorial Service, which was held Sunday, September 27. Please visit our website (www.hebrewcemetery.org) or our Facebook page to replay the service if you missed it. The site includes a virtual tzedakah box. Your donation is much needed and much appreciated.

As we celebrate the High Holy Days, we feel blessed by the memories of our family and friends who rest in peace here in the Hebrew Cemetery, and we look forward to finding new strength and healing in the coming year to continue our work here.

L'Shana tova.

To learn more about the Hebrew Cemetery, pre-planning choices, membership as well as legacy and donation opportunities, please contact Director, Sandra Goldman at 704-576-1859 or by email at director@hebrewcemetery.org.



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Sukkot

(Continued from page 10)

(R-Calif.) and Sen. Slade Gorton (R-Wash) – have introduced versions of the act that would strip the protection of habitat from the law.

Sukkot's lessons about human well-being bear directly on the issues related to protection of habitat and the fate of God's unique creatures. By pursuing the simple pleasures of life, we not only gain spiritual fulfillment, we also take up less space in the world, consume less resources and produce less pollution. We leave more space for the millions of species with whom we share the planet.

Our awareness of our own dependence on the Earth during the harvest season heightens appreciation for the webs of ecological relationships that keep soil healthy, land stable, and water pure.

And the wild places to which we go for spiritual renewal are also generally crucial habitats for other species. The last few virgin forests, such as those in the Pacific Northwest, and the last remaining large wild places, such as the Arctic National

Wildlife Refuge, are some of the most inspiring places left on Earth and some of the last remaining habitats for many species.

These places of refuge for the human spirit are also the last places of refuge for a multitude of species.

May this Sukkot inspire in us reverence for the Earth, its wild places and its Creator.

And may we be moved to communicate to our elected representatives the importance of protecting our nation's habitats and refuges, and the Endangered Species Act, which has served as an ark for so many species.

The ecology of Sukkot teaches us that our spiritual aliveness and the preservation of Creation find common cause in the protection of wild places. By turning away from trying to feed our souls with consumer goods toward nourishing ourselves with human connection, spiritual exploration and experiences of the wild, we do good for the soul and good for all Creation.

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Tikvah Charlotte Welcomes New Director, Lisa Strause Levinson



Each and every Jewish child in our community deserves a quality Jewish education. The religious schools of both Temple Beth El and Temple Israel

have a long history of providing outstanding programs and instilling knowledge and a love of Judaism to their students, but not all students were able to find the right fit for our programs. Thanks to a generous allocation from The Jewish Federation of Greater Charlotte and the administrative and financial support of Temple Beth El and Temple Israel, a religious school for children with special needs was established in 2005 — Tikvah Charlotte. Tikvah means hope, and it is our hope that every Jewish child will find the key to unlock the door to Jewish learning in this school.

Tikvah Charlotte has been a special place, for very special children, for the last 15 years.

The curriculum is designed to meet each child's specific needs and learning styles. Small teacher-student ratios and individual educational plans ensure success for everyone.

Deborah Hitt has led Tikvah Charlotte with love and dedication for the past ten years, and we thank her for her contributions to the program.

We are thrilled to welcome Lisa Strause Levinson as the new Tikvah Charlotte director. Lisa has recently retired from a 32-year career in education. She began her career in special education, specializing in learning disabilities and behavior disorders. She taught in the field of special education for almost 17 years. Lisa then transitioned to

the regular elementary classroom, and after obtaining an M.Ed. in Language and Literacy in 2015, she was a reading interventionist and reading coach, providing support to teachers and administrators. Lisa also grew up in Charlotte and in Temple Israel. Lisa and her husband Lucky have a blended family with five adult children between them. They are members of Temple Beth El. She is passionate about our Jewish community and is an active volunteer in several Jewish agencies at Shalom Park. Lisa brings a rich Jewish background to the position, as well as an excellent pedagogic knowledge of students with special needs. She is committed to the belief that

all children can learn when provided a safe environment that's built upon community first!

Tikvah Charlotte is an oasis of love and learning at Shalom Park on Sunday mornings. Children of unaffiliated families with special needs are also welcome at Tikvah Charlotte. Any parent who would like more information about the special needs school or anyone who has an interest in volunteering should email Lisa at tikvahcharlotte1@gmail.com. All inquiries are confidential.

~ YOUTH VISIONS ~

Moishe House Resumes Small In-Person Gatherings, Continues to Build Community Virtually in the Age of COVID-19

By Dave Press,
Moishe House Senior
Director of Advancement

When the COVID-19 pandemic began earlier this year, Moishe House communities across the globe shifted all activities to virtual programming. Although there is nothing like face-to-face interactions for building community and lasting friendships, given the current public health crisis, online programming allowed Moishe Houses to continue to provide a way to come together in each community. This is particularly critical as emerging research, including a recent study from the Springtide Research Institute suggests that sheltering in place and social distancing is having a negative emotional toll on young adults — 60% of young adults surveyed report feeling very isolated, and nearly half say they feel scared and do not want to be alone.

"Even though virtual events are limited in scale, they still signal the consistent presence of Moishe House in the community," said Josh Kindler, the newest resident of Moishe House Charlotte. "As a new resident, I'm glad that these virtual events have given me the chance to get to know the community during a time when socializing is more difficult."



Moishe House Charlotte, located in NoDa, is playing a critical role in maintaining a sense of normalcy for Jewish young adults in the area. The residents (four Jewish 20-somethings who live together and dedicate their free time to building Jewish community for their peers) have used their creativity to continue to engage their community members and help their peers feel less alone, leading virtual programs including musical bingo, Shabbat celebrations, and game nights.

However, Zoom fatigue has become a significant factor in the efforts to engage young adults. "It's gotten tougher to engage everyone in community

as the COVID-19 pandemic developed," said Daniel Rich, a resident of Moishe House Charlotte since November 2018. "Many people spend their workday on Zoom, so it has become more challenging to convince people to spend their free time in virtual events after work. We've started to incorporate more creative approaches, including a virtual speaker panel with the Moishe Houses in Baltimore and Bethesda (Maryland)."

In August, Moishe House Charlotte resumed some in-person activities for the first time since March, in line with local and state guidelines and restrictions. After months of gathering only on a screen, it has been both inspiring and refreshing to see Jewish young adults coming together (safely) once again. The intimate nature of Moishe House is perfect for socially isolated Jewish young adults to begin integrating back into in-person gatherings.

"Hosting small events in person has been a very welcome change, and it has been well-received so far," said Moishe House resident, Calvin Newman. "Our community is very respectful of the fact that we are still in the middle of a pandemic, and they understand we are taking precautions to safely



L to R: Daniel Rich, Caleb Seidler, Josh Kindler, Calvin Newman

host small events in outdoor environments. We recently hosted a small outdoor barbecue and bonfire, and I had a great time seeing friends in person after such a long time."

The residents are also committed to helping young newcomers to the Queen City feel welcome and connected during this time of social isolation and physical distancing. They have made themselves available for virtual coffee dates and opportunities for newcomers to meet new people and build their Jewish networks.

"We are always looking to see who is new to the Jewish Young Adults Facebook page so that we can reach out and introduce ourselves," said Moishe House Charlotte resident, Caleb Seidler. "We also partner with groups like The Porch (at Temple Beth El), Torah on Tap (at Temple Israel), and Uptown

Chabad to expand our normal reach. Word of mouth is our most effective way of building our community. We have a group text with all the regulars at our events who, whenever they meet a new Jewish young adult, will tell them about Moishe House."



Hebrew High Goes Virtual Through December

By Megan Harkavy

The Hebrew High faculty and staff are committed to bringing our teens the highest quality Jewish education possible. While this year must look different than past years, our focus remains on building a teen community and offering engaging and diverse programming. We have been very busy preparing an innovative, creative, interactive, and fun Jewish education program for the upcoming year.

The safety of our students and teachers is paramount, along with the continuity of a reputable, quality Jewish education program we are known for. As a result, we have decided that Hebrew High will be held virtually this year, at least through December 2020. We will reassess this decision as the year continues and will make the switch to in-person when it is possible. Hebrew High will begin on Wednesday, October 14, 2020.

Our goal is to foster a community that will meet online. This plan will evolve as things in our community change and reflects our best thinking to meet the challenges of this time. For the 8th–10th graders, we are going to structure Wednesday evenings around two periods:

The first hour of the evening will be “Limmud,” where students will have the opportunity to select one class from a variety of choices. We are focusing on providing classes that address current issues such as racial injustice and the upcoming elections and will also include student favorites such as cooking. Being online gives us the opportunity to expand our teaching pool and bring in experts from around the country.

The second period of the evening will be “Kehillah Time,” and will focus on providing students with an opportunity to get to know each other and socialize. Each week students will be able to choose from structured activities such as Jewish trivia, scavenger hunts, and time with our Clergy.

We will continue to offer the same classes for our Post-Confirmation (11th and 12th grade) students as we did last year because they were well-liked and can be moved online. Each week will look different, but the class titles will remain the same: “The Luggage You Need — The Baggage You Don’t: Packing Your Jewish Self for the Real World” and “The Tea About College: Big Questions,

Casual Conversations.” We are also planning to offer Houses of Worship visits in the Spring for the 11th and 12th grade students, if possible.

We are also very excited to be partnering with Tzedek America for the first time this year. Tzedek America is a program that transforms lives, strengthens Jewish identity, and changes the world through immersive social justice-oriented experiences. Due to COVID-19, they are not able to run their gap year program, so they created a new online series: Inform Elevate Inspire Engage. This program includes ten 60-minute virtual social justice workshops on Sunday evenings throughout the school year. Our students will have the opportunity to join teens from across North America to hear from and engage with activists, nonprofit organizations, and other teens who are experiencing and combating social injustice in their communities and worldwide. Using Jewish values and texts as the base, students will dive into injustices plaguing North America and provide the students with the tools to make lasting change. If you are interested in participating, we are offering

this program as part of your Hebrew High registration. If you are not planning on registering for Hebrew High this year, please contact Megan Harkavy (mharkavy@hebrewhigh.org) if you are interested in signing up for this program.

You can register for Hebrew High by visiting our website: www.hebrewhigh.org. While the school structure is different than in past years, we will continue to provide a kehillah (community) for our students, staff and families.

Creating this community and having a sense of belonging is an asset in today’s time. We look forward to the 2020-2021 school year.



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BBYO is Back!

BBYO is back! We kicked off the programming year with Regional Exec's Convention, our traditional leadership convention, to plan for the year. This year the convention theme was “Invent the Future” and held via Zoom over several days. Our teens have truly been inventing the future over the past six months, having created all types of programs online to share Jewish experiences and stay connected. Regional Exec's was a tremendous success thanks to the leadership and effort put in by our three sets of council presidents, which included Olivia Potier and Sam Schulman of Charlotte. 130 chapter and state leaders attended and 44 of those were from Charlotte. The teens enjoyed a beautiful Kabbalat Shabbat lead by our council Sh'lichim and Nick May, our song leader for the weekend. Programming focused on aleph engagement, elevating Zoom programming, calendaring and goal setting. Saturday evening, we were joined by 200 Eastern Region families and friends in the Greater Atlanta Region for Havdalah. Thanks to COVID-19 and Zoom we can program with BBYO teens in communities across the globe!

Charlotte BBYO has four chapters, two AZA (teens that identify as male) and two BBG (teens that identify as female). Chapters usually meet on Tuesday evenings on Zoom or at the Levine JCC when we go back to in-person programming. Each chapter has volunteer advisors that guide the teens. The teens in Charlotte are planning chapter events and recruiting new members. If you know a teen in 8th -12th grade is interested in joining BBYO, email charlotte@bbyo.org. A onetime fee of \$149 covers membership through high school graduation.

Our next Regional Convention (SC, NC, southern GA and southern VA) will take place virtually October 16-18th and is exclusively designed for New members (8th - 12th grade) to BBYO. Sixteen older members (trainers) will lead our newest members through a beautiful Shabbat experience, teach them everything they need to know about BBYO, and build a community of lifelong friends virtually in the hope we can be in person soon. For more information about joining BBYO or New Member Weekend email charlotte@bbyo.org or call 704-944-6734.

We are gearing up for Summer 2021! Registration opens on October 21st! BBYO is planning a full summer of programs to allow our teens to have the experiences that connect them to Judaism, create lifelong friendships, travel the world and allow them to have the fun.



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Want to catch up on 5780 in Jewish Pop Culture?

(JTA) Do you ever wish there were a fun Jewish version of the Oscars? Or the Grammys? What about a roundup of the best Jewish moments from across the vast reaches of the internet over the past year? Alma, one of the Jewish Telegraphic Agency's partner sites at 70 Faces Media, does all of that and more in its second edition of The Almas, a collection of the best Jewish movies, television, books, music, and celebrity and internet moments of 5780, the past Jewish year. It's not your typical list. In the television category, for instance, an award goes to "The Show We're Sitting Shiva For" (it's "Schitt's Creek," which finished its run this year). In the music category, there's a "Best Jack Antonoff Production" mention — referencing the Jewish songwriter and how he's now ubiquitous in the world of pop hit writing (the award goes to Taylor Swift's "Folklore" album, to give you an idea of his popularity). But there are more traditional awards, too, like Breakout Jewish Artist (rapper Doja Cat) and Breakout Actor (Adam Sandler, for his star dramatic turn in "Uncut Gems"). "This past year has obviously been very different than any others in recent memory, but with so many people stuck at home and consuming more media than ever — and with very few things that feel worthy of celebrating — we wanted to go into the Jewish New Year once again reflecting on all the exciting, unique ways Jews have represented ourselves in the media and on the internet," Alma editor Molly Tolsky said. Check out the full slate of awards here: <https://www.heyalma.com/the-almas-5780/>



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Movie Quotes

- Across**

 - 1. 5K entrants
 - 7. Words after call or hail
 - 11. Org. for some authors
 - 14. Daniel Plainview in "There Will Be Blood", for one
 - 15. Home of a Tempio Maggiore
 - 16. Rage
 - 17. Famous movie quote for one who does not like giving tzedakah?
 - 19. ___ Tamid
 - 20. Important times
 - 21. Something people uncover this time of year
 - 22. Lucas who had trouble throwing home for the Mets in the 2015 World Series
 - 24. Jogged
 - 25. Aviv of note
 - 26. One of a daily 1,440
 - 28. Famous movie quote from the Witch of Endor?
 - 32. Michael of computer fame
 - 33. Mike Trout's team on scoreboards
 - 34. Six Day War loser, for short
 - 35. Famous movie quote from one who believes in *tchiyat hamaytim*?
 - 40. Fire residue
 - 43. "Israfel" author's monogram
 - 44. Bring aboard
 - 47. Famous movie quote from Aaron before building the
- Golden Calf?

 - 52. Battle cry
 - 53. Reason for braces, maybe
 - 54. Israeli mouth
 - 56. Like rocker Billy just chilling out?
 - 57. Fish market emanation
 - 59. Highland dialect
 - 60. Wartime entertainment grp.
 - 61. Famous movie quote for one shining the *Menorah*?
 - 64. Computer capacity, slangily
 - 65. Declare formally, in law
 - 66. *Hadassim* partners
 - 67. Rosen and Michaels
 - 68. One of a Columbian trio
 - 69. New parents, at a bris
- Down**

 - 1. Waters who isn't exactly a zionist
 - 2. 52-Across from above
 - 3. Detox, e.g.
 - 4. It's the Torah truth?
 - 5. Nifty
 - 6. Shot from cover
 - 7. Affleck's Best Picture
 - 8. Nifty
 - 9. "I love," in 15-Across
 - 10. Antagonist, informally
 - 11. They start pitches
 - 12. In a big way
 - 13. ___ Lingus
- 18. Flounder relative
 - 23. Simple card game
 - 25. Expose a secret
 - 26. Assigner of G's and R's
 - 27. Ending for "puppet" or "profit"
 - 29. Samuel's mentor
 - 30. Avraham's first?
 - 31. Light pat
 - 36. Onion's relative
 - 37. Something to swing
 - 38. Take a swing
 - 39. *Mishpacha*
 - 40. Simile's part
 - 41. Eponymous Israeli hit
 - 42. Ballgame fare
 - 45. Censure
 - 46. "I only have ___ you"
 - 48. Mart start
 - 49. Ian who wrote "Atonement"
 - 50. Ghostbuster Spengler
 - 51. Israeli spy Ashraf
 - 55. Shleps
 - 57. Bovine animals
 - 58. Associate of Map
 - 59. Midterm for one
 - 60. Costar of Ethan in "Gattaca"
 - 62. Notable Rabbi Weiss
 - 63. Legendary Notre Dame coach Parseghian

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NC Hillel Supports Jewish Students Amid Pandemic

By Ari Gauss

We are nearly six months into the coronavirus pandemic. While it has been a challenge for nearly all of us, college students have been hit particularly hard by the upheaval.

Uncertainty, anxiety, and isolation became common for college students in March when universities closed, and millions of students completed the semester online. Graduation ceremonies were canceled, as were summer jobs and long-awaited travel plans, including study and internships abroad.

Immediately, North Carolina Hillel, which serves the UNC System's Jewish students and engages over 1,000 annually, transitioned to gathering students online. From mid-March through June, NC Hillel checked in with students one-on-one and convened groups remotely, connecting with 450 Jewish students nearly 1,500 times in total.

Hope Wilson, UNC Charlotte '21, explained, "Socially isolating from my family and friends has been hard. Before, UNCC Hillel was a space where I could be with people who made me feel like I could be myself. Now that I can't see them in person, I have been so glad that every week Hillel has planned ways to connect us. It's been a wonderful space for me to learn, get support, and be surrounded by people who care for me — even from far away."

Students were desperate to return to something resembling normalcy, but shortly after most UNC System campuses reopened in mid-August, UNC Chapel Hill, NC State, and East Carolina cancelled in-person courses and "de-densified" their dormitories, with UNC Charlotte close behind.

College students are accustomed to vibrant campus life, and they learn and grow from their experiences outside the classroom as much as inside

it. Campuses are largely ghost towns, and students are feeling isolated.

Some have moved home, not an easy transition for the typical 18-year-old. Many of those in off-campus apartments don't live with close friends, often leaving them feeling lonely.

There's a profound sense of loss among students. Judaism is lived communally, and even though they're digital natives, college students — like all of us — are nonetheless drawn toward establishing friendships in person.

In addition to online programs, we at Hillel have been holding safely distanced, outdoor gatherings with masks, but building community from afar is difficult. It's not the same, and everybody feels it.

Annabelle Friedman, UNC Chapel Hill '22, said she's thankful for Hillel's programming. "It's really comforting and makes me a little less sad just to know it's there."

Typically, NC Hillel's campus groups kick off the year with large, high-profile events to welcome large numbers of Jewish students. Typically, NC Hillel brings 80 students on its 10-day Birthright Israel trips and 30 students on its two-month Onward Israel internship in Tel-Aviv during summer and winter breaks. But this is not a typical year.

To combat isolation, build friendships, and strengthen students' Jewish identities, we are prioritizing cohorts, or micro-communities, of 10-15 students that regularly convene online. Last year, 70 students participated in our 10-week Jewish Learning Fellowship and other cohort-based programs. This year, we aspire to connect 150 students through these tight-knit groups for weekly Jewish learning sessions, book clubs, Shabbat prayers, and more.

For the High Holidays and beyond, we are developing curated "subscription boxes" — the regular delivery of personalized, niche products — to deliver engaging Jewish educational, ritual, and cultural content to students, wherever they call home.

In these unprecedented, challenging times, when flexibility and innovation are paramount, we remain dedicated to fulfilling our mission: to empower and inspire students to pursue their own Jewish journeys by creating strong communities and transformative

experiences.

To learn more about North Carolina Hillel, please visit www.nchillel.org or contact Ari

Gauss, executive director, at agauss@nchillel.org.

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Stan Greenspon Center is Committed to You!

The Stan Greenspon Center team is committed to YOU — our community of college students, Jewish studies students, educators, Holocaust survivors, and seekers of social justice and greater equity! As a Stan Greenspon Center for Peace and Social Justice team, our warm embrace of concern extends to all of you. We are hopeful that our rich array of programs will uplift your lives during these challenging times. For the near future our programs will be offered virtually. We cannot wait for conditions to allow us to return to in-person programming so that we can warmly welcome you back to the Queens Campus. Please do not hesitate to reach out to us if you need support

We are committed to our Hillel students. Although many of us could not meet in person for the High Holidays, we were able to connect through our Charlotte College Connection Virtual High Holiday Worship Experiences. Students from different areas came together for creative High Holiday experiences with Rabbi Schindler, musician Patty Torcellini, and artist Betsy Rosen.

We are committed to our Jewish studies students. For anyone interested in education and inspiration during this period of social unrest, we offer a course on "Peaks and Valleys: Milestone Moments in Black-Jewish Relations." Our eight-week community course will explore the complexity of the historical

relationship between the American Black and Jewish communities through a study of milestone moments. If you are interested in learning a new language, we are offering Beginner Yiddish with Reb Tzayt.

We are committed to our educators. For our educators, we have a plethora of offerings ranging from navigating bias and prejudice in the classroom to caring for yourself during these challenging times. Our Becoming One Human Family program is available virtually or in person. The program was created to help middle and high school students

explore the consequences of prejudice and discrimination in our society and to equip them to effectively combat injustice in their spheres of influence. The program provides engaging and active learning to middle and highschool-aged youth throughout North and South Carolina. Through personal stories, art, music, and literature from or related to the Holocaust, students explore larger human rights issues such as identity, bias, respect, and courage.

We are committed to our Holocaust survivors. Our Jeffrey Alan Schwartz Virtual Holo-

caust Speakers Bureau program is available online or virtually. This program will virtually bring second and third-generation descendants of Holocaust survivors into regional private, public, and independent schools and community clubs and organizations to keep the history, messages, and lessons of the Holocaust alive.

We are committed to social justice. For our social justice warriors, please join us for our monthly meeting of advocates on the second Tuesday of every month. The 2019-2020 academic calendar enabled us to make remarkable progress. Come and learn how we will be building upon that success in the year ahead and how you can connect personally and connect your organization to organizing. From restorative justice to racial justice, from environmental justice to affordable housing, there are lots of gateways to engagement.

You can also join one of our upcoming book discussions: "Stamped: Racism, Anti-racism, and You" Book Study with Donna Tarney on Wednesday, October 7, from 6:30 p.m. to 8 p.m. or "So You Want to Talk About Race" Book Study and Advocacy Workshop on Mondays, November 9 and 16, 2020 from 6:30 p.m.-7:30 p.m. These book discussions are for all people who wish to not only understand racism, but how to disrupt and dismantle the systems that support continued racism in our communities. These groups are for those beginning their journey into this topic as well as those who are further along the path. Basically, they are for everyone.

We are committed to our community. For our community, we are offering a range of relevant programs such as "Holocaust Whispers: Lessons in Resilience for These Challenging Times" and our weekly Wednesday Peaceful Pause. We hope to see you at one of our programs, online and hopefully in person in the near future! Thank you to our friends who participated in the Just ART program. We are thrilled to debut our September artist, Roni Kasten Fishkin! We are committed to YOU, our community. Please contact us if we can support you in any way during this challenging time. For information on any of our programs, please visit our website www.StanGreensponCenter.org.

From our team, Talli Dippold dippoldt@queens.edu, Talia Goldman goldmant@queens.edu, Rabbi Judy Schindler schindlerj@queens.edu and Donna Tarney tarneyd@queens.edu.

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For the 7th year the Levine JCC was proud to host Charlotte's only Kosher BBQ Championship. This year was a little different without our usual team competition and fun-filled day of children and family activities but we haven't lost our purpose! The Kosher BBQ continues to serve as a vehicle to not only educate our community about the issue of children's hunger but to take a proactive step towards eradicating children's hunger in our city.

Thanks to your support, the Levine JCC is able to address child hunger needs through the Shalom Park Freedom School and our Bridge for Kids to fight childhood hunger: Kosher BBQ proceeds directly fund food insecurity programs for children at Title I Charlotte-Mecklenburg Schools and educate our community about childhood hunger.

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The Ruach: Outside the Box(es)



What most people thought would be a few months of temporary disruptions followed by a joyous return to normalcy, we now see the “new normal” emerging to look vastly different for the foreseeable future. As COVID-19 continues to upend in-person worship settings, the pandemic has created unprecedented opportunities to create new ones. The Ruach has embraced this shift and adapted to it. “We feel like it’s time to accelerate innovation,” says Peter Levinson, co-founder and lead guitarist with The Ruach. The Ruach has done exactly this by providing compelling, content-rich modern streaming worship services.

The restrictions on gathering that have resulted from the pandemic meant that the only safe alternative for Rosh Hashanah and Yom Kippur services would be to provide them virtually. Recognizing that cybernetic platforms provide for both live and pre-recorded options, The Ruach decided to fully record their services, allowing them to produce engaging and authentic services while avoiding most problems that plague Facebook Live, Zoom, Wi-Fi and the internet. This is exactly what the band has done for the past several months for The Shabbat Experience. “I had no idea The Ruach’s Experiences were pre-recorded until Peter told me,” said Linda McLendon. “It always feels live to me.”

Feeling connected is critical to the viability of any community. To foster bonds among people, The Ruach encourages online attendees to like, share, and create a watch party for each service. “As band members and participants interact through comments during the Experiences, we immediately can see that folks are connecting,” says The Ruach co-founder and the lead vocalist Nancy Nagler Good.

The Ruach provides enriching, inspiring, and spiritual worship services through music, creative visuals, transitions, and relatable stories that accentuate positivity. The band significantly raised the bar for The High Holy Days Experience by using creativity and advanced technology to go far beyond the now

familiar, isolating and limiting Zoom boxes that have come to define today’s world. The High Holy Days Experience was truly realistic and engaging. It put band members together on screen, virtually even though Rabbi Smookler and each member of the band were videoed individually. “My High Holy



Days experience with The Ruach felt far more life-like and genuine than any other streaming service I’ve ever seen. It was actually so good that it felt like it was in real-time — like I was in the same room,” commented Joel Blady, a regular attendee of The Ruach’s Experiences.

Listening to the feedback of their community and responding with valuable content sets The Ruach apart. When The Ruach Community expressed a desire for additional interactive and engaging excursions into prayer and renewal for the High Holy Days, Peter reached out to other congregations around the country to ask if they would provide links to their services which could be shared with the community. Several congregations provided links which The Ruach shared through its email list.

“We recognize that in today’s world, like almost everyone, the Jewish community wants inspiring words and uplifting music on their terms and when convenient for them. In response, all our services are uploaded to and maintained on our Facebook page and YouTube Channel, giving people the opportunity to engage on-demand,” said Levinson.

The response has been overwhelmingly positive, with over 1,000 viewers per Shabbat Experience and upward of 2,000 viewers for The Days of Awe services.

The Ruach sees this period of pandemic disruption, not as something that erases everything that came before it, but instead, as something that rearranges all the pieces and adds some new elements to keep it fresh and leading-edge. The Jewish community has a long history of thriving in difficult or complicated times yet rising above the complexities with renewed strength to repair the world. Quoting the truly relevant lyrics of a song by the Foo Fighters which The Ruach has covered in a few of its Experiences, including Rosh Hashanah, “In times like these we

learn to live again.” We sharpen our focus on that space from which emergence appears. And it is the space between chaos and order.

When conditions and rules change, The Ruach will once again provide The Shabbat Experience in-person. Yet, the virtual option will most likely continue as an enhancement to The Ruach Experience and offer additional opportunities to connect the Jewish community.

If you would like to see The High Holy Days Experience, as well as The Shabbat Experience, videos are available on both YouTube and Facebook (youtube.com/theruachband and facebook.com/theruachband).

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Jewish Volunteers, Donors Help Support Moms in College with ANSWER

By Andrea Cooper

Barbara Alcala was raising her 10-year-old son, caring for her aging parents, and working part-time when she made a monumental decision. As a single mom, she would return to college to earn a four-year degree.

Impossible? Not if you have support. Alcala found it in ANSWER Scholarship, a local non-profit that provides college scholarships, mentoring and professional development training to mothers in Mecklenburg and surrounding counties. Most are single moms. All have children ages preK-12 at home so the children can learn from ex-



Donna Lerner

ample and be inspired to go to college, too. While the scholarship funding is important, the secret to ANSWER's 85% graduation rate is the mentors. Alcala's volunteer mentor was Donna Lerner, an art teacher at the Charlotte Jewish Day School and one of several Jewish volunteers and funders who have contributed to ANSWER's success. ANSWER mentors help guide moms in school, lend a shoulder to cry on, celebrate every accomplishment, and sometimes even connect moms to career opportunities.

"Since the moment I met Donna, there was an instant connection," Alcala says. "She understood my educational path so well she had the right words to say at the right time, sometimes even ahead of time."

When burnout and stress made Alcala feel as if she couldn't go on with her studies, "Donna was very supportive and knew how to encourage me to not give up."

Lerner first trained to be an ANSWER mentor in August, 2019. At first, she admits, "I was a little hesitant because I didn't know what the scholars were expecting from mentors." But she loved the energy in the room and realized she possessed the most important quality: an ability to cheer on a mom who might not have that person in her life.

Barbara Alcala graduated from Belmont Abbey College in December 2019 with a B.A. in Educational Studies and a minor in Psychology. She works at Lake Norman Community Health Clinic where she connects patients with resources they need, from meals to diabetic test strips.

Now that Lerner has been a mentor once, she's hooked. Her new ANSWER mentee, Lauren Surrat, is a single mom earning a nursing degree at Carolinas College of Health Sciences. "You feel good about watching someone advance their goals, and feel like you're doing something positive," Lerner says about volunteering with ANSWER.

Since its founding in 2006, ANSWER has awarded \$467,000 in college scholarships to 88 moms. This year alone, eight graduated from UNC Charlotte, Queens, Winthrop, and other local universities. Some ANSWER moms have gone on to earn master's degrees. One became a lawyer and opened her own firm in Salisbury. ANSWER is designed to give women the tools for economic mobility. Alumnae reported a 32% increase in salary after earning their college degrees in a 2019 survey.

Those achievements wouldn't be possible without the long-time

support of The Leon Levine Foundation, which has awarded annual grants to ANSWER since 2011. The Foundation strives to improve the human condition by creating permanent, measurable, and life-changing impact throughout the Carolinas, with education as one priority.

When selecting grantees, the Foundation "really focuses on highly effective leadership, a track record of impact, and financial sustainability. ANSWER has done a fantastic job in each of those areas," says Tom Lawrence, president of The Leon Levine Foundation. "We've been lucky to see the growth of ANSWER from the very beginning and have been proud to be on that path with such a great partner."

ANSWER wouldn't be where it is now without The Leon Levine Foundation, says ANSWER Founder Susan Andersen. The Foundation "gave us the 'Good Housekeeping seal of approval.' Their support encouraged other foundations and individuals to get involved as donors and volunteers," she says. Lawrence also advised Andersen in ANSWER's early years on what to seek in advisory board members and other aspects of strong non-profit management.

Today, COVID-19 is affecting ANSWER moms, as it has many others, with job loss or reduction of hours at work. ANSWER has awarded emergency educational grants to assist its moms with tuition and books. The organization is also actively soliciting gift cards for groceries and gas for its scholarship recipients.

"ANSWER mothers are tough and determined," Andersen says. "They complete their education despite all odds."

Like to volunteer? Contact ANSWER at info@answer-scholarship.org.

Charlotte Latin School Spotlight

Lisa has taught Upper School math at Latin for 20 years. She is the Grade Level Lead for Grade 9, coordinating activities and helping students acclimate to Upper School and find their place in that part of the Latin community. "Latin is a great place to work because the students want to be challenged, and the teachers want to see the students succeed," said Lisa. "I find myself growing every day at Latin."

Her notable accomplishments include:

- Receiving the Rutherford Humanitarian Award
- Participating in the Teaching Fellows Institute
- Participating in an Outward Bound Educators Initiative in the Pisgah National Forest
- Completing Latin's Aspiring Leaders Academy in 2019



Lisa Moreland
Upper School Math



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ANSWER Scholarship has awarded college scholarships to 19 local moms for the 2020-21 academic year



W.O.W. Girls Night Out, The Inner You: Challah Bake and Mindfulness Meditation

By Sara Oppenheim

Although being mindful had been a catch phrase for a year or two before COVID, it has taken on a new life since the pandemic. People flock to seminars giving people the tools of mindfulness to help them deal with the lockdown, having kids (or a spouse) suddenly at home, isolation and the slew of other challenges we have all been enduring over the past few months. This year is the 13th year of our annual Round Challah Bake and W.O.W. decided to give this already popular event a new twist. The Jewish year 5781 is different than all others and that calls for a different type of event.

But how could we have a Challah bake in which the basic skills of creating sweet round Rosh Hashanah Challot are imparted without doing it in person? Leave it to our event chair,

Suzy Catanazzo, who planned and executed this terrific event by going against the grain (pun intended) of all previous Challah events we had in the past. Zoom was the obvious platform used to allow participants to bake Challah in the safety and comfort of their own homes, with an additional bonus of the aroma of the sweet-smelling Challah wafting in their personal space. Can there be a better way to get into the Rosh Hashana spirit than celebrating this age old custom (i.e., baking round Challah for Rosh Hashanah) with other Jewish sisters from all walks of life residing in Charlotte?

Suzy Catanazzo loves not only to bake but also to share her decades of honed baking skills with others. It was immediately apparent that she is a master presenter when everyone saw how she seamlessly demonstrated, gave clear instructions, answered questions, and kept things lively with her humor. It's no wonder that she has been W.O.W.'s master Challah baker for years. It was fun to get our hands dirty by pouring, kneading, and learning different ways to roll strands, including twirling, surface rolling,

hand rolling, and a special braiding technique for round Challah.

If the event would have stopped there, Dayeinu, it would have been enough, but there was another special treat in store. To add to the wonderful happening we were experiencing, Dr. Anne Smolin guided us in a thought provoking meditation called A Journey of Return. The idea was to return to our breaths — and to ourselves. We closed our eyes and were gently guided in thinking of a place of calm, a place in which we could wander off to when life becomes too overwhelming. The challenge is, no matter how serene that place is, at some point we begin to hear external noises, many of which are the very stresses and challenges that caused us to retreat. It was a powerful and incredibly useful lesson to learn how to return to the calm at the very moment when the voices of fear, hopelessness, and negativity were working with full stream to get back into our heads.

This guided meditation of claiming our calmness by reca-



Aliyah Tuckman, ready to braid Challah

kilter when we forget; this exercise taught is us that sometimes the way to remember who we are is by being able to return to ourselves by remain calm and focused on our lives — and the year ahead.

After the event, I realized that doing it on Zoom actually had a silver lining. There were a number of new attendees comprised of Charlotte Jewish women who were not able to attend in the past but this year due to it being at home, were able to come. Another really beautiful thing to see were the Mother-Daughter duos, which were more this year than past events.

We look forward to our next virtual event, Sip in the Sukkah on October 6. Check our website (www.charlottewomenofwisdom.com) and calendar for details of how to connect to some of Charlotte's most amazing women. We look forward to seeing you (i.e. virtually, for now) in the near future.



W.O.W.
Women of Wisdom
Charlotte

Hadassah Upcoming Events

Hadassah Charlotte wishes everyone a happy, sweet, and healthy New Year 5781! L'shanah tovah u'metukah!

On October 22 at 7:00 p.m., Hadassah CLT will host TaTa Jeopardy, a virtual Health & Education event. Please join us as we observe National Breast Cancer month with an evening of answers and questions. Please contact Helene Schilian at nurseHelene@gmail.com for more information.

Like to run? Walk? Join our Virtual 5K Turkey Trot from November 26-29. For more information, contact Laurie Sheinhaus at laushein@gmail.com.

We look forward to seeing you virtually over the next few months. For the most up-to-date Hadassah information, please

check our website (Hadassah-CLTevents.org), like our Facebook page (Hadassah CLT), follow us on Instagram (Hadassah Charlotte), or send us an email at HadassahCLT@gmail.com.

If you would like to join us or become a member of Hadassah, please reach out to us at hadassahclt@gmail.com or contact Karen Hauser, Membership VP at klh2603@gmail.com.

HADASSAH



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B"H New Jewish Learning Institute Course to Explore Biblical Secrets

"Secrets of the Bible, Iconic Stories, Mystical Meanings, and Their Lessons for Life"

A new, six-session course from the Rohr Jewish Learning Institute (JLI) will be presented in Charlotte on November 3. The Charlotte JLI is a project of Chabad of Charlotte and Congregation Ohr HaTorah.

Adam and Eve in the Garden of Eden. Noah's Ark. Joseph and his brothers. We have all heard these stories, but what do they really mean? How should they be understood? And how do they connect to our lives today? Many of us heard these stories for the first time as children, so we understood them with a child's mind. And that is, more or less, how they remained with us. But the Torah is certainly much more than a collection of children's stories — or even stories for adults.

"Secrets of the Bible" explores the deeper meaning of six iconic biblical stories. All of these stories raise questions and mysteries that have challenged the minds of students of the Torah for many centuries. In this course, we explore the unique

approach taken by the masters of Kabbalah and Chasidism — an approach that ties the deepest mystical secrets of Creation with practical, down-to-earth applications of daily life.

Beginning Tuesday, November 3, at 7:30 p.m., or Wednesday, November 4, at 11:00 a.m., Charlotte JLI will be offering this new six-session course via Zoom. Each student who registers for the course will receive a complete textbook to use at home. Evening classes will be led by Rabbi Yossi Groner and morning classes will be led by Rabbi Shlomo Cohen.

"People tend to read biblical stories as they do primitive mythology," Rabbi Yossi Groner of Chabad of Charlotte said. "Our course invites participants to look deeper and discover the underlying themes and relevant life lessons that these stories are designed to convey."

The course presents a whole new way of reading the following stories: Adam and Eve and the Tree of Knowledge, Noah and the Great Flood, the lifelong feud between Jacob and Esau, Joseph's Multicolored Coat, the

Golden Calf, and Korah's rebellion. For each of these stories, it seeks to answer the questions: What is the deeper meaning behind the story? How does it shape the Jewish worldview? And what wisdom does it hold for us today?

Throughout its six sessions, Secrets of the Bible explores major life themes, including: the discovery of human subjectivity and bias, the underpinnings of relationships, the negotiation of spiritual growth with practical impact, the fleeting nature of inspiration, the understanding of equality and privilege, and the navigation of parallel spiritual and material life paths.

"Secrets of the Bible" presents wonderful ancient biblical stories in fresh and modern ways that deal with universal human dilemmas," explained Dr. Erica Brown, director of the Mayberg Center for Jewish Education and Leadership at George Washington University. "The wisdom it shares should not remain a secret."

"Secrets of the Bible" brings to an intelligent lay readership texts so formative to so many

cultures worldwide that they cannot be ignored even by cultures looking on from without," commented Dr. Joel Rosenberg, a professor of biblical literature at Tufts University. "By embracing post-biblical Jewish tradition, the course recognizes an interpretative process that begins with the Bible itself (interpreting its own past) and goes on to awaken the interpretive impulse in later readers exploring the experience of their own era."

Like all JLI programs, this course is designed to appeal to people at all levels of knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship.

Interested students may call the Chabad of Charlotte office at 704-366-3984 or visit www.myJLI.com for registration and for other course-related information. Fee: \$99 per person or \$180 per couple.

Simchat Torah at Chabad



Simchat Torah, the joyous holiday when we dance with the Torah, falls on Saturday night, October 10. Although in-person services are limited, the joy will be limitless.

At Chabad, we are quite sensitive to the fact that in this past year socialization has been replaced by artificial communication. Nevertheless, there are times when we feel bound together, even when we are physically separated.

We are committed to bringing the joy of Simchat Torah to our community in the safest, yet most amazing, way possible. This will include providing people with "do your own" Simchat Torah opportunities and limited in-person services at the Epstein Family Chabad Center.

For updates on holiday programs and developments, please visit our website at www.chabadnc.org.



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Meet Temple Kol Ami's New President: Michael Vinnik

By Shari Baum

A leader is someone who serves for the greater good and not for personal glory. At Temple Kol Ami (TKA), we have been blessed with a series of wonderful presidents who have worked hard over the past ten years to make TKA into the vibrant, thriving Jewish community that it is. Many thanks go out to Jonathan Shaw, Adena Adams, Joseph Lowe, Bonnie Shaw, and Andrew Lyons for their service in the past. We are thrilled that Michael Vinnik has taken over the reins of the presidency.

Michael is no stranger to service as he was active duty in the United States Navy from 1987-1991 on the Air Craft Carrier USS Carl Vinson. He is a true son of the south, having been born in Atlanta and living in Miami before moving to Charlotte in 1981. He became a Bar Mitzvah at Temple Israel and as an adult was a member of Temple Beth El. However, in 2012 he and his wife Michelle were



in search of a smaller, more intimate synagogue, and that is when they joined Temple Kol Ami. As with many parents, Michael's main motivation for membership was his son Rafael's religious education. After what he describes as a "fantastic Bar Mitzvah experience" in 2018, he and Michelle realized what a group of dedicated and genuine people had come into their lives at Temple Kol Ami. It was then that he decided to "come out from my corner" and have an impact. Initially he served as vice president and in June 2020, ascended to the

presidency (a position, he admits, he never would have seen himself in previously).

Michael realizes he has entered into the presidency of TKA during difficult times. His current goal is to make sure that the congregation and community understand, using whatever medium is required, that we are still here for them. "TKA will provide that friendship, structure, spiritual lift, and faith. And in doing so, we will work to make sure our membership stays strong," states Michael. "When we are able, I look forward to eventually introducing myself to other leaders in the community and working together on common social challenges." In order to

(Continued on next page)



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704 619-0422

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COVID Connections

By Rabbi Chanoch Oppenheim
Charlotte Torah Center

We don't need another article about how difficult COVID has been for us, nor do we need to read about how great it has been for some who no longer have to commute to work, get to save on expenses, and don't have to deal with difficult people at the office. But a great topic for anyone to write on is how COVID is impacting us as Jews. We Jews are social people and the lack of person-to-person contact, whether it's at the synagogue, Levine Jewish Community Center, Jewish Family Services, Friendship Circle, or any of the subgroups in the various agencies, has challenged us to react differently during these times. One thing that has united us as a people over the centuries has been the wide variety of Torah-based literature giving guidance on how to deal with life's vicissitudes. No level of religious observance or affiliation is required for one to partake and benefit from the wisdom of

ages and how it has been transmitted by various wise men and women over the centuries. In a recent conversation with one of my relatives, who is my polar opposite as far as our views on Judaism, I was delighted to hear her talking about a class she is taking on Rambam's (Maimonides) Laws of Repentance, a work replete with insights to human nature and the catalysts that take us to places in life we would rather not be in. The contents of Rambam's masterpiece of the mind penetrated any barriers my cousin and I might have relating to Judaism, the State of Israel, and other issues. That's the power of Jewish learning.

The Charlotte Torah Center is committed to uniting Jews through learning — and COVID has presented a unique opportunity to make that happen. How? In addition to having more people attend classes (on Zoom) than ever before, the number of offerings has increased too. Whether it's Introduction to Talmud where we learn the Talmud

in its original language, mindfulness, basics of Judaism, understanding the Kosher thing, or advanced textually based classes, people are joining who were not able to do so in the past. Some of them are people who had been part of our community with whom we have kept in touch. Now, more than ever, we once again are able to join together through the timeless wisdom that is the birthright of every Jew.

Another area that has presented unprecedented challenge is that of our conversion program. Part of becoming Jewish is seeing how Jews live and what a community looks like. That's a pretty tall order when you can't leave home except for essentials. But Zoom Judaism doesn't need to be gloom Judaism. We were never able to offer so many educational options for topics as we are now. Although nothing can compare to face-to-face meetings, in-person synagogue services, or a Shabbat meal, we can have virtual versions of

them and have the opportunity to explain things in ways we might not have done in the past. In addition, we (Zoom) meet once a week to discuss anything on the minds of the participants. It's inspiring to see people's commitment to wanting to be part of the tribe even during this challenging time.

There's much more to say, but even more to do. This is not an easy time, but perhaps the challenge is something we Jews are used to. Throughout the centuries, our people have been exiled from every country in Europe. They had to learn new languages and acclimate to new cultures. Changing and adapting to new situations is part of our DNA. Abraham was raised in a pagan culture and had to create a new ethical monotheistic system to survive and have something to transmit to his family for all future generations. Jacob went with his family to Egypt and learned to adapt to a country with a different language, religion, values, and culture from

his parents (Isaac and Rebecca) and grandparents (Abraham and Sara).

COVID-19 is just another stop in the Jewish journey except that this one doesn't require us to learn a new language or adapt to a new culture. This journey is one of choices; it's what we choose to do while we are in the comfort of our own homes. It's exciting to be able to use this opportunity to engage Jewishly in a way we never did in the past. At the Charlotte Torah Center, we are doing our best to embrace this new challenge and turn adversity into advantage.



Temple Solel's Misfit Masks



By Shelley Pawlyk

Having traveled in China during the SARS epidemic to give lectures for PhD candidates at Beijing Language University on American business and culture, I became familiar with the sight of everyday people and students wearing masks. It was a practice already part of their culture. Because residents acted like it was normal, I started to view it that way myself. While wearing a mask is unpopular with some, the science has shown there are benefits. So what about those who want to wear a mask, but don't have access to them? Think broadly — not just Charlotte, not just the United States, but the world.

One of Temple Solel's congregants turned "misfit masks" into a huge mitzvah project, touching multiple lives, people, organizations, and the world. Her son is manufacturing thousands of surgical masks. Even

with good equipment there are masks that still get stuck together, are missing an ear loop, or have minor defects. Thousands of these are put in large bags and multiple people in our synagogue are going through them and repacking them to

turn them into a mitzvah.

Three young teens, retirees, and working moms are among those willing to help. One of our members alone sent 6,000 masks from Atlanta this week to an orphanage she and her husband support in Conakry, Guinea on the west coast of Africa, to be redistributed to hospitals, refugee camps, and pharmacies. Other masks have been given to migrant workers and immigrants in our area. We have given bags of masks to food pantries, other non-profits, individuals, and kept some for ourselves and families.

It is an arduous job and some masks have to be thrown away. One of our creatively inclined congregants said, "These can be used by artists to wipe paint brushes on!" Another person described going through hundreds of masks in the bag he had, finding some without strings or ones where he hot-glued back on. Al-

though considered seconds by some, these are precious gifts to others.

Over the past few months, a circle of friends have been helping five different organizations by bringing them masks. One woman described her experience, "It has uplifted me so! Thank you for sharing this project with us!" Our Social Justice Chair, Carol Hahn made a similar comment, "Those I have shared our masks with have been so grateful to be able to help others and share during this scary time. Congregant Helaine Yancey and her quilting group have also been repairing masks. Many do not need to be repaired; they are fine. Those are the ones I have been sorting and giving to others."

Is it wrong to believe we can change the world one mask at a time? Whether it is this immediate focus or another topic to help those in need, we have so many opportunities to be an extension of the Jewish Community to Tikkun Olam (repair the world). If you would like more information on how you can get some masks, please write or call us.

Temple Solel holds regular Shabbat services at 7 p.m. on the second and fourth Fridays of each month via Zoom during the pandemic and hopes to resume services when appropriate at Belair UMC Family Life



Center, 8095 Shelley Mullis Rd., Fort Mill, SC 29707. For more information, see www.templesolelSC.org, write us at info@templesolelSC.org or call 803-610-1707.



Temple Kol Ami

(Continued from previous page)

achieve this goal, Michael is guided by the words of Oliver Wendell Holmes: "I find the great thing in this world is not so much where we stand, but in what direction we are moving. To reach the port of Heaven we must sail, sometimes with the wind and sometimes against it, but sail we must. And not drift, nor lie at anchor." With Michael Vinnik at our helm, Temple Kol Ami is assured of moving in a positive direction, no matter

what turbulent waters we may find ourselves in now.

If you live in York County or the Ballantyne area, Temple Kol Ami might be the place for you! We are a warm and inclusive Reform congregation comprised of Jews from diverse backgrounds. We hope you will join us soon at one of our virtual services and find your Jewish home in our welcoming community. Check us out at www.templekolamisc.org.

templeisraelinc.org

Our House. Your Home.



TORAH TOTS

Don't miss the following holiday programs:

SUKKOT FUN - Sunday, October 4, 9:30 a.m.

SIMCHAT TORAH CELEBRATION
Saturday, October 10, 5 p.m.

LILAH TOV: HAVDALLAH, SONGS & STORY TIME

Sunday, October 25, 6:30 p.m.

Get into your pajamas and join Rabbi Kornsgold and some other special guests for our monthly Havdallah, Songs & Story Time! Details at templeisraelinc.org/upcoming-programs.



YOUTH

MAHAR YOUTH GROUP EVENT: OBSTACLE COURSE AND GAMES

(3rd-5th grade) Sunday, October 18, 1 p.m.

Join your Mahar Youth Group friends for a fun and socially distanced obstacle course and games! Space is limited to 10 kids at a time to ensure safety. Cost: \$5 TI members; \$10 non-members. Location: TI front lawn. RSVP by Wednesday, October 14 (9 p.m.)

LIFELONG LEARNING

JEWS & BREWS

Mondays, beginning on October 12, 10 a.m.

Join Rabbi Wolk for a cup of coffee and study the weekly Torah portion through the lens of traditional and modern commentaries. For details on joining this class, visit templeisraelinc.org/life-long-learning

MONTHLY LUNCH N' LEARN WITH RABBI MICHAEL WOLK
Thursday, October 8 - Sukkot Around the Jewish World
12 Noon - 1 p.m.

Learn how Sukkot is Celebrated in Different Communities: A Discussion with Rabbi Wolk and Hazzan James Walker, of the Karaite Jewish Community.

*Due to a very generous grant received from the Carolina Foundation for Jewish Seniors (CFJS), Temple Israel is pleased to offer a free lunch to the first 25 registrants** of each class. Lunches can be picked up at the Temple, the morning of each class. To register for Lunch & Learn, visit the "Upcoming Programs" page on templeisraelinc.org or call 704-362-2796.

**Recipient must be a full member of Temple Israel, age 65+

SPECIAL EVENTS

EXPERIENCE A VIRTUAL SUKKOT WITH YOUR TI CLERGY

Join your Temple Israel clergy during Sukkot as they offer unique ways to connect during this festive holiday. All experiences will take place either during or immediately following our evening minyan at 7:30 p.m. We encourage each of you to enjoy these experiences by either sitting in your own sukkah, sitting outdoors, or creating your own virtual sukkah background on zoom. To join in, visit our Livestream page on templeisraelinc.org.

Monday, October 5 - "Scotch in the Sukkah"

Join Rabbi Wolk for a L'Chaim and brief teaching immediately following the service.

Wednesday, October 7 - "Singing in the Sukkah"

Join Cantor Lissek during minyan as she adds in some beautiful new songs during our evening service.

Thursday, October 8 - "Pizza in the Hut"

Join Rabbi Kornsgold for a light dinner in the Sukkah following the service.

HIGH HOLIDAYS 5781/2020

The High Holidays at Temple Israel will be observed virtually this year.

EREV SUKKOT, FRIDAY, OCTOBER 2

Erev Sukkot Service, 6:15 p.m.

SUKKOT DAY 1, SATURDAY, OCTOBER 3

Morning Service, 9:30 a.m.

Evening Service, 5:30 p.m.

SUKKOT DAY 2, SUNDAY, OCTOBER 4

Morning Service, 9:30 a.m.

Torah Tots Sukkot Program, 9:30 a.m.

HOSHANAH RABBAH, FRIDAY, OCTOBER 9

Morning Service, 8 a.m.

EREV SHEMINI ATZERET, FRIDAY, OCTOBER 9

Erev Shemini Atzeret & Shabbat Evening Service, 6:15 p.m.

SHEMINI ATZERET, SATURDAY OCTOBER 10

Shemini Atzeret & Shabbat Morning Service - Yizkor, 9:30 a.m.

EREV SIMCHAT TORAH, SATURDAY OCTOBER 10

Torah Tots Simchat Torah Program, 5 p.m.

Mincha/Ma'ariv Service, 5:30 p.m.

Simchat Torah Celebration, 6 p.m.

SIMCHAT TORAH, SUNDAY, OCTOBER 11

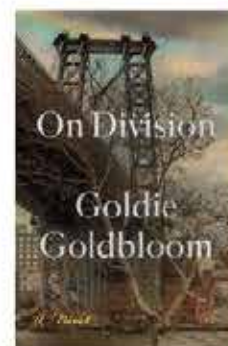
Morning Service, 9:30 a.m.

For the latest information and service schedules, please visit our website at templeisraelinc.org.

SIMCHAT TORAH CELEBRATION 2020/5781!

Saturday, October 10, 6 p.m.

Join Temple Israel's Annual Simchat Torah celebration, as we celebrate the Torah and the eternity of the Jewish people! The celebration will include musically led hakafot by Cantor Lissek, Torah readings, and special guest appearances! Please bring a Torah, Chumash or favorite piece of Judaica, as we virtually celebrate being Jewish together! Following the service, we encourage each family to continue the celebration with ice cream sundaes or your favorite "L'Chaim" as we sweeten the New Year. To connect via Zoom, be sure to visit our Livestream page on templeisraelinc.org.



TEMPLE ISRAEL BOOK CLUB MEETING

Wednesday, October 21, 7 p.m. (via Zoom)

All are welcome as we discuss, *On Division: A Novel* by award-winning author Goldie Goldbloom. This book is described as a "wonderfully complex example of what it means to be an Orthodox Jew in modern times." The book is available at the public library, and can be purchased on line for less than \$20. Contact Linda Levy (704-366-6362, levyollie@aol.com) for additional information.

Winter Concert
**THE BEST IS
YET TO COME**

SAVE THE DATE
**SUNDAY, DECEMBER 6
5 P.M.**



Jewish Education to Live By

By Rabbi Beth Nichols,
Director of Lifelong Jewish
Learning, Temple Beth El

Rabbi Ben Bag Bag said of the Torah, "Turn it and turn it, for everything is in it" (Pirke Avot 5:24). When I hear this teaching, I picture Rabbi Ben Bag Bag gently turning a Torah scroll over and over in his arms, peering into the rolls of the parchment, as objects continuously fall out of the Torah like an ancient version of Mary Poppins' carpetbag. This teaching captures the Torah's singular ability to have wisdom to share for every situation across time and space. The power of our sacred text is that, despite its ancient setting, the Torah speaks to the challenges of every generation.

I often cite this text around the upcoming festival of Simchat Torah when we finish, and begin again, the liturgical reading of the Torah. After all, what other text do we read again and again, confident that we will learn something new each time? While the text does not change, we change with each reading. Each year, we read the

text through the lens of our own experiences, our own emotions, and our own challenges. And each year, the Torah's words spark new insights, raise new questions, and challenge old assumptions.

This message of the Torah's enduring relevance is at the core of all of our learning at Temple Beth El. The ultimate goal of Jewish education is not for students to know about Judaism, but for students to live Judaism. Judaism is not another subject area to master, but a way of thinking, relating, and acting in the world. Jewish learning should not remain inside the classroom walls (or the edges of the computer screen), but can help to anchor self-identity, build relationships, and inform decision making on a daily basis.

The coronavirus pandemic is affecting the lives of every member of our community. Families are juggling many layers of responsibility and are learning to work and learn in new ways. In this reality, it is understandable that many are struggling to find time for Jew-

ish communal activities or are consciously choosing to disconnect from technology whenever possible. And yet, ongoing participation in our Jewish community has the potential to be the very thing that can help us through this difficult time. Over millennia our Jewish tradition has developed tools that can help us cope with the impact of the pandemic on our social and emotional needs: Jewish values that inform our behavior and our treatment of other people, prayers and rituals that connect us to God and give voice to our feelings, and a sense of belonging that reminds us that we are not alone.

The pandemic has challenged us to find new ways to share Judaism with our children. But this challenge is also an opportunity to reexamine our priorities and shift our focus. Judaism is not a list of facts to be learned, but a body of wisdom to live by. By sharing this wisdom with our children, we invite them to join us in the lifelong work of building a sacred community. This year, as we "turn it, and turn it," may

we each find new teachings that speak to our lives, "for everything is in it."



JEWISH COUNCIL OF LAKE NORMAN

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Happy Holidays

FREE Face Mask Our gift to you when you subscribe to our informative bi-weekly newsletter. Simply email chair@jclkn.org. Offer expires November 1, 2020. Valid while supplies last.

J Jewish Council of Lake Norman **www.jclkn.org** Jewish Federation of Greater Charlotte, Inc.

HAPPY SUKKOT

חג סוכות שמח

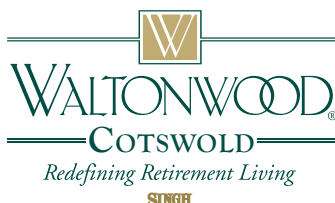
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Open to All Members and Greater Charlotte Jewish Community

SUKKOT

FRIDAY, OCTOBER 2

5:30PM	SHABBAT & SUKKOT SONGFEST
6:00PM	SHABBAT & SUKKOT SERVICE

SIMCHAT TORAH

FRIDAY, OCTOBER 9

6:00PM	SHABBAT & SIMCHAT TORAH SERVICE
--------	---------------------------------

SATURDAY, OCTOBER 10

9:00AM	TOT SHABBAT SIMCHAT TORAH EDITION
9:00AM	TORAH STUDY
10:30AM	SHABBAT MORNING & FESTIVAL SERVICE WITH YIZKOR

WWW.TEMPLEBETHEL.ORG

Cteen Jr: Calling All Teens in 7th & 8th Grade

Cteen Jr. is developed specifically for students in grades 7 and 8. Our goal is to inspire the young teens of today to become the leaders of tomorrow! CTeen Jr. will harness the incredible potential of these boys and girls through awesome programs that will include: educational classes, debate sessions, community action, Kosher cooking, social

and humanitarian experiences, exciting games, and much more!

This is a great opportunity to have a blast with local Jewish teens while making a difference in your community. This club is open to the entire local Jewish community. Cteen Jr. is the Jewish place to be for boys and girls in 7th and 8th grade!

This year we are offering in-person and virtual programming. All in-person programming will adhere to COVID-19 safety guidelines. Check our website for upcoming events and registration information. www.JewishBallantyne.com/cteenjr.



Cteen Jr In-Person Schedule:

September 13
Kick Off Event
September 20
Teen Rosh Hashana Service
October 8
Sukkah Party
October 18
Outdoor Laser Tag
November 1
Master Chef
November 15
Game Night
December 6
Chanukah Party
December 20
Movie night

Cteen Jr Virtual Schedule

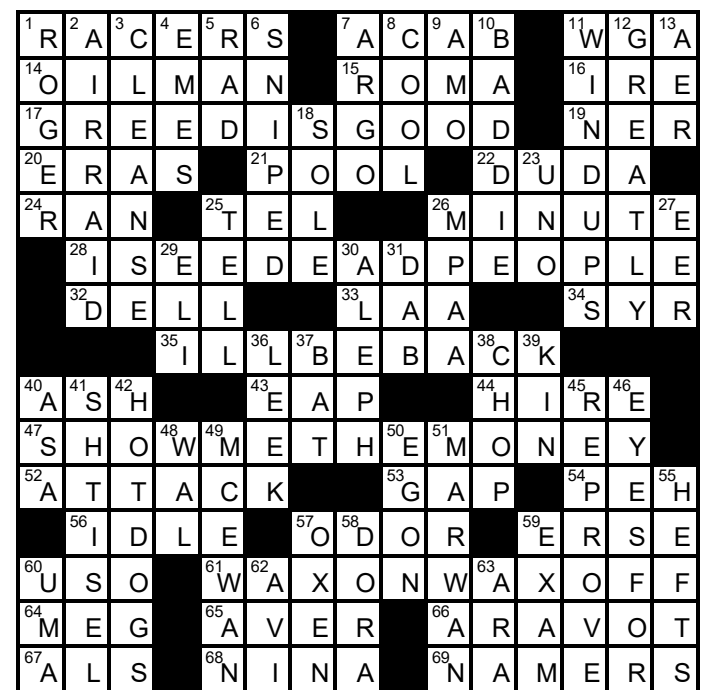
September 14
Kick-Off event
October 8
Sukkah Mobile Home Visits
October 22
Game Night
November 5
Kosher Cooking
November 19
Jewish Trivia
December 7
Surprise Event!
December 17
Chanukah Party

Cteen Jr is a joint project of Chabad of Charlotte and The Ballantyne Jewish Center.

For more information, contact Leah Levin Leah@JewishBallantyne.com or 704-408-1116.



Movie Quotes (puzzle on page 14)



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~ JEWISH FAMILY SERVICES ~

Overcoming the Stigma of Mental Health

Odds are someone you know lives with a mental illness. While speaking openly about mental health is more acceptable these days, it is still not uncommon for people to hold negative beliefs toward someone who lives with a mental health condition.

Mental illness is a broad term. It doesn't reflect a specific diagnosis. Not everyone living with a mental health illness has been suicidal or depressed, just like when someone has cardiac issues, for example, it doesn't necessarily mean they have had a heart attack.

The first full week of October each year is National Mental Illness Awareness Week. This year's theme is "What People Who Live with Mental Illness Want you to Know."

During this campaign, one of the nation's leading mental health advocacy organizations, the National Alliance on Mental Illness (NAMI), encourages other agencies across the country to join in raising public awareness about mental illness, its symptoms, and prevalence.

Fighting the stigma around mental health and raising awareness about its impact on those in our community living with it is a priority for the Jewish agencies on and off Shalom Park. Last year's Mental Health Initiative and this year's R U OK? Shalom Park are designed to generate a deeper understanding of what day-to-day life looks like for those living with mental illnesses and to educate our community about the scope of this diagnosis. One in five people in the U.S. live with a mental health condition.

And the effects of stigma are harmful. They can prevent people from getting help, contribute to a lack of understanding by friends, family, and co-workers, and can lead to discrimination.

Often with the best of intentions and without realizing it, we impose our personal beliefs and values on a person we care deeply about, without truly understanding how they feel.

Since each person living with a mental health condition is different, there are no hard and fast rules about how to approach

the situation. However, saying nothing can contribute to feelings of isolation and loneliness that the person may already be feeling.

The following are some suggestions from someone who lives with the day-to-day challenges of a mental health condition:

1. Be patient with us.

We understand that it can be challenging to hang out with us when we don't know what we want to do, or what to eat, or how to feel. It's not something we can control.

2. When we have anxiety, we may get quiet.

Often, when anxiety comes over us, we don't know the cause, and we may get quite trying to be ok with it.

3. Please don't feel sorry for us. The last thing we want is pity. Don't feel sorry for us because we live with this illness.

4. Understand the difference between sympathy and pity.

We want your support, love, and patience. As our friends and family, we know you care, but it's that much better when you

show it.

5. We can't always control our moods.

For a lot of people, they don't know what their trigger is. We can be in the happiest of moods, but the minute anxiety happens, we shut down. When we do shut down, it's to try and regather ourselves. Give us time to calm down.

6. We are not our mental illness. Just because we have depression doesn't mean we're "depressed people."

7. We don't "suffer"; we live.

I hate when I hear, "I feel bad for people who suffer from mental illness." We don't suffer; we live with it. We continue going on about our lives. It's just a small piece of us.

8. We are not seeking attention.

Sometimes we feel alone, no matter how much attention a person shows us. I can be in a room full of people, full of excitement and fun, and still feel like I'm the only one there.

9. Eating disorders are also mental.

We cannot "snap" out of it. If there's no appetite, please don't

force me to eat right now.

10. We're getting help to get better.

Seeking professional help is the best step to getting better. Nowadays, everyone thinks they know what we should do. If you are not a doctor or, more importantly, my doctor, then please do not overstep.

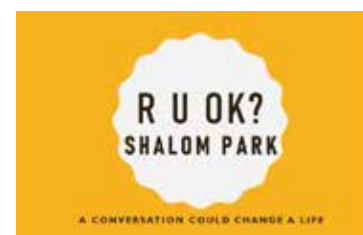
11. We don't always want to talk about it.

And it's ok. Please don't feel like you have to fill the "air space." Just being with us helps.

12. Please don't stop inviting us.

We may not be able to control how we feel, but please keep including us.

If you or someone you know is living with a mental illness, JFS can help. Call 704-364-6594.



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Close Quarters and Increased Stressors Impact Families Facing the Threat of Domestic Violence



These days, the average family is feeling crowded and frustrated and cannot escape one another. They are isolated from extended family and friends and can no longer participate in many activities.

Now imagine you are living at home with an abuser. Pandemic restrictions ask that you stay at home, work from home and keep your kids at home. Many of the outlets you were previously accustomed to escaping to are currently closed. Your phone and computer use are constantly being monitored. You are feeling isolated and alone.

Under normal circumstances it would not be unusual for fam-

ilies to encounter more arguing, agitation, and intensified behaviors. And while domestic violence was a global pandemic long before COVID-19 hit, the number of cases is expected to climb even higher as this epidemic continues.

This pandemic has created a pressure-cooker atmosphere of uncertainty even in happy homes. Imagine what it does to in an unsafe home. Reduced income, heightened financial pressures, increased stress, anxiety, and a scarcity of resources have set the stage for an even worse environment for domestic violence. Historically speaking, during natural disasters and crises, we have witnessed a surge in domestic violence. Today is no different.

Earlier this year, in April, the Charlotte Mecklenburg Police Department (CMPD) reported a 17% increase in calls for domestic violence reasons.

Jennifer Bumgarner who specializes in domestic violence

cases for CMPD said, "We can't say that it is related to the stay-at-home order, but we can't say that it is not either." And according to WBTV, the Safe Alliance Domestic Violence shelter in Charlotte has seen a 40% increase in calls.

Domestic Violence usually includes physical, psychological, financial, or emotional abuse. It can consist of dictating religious observance, withholding money, threatening to hurt or kill, stalking, sending threatening messages, or belittling someone to feel worthless. Women represent 85% of the abused.

"We know that at the root of abuse is power and control, the desire to establish and maintain power and control on the abuser's part," said Howard Olshansky, executive director of Jewish Family Services (JFS). "Isolation from friends and family is a tactic abusers use. With increased stressors comes a greater risk of abuse".

October is National Domestic Violence Awareness Month. More than ever, as fear, eco-

nomie pressures, and social distancing becomes the norm, JFS knows the importance of raising awareness around this critical topic. Therefore it is launching its "JFS - Standing for Safe Strong Families" campaign, sharing facts, stats, videos, and information, including "by-stander" tips.

Rachel Green, Clinical Director of Programs, is encouraged by the thought that we can each take action. "We've (JFS) created this initiative to educate and empower," Green said. "So, if you know of a neighbor, family member, or friend who you think may be in a bad situation, and you are not quite sure what to do, you can have a better idea of how to handle it. We want survivors to know they may be isolated, but they are not alone."

Every year JFS hosts a community initiative and activity on Shalom Park to raise awareness around domestic violence. This year, gathering as a group is not possible, but it is no less important to show our support. It just looks a little different.

This October, JFS is asking everyone to take a selfie and send it to info@jfscharlotte.org. Each picture will be placed into a frame that says "I Stand for Safe, Strong Families". It will then be posted on JFS' social media outlets. Ultimately, all of the photos will be used to create a community collage showcasing our support and standing in solidarity to end domestic violence.

Current pandemic restrictions put domestic violence survivors at a higher risk of violence. Let's show them — they may be isolated but they are not alone. If you or someone you know is in trouble, JFS can help. Call 704-364-6594.



**Jewish Family
SERVICES**

Standing for Safe, Strong Families

Imagine living in a troubled relationship, always experiencing isolation and sadness.

Now imagine being quarantined, living with your abuser. For many, this is now their terrifying reality.

Troubled relationships can take many shapes and forms, such as physical abuse, emotional/psychological abuse, verbal abuse, sexual abuse, financial abuse, and spiritual abuse.

The Jewish community experiences domestic violence at the same rate as the national average - about 25%. And yet Jewish survivors stay in relationships 5-7 years longer.

**Domestic Violence
Awareness Month**



Show your Support to End Domestic Violence:

- Send a selfie to info@jfscharlotte.org
- Throughout the month of October, your photo will be posted online in an "I stand for Safe, Strong Families" frame and will be added to our end domestic violence community poster
- Visit jfscharlotte.org for downloadable information, by-stander tip sheets, teen quizzes, and more

Let survivors of abuse know that while they may be isolated, they are not alone.



**Jewish Family
SERVICES**
Engaging • Connecting • Healing

jfscharlotte.org

JFS Monthly Volunteers and Donors in August 2020

Volunteers: Rick Abrams, Marcia Arnholt, Mari-ah Bernanke, Ana Bonnheim, Bill Brightman, James Bryan, Alex Catenazzo, Dan Coblenz, Jonathan Collman, Andrea Cronson, Sheryl Effren, Steve Englehardt, Terri Fishman, Maggie Fogel, Rob Friedman, Meredith Gartner, Marty Goldfarb, Neil Golub, Jennifer Golynsky, Gail Halverson, Tara Hubara, Bob Jacobson, Stepanie and Elliot Krietman, Marcia Lampert, Alison Lerner, Eric Lerner, Linda Levie, Kevin Levine, Adam Levy, Matt Luftglass, Bobbie Mabe, Frada Mozentner, Hannah Musa, Barbara Rein, Austin Rodgers, Harry Rubenstein, Lynne Sheffer,

Fred Shporer, Janice Shubin, Louis Sinkoe, Mason Sklut, Lorin Steifel, Ken Stern, Steve Teich, Jan Weiner

Circle of Generous Hearts: Cathy Bogus, Sharon Cavanaugh, Gladys Cherny, Sari Hochberg, Johnson and Wales, Judy Kaufman, Penny Krieger, Andy McCleary, Harriet Meetz, Helene Rivlin, Ivy Saul, Marcia Stern, Joyce Stoll, Elyssa Vining

Food Pantry Donations: To the generous members of our community for continuously donating much needed items for the JFS food pantry during our Wednesday drop off days.



Donations to JFS in August 2020

Tribute for Eric and Lori Sklut

In Honor of Mason and Bashia's Wedding
Paul and Lynn Edelstein
Ed and Jill Newman

Tribute for Leon and Sandra Levine

In Honor of Mason and Bashia's Wedding!
Paul and Lynn Edelstein

Tribute for Sammy Sammy Koenigsberg

In Memory of Ann Hardin
Ed and Jill Newman

Tributes for Carol Prystowsky

In Memory of Paula Batnick
Gary Silverstein

Tributes for Elise Menaker

Happy Birthday!
Stuart and Carolyn Hennes

Tributes for Harriet Perlin

In Memory of Ida Monches
Elise Menaker
Rachel David
Ed and Jill Newman

Tributes for

Howard Olshansky
In Memory of Shirley Olshansky
Jean Morgan
Teena Weinstein
Paul and Nicole Kallush

Tributes for

Marvin Shapiro
Happy Birthday!
Larry and Dale Polsky
Thinking of you
Floyd and Brenda Patten
Paul and Lynn Edelstein

Tributes for Ron Weiner

In Honor of Ron Weiner
The Blumenthal Foundation




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Bal Taschit and Beyond: Health at Home



We are spending more time than ever at home. From long days in the home office to restorative “Netflix and chill” nights spent on the couch and, if we’re being honest, some weekends when our fuzzy pajamas are worn all day long; the sanctity and safety of our home environment has never been more important. Here are a few tips to make your home a haven for healthy living:

Avoid chemicals of concern

This seems obvious enough at face value but there may be harmful chemicals lurking in unlikely places. The worst of the worst for your health are Per- and polyfluoroalkyl substances (PFASs), phthalates, and halogenated flame retardants. Be

mindful of your purchases to protect yourself and the planet.

PFASs comprise a large class of chemicals that cause oil, dirt, and moisture to bead on a surface instead of soaking in. Look out for PFASs in household products, including stain- and water-repellent fabrics, nonstick products (e.g., Teflon), polishes, waxes, paints, and

cleaning products.

Phthalates are a group of chemicals used to make plastics more flexible and harder to break. Think about your raincoat or your shower curtain. Look out for phthalates in plastic products, vinyl products like inflatables, and in personal care items like perfumed dryer sheets, shampoo, and lotion.

Flame retardants are chemicals that are applied to materials to prevent the start or slow the growth of fire. Look out for flame retardants in furnishings, such as foam, upholstery, mattresses, carpets, curtains, and fabric blinds.

Be green inside and out

Being in nature, or even viewing scenes of nature, re-

duces anger, fear, and stress and increases pleasant feelings. Yes, please! Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. Consider adding some houseplants to your workspace if you are not sensitive to allergy triggers. Or just get outside and garden. Studies show that the impulse to garden during hard times is about more than a concern for food scarcity; gardening fills a desire for connection and belonging and provides us with a sense of purpose that yields tangible results. If you don’t have space in your own yard, the Shalom Park Community Garden has resumed monthly garden workdays through November under Shalom Park health and safety guidelines. Do yourself and your community a favor — check out our website www.shalomgreenCLT.org for details and advance registration requirements.

Let the sunshine in

Natural light boosts your body’s vitamin D storage. The “sunshine vitamin” doesn’t discriminate based on whether you get your sunlight indoors or out so open up the blinds and find yourself a sunny spot to absorb this critical nutrient that prevents bone loss and reduces



the risk of heart disease, weight gain, and various cancers. Natural light also leads to higher productivity, so whether you are working or learning from home, or both, natural light may increase your energy and focus, improve your mood and help you sleep better at night. Access to quality natural light may also reduce your need for artificial lighting, which reduces energy use.

Improve your indoor air quality

You can reduce indoor allergens that may trigger respiratory problems and other issues simply by keeping your home clean. Vacuuming carpets and area rugs at least once a week with a vacuum cleaner equipped with a HEPA filter, and regularly washing bedding, drapes, and other items that attract allergens can dramatically improve your indoor air quality. Ensure that bathrooms are well ventilated and cleaned regularly. Move potential air contaminants out by using fans in the kitchen to

remove cooking fumes. And of course, most of us have forced-air heating and cooling systems, which means we need to change our filters regularly. Consider having filters delivered every three months as a reminder of when it is time for a replacement.

During these unprecedented times, we are reminded of the things we are most grateful for, chief among them are the health and safety of our families and our community. A sustainable and healthy future starts at home. Jewish tradition teaches the importance of caring for the environment, for we must act as partners in preserving creation. If you are interested in supporting Shalom Green, please contact us at info@shalomgreen-CLT.org. Like us on Facebook, follow us on Twitter and Instagram @ShalomGreen_CLT and visit our website at www.shalomgreenCLT.org.



Calling All Senior Mensches

We know that many individuals and families are experiencing severe hardship with job loss, evictions, and difficulty buying groceries during the pandemic. Many of these individuals and families are our own neighbors. If you’re a senior, you may be wondering how you can help. The SPICE Group of Temple Beth El wants to make it easy to perform this tremendous mitzvah.

SPICE Group of Temple Beth El is sponsoring a drive through food donation drop off, benefitting Jewish Family Services (JFS) Food Bank. All are welcome to participate that morning to stuff the shelves just before the Thanksgiving season. Any and all seniors in the entire community are invited to donate, and so can our younger friends. The bigger the better and the more the merrier. What a great way for the senior community to show its strength!

When: October 28 from 10 a.m. to noon

Choose one of three ways to participate:

1. Choose groceries and supplies listed on the JFS website.
2. Purchase gift cards at Walmart Foods or Aldi’s.
3. Write a check to JFS Food Bank.

Then drive up to the JFS/Jewish Library entrance. Someone will be there to take your donation out of the car, contactless. See you there!

For more information, email Nadine Fox at SeminarsSocieties@aol.com or call or text 917-868-8864.



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The Charlotte Jewish Community Comes Together to Help Refugees and Asylum Seekers in Time of COVID

By Amy Lefkof

Refugees and asylum seekers were already in a perilous situation before the pandemic. The need to keep the Charlotte Jewish community focused on these populations — especially during a pandemic — is the mission of the Jewish Community Refugee Initiative (JCRI).

JCRI is hosting two events in October: a Drive Through Sukkah for Refugees and a virtual Third Annual Welcoming the Stranger to the Table program focused on the devastating effects of current U.S. immigration policy.

The Drive Through Sukkah for Refugees will begin on October six at the Camp Mindy Pavilion where volunteers will gather to assemble 100 COVID Relief Food Boxes. Members of the Jewish community will wear masks and socially distance as they form an outdoor assembly line to fill the containers with hand sanitizer as well

as hundreds of pounds of food, such as onions, potatoes, apples, garlic bulbs, flour, powdered milk, salt, and sugar. A generous Innovation and Impact Grant from the Jewish Federation of Greater Charlotte — which had been earmarked for an evening speaker program and dessert reception — will now be used for the Drive-Through Sukkah for Refugees program to help feed local refugee families.

Rabbi Michael Wolk, Temple Israel's new Senior Rabbi, will address volunteers at the Pavilion to point out the parallels between the holiday of Sukkot and the plight of refugees and asylum seekers today who often occupy temporary precarious housing on their journey to a safe new destination.

On the morning of October 7, another group of volunteers will deliver the COVID Relief Boxes



es to Refugee Support Services (RSS), a nonprofit post-resettlement organization. Refugees who drive up to RSS will be greeted by a welcome arch designed by Jewish teens. This "entrance" to the drive-through Sukkah will feature the word

"Welcome" in the languages spoken by the refugee families, e.g., Arabic, Nepali, Karenni (Burma), and Jarai (Central Highlands of Vietnam).

Members of Oasis, Temple Israel's Social Club, and Women of Temple Israel filled out Statue of Liberty welcome postcards to be inserted in each COVID Relief Box.

A "Teen Brigade" distributed and will be collecting these postcards before Sukkot begins. "I would like for anyone entering this country in search of an improved quality of life to know they are welcomed," said Hattie Hedgepeth, a member of both Oasis and SPICE.

JCRI's Third Annual Welcoming the Stranger to the Table: Refugees and Asylum Seekers in the Time of COVID will be a free Zoom call on Sunday, October 25, from 7-8:30

p.m. Please see the ad below for registration information.

HIAS's Isabel Burton, Senior Director for Community Engagement Initiatives, will address national and global issues relating to refugees and asylum seekers. Charlotte Center for Legal Advocacy's Executive Director Kenneth Schorr and Sharon Dove, Director of CCLA's Immigrant Justice Program, will address conditions in the local Immigration Court and local ICE enforcement. And Rabbi Judy Schindler, Executive Director of the Stan Greenspon Center for Peace and Social Justice, will address tikkun olam in the context of helping those seeking a safe haven.



3rd Annual Welcoming the Stranger to the (Virtual) Table



The Jewish Community Refugee Initiative invites you to hear local and national speakers address

Refugees and Asylum Seekers in the Time of Covid



Sunday, October 25th • 7:00-8:30pm

FEATURED SPEAKERS

Isabel Burton, Senior Director, Community Engagement Initiatives, HIAS

In Search of Safety: Refugee and Asylum Policy Amid the Pandemic

Kenneth Schorr, Executive Director, Charlotte Center for Legal Advocacy

Sharon Dove, Director and Attorney, Immigrant Justice Program, Charlotte Center for Legal Advocacy

Immigration Under Siege in Charlotte and Nationwide

Rabbi Judy Schindler, Executive Director, Stan Greenspon Center for Peace and Social Justice

Tikkun Olam: Advocacy and Direct Service to Refugees and Asylum Seekers

Jackie Fishman, Moderator

FREE but registration required to obtain Zoom link • Call LJCC Customer Service Desk at 704-366-5007

LJCC members can register online at www.charlottejcc.org

Registration limited to first 100 participants/one email per household

Proceeds from this year's program, with a dollar for dollar match, will benefit the Charlotte Center for Legal Advocacy. Donations can be made online at <https://charlottelegaladvocacy.org/donate/> by selecting JCRI in the drop-down menu or by mailing a check to Temple Beth El, with JCRI in the memo line.

Questions? Contact Amy Lefkof at aflefkof@carolina.rr.com



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