

The Charlotte JEWISH news

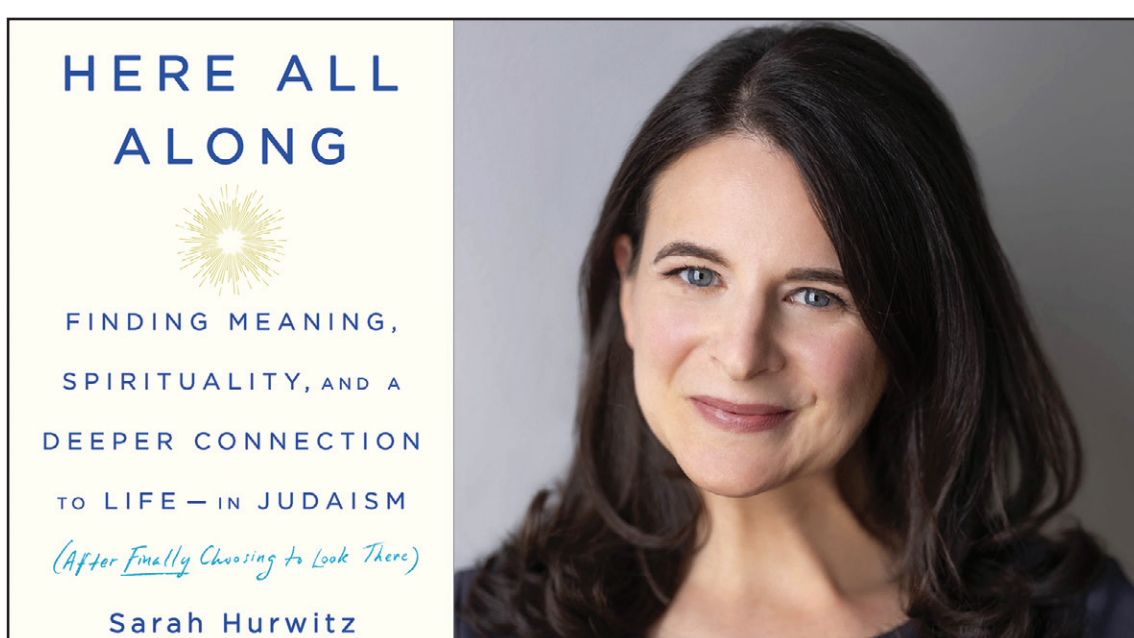
Vol. 43, No. 5

Iyar-Sivan, 5781

May 2021

Jewish Federation 2021 Annual Meeting Featuring Author Sarah Hurwitz

The Jewish Federation of Greater Charlotte looks forward to hosting its 2021 Virtual Annual Meeting on Monday, May 10 at 7 p.m. In addition to updating the community on Federation's critical work over the past year and electing its 2021-2022 slate of officers and board of trustees, we are excited to welcome Sarah Hurwitz as our featured guest for the evening. Sarah is well-known as a White House speechwriter for President Barack Obama and First Lady Michelle Obama. Sarah worked with Mrs. Obama to craft widely acclaimed addresses and traveled with the first lady across America and to five continents, while also working on policy issues affecting young women and girls as a senior adviser to the White House Council on Women and



Sara Hurwitz is JFGC's 2021 Annual Meeting featured speaker

Girls. During her final years in the White House, Sarah reconnected with Judaism, exploring the wisdom of Jewish law, the

power of Jewish spirituality, and the lessons of Jewish history, all of which had a profound influence on her political

career. In her book, "Here All Along: Finding Meaning, Spirituality, and a Deeper Connection to Life — in Judaism (Af-

ter Finally Choosing to Look There)," Hurwitz shares her Jewish journey and rediscovery of Judaism's timeless wisdom and spiritual connection through its age-old practices and traditions.

We look forward to having you join us for the 2021 Virtual Annual Meeting on May 10. Community members 18 years and older who contribute at least \$36 to the Federation's 2021 Annual Campaign are eligible to vote on the slate of officers and trustees. For more information and registration, please visit www.jewishcharlotte.org or call the Federation office at (704) 944-6757.



SLATE OF OFFICERS & TRUSTEES AS NOMINATED BY THE BOARD DEVELOPMENT COMMITTEE OF THE JEWISH FEDERATION OF GREATER CHARLOTTE

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From the Editor



Shira Firestone, Editor CJN

One year ago, most of us hadn't heard of Zoom. Now we're talking about Zoom fatigue. A year ago, a drive-thru was something you used either to get french fries or a car wash. Now it's a way to hear your political candidates pitch their platforms or to celebrate Passover with your community. A year ago, the phrase "unmute yourself" was practically unheard of (though the word "unmute" has been around since 1811 — the same year, ironically, that "polarize" was introduced into the English language). Now it has become a phrase we know all too well.

We are not out of the pandemic woods. As of this writing, some states are seeing decreases in number of reported cases, but others are experiencing new surges. New variants are not yet

fully understood and less than a quarter of the population is fully vaccinated. We are being encouraged on all fronts to "stay the course."

But we can't deny that there is a buzz of optimism and a palpable energy as the number of people vaccinated increases and the number of businesses closed decreases. As we look ahead, we are asking ourselves what we have learned from this experience and how will we incorporate that into where we go next.

I had this conversation recently with a couple who were excited to have been vaccinated and to have their first evening away from their three (triplets!) toddler girls in almost a year. I believe they would have talked to me about anything — as grateful as they were for adult conversation. But what they really wanted to talk about was the collective trauma we've all experienced, how it has changed their lives, and what that change might mean going forward.

In his strong English accent, Oliver — the husband, told me, that because of COVID, he had been furloughed from a job he'd held for 25 years, whereas his wife, Mary — labeled an essential worker, had worked more hours than ever. He laughed (a bit more than she did) as he described the challenges of be-

coming the primary provider of childcare and "do-er" of chores, as well as homeschool teacher — overnight. Mary shook her head as Oliver recounted the story of his toddlers teaching him to make grilled cheese. Laundry, he said, was to him a new and mysterious science. And whether we can fathom how anyone reaches 40 without learning to do laundry, anyone that age can empathize with his struggle to teach new math.

But then he stopped laughing, and his face took on a serious yet serene expression as he reflected more deeply on the changes that had hijacked his family, seemingly overnight. *"Our routines," he stated, "have been demolished. Our comfort zones been demolished. Our complacency has been demolished."*

We can relate to this in our personal lives, but what about our experience as a community? And to be more specific, in the Jewish community? When the very heart of community is connection, how disrupted must our routines, comfort zone, and complacency be when we are told to go home, socially distance, and literally cover our faces? So we demolished. We canceled events and closed the doors to our sanctuaries. Then we did the immediate "pivot" to address emerging crises and solve immediate prob-

lems. Eventually, we grew more comfortable with the technology and accommodations needed not just to survive these challenging times but also to create meaningful connections in novel ways.

Recently, I asked various members from the Jewish community — clergy and nonclergy, affiliated and independent, young and old — what experiences they've had during this time and what of those they hope to incorporate into our post-pandemic world. Here are a few responses:

- We were able to bring services and programming to individuals who couldn't participate otherwise because of geographic or other limitations.

- We began to incorporate more voices and perspectives into our services and programming. Whereas before, people faced forward in services and only saw what was in front of them, now we see each other — some for the first time. It has actually created a new connection in some ways.

- We created world-wide networks to collaborate, share ideas and resources.

- Without the limitations inherent in physical programming, we were able to expand capacity — attendance and participation in many cases increased rather than decreased.

- Allowing people to experi-

ence Yizkor and other emotional parts of services virtually can allow people to be more vulnerable. People process grief differently. To have the option to experience these moments while not being surrounded by hundreds of others is, for some, a blessing.

- We learned how much we can remove yet still have enough remaining to provide for a meaningful experience.

All these and the many other lessons we've learned during this challenging time are the materials we've been given with which to build what will come next. We've learned that the world can be both larger — we can nurture relationships with others across the world, and smaller — we can bring them into our living rooms. It is clearer now that sacred spaces are not always buildings. We recognize that we don't need to do things a certain way just because that's the way they've always been done. We realize we have creative potential and vision beyond what we knew. And we have been reminded of what we've known as a Jewish people all along — that we have always been and will continue to be resilient.

Shira

Shabbat Candle Lighting Times May

Friday, May 7, 7:56 p.m.
Friday, May 14, 8:01 p.m.
Friday, May 21, 8:07 p.m.
Friday, May 28, 8:12 p.m.



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Shira Firestone - Editor

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Published monthly except July

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Our Community Is Counting on You

Jewish Federation of Greater Charlotte's 2021 Annual Campaign continues, and we need everyone's support. The impact of the Annual Campaign can be felt here in Charlotte, in Israel, and around the world. Our focus continues to be on enriching Jewish life, caring for the vulnerable, and building a Jewish com-

munity. Every dollar and every donor count! And it counts even more this year as we begin to come together again to enjoy all that our community provides.

If you have not already made your gift to the 2021 Annual Campaign, please do so today. Be a part of something special by investing in the future of our

Charlotte Jewish community. You can make your pledge by visiting www.jewishcharlotte.org, texting 'PLEDGE' to (704) 327-0354 or calling (704) 944-6757. We cannot do it without YOU!

2021 ANNUAL CAMPAIGN TO DATE

TOTAL ANNUAL GIVING

\$3,023,961

PERCENT OF GOAL

64%

TOTAL DONORS

1192

As of April 14, 2021

Inspiration.
Innovation.
Imagination.



Jewish Federation
OF GREATER CHARLOTTE



Inspiration.
Innovation.
Imagination.

~ Sue's Bookshelf ~ By Sue Littauer



Sue Littauer

Imagine a day just for you! Whether it's a gift to yourself for Mother's Day, Daughter's Day, Sister's Day, or Aunt's Day, why not dream of a day just to sit and read! Have your coffee in peace and quiet, spend the afternoon on your hammock, porch swing, or in a chair at the beach...drink a glass of wine and read a book! Or if you're looking for a gift for that special someone in your life, consider giving her a day just to read and relax. Of course, I have some suggestions if you're looking for a book!

When I was physically present working in the Levine-Sklut Judaic Library at the Center for Jewish Education, I had a special shelf where I displayed my favorite books, both new and old. But since I haven't been in the library for more than a year, this month's column will have to substitute for "Sue's Shelf."

Here are some books to consider:

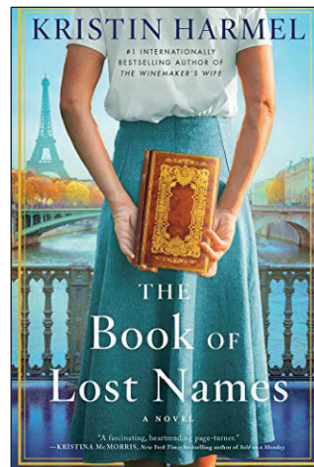


"The Winemaker's Wife and The Book of Lost Names," both written by Kristin Harmel

The French Resistance is central to the plots of both of these books.

"The Winemaker's Wife" is set during World War II in the Champagne region of France. If you loved Kristen Hannah's "The Nightingale," this book is for you. The story moves back

and forth in time, is told primarily from the viewpoint of three women: Celine, Inez, and Liv, and will keep you reading well into the night!



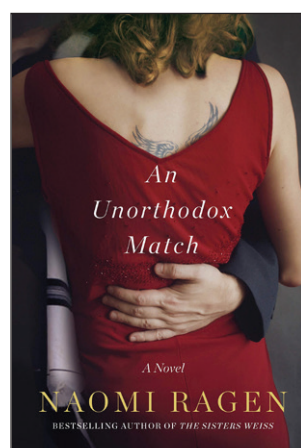
"The Book of Lost Names" by Kristin Harmel

"The Book of Lost Names" was inspired by an astonishing true story from World War II, a young woman with a talent for forgery helps hundreds of Jewish children flee from the Nazis to safety in Switzerland. A novel of courage, family, and love.



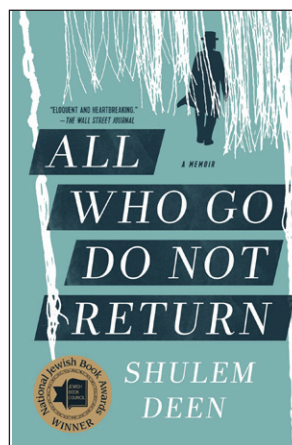
"The Boys' Club: A Novel" by Erica Katz

"The Boys' Club" has already been optioned to Netflix. It's about sex and power in the halls of corporate America...a fast-moving, entertaining novel similar to John Grisham's "The Firm." This is a book you can't put down.*



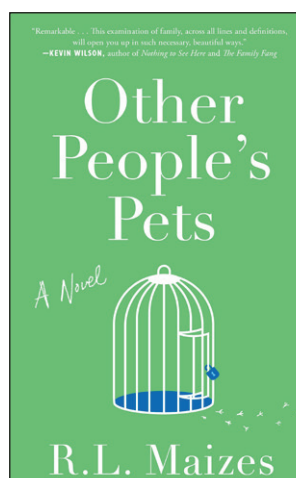
"An Unorthodox Match" by Naomi Ragen

Best described by the Jewish Book Council as "Reading Naomi Ragen is like having a warm visit with an old friend, complete with tea and rugelach..." This book has it all — love, faith, rebellion, moral dilemmas, family interference — all written in classic Naomi Ragen style. I loved reading this book!



"All Who Go Do Not Return: A Memoir" by Shulem Deen

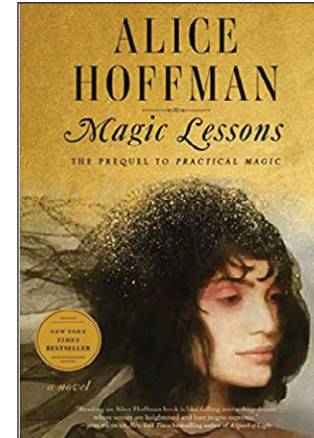
A harrowing, personal journey of one man's loss of faith, his struggle to leave the only world he'd ever known, while at the same time trying to hold on to his young family. An insider's look at the complicated secretive world of the most insular sects of Hasidic Judaism.



"Other People's Pets" by R.L. Maizes

From Lilith: "What constitutes a good mother? A good father? A good daughter? A normal life?" These are questions posed in this compelling debut novel by the author of "We Love Anderson Cooper."

However you choose to celebrate a special day in May, I hope it will involve relaxing and escaping into another world as you immerse yourself in a great book!



Next CJE Book Club: "Magic Lessons" by Alice Hoffman
Wednesday, May 12, 10:30 a.m. via Zoom

For more information, contact sueb.littauer@jewishcharlotte.org.

*Join the Center for Jewish Education and JFGC Woman's Philanthropy for a Zoom webinar with Erica Katz on Wednesday, May 12 at 8 p.m., part of the ongoing Overbooked series for women. For more information, visit www.jewishcharlotte.org.

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Overbooked Concludes with Two More Authors You Won't Want to Miss

Overbooked:

Strong Women, Extraordinary Circumstances
A Monthly Women's Book And Author Series



Wednesday May 12, 8 PM
Virtual Webinar: Free and open to all
Book Lover's Care Package with signed copy of book :\$20
Register at www.jewishcharlotte.org

By Debby Block

The monthly women's book and author series aptly named "Overbooked" has exceeded our wildest expectations! From the pure love between a grandmother and granddaughter to Queen Esther to an epic midlife crisis and to the challenge of creating a Shabbat without technology, the women of Charlotte have joyfully shared and learned together! To make these shared reading ex-

periences even more gratifying, we have prepared accompanying book lover's care packages, (which are available at the subsidized price of \$20). Each care package includes a signed book, a guidebook, a special cocktail, candy, and a fun item to pamper yourself with.

We encourage you to continue this shared journey into literature with us! Only two more authors remain in this six-part series.

"Sharply observed and utterly engrossing, *The Boys' Club* is part coming of age story, part riveting workplace drama, set in the world of big firm law where one young female associate finds that getting ahead means there are no good choices." -- Kimberly McCreight, New York Times bestselling author of *A Good Marriage*

In May, we will host lawyer Erica Katz, author of "*The Boys' Club*," which has been optioned by Netflix. This semi-autobiographical novel follows the first year of a young female lawyer as she fights to fit into a prestigious Manhattan law firm. Her journey paints a fascinating portrait of the challenges of women trying to climb the corporate ladder and brings #MeToo era and its issues into clearer focus.

Informed by the author's own professional experiences, Erica Katz's debut novel is an insider's exposition wrapped in deliciously propulsive fictional narrative. Interestingly, Erica Katz is a pseudonym. The main character's wild ride fueled by her insatiable drive to succeed provides a story that is both compelling and eye-opening.

LGBTQ Pride Honored With Final Overbooked Selection

"You know, Mrs. Lemay, has it ever occurred to you — that it is possible — that Em may actually believe she is a boy?" This is the question Mimi Lemay was asked at a routine parent-teacher conference when her middle daughter was just three years old.

The month of June is Lesbian, Gay, Bisexual, Transgender and Queer Pride Month. LGBTQ Pride Month commemorates the 1969 Stonewall riots and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning Americans. In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBTQ Americans were commonly subjected. This uprising marks the beginning of a movement to outlaw discriminatory laws and practices against LGBTQ Americans. Today the push toward nondiscrimination continues.

Overbooked, Federation's book and author series, is proud to present Mimi Lemay's book "*What We Will Become: A Mother, A Son, and a Journey of Transformation*" in recognition of LGBTQ Pride Month. Author Mimi Lemay has become a leader and advocate for transgender equality.

Lemay's fascinating and heartfelt memoir records her own personal journey as well as the journey of her transgender son, Jacob. Raised in an ultra-Orthodox home, Lemay's own identity struggles are outlined as she evolves and grows away from the constraints and strict gender roles of Orthodox life. In a parallel story of transformation, Lemay lovingly shares the journey of her despondent, gender-dysphoric young daughter as she transitions to Jacob. This truly remarkable memoir is filled with love, vulnerability, and compassion.

Please join us as we celebrate LGBTQ Pride Month together. Books are available to borrow from the Levine-Sklut Judaic Library in eBook format or hard copy. To reserve your copy, go to our website at www.jewish-charlotte.org or contact library@www.jewishcharlotte.org.

"A moving memoir, Lemay's is an important book because there is virtually nothing else available about transgender children as young as Jacob. Though most readers will view Jacob as the book's main character, his older sister says that love and kindness are." — Booklist

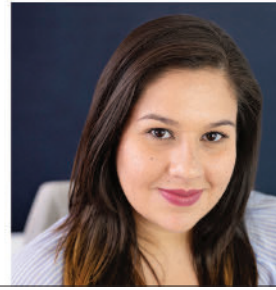


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Our team is growing!

Join us in welcoming our newest team member, Eileen Clark! Masks muffle clarity, but we can help. Call today to schedule a free hearing evaluation.

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A Monthly Women's Book And Author Series



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Virtual Webinar: Free and open to all
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Staying the Course

By Terri Beattie

As of April 1, 23.5% of the North Carolina population were fully vaccinated, and 36.5% were partially vaccinated. In Mecklenburg County, the home of Shalom Park, 207,887 individuals, or 12.2%, have been fully vaccinated. As of April 7, all North Carolinian adults were eligible to be vaccinated.

Most of us have gone a year or more without seeing friends and enjoying the social interactions we were accustomed to pre-pandemic. And we are getting so close to being able to return to enjoying those relationships and activities — but we're not there yet, and we need to stay the course. That is what we're doing at the Foundation of Shalom Park — staying the course.

Shalom Park continues to implement health measures to minimize the spread of infection until the North Carolina governor, North Carolina Department of Health and Human Services, and the Centers for Disease Control indicate that it is safe to abandon these measures.

In April 2020, the Foundation of Shalom Park convened a COVID-19 Medical Advisory Panel to advise on Shalom Park

health measures. Its guidance and recommendations will be critical to implementing steps to a full reopening of Shalom Park facilities.

Recently the Foundation of Shalom Park relaxed its COVID-19 exposure policy, allowing those who have been exposed to COVID-19 but are fully vaccinated and can provide proof of their vaccination status and who are asymptomatic to enter Shalom Park facilities without a quarantine period.

Though our state health officials and Shalom Park medical advisers continue to monitor the presence of COVID-19 and its more contagious variants in North Carolina, we will continue to practice safety precautions, including the Three Ws: wear a mask, wait six feet apart, and wash hands often. So get your spot and take your shot so we can all get back to the dynamic and event-filled Shalom Park we all love.

The Foundation of Shalom Park is a 501(c)(3) nonprofit agency that owns and manages the properties and facilities for most of the organizations that are located on the central campus of Shalom Park.



LJCC at Night

Foundation of Shalom Park Medical Advisors

Dr. Esther Chipps
Dr. Lisa Davidson
Dr. Derek Raghavan
Dr. Steve Teich
Dr. David Weinrib
Dr. Ross Udoff



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WAIT
6 feet apart. Avoid close contact.

WASH
your hands often or use hand sanitizer.

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Join NextGen for our FREE monthly virtual series celebrating the history, diversity, and excitement of Jewish food.

Sunday, May 23 @ 4pm
Jamie Geller

"The Joy of Kosher" cooking series and book "Jewish by Jamie". Known as the "Jewish Rachael Ray" (The New York Times), and the "Queen of Kosher" (CBS) 7-time best-selling author Jamie Geller is the Founder and CEO of Kosher Network international (KNI), the #1 Global Kosher Food Media Company and World's Most Watched Jewish Food Network with almost One Billion Views.

Jewish Federation OF GREATER CHARLOTTE

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For more information visit <https://www.nextgencharlotte.org>

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Louis Armstrong and the Jewish Family

Louis Armstrong, popularly known as “Satchmo,” was a towering, influential and beloved jazz musician. His career spanned five decades and different eras in the history of jazz. And for most of his adult life, the Baptist wore a Star of David necklace, the quintessential symbol of Judaism.

Why? What was Louie Armstrong’s connection with the Jewish people?

Louis Daniel Armstrong was born in 1901 in New Orleans, an environment that was anything but promising, long before the Civil Rights movement would irrevocably transform the social strata of the city. Segregation was strictly enforced.

On the day that he was born, his father, William Armstrong, abandoned the baby’s mother, 16-year-old Mayann Albert. For the first five years of his life, Louis was brought up by his grandmother. Later, he moved into a one-room dwelling with his mother, whom he adored, and a younger sister.

Segregation was rampant in New Orleans. Degrading and debasing, for most segregation effectively precluded social or



Louis Daniel Armstrong (August 4, 1901 – July 6, 1971), nicknamed "Satchmo", "Satch", and "Pops" (Wikimedia)

economic self-improvement.

When Louis reached the fifth grade, he had no choice but to quit school and go to work to help support his mother and sister.

At age six or seven, Louis was already scouting out the neighborhood after school hours, in search of ways to make a penny or two. This was standard procedure for most of the Black children he knew.

To his great good fortune, across the tracks, in a run-down,

low-class White neighborhood, he discovered a cluster of Jewish families who had arrived from Lithuania. Most of the families were related, at least by marriage. They formed a close-knit community who clung together and helped each other weather the blatant anti-Semitism they encountered in their new homeland.

As Armstrong described it years later, in a short memoir “Louis Armstrong + the Jewish Family in New Orleans, La, the

Year of 1907”, the Jews had suffered over the course of history even more than the Blacks. As he tells it, Jews “were having problems of their own – along with hard times from the other white folks’ nationalities who felt that they were better than the Jewish race... I was only 7 years old, but I could easily see the ungodly treatment that the White Folks were handing the poor Jewish family whom I worked for.”

Regardless of local anti-Semitism, the Jewish families considered themselves lucky. Compared to the pogroms they had encountered under the rule of Russia’s czar, life was now full of hope. They were free to live wherever they chose (and could afford) and to make a living however they wanted.

The Karnofskys, one of these Jewish families, were determined to improve their lot in their new homeland. Each morning, at 5 a.m., one of the older boys, either Alex or Morris, set out on his daily rounds as a junk collector. He gathered bottles, bones and rags people sold to him for pennies, then sold or bartered them for more profitable goods.

When Louis approached the

Karnofskys asking for work, they had no objections to hiring a Black child to help them with their “profession.” Thus, at age seven, early each weekday morning, Louis found himself perched next to either Alex or Morris on the Karnofsky’s horse wagon.

Louis worked for them in the evenings, as well. They would load their wagon with coal and make the rounds, selling it for a nickel a bucket.

It was Morris who gave the child what might well have been the most significant present he would ever receive.

In Armstrong’s words: “Morris bought for me a Tin Horn. To blow and blow, the kind of Tin Horn they use at parties to make noises, while celebrating. The children loved it.”

One of Louis’s tasks was tooting away on his horn to announce the arrival of the junk wagon, or, in the evenings, of the coal supply. For Louis, this was more an amusement than a work assignment. And even at that tender age, the future trumpeter, vocalist and song-writer, displayed his bent for improvisation.

(Continued on page 7)

A large advertisement for Memorial Day Weekend at the Pool & Splash Park. The background is a photograph of two children, a boy and a girl, standing in a swimming pool with their arms raised in celebration. The boy is on the left, wearing a blue t-shirt, and the girl is on the right, wearing a light blue t-shirt and a headband. The text is overlaid on the image in large, bold, blue and white letters. In the top left corner, there is a large, stylized letter 'J' in orange and white. The main text reads: "RECLAIM YOUR SUMMER NO JOINING FEE GOING ON NOW! Pool & Splash Park Open Memorial Day Weekend! JOIN TODAY AT CHARLOTTEJCC.ORG".

RECLAIM YOUR SUMMER
NO JOINING FEE GOING ON NOW!
Pool & Splash Park Open Memorial Day Weekend!
JOIN TODAY AT CHARLOTTEJCC.ORG

Louis Armstrong

(Continued from page 6)



Tilie (Ester) Karnofsky (ca. 1936), who taught Louis Armstrong how to sing. (Courtesy of Crescent City Jewish News)

As Armstrong tells it:

"One day – I took the wooden top off of the horn, and surprisingly I held my two fingers close together where the wooden mouth piece used to be, and I could play a tune of some kind. Oh' [sic] the kids really enjoyed that. Better than the first time. They used to bring their bottles, Morris would give them a few pennies, and they would stand around the wagon while I would entertain them."

Conceivably, it was the first time in his young life that Armstrong tasted sweet success. He became the center of attention of an admiring audience, and he drank in the exhilarating experience of giving joy to others.

That tin whistle from Morris Karnofsky was the first step toward a lifetime career of innovative music.

One day, as Morris and his young helper made their rounds, Louis's keen eye spotted a tarnished cornet in the window of a pawn shop. What a find! His heart beating with excitement, he asked Morris to stop. He and Morris went to ask the price of the precious horn. It was five dollars, a tidy sum in those days.

Morris lent his "prodigy musician" two dollars for the down payment. Louis then paid another fifty cents a week until he had made the precious instrument his own. He learned to play it well, and later graduated to the instrument that brought him into the spotlight of American jazz, the trumpet.

That small loan and unforgettable act of kindness proved to be a significant step forward on Louis Armstrong's road to international fame.

And the warmth and security Louis found in the Karnofsky home perhaps made an even greater impact.

The family dubbed him "Cousin Louis", making him a part of the family, the color of his skin notwithstanding.

Mrs. Karnofsky insisted that he eat dinners with them. Knowing that his mother would be

hard-pressed to provide him with even a modest meal, she would insist on his joining them at the table. To spare him embarrassment, she would offhandedly say that by the time he got home, there would probably be nothing left to eat, so he must sit down and enjoy a meal with them.

"Cousin Louis" blossomed from the emotional support the Karnofskys extended to him. The best part of his day came in the evening

when he and all the children would gather around Mother Karnofsky as she put the baby to sleep.

Decades later, the scene remained vivid:

"Russian Lullaby," he wrote tenderly, "is the song that I sang when I was seven years old — with the Karnofsky family when I was working for them, every night at their house when Mother Karnofsky would rock the Baby David to sleep... we all would get our places and sing it. So soft and sweet... We all sang together until the little baby would doze off. Then we bid each other good night. Then I would go home — across the tracks town to Mayann and Mama Lucy, my mother and sister."

What a new world this was for the child who had been abandoned by his father as soon as he came into the world.

At age 11, Louis played with a gun that belonged to his step-father. When he shot blanks into the air, he was arrested and sent

to the Colored Waifs Home, a detention facility. The living conditions were far from comfortable. There were no mattresses to sleep on and the meals were sparse. Discipline was tough and punishment was corporal.

But there was one redeeming factor that eased Louis's new life. The home had a band. Louis was allowed to join and was even given lessons to improve

his playing. At age thirteen, he was appointed as the bandleader.

After his time at the Home, he gradually moved up the ladder as a trumpet player, rung by rung, until he was recognized as a bright star on the horizon of jazz. Wherever he turned, he showed respect and affection for the Jewish People.

For years, Joe Glaser was his Jewish manager; he also became

a close friend. It was Joe who presented him with a the *Magen David*, the Star of David. Armstrong said he would wear it proudly in honor of all that the Jews had done for him.

For years, Louis Armstrong continued to follow the work ethic that had made such an impression on him as a youth. He made

(Continued on page 10)



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~ JEWISH FAMILY SERVICES ~

Moving Through the Trauma of the Pandemic

By Howard Olshansky,
Executive Director, Jewish
Family Services

As I am writing this, there is a certain excitement in the air — people are getting vaccinated, and we are beginning to see a clear vision of returning to pre-pandemic life. Restrictions are being lifted, unemployment rates are dropping, kids are back in school, travel is up, all seems good — except as it relates to peoples' emotional health. If everything is opening up and all the signs seem positive, why does there seem to be an uptick in feelings of fatigue, anxiety, and depression? Why are you not feeling "up" like you think you should?

What you are most likely experiencing is the effect of having lived through a trauma. Now that things are easing up and you are not feeling like it is all you can do just to get through each day, you are becoming aware of the effect your experiences over the past year have had on you. Were you separated from family? Did you miss out on a major life celebration — a graduation, Bar Mitzvah, or wedding? Did your exercise, eating, sleeping, or work habits change? Did

you lose a loved one but were unable to gather with others to hug and grieve together? Did you know someone who died from COVID-19? All of these changes represent types of trauma. Just one of these events could seriously compromise our emotional stability, but most of us experienced many, if not all, of these challenges. We have lived through multiple traumas.

In recognition of May as Mental Health Awareness Month and the awareness that many of us are grappling with the trauma we have experienced, Mental Health America has come up with "tips for healing."

Process your thoughts. During and after experiencing trauma, it's common to go into survival mode and not have energy to wrap your head around what has happened. It may feel safest to bury painful feelings and avoid confronting them, but acknowledging what has happened and how it has affected you is an important part of healing. When you feel ready, take time to process your thoughts about how you've been affected.

Connect with people. The pain of trauma can lead some people to isolate, but having a



support system is a crucial part of well-being. Emotional support helps us feel less alone or overwhelmed by what's happening in our lives. Talking to someone who has gone through a similar experience or to someone who cares about you can be validating and help you feel better able to overcome the challenges you're facing.

Know it will take time. There is no set timeline for how you "should" heal.

Remove the pressure of needing to bounce back quickly and focus on taking it one step at a time. Remember: recovery isn't linear, and it's normal to have bad days and setbacks. It doesn't mean you're failing — it's just part of the process.

Give yourself grace. Dealing with trauma and stress is not easy, but it's still common to get frustrated with yourself and what can sometimes be a slow recovery process. Try to become aware when you hold yourself to unreasonable standards. Instead of angrily asking yourself, "Why am I acting like this?" think about how impressive it is that you keep going, despite what you have faced.

Take care of your body. Stress and trauma affect your body and physical health just as much as they do your mind. Listening to your body and giving it what it needs will help you heal. This includes eating a nutritious diet, getting enough sleep, staying hydrated, and exercising

regularly. Moving your body is especially helpful in trauma healing.

Don't compare your experience to others'. We often question our own thoughts or experiences. You may convince yourself that what you experienced wasn't a big deal because "others have it worse." Everyone experiences trauma differently, and no one trauma is "worse" than another. If it hurt you, then it hurt you, and your feelings and experiences are valid.

Don't feel ashamed to ask for help. It's easy to compare how you're feeling to how you assume others who have been through similar experiences are feeling. You may get down on yourself because it seems like everyone else is doing okay. What others experience and how they cope doesn't matter in your journey. If you feel you need (or want) help, it's important to get it as soon as you can. Call Jewish Family Services at (704) 364-6594 to speak with a licensed therapist.





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JFS Monthly Tributes March 2021

Get well soon Steve Horwitz
Sandra Weinstein
Get well soon Jill Newman
Sandra Weinstein
Happy 96th birthday to Rose Atkinson
JFS Staff
Happy birthday to David Abrams
Alan and Ruth Goldberg
Happy birthday to Ellie Loewensteiner
David and Bella Adler
Happy birthday to Jill Newman
Paul and Lynne Edelstein
In appreciation of Meredith Gartner
Josh and Adina Loewensteiner
In appreciation Sheryl Gerrard
Ruth Meinicoff
In honor of Rhea Schindler
Sandra Weinstein
In honor of Jordan Sokolowicz on her Bat Mitzvah
Jim and Melissa Duller
Leon and Jennifer Golynsky

In memory of Ted Abel
Paul and Lynne Edelstein
In memory of Marvin Barman
Sharon Taubman
In memory of Bryna Eggert
Gary Silverstein
In memory of Walter Finkekstein
Elise Menaker
In memory of Edward Gold
Rose Atkinson
In memory of Paul Hersch
Gary Silverstein
In memory of Gwen Kestin
Elaine Millen
In memory of Sam Waldman
Leslie and Mary Gordan
In memory of Robyn Weinstein
Jim and Linda White
In memory of Sam White
Sandra Weinstein
Thinking of Judy Schindler
Sandra Weinstein

JFS Experiencing Increased, Complex Client Needs

By Howard Olshansky
Executive Director, Jewish Family Services

John is 72. He worked a decent job most of his life, saved a little money for him and his wife to retire on, but then lost his investments and his home in the 2008 recession. Two years ago, John's wife died of cancer. He continued to work until this past year when he was forced to give up his job because of a medical condition, leaving him to retire on his sole source of income — a Social Security check of \$1,650 a month. John continued to live in the apartment he and his wife of 47 years shared until he could no longer afford the \$1,400 rent. John was referred to Jewish Family Services (JFS), desperate. With his limited income, he couldn't find a decent apartment and could not afford his medical insurance, doctor bills, and medications. He was also forced to sell his car because paying for insurance was not in the budget. He was depressed, lonely, and isolated.

Adam was married for 18 years to Cindy. He had four children and owned a successful retail specialty shop. In April of last year, because of the pan-

demie, Adam unexpectedly had to close his shop. He thought it would be temporary. He took on a job delivering pizza while Cindy, who needed to be home during the day because their four children were attending school virtually from home, began working the overnight shift at a local hospital. Their combined income was only about 25% of what Adam had earned from his retail business.

Adam thought their savings that he'd built up and invested over the years would carry them through until he could reopen his business. That never happened. In December, Adam had to close the shop for good. Their money had run out, and they were forced to sell their home and move into a two-bedroom apartment. The stress led to serious conflicts in Adam and Cindy's marriage.

For those who earn six-figure salaries, life in Charlotte is good; however, this is not the case for most residents. The average earnings in Charlotte is \$58,202 per year, but according to a recent study, the livable wage necessary to own a home or rent an apartment in Charlotte is between \$80,000 to \$83,000.

Financial challenges are what

often bring clients to JFS and our case management team; however, what we are finding is that, although financial issues may be the presenting problem, there are many other issues as well. Caregiving for aging parents or children with special needs, marital problems, challenges with adolescent behaviors, mental health issues, and navigating technology and social media are just a few of the issues clients face. An in-depth, deep dive into individual circumstances is required, which results in complicated case management planning. Where at one time this was the exception, today it is the norm.

Thanks to a grant from the Jewish Federation, JFS has been able to increase our case management staffing to respond to these more complicated situations. And while staff have been excep-

tionally creative and resourceful in identifying resources to support our case management clients, until our community is able to tackle systemic issues such as affordable housing, increasing the median income, or diffusing

the stigma around mental health, JFS remains committed and prepared to juggle these multiple challenges and navigate access to the needed resources to keep our clients stable.



News of Israel's Achievements and Heartwarming Stories from the Jewish State.

In April's edition: Israeli scientists have found a bacteria that can help fight cancer.

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Food Drives: A big thank you to the SPICE group at Temple Beth El and residents of SUN CITY for 2 hugely successful food drives.

Shalom Green: Thank you to your volunteers who harvest fresh produce for our pantry.

Food Pantry Donations: Thank you to our wonderful community for continuously donating items to the JFS food pantry. The donations have been incredible and we appreciate everyone's generosity.

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North Carolina Council on the Holocaust Continues Lobbying Efforts for Holocaust and Genocide Act

By Michael Abramson, Chairman, NC Council on the Holocaust

The North Carolina Council on the Holocaust continues to lead the lobbying efforts at the North Carolina General Assembly to pass the Holocaust and Genocide Act. The act will require middle school and high school teachers to teach about the Holocaust where appropriate (e.g., when teaching about World War II, the role of the United States in helping refugees or displaced persons, or world history in the 20th century). The act will also require that all teachers be trained in the history of the Holocaust and on how to teach the Holocaust to their students.

The Holocaust and Genocide Act incorporates substantial provisions of the Never Again Edu-

cation Act (Public Law 116-141) passed by the United States Congress on May 29, 2020. More specifically, the Holocaust and Genocide Act requires consistent use of definitions from the Never Again Education Act for the following terms: “antisemitism,” “Holocaust,” and “Holocaust denial and distortion.”

The North Carolina Council on the Holocaust has been charged as the primary organization to coordinate with the North Carolina Department of Public Instruction to teach the teachers and to create a standard course of study by grade level. The North Carolina Council on the Holocaust has contacted the Stan Greenspon Center for Peace and Social Justice to assist in creating the course of study and in educating teachers.

As of this writing on April 1,

2021, the Holocaust and Genocide Act has passed the House Education Committee and is awaiting final vote by the North Carolina House of Representatives. The North Carolina Council on the Holocaust is currently working with leaders at the North Carolina Senate to pass similar legislation.

The North Carolina Council on the Holocaust has presented more than a dozen webinars for teachers since January of this

year. Another eight webinars are planned for the rest of the spring semester. Additionally, the North Carolina Council on the Holocaust purchases classroom sets (30 copies) of books and other resources for teachers as well as sponsors visits to schools by Holocaust survivors and children of Holocaust survivors.

For more information about the North Carolina Council on the Holocaust, please

email Michael Abramson at mabramson919@gmail.com and visit the following websites: www.ncpublicschools.org/holocaust-council and <https://ncholo-caustcouncilworkshops.org>.





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Louis Armstrong

(Continued from page 7)

over 300 appearances a year. He appeared in over thirty films. By the 1950s, he had become an American icon who represented his country in performances in an international tour that touched down in Sweden, Copenhagen, Antwerp, Amsterdam, Hamburg, Vienna, Israel, Lebanon, and Egypt, in an average of two shows a day.

Eventually, his hectic pace led to a heart attack from which he never fully recovered.

In 1969, Dr. Gary Zucker, a Jewish friend and his personal physician, tended to Satchmo at New York City's Beth Israel Hospital. While confined to bed with the severe heart disease that eventually claimed his life, Armstrong penned his final memoir about his relationship with the Karnofskys.

In the 75-page document, Armstrong describes the evening ritual in the Karnofsky home. Savoring these moments once again, he relates how a Jewish family opened their home and their hearts to him, and he credits them for the innovative music style that he developed.

He also praised the other members of the Jewish community who treated him with respect, as a fellow human being, regardless which side of the tracks he came from.

He admired the Jews' family solidarity and described how each new child was a precious gift in which to delight.

He also attributed to his Jewish benefactors the energetic work ethic that guided him throughout life. He followed the example they set for him,

demanding more and more of himself, until he reached the top of the ladder.

He notes that the Karnofskys worked and lived as a team with a common goal. They responded to the challenge of supporting themselves with continuous hard work, mutual help and caring. The family's solidarity made a deep impression.

"The Jewish people has such wonderful souls," he wrote. "I always enjoyed everything they sang and still do. Of course, I sang the Lullaby Song with the family — I did not go through every song they sang. But I was a good listener. Still am."

He writes that how he admired the fact that they banded together to fight prejudice against them by bettering their lot through hard work. Rather than expending energy on protests, they simply got on with their lives and made progress.

"I will love the Jewish people all my life," he declared in *Louis Armstrong and the Jewish Family*. "They were always warm and kind to me, which was very noticeable to me — just a kid who could use a word of kindness."

He stressed how much he had learned from them — "how to live, real life and determination."

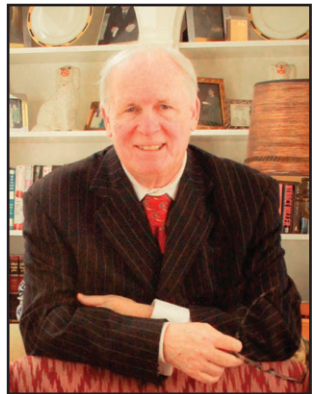
But perhaps above all, Louis Armstrong was an advocate of loving one's fellow man. His broad, beaming smile became his hallmark. Countless people had demeaned him and mistreated him, but he never sought revenge. Rather, he encouraged his fans to focus on the half of the cup that was full, to find pleasure and satisfaction in it, to work hard, and spread happiness and good will.

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Bal Tashchit and Beyond: Shabbat Self-Care and Tikkun Olam

By Summer Minchew and Lisa Shpritz

In modern society, many of us find ourselves constantly doing, always accessible, and habitually multitasking. We are rushing between home, work, volunteer, and social engagements. We find ourselves speaking, thinking, and doing at exceptional rates, often without ever really slowing down. And for many, the pandemic exposed just how thinly stretched and worn out we are.

According to Jennifer Moss, author of "The Burnout Epidemic: The Rise of Chronic Stress and How We Can Fix It," prescribing self-care as a cure for burnout puts the burden squarely on the shoulders of those experiencing burnout. It becomes just one more thing we need to magically fit into our already hectic days. Enter Shabbat, the Jewish solution to taming the chaos of life!

Shabbat offers great potential to heal the self and heal the world at the same time.

Get outside: The health benefits of daily physical activity are well documented. Exercise is good for our bodies and our minds. Researchers have also found health benefits from being in nature; living around trees can help you live longer and walking in the woods is good for your mood. Having a connection with nature encourages environmental appreciation and environmental awareness. So take your workout outside and double down on personal well-being.

Listen to nature: Did you know that it's not just what you see when you're outside that can be healing? A new study found that natural sounds offer health benefits too. As noted by Mary Jo DiLonardo of Treehugger, the researchers discovered that the sounds of water had the greatest influence on improving positive emotions and health outcomes, whereas bird sounds ease stress and annoyance. The next time you are outside, close your eyes and take in all the sounds: the birds singing, the wind rustling the leaves in the trees. These sounds are beautiful and inspiring, and it turns out they are good for our health.

Play in the dirt: Studies now also show that going beyond seeing green spaces to touching them has a powerful and positive effect. Making direct contact with soil, whether through gardening, digging for worms, or making mud pies, has been shown to improve mood, reduce anxiety, and facilitate learning. In a study by Bristol University reported by the National Wild-



life Federation, Mycobacterium vaccae, or M. vaccae, a "friendly" bacterium found in soil, was shown to activate a group of neurons that produce the brain chemical serotonin, enhancing feelings of well-being, much in the same manner as antidepressant drugs and exercise. Of course, wash your hands thoroughly after playing in the dirt.

Unplug: When we lay off the news cycle, put our laptops and mobile devices away, and focus on connections to family and community, we are giving ourselves and the planet a much-needed break. The acts of not buying, not driving, and unplugging serve to remind us that reducing our consumption is a tangible way to make positive environmental change and encourage personal gratitude.

Let the sunshine in: Try relying solely on natural light to light your home during the day and use artificial lighting only at night when needed. Circadian rhythms are 24-hour cycles that are part of the body's internal

clock. Your circadian rhythms are always running in the background, carrying out essential functions and processes. Connecting to daylight and reducing artificial light and blue light from devices will help us reset our internal clock and may result in better sleep, better mood, and lower energy use.

Sacred food: Nothing embodies Shabbat like the taste of fresh-baked challah. For many, baking is calming and serves as a form of mindfulness. We all noticed #quarantinebaking on the rise last year. The act of welcoming Shabbat and beginning the Sabbath meal with Hamotzi reminds us to be thankful for the food that is before us. Acknowledging our connection to food is an opportunity to consider our food sources, to choose local and healthy foods that benefit our bodies and are better for the environment.

Shabbat gives us an excellent guideline for engaging in both self-care and Earth care. It is a time for peace, gratitude, and

healing. Allowing ourselves one day each week to rest, reflect, reconnect, and prepare ourselves for the week ahead connects us to our Jewish faith and our planet and will help prevent burnout. Take care of yourselves because the world needs each of us to be actively involved, ready to create change in a healthy, sustainable, and deliberate way.

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 or have ideas for educational programming,

please contact us at info@shalomgreenCLT.org. Like us on Facebook, follow us on Twitter and Instagram @ShalomGreenCLT, and visit our website at www.shalomgreenCLT.org.



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Talking to the Soul, Not the Bones

By Lorrie Klemons

This past March we completed the holiday of Passover, and with it we commemorated yet another Yizkor memorial service for those loved ones who preceded us in eternal life. What is it about Yizkor that so connects us to our past? What is it about Yizkor that draws non-observant Jews to the synagogue four times each year to publicly recite Kaddish — the mourner’s prayer? What is it about Yizkor that has even the most secular of Jews lighting Jewish memorial candles for their dearly departed? Yizkor means “remembrance.” We are obligated at least four times a year to remember the

ones we love.

Judaism is an ancient and historic religion. We are connected by our collective sacred past, our ever-changing present, and our precarious future. We were all at Mount Sinai to receive the Ten Commandments and the Torah, and we have been passing



on those traditions for almost 3,500 years — from generation to generation — L’dor v’dor.

Soon we will be preparing for Shavuos, the celebration of our receipt of the Torah at Mount Sinai. It was the moment when we Israelite slaves became a people — a Jewish people. This gifting of the Torah to us from G-d took place more than 3,500 years ago, but every year on Shavuos, it is as though we are receiving it all over again. Each year on Shavuos we renew our acceptance of G-d’s gift. The giving of the Torah was a far-reaching spiritual event, one that touched the essence of Jewish souls for all time. Our sages have compared



it to a wedding between G-d and the Jewish people. One of the meanings of Shavuos is “oath,” and on this day, G-d swore eter-

nal devotion to us, and we, in turn, pledged everlasting devotion to Him.

We, in turn, pledge our everlasting devotion to those we loved and cherished over the years who have been called to their eternal rest. We loved them in life, and we cherish their memory when they are lost. We long to renew the relationship we once had with them. We yearn to recall the joyous shared memories. The passage of time never fills the hole in our hearts left by their death. It is that connection, that longing for renewal, that sense of gratefulness for having them in our lives, and yes — that sense of loss, that keeps us going to Yizkor services and visiting the cemetery where loved ones lie in holy repose year after year.

Rabbi Yossi Groner of Congregation Ohr Ha Torah says that when you go to visit your loved one at the cemetery, you should make sure you are talking to the soul and not to the bones. In so doing, you elevate the soul and validate the eternal relationship that all righteous souls have with G-d. By placing stones on your loved one’s tombstone, which is an old Jewish custom, you leave your mark for the soul to embrace. By reciting Yizkor, you eternalize and remember those memories and perpetuate the traditions of our ancestors.

For more info on membership benefits, graves, prepaid funeral costs, donations, endowments, and/or including the cemetery in your estate planning, contact cemetery director, Sandra Goldman, at (704) 576-1859 or director@hebrewcemetery.org. Visit www.hebrewcemetery.org.

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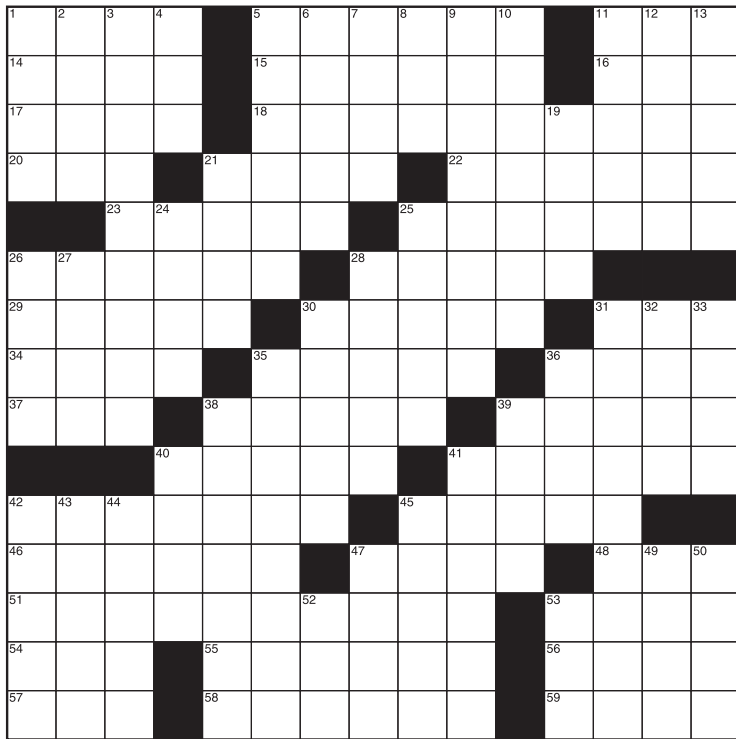
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Thank you, Phil!

(Solution on page 35)

ACROSS

1. Peat sources
5. Weak and wan
11. Meadow
14. Capital of Germany?
15. Hardly, if ever
16. Most junk mail
17. Clay-pigeon launcher
18. Fantasies
20. Aesop's thistle-eater
21. Feds like Ness
22. Moulin Rouge attraction
23. Closet collection
25. Venus and Serena, e.g.
26. Grinders, of a sort
28. Game with a jackpot
29. Put on a pedestal
30. Evil's root, it's said
31. Budgetary excess
34. Check for letters?
35. Perfectly clear
36. Spice
37. Book's last word
38. Aleutian attire
39. Buddhist concept
40. Uses a pacifier
41. Fall foliage shade
42. Pungent relish
45. Florentine poet
46. What mechanics do
47. Crooned
48. Put away the dishes?
51. Imploring
53. Glazed unit
54. Solidly behind
55. Batter's position
56. Sum for a hand
57. Like Oz's woodman
58. Got nervous
59. Divas often have big ones

DOWN

1. Sony format
2. Shared between us
3. Savanna or prairie
4. Drench to the bone
5. Prepares to paint
6. Name in chair design
7. Ireland's ____ Islands
8. Brewery item
9. Educated
10. Ming, for one
11. Sharp weapon
12. Award honoring Poe
13. Some sports orgs.
19. Really liking, informally
21. Civil wrong, in law
24. Drill sergeant's order
25. Braga of Hollywood
26. Hardly worth mentioning
27. Burly bovines
28. Places for oars
30. Like swamp water
31. Having better than 20/20 vision
32. Cartoon mail-order company
33. An udder thing
35. Mangle
36. Spar on a yacht
38. Least robust
39. ____ fu
40. Paparazzi target
41. Covered ground
42. Moved like rush-hour traffic
43. French artist Matisse
44. Sinclair with a Pulitzer
45. Cap of yore
47. Gluttony and lust
49. Chorister's voice
50. Driver's gizmos
52. Beachgoers often get one
53. Initials of a noted "Wizard"



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W.O.W.: Unity Without Uniformity

By Andrea Gamlin

W.O.W.! You see us on Facebook, you read about us in the Charlotte Jewish News, and you may have even attended our events. But, who is W.O.W.?

Charlotte Women of Wisdom (hence the W.O.W.) has a mission and goals, like other groups. Our mission and tagline is to “Ignite Jewish souls one woman at a time.” We want to empower,

connect, and inspire Jewish women throughout the city by offering social and educational opportunities to understand our important roles. If it makes us stronger Jewish women, we’re on it! We are a nonprofit group comprised up of Jewish women from all (or no) Jewish congregations in and around our city. As a nonprofit, we sometimes struggle, but are never deterred

by this struggle, to raise needed funds for our main (but not only) cause: providing tools, including an Israel experience, for Jewish women to grow. Our investment in Jewish women connects to our belief that women have the power to make ourselves, our families, and our communities better through Jewish values.

We are a member of Momentum, a worldwide organization with the mission “To empower women to change the world through Jewish values that transform ourselves, our families, and our communities.”

The MOMentum (get it? MOM!) Year-Long Journey empowers women to connect to Jewish values, engage with Israel, take action, and foster unity without uniformity. At its core, the Year-Long Journey includes an all-expense (except for flight) paid educational and usually life-altering trip to Israel.

Two years ago, I was interviewed and accepted for this trip with eight other Charlotte-area women, six of whom I’d never met before. My sisters (as we now call each other) and I are extended family. We come from different places Jewishly, but we push each other to be better Jewish women and learn more about our common heritage. We shared our trip and our journey (literally and figuratively) with women from Orlando, Houston, Canada, Australia, Russia, and many other places

around the globe. The Year-Long Journey continues after our Israel trip with monthly gatherings of learning opportunities and social events within our communities. We’d love to have you join us — and if you would (or you know of someone who would) like to take the Year-Long Journey with Momentum as a Charlotte representative, let me know!

Last month, Charlotte W.O.W. held our Book Club meeting on “Here All Along: Finding Meaning, Spirituality and a Deeper Connection to Life — In Judaism (After Finally Choosing to Look There)” by Sarah Hurwitz. Ms. Hurwitz is a political speechwriter and attorney who began her Jewish inquiry in earnest just a few years ago at 36 years old. One of the many takeaways Ms. Hurwitz learned early was just how much her vision of Judaism was different from her newly found vision: “It turned out that Judaism had deep wisdom to offer me — teachings that helped me be kinder and more honest, challenged my lazy and self-righteous assumptions about religion, and led me to view the values of modern secular society with a more skeptical eye.” Her book title ends with the following phrase, “After Finally Choosing to Look There” and tells readers that while it was there all the time, she made the choice to put her vision in check. That’s what we do; we choose to

look — and learn about — our gift of Judaism.

Our next book club meeting is on June 1, and we will discuss “The Choice: Embrace the Impossible,” by Dr. Edith Eva Egar. Before that, on May 11, we’ll have a Shavuot & Jerusalem Unification Event called “Spring into Health with Tracy.” Tracy Farrell, a certified functional diagnostic nutrition practitioner, has degrees in human nutrition and functional diagnostics. She will be sharing some easy and fun salad recipes and five principles of health, which we can incorporate into our busy lives. She will also be answering questions about nutrition — so think about your burning questions and bring them to this event!

Please go to W.O.W.’s website at <https://charlottewomenofwisdom.com/> for more information about W.O.W. and about our events. W.O.W. is a nondenominational group for Jewish women to engage, learn, and connect. No synagogue affiliation is necessary. We have more fun, enlightening, educational, and interesting events coming up in 2021 and look forward to your participation!



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www.charlottewomenofwisdom.com

Lox-in-a-Box and Tie Dye with Hadassah

By Aileen Greenberg-Kriner

Shavout (or Shavuot as my family says it) begins the evening of Sunday, May 16 and ends at sundown on May 18. Shavuot is one of the three Jewish harvest festivals, along with Passover and Sukkot. On Shavuot we also commemorate G-d giving the Ten Commandments to Moses on Mount Sinai. We traditionally eat dairy foods on Shavuot. One reason is derived from the Torah, which says Jews eat dairy to symbolize Israel as the Land of Milk and Honey.

I remember as a little girl going to my grandparents' house before Shavuot to help my great-grandmother make cheese blintzes. I wish I knew her recipe, but I do have my mom's recipe for dairy kugel, which we also ate on Shavuot, and was passed down from my great-grandmother.

Mom's Dairy Kugel

Mix together in a large bowl:
1 lb. medium noodles, cooked and drained
¼ lb. butter, melted
1 pint sour cream
1 lb. cottage cheese
4 eggs (beaten)
¾ cup sugar
Pinch of salt

Put in a 9" x 13" ungreased pan.

Beat together 2 eggs and 2 cups of milk. Pour over top.

To make the topping: Combine crushed corn flakes (2 cups) with cinnamon (~2 tsp.). Sprinkle over top of casserole.

Bake at 375° for one hour.

Enjoy!

Mother's Day

Speaking of moms and grand-moms, Mother's Day is coming. Celebrate yourself, your mom, daughter, friend, or anyone else you love with a Lox Box. For \$18 per person, you will receive a hand-delivered box of deliciousness on Mother's Day morning, May 9. Enjoy lox, choice of bagel, cream cheese, kugel, rugelach, and more for your Mother's Day brunch. Order by Monday, May 3 at hadassahcltevents.org. Questions? Contact Roz at rcooper133@aol.com.

Mai Tai Tie-Dye

Then plan for a colorful afternoon outside with our Mai Tai Tie-Dye event on Sunday, June 13. Enjoy fruity drinks and express your creativity. Bring a clean, white item to tie-dye. Maybe a nice t-shirt for a Fa-

ther's Day gift? Location shared after you RSVP. Contact Roz at rcooper133@aol.com with questions.

Happy Hour Meet & Greet

Mark your calendar for our Happy Hour Meet & Greet membership event on May 20, from 7-8 p.m. This free event is open to both prospective and current Hadassah members. Bring your drink of choice and join us on Zoom as we have a great time getting to know one another while hearing about future Hadassah events. RSVP to Karen Hauser, VP of Membership Development, by May 17 at karenleslie2603@gmail.com. See you there!

No-Show Trip to Israel

No, you didn't miss the flight! There's still time to donate to the Hadassah No-Show Trip To Israel fundraiser to renovate the Round Building at Hadassah Hospital, Ein Kerem in Jerusalem. Go to hadassahcltevents.org to make your tax-deductible donation. Safe travels!

Short Story Discussion Group

The next meeting of Hadassah's Short Story Discussion Group is on Friday, May 21. The story is All the Children Are Isaac, on page 145 of the book "Many Seconds Into the Future," by John J. Clayton. The next meeting is on June 18. The group meets on the third Friday of each month at 11:45 a.m. to discuss stories with Jewish content. For information, email Amalia Warshenbrot at AmaliaI-ma@ATT.net or Linda Levy at levyollie@aol.com.

On March 15, Hadassah CLT members and guests were honored to hear Holocaust Survivor Suly Chenkin share her amazing life story. Suly showed a film of her experience and answered our many questions. Suly was ten months old when her parents were forced to move to the Kovno Ghetto in Lithuania. She lived in the ghetto for three years before being smuggled out. Her parents were taken to concentration camps when the ghetto was liquidated in 1944. After a long journey, Suly and her foster family found safety in Palestine. She was eventually reunited with her parents, finding refuge in Cuba. The evening was coordinated with the Levine JCC Butterfly Project, a Holocaust Education and Remembrance Program.

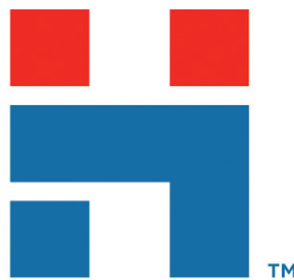
Thank you, thank you, thank you for purchasing more than \$600 of wine from Vintner Wine Market during their Passover Wine Sale. Throughout the month of March, Vintner donated a portion of their sales to

Hadassah CLT. Thank you for supporting Vintner and thank you, Vintner, for supporting Hadassah.

Hadassah's Sunshine Committee prepares much-needed meals for JFS Circle of Caring Hearts on a monthly basis. If you would like to help purchase supplies, cook, or assemble meals, please contact Elissa at svining@aol.com.

The next Hadassah Charlotte board meeting will be on Monday, May 17 at 7:00 p.m. All members are invited. For more information about Hadassah Charlotte events, refer to our website at hadassahcltevents.org.

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End of Life Care: Have You Planned For It?



Lorrie Klemons, MSN, RN, CDP

By Lorrie Klemons, MSN, RN, CDP

Most people don't plan for end-of-life care. It's one of those important conversations that isn't had within families for myriad reasons until a crisis hits. By then, it's usually too late to do any planning, and families are forced to make decisions for their loved ones that might not be aligned with what they would have wanted for them-

selves. When conversations and planning don't take place, family members are often thrust into caregiver roles, making decisions for loved ones or facing expensive, and frequently unaffordable, out-of-pocket expenses to take care of them.

The COVID-19 pandemic has created very scary times. In some families, it has prompted many such conversations among family members. None of us knows when COVID-19 (or other illness) might hit us personally. It's more important than ever to have an advanced directive that will direct your wishes and desires for your end-of-life care when you might not have a voice. If you have not yet done this critical task, do it sooner rather than later. These conversations are not relegated to only aging members of your family. Many families, including my own, have had seriously ill young family members who have faced life-threatening ill-

nesses during which they have lost their voice to direct their own care. One of my clients is currently caregiving for a terminally ill 36-year-old son, and I had to guide her through the end-of-life conversations that she needed to have with him regarding dying, initiation of hospice, and funeral arrangements.

Advanced directives are documents that include (1) a living will that will speak for you in the health-care arena when you can't speak for yourself, (2) a medical power of attorney that will designate an advocate for you who will make sure your wishes are followed and who will make decisions for you when you lose your voice in the health-care arena, and (3) a durable power of attorney who can access your funds to pay your bills when you lose the ability to do so.

For seniors, the best person to help you create your advance directive is an estate planning or

elder care attorney. Remember, if you don't create an end-of-life directive for yourself while you are physically and cognitively able to do so, someone else will be directing that care — and it might not be the care you would have chosen for yourself. If you have not financially planned for end-of-life care, you should ask your attorney to refer you to a senior financial adviser for such purpose. If you don't have access to such an attorney or lack the resources to pay for one, there are other free ways to do such planning online. However you do this, be sure to share these documents with your doctor, lawyer, local hospital, and/or trusted loved ones. End-of-life planning also involves having a will to make sure your assets don't go into probate upon your death. Some states offer a registry on which you can register your advanced health care planning documents for easy and universal access when needed.

In North Carolina, you can reach out to the state registry at www.sosnc.gov. Click on "advanced healthcare" link; email: ahcdr@sosnc.gov; (919) 814-5400.

Free online resources:

- www.MyDirectives.com - Create a state-of-the-art advanced health-care plan that can include a personal video of your wishes and desires.
- www.FinalExitNetwork.org - Create a supplemental advanced health-care plan specific for persons living with dementia.
- www.FiveWishes.org
- www.Willing.com
- www.PutItInWriting.com
- www.AARP.org
- www.RocketLawyer.org

For any help with this conversation, contact Lorrie directly through her website www.KlemonsHealthCareConsulting.com.

Understanding Your Long-Term Care Insurance Policy

By Kristin Hall, Certified Senior Advocate and LTCI Educator

Statistics show that at some point, most people over the age of 65 will need some assistance with activities of daily living (ADL). Congratulations if you are one of the eight million people in the U.S. who made the smart decision to plan for your future by purchasing a long-term care insurance (LTCI) policy.

What is long-term care insurance, and what does it cover?

"Long-term care" means day-to-day help to live as you live now. It is important to know exactly what services and types of facilities your LTCI policy covers. Coverage varies among policies but generally includes policy triggers to open up benefits. One eligibility trigger is when you are no longer able to perform at least two ADLs safely on your own. ADLs include bathing, continence, dressing, walking, toileting, transferring, and sometimes walking. The second trigger is cognitive decline or impairment.

Policies can stipulate that you can receive care in a facility like a nursing home or assisted living community, but more often than not, you can start using your policy now, at home,

and improve your quality of life while saving high costs down the road. Most policies also include a "waiting period" or "elimination period." This is just a fancy way to say deductible, which has to be paid before the policy benefits kick in. Using home care and limited hours can help you economize through these mandatory costs. Some LTCI allows you to apply Medicare-covered rehab, medically mandated home assistance, and physical and occupational therapy in the home toward the elimination period (deductible) as well. Many policies include coverage for other services and products such as home modifications and durable medical equipment designed to make the home safer. The best part is that by using home care, you won't need to rely on your loved ones for daily assistance.

Waiting too long to start care can have adverse financial consequences. For example, most policies have a "waiver of premium" provision, which means that if the insured is receiving covered services, the monthly premium is waived after the deductible has been met and for as long as the insured remains on claim. That means you will save the premium cost while



getting the care covered as well. Moreover, waiting until there is a crisis or significant decline in functioning means that the level of care needed will be much greater and the expense for the mandatory out-of-pocket care will be much higher.

If you have had a recent hospital/rehab stay, a fall, or diagnosis, you are likely already eligible for benefits from your long-term care insurance policy. In fact, many policy benefits are time-sensitive, so it may be time to dust off your policy and find out what benefits you can start claiming. Most health events that require hospital stays can not only trigger policy benefits upon release but also may provide vital documentation to assist in activating your policy now or in the near future. It is also a good idea to tell your physicians that you are the proud owner of LTCI so they will know to document

your medical history in such a way to support any claim you may open in the future. The more your doctors know, the better.

Common misconceptions

Myth: "If I start using my benefits now, I will run out of money."

Truth: 70% of policies end because the person passed away, not because their policies ran out of money. You have paid for your policy for many years, and if you need help, it is time to use the benefit. More than 50% of all policyholders will die before ever using a single benefit. All of those high premiums will have been paid without enjoying any of the benefits.

Myth: "I'm not sick enough for my policy to pay benefits."

Truth: Most policies only require standby assistance, making qualifying for care much easier than you think. Having someone there to mitigate a fall or accident is all it takes for the policy to be activated.

Myth: "My family member (spouse/child) helps me; that's enough for now."

Truth: You should know that over 60% of the time, the spouse providing assistance predeceases the spouse receiving care. Caregiving is stress-

ful, and while most partners and family members want to be there for you in your time of need, ultimately, it takes a toll on them. If that isn't convincing enough, they are often incapable and inexperienced in providing the level of care that may be needed.

Many people don't understand the nuances of their policy or when to activate it and begin care. The truth is that of the \$8 million active policies, only about 300,000 are being used today. Statistics show, however, that more than four million policyholders would qualify to receive benefits now and don't even know it. Working with advocates and agencies that understand the nuanced LTCI landscape allows you to maintain your independence and affords you the ability to receive quality care when you need it most. This will reduce the financial, physical, and psychological stress that a health event, or just aging, can impose on you and your family. It's important to understand how to activate your benefits and start a claim properly, thus avoiding delays or denials from your insurance company.

~ SYNAGOGUES AND CONGREGATIONS ~

Shavuot at Chabad

By Rabbi Yossi Groner,
Congregation Ohr HaTorah

The upcoming festival of Shavuot is a transformational holiday, as it celebrates the most transformational event in Jewish history. It was 50 days after the Exodus from Egypt 3,333 years ago, when the Israelites stood at the foot of Mount Sinai and heard G-d's voice boomerang in the desert wilderness with the opening words of the Ten Statements.

That radiant and exalting event at Sinai changed the destiny of the Israelites as it lifted them from simple slavery, to an amazingly high spiritual level. This transformation happened as G-d gave us the Torah, which mandates and gives us the incredible mission to lift and change the world by revealing its true essence, which is G-dliness and holiness.

The Torah reveals how everything in G-d's creation has meaning and truly has a Divine

soul that was brought into being for a Divine purpose. Through the Torah we discover the purpose and meaning of even the minutest creation in our vast world.

The great sages of ancient Israel related that as a prerequisite to this event, G-d asked Moses to provide guarantors to protect and keep this sacred and precious treasure, the Torah, so that it will be revered, studied, and followed. Moses at first tried to argue that the merit of our ancestors should act as a guarantee. G-d did not accept. It was only when Moses said that our children will be our guarantors did G-d accept and give us the Torah.

Every year, on the anniversary of this event, which we commemorate with the holiday of Shavuot, there is a renewed commitment on our part to G-d and a new Divine energy that envelops us.

This year, Shavuot falls on

May 17 and 18. Beginning on Sunday night, May 16, we celebrate this holiday with joy and Torah study. On Shavuot, we read in the Torah scroll the portion of the Ten Statements and all that transpired at that event, including the extensive preparation and conversion that Israel went through.

Many people have the custom of staying up the entire first night of the holiday studying Torah and doing Tikkun Leil Shavuot. This all-night study session serves to build anticipation for the special Torah reading on the first day of Shavuot.

The main event on Shavuot will be on Monday, May 17, when Jews globally assemble to hear the reading of the portion of the Ten Statements from the Torah scroll. As children were the original guarantors, they are the special guests of honor at the Torah reading.

At Chabad of Charlotte, the children always have the front

seats for this event, and they are treated royally as the true guests of honor. As this year we are abiding by the COVID restrictions, there will be several in-person services at Congregation Ohr HaTorah to accommodate the many families, children, and adults who wish to come to be present and engaged at the Torah reading.

The first Torah reading service will be on the first day of Shavuot at 11 a.m. during the holiday morning service. There will be an additional reading at 2 p.m. for families who prefer an afternoon service.

There is a custom to enjoy dairy foods on Shavuot, as Torah is likened to mother's milk. In addition, the kosher laws were first introduced at the giving of the Torah, and until they had become familiar with the new proscribed diet, the Israelites drank milk. For this reason, the holiday of Shavuot is known for cheesecake, cheese blintzes, and

ice cream.

There will be prepackaged dairy gourmet available for all attendees, which they will receive as they exit after the service. All services will be held at the Epstein Family Chabad Center, 6619 Sardis Road in Charlotte.

As the current situation is fluid, it is best to check our website for updates and changes at www.chabadnc.org or call our office at (704) 366-3984.



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- What is an ADL and what does it have to do with my benefits?



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5-6:15 p.m.

Family Education program with the Charlotte Jewish Day School:
"Creating Mount Sinai Through Art."

6:15 – 7:30 p.m.

Revisiting Familiar Stories and Discovering New Possibilities: A Night of Music and Reflection
with Rabbi Menachem Creditor and Neshama Carlebach*

7:30 p.m.

Minyan, Yom Tov Maariv, followed by Torah study with
Rabbi Wolk, Cantor Lissek, and Rabbi Kornsgold



***Rabbi Menachem Creditor** (L) is the Pearl and Ira Meyer Scholar-in-Residence at UJA Federation New York and a prolific author. His most recent work is, "When We Turned Within: Reflections on Covid-19 (Vol 2)," an anthology of prayers, reflections, poems, and sermons written during the pandemic. **Neshama Carlebach** (R) is an award-winning singer, songwriter, and educator who has performed and taught in cities across the world. She has collaborated with musicians of different faiths, partnered with organizations, synagogues and churches, and teaches about the power of believing. Through music and study, Neshama Carlebach and Rabbi Creditor will teach us about the power and role of Jewish faith in bringing us out of the pandemic.

SHAVUOT – DAY 1: MONDAY, MAY 17

(TI OFFICES CLOSED)

9:30 a.m.

Shavuot Morning Service and Adult B'nai Mitzvah
Celebration

10 a.m.

Torah Tots Shavuot Program

7:30 p.m.

Shavuot Evening Service

SHAVUOT – DAY 2: TUESDAY, MAY 18

(TI OFFICES CLOSED)

9:30 a.m.

Shavuot Morning & Yizkor Service

7:30 p.m.

Evening Minyan

FOR ADDITIONAL INFORMATION ABOUT HOW TO JOIN IN,
VISIT OUR "UPCOMING PROGRAMS" PAGE AT [TEMPLEISRAELNC.ORG](https://templeisraelnc.org)

Jewish Learning Never Stops

At the Ballantyne Jewish Center, we never skipped a beat when it came to Jewish learning. When North Carolina schools were closed in March 2020, a virtual program was ready in less than 12 hours! The 2020-2021 school year has been no different. Two tracks of Hebrew School were offered, virtual, or in person. Twice a month, parents of our virtual students pick up activity bags full of hands-on learning to add enthusiasm during their virtual class. Our in-person classes have been fun, exciting, and filled with immersive Jewish learning.



Jaclyn Starr packs a bag of food for the Blessings in a Backpack program



Ryan Mason shows off his hat for Crazy Hat Day



Talia Weiss prepares an exploding birthday treat in honor of Rosh Hashanah

Registration for Hebrew School 2021-2022 will open May 24, 2021. For more information please contact Leah Levin Leah@JewishBallantyne.com (704) 408-1116 www.JewishBallantyne.com/hebrewschool.



Temple Kol Ami Planning Bark Mitzvah

By Shari Baum

Our dogs come on family vacations with us, accompany us to restaurants, and get gifts at Chanukah. They are a cherished part of the family! So why not give them a bark mitzvah? Temple Kol Ami of Fort Mill, South Carolina, will be holding a bark mitzvah for our four-legged family members on May 16 from 2 to 3 p.m. at Walter Elisha Park in Fort Mill. No, our doggos will not be chanting from the Torah, but they will be receiving special blessings from their owners, getting their Jewish names, and having a wonderful dessert reception (because no Jewish event is complete without food). We know what you're asking — does my fur baby have to be 13 to have a bark mitzvah? No, it doesn't matter how old your canine is, in dog or human years. You may also be asking — what if I have a cat? The kitties are welcome, too! All animals must be under direct control by their humans, so leashes or a carrying case are a must! We will use this special occasion to do a mitzvah project. We ask that everyone bring a can of dog or cat food for donation to the Humane Society of York County. We know our furry friends would want to help their

less-fortunate brethren who are waiting for a fur-ever home. The TKA bark mitzvah is open to the community. Please contact us at yorksynagogue@gmail.com for more details and to RSVP.

The Temple Kol Ami Book Club will be discussing "Morality" by Rabbi Jonathan Sacks OBM on June 6 at 7:30 p.m. via Zoom. We will be joined by Rabbi Bruce Aft for the discussion. If you would like to join us, contact us via e-mail, and we will send you the link.

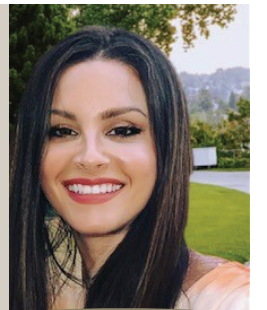
If you live in York County or the Ballantyne area, Temple Kol Ami might be the place for you! We are a warm and inclusive Reform congregation comprising Jews from diverse backgrounds. We hope you will join us soon at one of our virtual services (first and third Fridays of the month) and find your Jewish home in our welcoming community.



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How a Drive-Thru Seder Helped Me Understand Gratitude As a Communal Act

By Amy Lefkof

To make it in time to Temple Beth El's Drive-Thru Seder, my 88-year-old mother and I had to zip across town from visiting my father at his skilled nursing facility where indoor visitation had just resumed for the first time since the pandemic began. Rabbi Dusty Klass had reminded me of the Drive-Thru Seder when she called earlier that afternoon to see how my dad was doing. She had cheered him up during an earlier visit when only clergy were allowed; he, in turn, had tried to teach her some Yiddish. Her impression: "His humor is still intact."

Our navigation of the 15 stations at Temple Beth El's parking lot Passover began with picking up four grape-scented smiley face stickers from Rabbi Beth Nichols (dressed as a bunch of grapes), which represented the first cup of wine, and then symbolically washing our hands with a custom-labeled TBE mini hand sanitizer. At the karpas station, a person dressed as parsley (think

Jolly Green Giant) took a dip in a child's inflatable swimming pool while the nearby Elvis Parsley did a good impersonation of the King. Then there was Rabbi Dusty dressed as a fairy dispensing what appeared to be Jewish pixie dust (better known as farfel). She and Rabbi Asher Knight ushered our car through a giant breaking of the matzah (very reminiscent of the



Concluding Songs station (Nirtzah) featuring TBE Youth Adviser Caleb Seidler dressed up as Pharaoh.

parting of the Red Sea). At the Maggid station, two children hopped around like frogs holding up what appeared to be giant inflatable matzah balls — closer inspection revealed the imprinted word "hail."

This is what a temple community does during a pandemic — it brings people together outdoors in fun, outlandish ways to celebrate a holiday like Pesach when we would normally invite friends and strangers into our homes to sit at our seder table and praise G-d with the singing of Dayenu — listing each act of G-d's kindness during our Exodus from Egypt and praising G-d by saying that each act in and of itself would have been enough.

But right before my mother and I got to the concluding songs station (Nirtzah) featuring TBE youth advisor Caleb Seidler dressed up as Pharaoh, wearing a striped nemes (yes, that's what that headdress is called), we visited the penultimate station titled Hallel: Psalms of Praise, which was [wo]manned by Lisa



Matzah Fairy Rabbi Dusty Klass wishing everyone a Chag Pesach Sameach

Shpritz, who aptly heads TBE's Tzedek Council. Through my car window, Lisa handed me a 3x5 brown envelope, and then, when she saw my mom masked in the front passenger seat beside me, asked if I wanted two. Despite not knowing what was in the brown envelopes, I nodded that I would like two. Lisa then explained that they were pre-addressed thank-you cards: "All you have to do

is write something in the inside and mail them."

I didn't think about the blank thank-you cards in their pre-addressed envelopes until sometime the next day, when I had time to sit down with them at my kitchen table. One envelope was addressed to the fire station on Sharon Amity, and the other was addressed to Sunrise on Providence, a senior assisted living facility.

I mulled over the Drive-Thru Seder experience. All the other drive-through Passover stations were meant to bring our congregation together by telling the Passover story through costumes and games. But Station No. 14 was different. It had a serious tone. My temple was prompting me to express gratitude. My first thought was "Why hadn't I on my own thought to send out thank-you notes?" I didn't realize at that moment that expressing gratitude can be a communal act.

(Continued on page 21)



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Gratitude

(Continued from page 20)

I needed to do some research. The thank-you card station had been labeled Hallel, Psalms of Praise. (Yes, hallelujah is a combination of Hallel, meaning praise, and the shortened two-letter version of the name of G-d).

Hallel consists of six Psalms (113-118) recited in community as an act of praise and gratitude on holidays like Passover, Sukkot, and Shavuot. At Passover, these expressions of thanks and praise follow the seder meal celebrating our freedom. I flipped through the leader's copy of my family's Haggadah that my dad had highlighted for me many years ago. Although we had

always robustly sang Dayenu, clearly we had gone right from Elijah to the fourth cup of wine, skipping over Hallel.

What Temple Beth El had done was to expand the traditional Hallel from a powerful communal praise of God, to a communal expression of gratitude to first responders, medical providers, and essential workers. This gesture echoed the cheering and banging of pots and pans from apartment windows all around New York City to give a round of applause to health-care workers. It echoes the letter to the editor recently published in the New York Times from a

customer who wanted to posthumously thank the murdered King Soopers' employees for their hard work and compassion: "In the midst of mourning, I was hit with a sense of guilt knowing I had never fully expressed my gratitude."

I first wrote to the firefighters. How often had firefighters come to my parents' house to lift my elderly father from the floor when he had slipped or fallen? Not only did they arrive quickly and raise him up safely, but they always helped my father retain his dignity by commenting on my parents' wedding pictures and asking, "How long have the two of you been married?" This would enable my dad to repeat one of his favorite jokes, "I've been married 69 years — and to the same woman!" I even mentioned in my thank-you note the Brooklyn firefighters who had hoisted up my toddler to sit behind the driving wheel of their fire engine on hot summer nights. How many of them never returned to the station house on 9/11?

I next turned to the envelope addressed to Sunrise on Providence. When we first moved to

Charlotte in 2004, my 13-year-old son needed a mitzvah project. He became a bingo caller at Sunrise while his young sister came along to be plied with Mallomars cookies by a resident who didn't enjoy bingo but loved my daughter's company. Sunrise taught my children empathy, how to care for the oldest members of our community.

I thank Temple Beth El for being a caring community, for demonstrating the importance of gratitude in community building, and for reminding all of us to take a moment out of each day to show appreciation to someone.



Rabbi Knight and others from TBE stand by a huge breaking of the matzah that cars passed through



TBE congregants dress up as parsley taking a dip in salt water with Elvis "Parsley"

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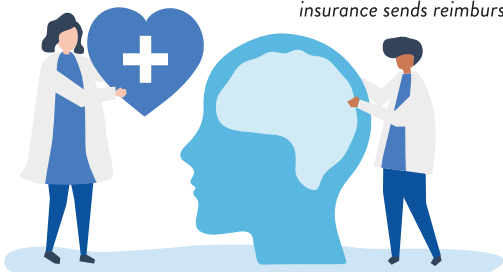
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By Rabbi Dusty Klass, Temple Beth El

It was Shavuot 2012. I was in my second year of rabbinic school, and Shavuot was still mostly a mystery to me. I knew the basics: Shavuot means “weeks” and comes seven weeks (seven times seven days!) after Passover. It commemorates the receiving of the

Ten Commandments at Mount Sinai. It is connected to the biblical story of Ruth and Naomi and sometimes also connected, in the Reform movement, to the end-of-year confirmation ceremony.

But at the time, I had no idea how to celebrate Shavuot, and to be honest, I wasn’t even quite sure what I was supposed to be celebrating.

This is how I found myself sitting on a folding chair in the back corner of a jam-packed Bel Air living room, studying cheese at 11:30 p.m. on a weeknight.

It sounds strange, but I remember that evening fondly. It was study “l’shem shemayim” — study simply for the sake of study. It was late at night, which somehow made it feel special. Smart, engaged learners of all ages were chiming in, sharing thoughts. And the rabbis who were teaching, each clearly from their own perspective and own style, seemed truly to be having fun with this somewhat silly and obscure topic of dairy and how dairy became associated with Shavuot.

Almost 10 years later, I have grown to deeply appreciate Shavuot, in large thanks to another practice I have developed: counting the Omer. Counting the Omer moves us from Passover to Shavuot, linking the two holidays and, for me, heightening the symbolism of them both. On Passover we tell our story, and on Shavuot we receive our story. On Passover, we celebrate having the freedom to choose, and on Shavuot, we make a choice. On Pass-

Together we receive the Ten Commandments all over again. Together we affirm and confirm our commitment to the Jewish people, to the values the Torah teaches us and the rules it invites us to grapple with. Together we remember that we are all created b’tzelem elohim, in the image of God.

over, our ancestors began their journey back into covenant and identity, and on Shavuot, they arrived. On Shavuot, we celebrate the gift of Torah and all that it holds. On Shavuot, we relive the moment of standing together at Sinai.

Together we receive the Ten Commandments all over again. Together we affirm and confirm our commitment to the Jewish people, to the values the Torah teaches us, and the rules it invites us to grapple with. Together we remember that we are all created b’tzelem elohim, in the image of God. We remember that we are not to stand idly by or to place a stumbling block before the blind. We remember to keep Shabbat, to honor our parents, to be honest and just, and to treat all people like the Godly creations we all are. Together, on Shavuot, we remember that together we are holy.

This year, making the most of the collaborative opportunities presented to us by this pandemic, we at Temple Beth El are partnering with communities across the East Coast (from New York to Florida!) to come together for prayer and learning in celebration of Shavuot, and you are all invited to join! We will gather online at 6:30 p.m. for a recitation of the Ten Commandments up and down the coast, followed by a number of 50-minute learning sessions beginning at 7:30 p.m. and concluding at 11:30 p.m. It will be learning for the sake of learning, in the magical twilight hours of the evening, with teachers from near and far — and who knows, we may even get to discuss the merit and demerits of dairy!

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Temple Solel Understands Compassion

By Shelley Pawlyk

We want to express our gratitude and appreciation to Carol Hahn, our social action chair for many years, who has recently transitioned leadership to Steve Yaffe. Our congregation is very fortunate to have two strong leaders to assist us in connecting with our local communities. We also have opportunities to educate ourselves about how we can influence change, dialogue, and foster understanding between us and those who are hurting. Who better than Jewish people to call upon our own history to help others?

With so much pain and uncertainty in the world, we need each other more than ever, not just the people with whom we have commonality; we also need people who are not like us. Reaching out and having an unexpected laugh or conversation might make getting us through the day easier. For so long now we have been hearing about horrible events, but they may not be happening directly to us. What can we do so our reactions are supportive and motivate others toward change?

Temple Solel SC condemned the recent hate crimes against Asian Americans and shared the outrage at the horrific killings of eight people in Atlanta on March 16, among them, six Asian American women.

PBS News Hour reported, "Even as overall hate crimes fell in 2020, hate crimes against Asian Americans in major U.S. cities grew nearly 150 percent. Since the early days of the COVID-19 pandemic, the group Stop AAPI Hate has recorded at least 3,795 reported incidents of hate against Asian American and Pacific Islanders."

We provided examples of how we can personally respond to hate crimes:

Speak out and report hate crimes or incidents to law enforcement.

Learn about the history of Asian American discrimination.

Show support to our Asian peers and community members by exhibiting a learning, listening, and collaborative attitude.

Be an advocate for awareness with your family and friends and within your places of faith, community, or workplace.

Take action — be vocal and explain your concerns to elected officials.

In a self-check, I realized I assumed those were the correct responses, but I didn't ask. It prompted me to send this list of examples to an executive from



Eliza "Lizzy" Rodriguez

my workplace and ask for her input about what more we can do to help.

She wrote, "That is a very clear and constructive call to action. Thank you. It is voices like yours that help bridge gaps. The only additional point that you might consider including would be to encourage the community to find ways to build personal relationships with people who are members of the, in this case, Asian community. It can be such a valuable way to learn and grow from each other, and it really puts that community on your radar when it comes to having empathy and being an advocate. For example, my next-door neighbors are a Jewish family, and we have become great friends. That has definitely changed how I respond and how it affects me when there have been hate crimes against the Jewish community. Personal connections make a difference. Thank you for what you are doing! We are in this together."

I took what she told me to heart and am sharing what I plan to do by saying, "It is forming personal relationships with people different from myself and asking them how they feel that begets empathy and understanding. The most powerful change comes when I recognize what others have suffered and then take action to drive change side by side as a response."

When each of us does this separately and then we combine our examples together as a community, we truly can make a difference and heal the world. I am reminded of the wisdom found in the Torah: "It is a tree of life to those who grasp it, and whoever holds on to it is happy; its ways are ways of pleasantness, and all its paths are peace." (Proverbs 3:17-18).

We recently held a virtual

remembrance and memorial service for Eliza "Lizzy" Rodriguez. She, her husband, Oscar, and son, Nate, mean a great deal to our congregation. Her loss a year ago was deeply felt by all of us, especially as none of us could attend a funeral nor comfort the family in person.

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 visit www.templesolelSC.org, write us at info@templesolelSC.org, or call (803) 610-1707.



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The Ruach is a 501(c)(3) non-profit organization whose mission is to spread the joy of Judaism through new Jewish musical experiences which are meant to create and maintain personal connections and, to inspire and engage people to embrace Judaism and all that it has to offer. The Ruach is supported primarily through voluntary contributions together with a small grant from The Jewish Federation of Greater Charlotte.

Connecting Music and Message: Meet Peter Levinson, Lead Guitarist, Co-Founder, and Leader of The Ruach



By Peter Levinson

Weaving music with spirituality is at the heart of my passion and purpose to have an impact in the Jewish community. Music, and playing it, has always been important to me. I have been in all sorts of bands: garage, college, bar, even my high school marching band, playing all kinds of music, from rock and pop to soul, jazz, and funk.

I grew up about three hours east of Charlotte in the tiny town of Fairmont, North Carolina, right in the buckle of the Bible Belt. Mom, Dad, my brother, and I were the only Jews in town. The nearest synagogue was 12 miles away.

My parents gave me an electric guitar for my bar mitzvah, and I taught myself to play. I had many influences, including Pete Townshend. You can hear The Who in The Ruach's version of "Mi Chamocha — Who Is Like You?"

In high school, I was a disc jockey at the local radio station. On Sundays, I would run the control board for a gospel program featuring "The Tobacco Troubadours." I remember how they smiled and laughed as they played. Their palpable and contagious joy inspired me and, in many ways, influenced my Jewish musical journey.

Although I had never pursued Judaism from an observance standpoint, my parents instilled me with strong Jewish values. My dad was president of our little synagogue and raised funds for the United Jewish Appeal. My parents were highly active in the community and great role models. When I moved to Charlotte after law school, I felt it was my obligation to join a temple to connect with the Jewish

community. Since then, I have served on the boards of the JCC and two temples and currently serve as the board chair of North Carolina Hillel.

As each of my daughters studied for their Bat Mitzvahs, I attended services with them. Being able to read Hebrew phonetically, prayers were familiar but, admittedly, I did not fully understand or appreciate them. There had to be more.

Thirteen years ago, just before my daughter Jill's Bat Mitzvah, Temple Israel's rabbi called to ask if Jill and I would be interested in joining him and Nancy Good, The Ruach's lead singer, and her son, Josh, in heading up a Saturday morning alternative service. He cautioned not to expect more than a handful of people to be there. Much to all

our surprise, nearly 50 showed up. Playing in front of others for the first time in several years felt good. I loved seeing their smiling faces enjoying our music and, just as importantly, the service. It brought me back to those smiling faces of "The Tobacco Troubadours."

As time went by, others joined us to form what has become known as The Ruach. At Temple Israel, we helped lead Friday night services and "Rock" Hashanah on Rosh Hashanah. Even though we were playing new Jewish music, I still did not give much thought to the meaning of the musical prayers. I just enjoyed playing.

In 2017, The Ruach became independent and started offering alternative worship experiences

in nontraditional settings. This led me to delve into the meanings of the services and prayers. By my gaining a deeper awareness, The Ruach and I have been able to lead uplifting and relatable Shabbat and High Holy Day experiences that provide hope, healing, and connection.

Judaism has always been about community, family, and tradition. For me, it is now much more. It is about inspiring and engaging people to experience the joy of Judaism. The Ruach has grown a new community, and I have gained a fresh and richer appreciation for Judaism.

Join The Ruach on the 4th Friday of each month at 6:45 p.m. for The Shabbat Experience, the modern Friday night service built on Jewish tradition

on YouTube.com/theruachband.

The Ruach is a 501(c)(3) nonprofit organization whose mission is to spread the joy of Judaism through The Shabbat Experience and other new Jewish musical expressions that are meant to create and maintain personal connections and, to inspire and engage people to embrace Judaism and all that it has to offer. The Ruach is supported primarily through voluntary contributions together with a small grant from the Jewish Federation of Greater Charlotte.

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Skills and Resources to Fight Hate

By Donna Tarney
Education Coordinator, Green-
spon Center for Peace and So-
cial Justice

We don't have to look too hard to find examples of hate in our community and our world. We turn on the news, open a paper, read an article on the internet only to find far too many instances of people hurting one another with words and weapons. It feels overwhelming. We ask ourselves, "What can we do?"

The Stan Greenspon Center is proud to offer programs and professional development that help community members and educators address this question.

Join us on Thursday, May 6 at 7 p.m. for an evening with Tanya Gersh, a Montana mom who became a leader in combating internet hatred.

In 2017, Andrew Anglin, the founder of a major neo-Nazi website called The Daily Stormer, orchestrated a horrific harassment campaign against Tanya Gersh and her family. He used The Daily Stormer, which

took its name from the Nazi propaganda newspaper, to launch a "troll storm," encouraging readers to TAKE ACTION! Followers of Anglin terrorized Tanya and her family with antisemitic messages and threats by the thousands. Why? Because Tanya agreed to sell real estate for the mother of White Nationalist Richard Spencer.

When Spencer learned his mother had contacted a Jewish agent, he took action. Consequently, Andrew Anglin with The Daily Stormer took interest. Anglin's online posts included Tanya's personal and professional contact information and photographs of her family. To Anglin's followers, Tanya became the enemy. The threats took an emotional, physical, social, and professional toll on Tanya, her family, and her whole small mountain town community, but Tanya fought back.

The Southern Poverty Law Center sued in federal court on behalf of Tanya, winning a more than \$14 million judgment

against the neo-Nazi leader and discredited him as a leader. Tanya's groundbreaking case sends a message to extremists and others who spread hate: This will not be tolerated, and there will be serious consequences for those who terrorize — whether online, by phone, or in person. Those using their right to free speech to terrorize lives will be held liable for the consequences of their actions.

Tanya won't let being a victim define her. Her courage and strength to not let hate win, and to assure this never happens again, is a message she has become passionate about sharing. Tanya is back to work and living her best life, and her story is currently being made into a documentary film, a television drama, and possibly a movie. The lawsuit is over, but her work has just begun.

To register, please visit our website or email Talia Goldman (goldmant@queens.edu).

Another way that we fight hatred is through education. This summer, we will once again

welcome The Olga Lengyel Institute for Holocaust Studies and Human Rights (TOLI) to the Queens campus. TOLI's six-day intensive seminar runs from July 11 to July 16, 2021. This year the seminar will be a hybrid of in-person sessions with room for social distancing and virtual meetings. The theme is Defying the "Single Story": Resistance, Holocaust, and Human Rights in the classroom.

This seminar brings together teachers from across the Carolinas who are looking to deepen their practice of teaching the lessons of the Holocaust and human rights. The overarching theme this year is resistance. The focus will be on Holocaust partisans and resisters, The Catawba Nation and its fight against legislative genocide, and Civil Rights activists. Our week features speaker presentations,

field trips (COVID permitting), and visits from scholars designed to allow educators to engage more deeply with these challenging topics. Participants will leave with new ways of thinking and teaching about the Holocaust, indigenous peoples, and human rights. The seminar is open to educators of all levels — from mid-elementary grades through college. There is no cost for the seminar, all in-person meals are provided, and educators will receive a stipend to purchase materials for their classes. Financial assistance is available for educators needing housing. For more information or to register, please visit <https://www.toli.us/north-carolina-application/> or contact Donna Tarney (tarneyd@queens.edu). To learn more about our programs, please visit our website, www.StanGreensponCenter.org.



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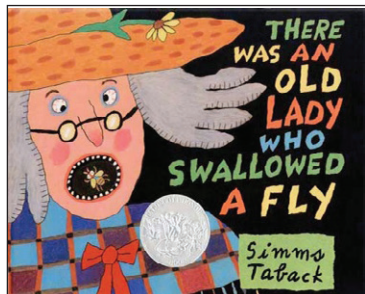


Debby Block

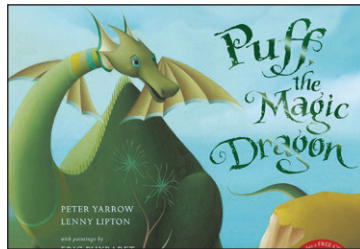
In my experience, children of all ages respond positively to music. According to the Brain and Creativity Institute (University of South California, 2016), musical experiences in childhood can actually accelerate brain development, especially in the areas of language acquisition and reading skills. Music ignites all areas of child development and skills for school readiness, including intellectual, social-emotional, motor, language, and overall literacy. For children and adults, music helps strengthen memory skills.

It is no surprise, then, that one of my favorite forms of children's literature is the one that marries the written word to imaginative illustrations with music.

Simms Taback, son of Jewish immigrants and Caldecott-winning illustrator, wrote and illustrated 50 children's books, including the PJ Library classic "Joseph Had a Little Overcoat." My favorite Simms Taback book is the musical "There Was an Old Lady Who Swallowed a Fly," which is widely considered a tour de force in innovative book illustration and design. Taback's bold illustrations paired with the die-cut holes in the pages, allowing the reader to see inside the old lady's stomach, make this book a winner for every child who wants to sing along. Recommended for ages 1-5.

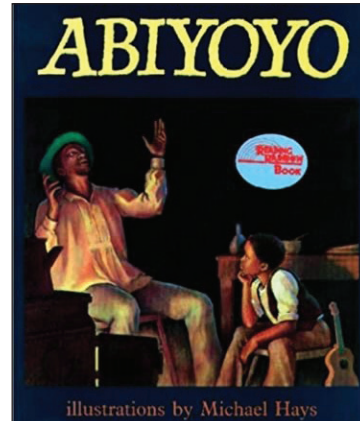


The song "Puff the Magic Dragon" is one of the most beloved children's songs of all time. Peter Yarrow, son of Jewish immigrants and as part of the renowned musical trio Peter, Paul, and Mary, turned this timeless tale of Jackie Paper and his beloved dragon into a beautiful children's book. The richly hued paintings bring a dreamlike quality to the mythical land of Honalee. Recommended for ages 3-7.



Author Mary Ann Hoberman and illustrator Nadine Bernard Westcott have created many books based on early childhood songs. My favorite is "The Lady with the Alligator Purse." This team has also created a treasure trove of children's books based on music, including "Eensy Weensy Spider," "Miss Mary Mack," "Bill Grogan's Goat," and "Skip to My Lou," to name

just a few. All have delightful illustrations, and many include verses that you may not already know. Recommended for preschoolers.



For older readers, I highly recommend "Abiyoyo," an adaptation of an African folk tale by musician and storyteller extraordinaire Pete Seeger. This is the story of a mythical giant named Abiyoyo who suddenly reappears. All the people in the village are terrified except for one little boy. The imaginative illustrations by Michael Hays bring this story of fantasy and magic to life. I applaud the message of diversity and acceptance in this story, and I enthusiastically encourage readers to listen to the original Pete Seeger performance of this "Reading Rainbow" classic, available on YouTube. Recommended for ages 4-9.

What are some of your favorite songs? Many of the songs you grew up with are now available as children's picture books. From pieces by Bob Marley to Pharrell Williams to Bob Dylan to the Beatles, many popular songs have been transformed into colorful, inviting children's literature. I am particularly impressed with "Imagine" based on the iconic song by John Lennon. The book version of this song follows a little pigeon as it journeys to spread a message of tolerance around the world. "Imagine" was published in partnership with human rights organization Amnesty International.

Whatever your taste, share your love of music through literature with your children! Keep singing and keep reading together.



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~ SCHOOL NEWS ~

Pesach at CJDS

By Mariashi Groner,
Director CJDS

Instead of our typical school-wide Pesach celebrations (because of the restrictions of COVID), we regrouped and planned individual model seders for each classroom. The excitement built throughout the weeks as the students learned, researched, and questioned all the details of the Pesach story and rituals. They decorated their matzah plate and practiced their Mah Nishtana. All the students received their very own seder plates, all of the necessities for the plate, three matzot, and their own individual tablecloth with a festive matzah napkin. Each student was also given a kiddush cup for the four cups of wine (grape juice). Then the fun began. The steps of the seder were introduced and explained by the students through PowerPoints, skits, and songs. Yummy matzah ball soup was served, and kosher for Pesach brownies were enjoyed by all. Of course, Eliyahu Hanavee (Elijah the Prophet) visited every classroom, which created much excitement. The song L'shana Habaah could be heard throughout the hallway.



Yael Polsky with her seder plate



Emma Gelbard pouring out the wine drops commemorating the plagues



Levi Garrison eating the Korech sandwich



Rabbi Levi Shemtov as Eliyahu Hanavee

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Area Teens Making the Most of Technology During a Pandemic



By Shayla Siegel

Believe it or not, the last thing I want to do right now is anything on a screen. But because of the pandemic, I have no choice. Over the past year, technology has been the only way I could live my life. It was the only way I could go to school, the only way I could socialize with friends, the only way to attend Shabbat and High Holy Day services, and the only way I could lead and participate in one of my favorite things — youth group events.

For the past two years, I have held a position on the Leadership Board of Temple Beth El's youth group, LIBERTY — first as a member at large, then as communications vice president. I love participating in events and being part of a group that helps other teens feel closer to Judaism. When the pandemic hit, the board and I were hopeful that we could continue to host in-person events and programs, such as our annual Purim Prom, but we quickly realized that this would not be the case. We ended up postponing and later canceled all in-person events. As the board and our advisor, Caleb Seidler, began to plan virtual events for the teens of Temple Beth El, we noticed a rapid decrease in attendance and participation. Because of all of the time teens were already spending on Zoom for school, services, and other activities, it was a lot to ask of people to voluntarily attend another virtual event. The only way to communicate was through technology, but after time, even that gets boring.

This “Zoom fatigue” was what made us realize that we had to find new and innovative ways to hold events that would be interesting and fun, even if we had to be on Zoom for part of it. In October of 2020, we held a drive-by event at Temple Beth El. Teens were invited to drive by the temple and pick up goodie bags of treats, keychains, and information about LIBERTY. That afternoon, participants came on a brief Zoom call where we met new people and played Kahoots and other online games to get to know each other better. This new world has made it challenging to get teens to come to virtual events, but holding programs on the computer does have a few benefits. In December, LIBERTY held a game day on Zoom. We let participants choose from a variety of games to play, and we had a blast playing everything from Jeopardy! to AmongUs, a popular role-playing game. Although staying on screens wasn't our first choice of a fun night, we still held a successful event by taking advantage of the resources we had. This February, I was able to attend the NFTY National Convention where I met people from all around the country. We participated in a beautiful virtual Havdalah service and attended a Dan Nichols concert without having to leave our houses! Serving as communications vice president on the LIBERTY board this year means that part of my job is to create promotional videos and flyers that go on our Instagram (@libertytyg) for teens and parents to see. Though



The LIBERTY board hosts a drive-by at Temple Beth El for their members to pick up goodie bags before their virtual event that evening

creating exciting programs is a major part of getting teens to come to our event, the way they find out about them is pretty important too. Since promotion can determine how many people hear about and attend our programs, I had to make sure that the flyers and videos we made would be eye-catching enough to make teens want to come to our events, even if it meant getting on another Zoom call.

(Continued on page 31)

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Not Throwing Away My Shot



By Mia Lederer

COVID-19 is a disease that started spreading around the world over a year ago, causing a pandemic. It has made millions very sick, and more than 550,000 people in the U.S. alone have died from COVID-19.

Finally, after months of trying, pharmaceutical companies, doctors, and scientists have discovered a vaccine to slow and eventually stop the spread of COVID-19. After a slow start, the U.S. has now (as of April 1) fully vaccinated approximately 15% of its population. The goal is for the U.S. to reach herd im-

munity. That would require vaccinating 80-90% of the population. We have a long way to go to achieve herd immunity.

The U.S. could learn from Israel in the way it has handled COVID-19 vaccinations. Israel has vaccinated over 60% of its population. What are we doing wrong? More importantly, what is Israel doing right?

It starts with the fact that Israel has a strong public health system. Israel's health system is made up of four health maintenance organizations (HMOs). Residents are required to join one of these HMOs (they can choose which one). The infrastructure was already in place for people to be contacted easily with directions on when they could be vaccinated. Israelis trust their HMOs and value their health-care workers. Their vaccination process has been very organized. The groups seeking the vaccine know exactly where to find it. They have a steady supply of vaccinations coming in, and their advanced medical files can tell exactly who needs

it and reach out if they haven't gotten it.

It's no secret many people in the U.S. will choose not to be vaccinated. Studies have shown that one out of four Americans refuse to take the life-saving vaccine. In Israel, only about 4% say they will not get vaccinated. Israel had excellent communication strategies so that its citizens were less fearful. The country also enticed people with food, DJs, and a celebration-like atmosphere at vaccine centers. Israel has also introduced a "Green Badge" system. An individual receives a green badge after being vaccinated. Many establishments will only be open to those who are vaccinated. Museums, sports venues, libraries, malls, and markets will be open only to people who have their green badge.

We can learn so much from Israel's vaccine rollout. It is important for the U.S. to understand how we can keep improving so that we can be safe as quickly as possible and return to some semblance of normal.

Mia Lederer is a freshman

at Northwest School of the Arts where she is a music major; she plays the viola in the orchestra. Mia attends Hebrew High as well as LIBERTY events at Temple Beth El. Mia is also a music Madricha at Temple Beth El Religious School. Mia lives in Matthews, North Carolina with her mom, dad, sister and dog. She enjoys hanging out with her fam-

ily and friends, baking and reading. In the future she dreams of becoming an orchestra teacher.



LIBERTY

(Continued from page 30)

Despite this being a challenging year, I am proud to have found so many new ways to creatively use technology to bring people together. We have used our resources to make the best of the situation and to create awesome programs for Charlotte's Jewish teens. And although it was disappointing at the time, I know there are so many things I wouldn't have done and people I wouldn't have met if it weren't for Zoom. But I'm ready for a

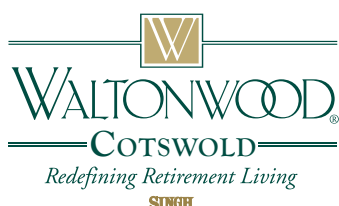
break from screens!

Shayla Siegel is a freshman at Providence High School and is on the board of Temple Beth El's youth group, LIBERTY, as communications vice president as well as a student at Hebrew High. In her free time, she loves to sing and do theater and she is currently in her school's production of Monty Python's "Spamalot."



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~ YOUTH VISIONS ~

BBYO and Moishe House Partner to Elevate Opportunities for Young Jewish Adults

Joint Commitment Blends Interdependent Approaches Toward a Common Purpose

With collaboration continuing to play a critical role in delivering impact across synergistic organizations, BBYO and Moishe House are partnering to learn from and leverage their similar operating models to better reach and inspire young Jews.

The critical decades of a young person's life following their bar/bat mitzvah are defined by many transitions, explorations, and relationships. Research has shown that one of the defining threads throughout these years is meaningful connections between peers and mentors as they share common experiences and engage collaboratively in building community. BBYO and Moishe House share an approach centered on empowering audiences to create experiences for their peers and a direct service business model dependent on centralized operations supporting experiences in local communities across the globe.

Through their joint commitment, BBYO and Moishe House will be partnering to reinforce their efforts in a number of focus areas, including:

Developing talented young

leaders to fill key organizational roles in the Jewish community, including Moishe House residents and BBYO volunteer advisers

Training and supporting early career managers and collaborating on cross-audience initiatives and content;

Strengthening operations and sharing information on systems, processes, and practices, including policies to promote the wellness, safety, and protection of adolescents and young professionals;

"The development of effective leadership skills among adolescents and teens is a vital mission for BBYO and certainly for the Jewish community at large," said Matthew Grossman, chief executive officer of BBYO. "Our alliance with Moishe House utilizes the rich human resources of our collective community, builds a foundation of future leaders, and provides new and innovative experiences for applying those skills in a Jewish communal context."

"Moishe House is committed to creating strong and healthy Jewish communities for young

people around the world," said David Cygielman, founder and CEO of Moishe House. "Through our partnership with BBYO, we're excited to empower the next generation of Jewish leaders, cultivate its leadership skills, and equip them with the tools to carve their own path in Jewish communal engagement. Our global models have so many synergies that will allow us to learn from one another while each strengthening the impact of our organizations and teams."

BBYO and Moishe House remain independent organizations committed to collaborating with institutions and initiatives that share common values and advance the missions of all organizations.

About BBYO

BBYO is the leading pluralistic Jewish teen movement aspiring to involve more Jewish teens in more meaningful Jewish experiences. For more than 95 years, BBYO's leadership programs, the Aleph Zadik Aleph (AZA, high school fraternity) and the B'nai B'rith Girls (BBG, high school sorority), have been providing exceptional leader-

ship programs and identity-enrichment experiences, shaping the confidence and character of more than 400,000 alumni who are among the most prominent figures in business, politics, academia, the arts, and Jewish communal life. Now, BBYO's network of Jewish teens, alumni, parents, volunteers, and philanthropists serves as the Jewish community's most valuable platform for delivering to the post Bar/Bat Mitzvah audience fun, meaningful, and affordable experiences. With year-round activities in hundreds of local communities and inspiring world-wide travel experiences, BBYO's broad program menu enables teens to explore areas of leadership, service, civic engagement, Israel education, and Jewish values.

For more information on BBYO, please visit bbyo.org and connect with us on Facebook, Instagram, and Twitter.

About Moishe House

Moishe House is the global leader in engaging Jewish young adults in peer-led programming. In 2019, through multiple programming initiatives, including Moishe Houses and Pods, Moishe House Without Walls and Jewish Learning Retreats, 68,000+ young adults around the world participated in more than 12,000+ programs. Moishe House programs are open to people from all Jewish backgrounds and are supported by generous funders in communities across the globe. To find out more about Moishe House, visit www.moishehouse.org.



Friendship Gone Right: A Friendship Circle Story

By Ellen Engelhardt

When a child grows up with significant medical needs, relationships with peers almost inevitably suffer. Such was the case with my own child, Annie, whose undiagnosed food allergies led to crucial formative years spent mostly in medical offices in an attempt to diagnose, treat, and cure her symptoms. This was difficult enough, but there is no heartache like the pain that comes from a child's want of friendship.

Enter the Charlotte chapter of the Friendship Circle, an organization whose innovative programming provides social opportunities for children and young adults with special needs. Pairing local teens and children for weekly visits, Friendship Circle seeks to create real and lasting friendships for a more inclusive community. Does this sound a bit too sweet for authenticity? Put your cynicism aside and consider the following: Friendship circle

oversees more than 35 programs, including "Friends on Call," Friendship Circle's response to COVID-19; "Upcycling University," a craft-based program that teaches skills leading to financial independence; parent support groups and more. Friends on Call has over 50 friend participants and 1,900 hours of friendship.

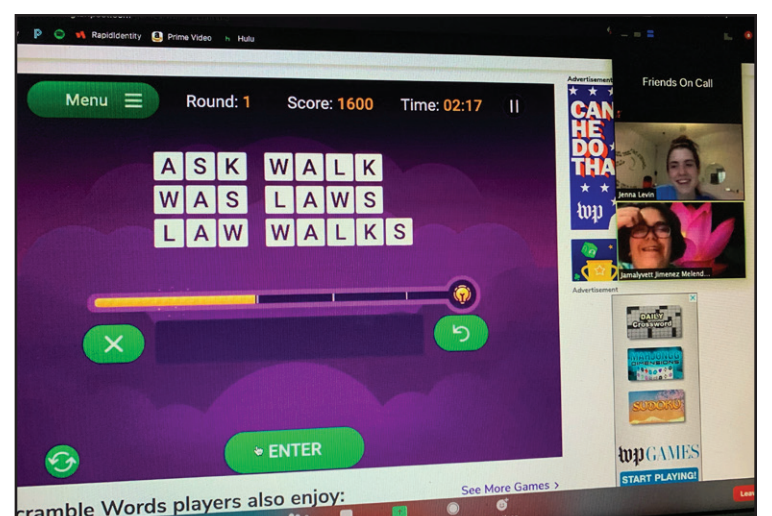
Try to imagine my surprise when Sue Schreiber, the family coordinator for Friendship Circle, paired my daughter with a young lady with significant autism. I was furious. My child was the one in need and worthy of the support Friendship Circle claimed to offer. Following Annie's initial meeting with her new Friendship Circle friend, I planned to call Sue to get the matter straight.

But this angry conversation never came to pass.

On the phone with her new friend, Annie bloomed with kindness, poise, and leadership. As her new friend struggled to

find her words, Annie demonstrated patience. And when her friend was too anxious to speak, Annie asked engaging questions with her friend's interests in mind. My child, who had been ill for so many years, the one with "needs," was providing emotional sustenance for someone else. In return, our dear girl realized strengths none of us knew she possessed all along. It was magical. It was also, quite honestly, a mea culpa moment for me, the mother who had grown so accustomed over the years to pursuing diagnoses and treatments that she had also grown to underestimate her child's own capacity to give and even to lead.

Friendship Circle knows that each of us seeks to connect in an authentic way with others. It is simply a matter of creating circumstances in which this authenticity can take hold and, in so doing, move mountains by changing the lives of its participants for the better.



A virtual Friends on Call Meeting in Progress

Friendship Circle is an affiliate of Chabad of Charlotte and a beneficiary agency of the Jewish Federation of Greater Charlotte. To learn more, visit www.FriendshipCircleNC.org.





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Living life and looking ahead

Looking Back

Newspaper archives are a treasure trove of collective memories, providing a snapshot of our history. The following is from May, 1986.

Together We Have! Opening Ceremonies at Shalom Park Set for May 18

With marchers, runners, balloons, a time capsule and a musical fanfare, Shalom Park and the doors of the Jewish Education and Community Center will open on Sunday, May 18. And that's just for openers. The entire afternoon will be filled with an Israeli-theme carnival, demonstrations of JCC programs and classes, displays by all the Jewish institutions and organizations, self-guided tours of the facilities, and much, much more. Opening ceremonies will begin promptly at 2 p.m. in the upper tier of the parking lot. Those planning to attend are urged to come early (starting at 1 p.m.). Parking in Shalom Park will have to be limited that day. Later arrivals will park in the lot at Calvary Church on Sardis Rd. From there they will take one of the special shuttle buses to the ceremonies.

Beginning in the late morning at Temple Israel, a march will commence up Morehead and Providence Road toward Shalom Park. Marchers from Temple Beth El will join in and they, in turn, will be joined by others beginning at Temple Beth Shalom and the Hebrew Academy. All will arrive at Shalom Park in time for the opening ceremonies. While the march is in progress, runners, carrying their torches,

will start from the institution sites including the site of the previous JCC on Sharon Amity. The runners will arrive and be greeted with a musical fanfare during the ceremonies. They will light a giant seven-branch menorah and present historical items from their institutions. These items will be sealed in a time capsule to be buried in the sculpture garden at the Park.

The brief opening ceremonies will feature greetings from Mayor Harvey Gantt, the County Commission and leaders from the Jewish community. It will be highlighted by the placing of a cornerstone, designed and donated by Anne Yudell, and the affixing of mezzuzahs and blowing of shofars.

The balance of the day will feature opportunities to see the Jewish Education and Community Center (JECC) in action. Self-guided tours will be assisted by a specially prepared program book and by volunteer tour guides stationed throughout the facilities. In the Leon and Sandra Levine Jewish Community Center, the "J" (Jewish Community Center) will introduce visitors to its wide range of programs and activities and classes.

Demonstrations will be offered in physical education, dance, fine arts, music and drama

for all ages from 1 to 100+. The Blumenthal Education Building will feature an Israeli-theme carnival. Designed to afford participants a chance to visit its many and varied classrooms, the carnival will offer booths and prizes. The carnival is cosponsored by the Temples and the Academy. Gorelick Hall will contain displays and information booths for each of the Jewish institutions and organizations. The gallery alcoves will feature an art and photo display.

Refreshments will be served overlooking the outdoor pool complex. They will be provided by the "J."

The entire event has been developed by the Foundation Special Events Steering Committee under the leadership of Alan Blumenthal. Chair members of that committee include: Ed Moline, Mark Bernstein, Louise Bernstein, Brenda Meltsner, Marcia Simon, Roz Greenspon, Emily Zimmerman, Mattye Silverman, Phyllis Schultz, Lisa Foley, Elliot Sanderson, Ginger Snitz, Judy Sutker, Larry Segal, Bobbie Pollard, Patti Gorelick, Florence Jaffa, Sandra Gunn. Professional staff include: Arthur Tirsun, Lisa Vernon, Rabbi Robert Seigel, Stan Swig and Marvin Bienstock.

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(Puzzle on page 13)

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In The News

Calendar	13	Organizations	17
Classifieds	13	Recipes	17
Editorials	2	Real Estate	17
JCC	6-7	Temple News	16
Local Adult Inst.	16	This & That	16
Letters	8	Travel	16

The Charlotte JEWISH NEWS

Vol. 9 No. 5 Charlotte, North Carolina May, 1986

TOGETHER WE HAVE!

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Shalom Park Grand Opening May 18, 1986

1:00 p.m. Parking Lot Opens at Shalom Park. Limited to the first 500 cars. Additional parking and shuttle bus at Calvary Church on Sardis Rd. See page 13 for details.

1:15 p.m. Sign in for the Open House. Contributors who have not already done so, may sign these day slips which will be used and set in the sculpture garden. This will be available for signing all afternoon.

1:45 p.m. Marchers Arrive From Temples and Hebrew Academy.

2:00 p.m. (PROMPT) Opening Ceremonies Begin. See story for details.

2:30 p.m. Jewish Education and Community Center Open.

• Central • Touring • Displays • Activities • Artifacts • Prizes • Programs • Refreshments

Grand Opening Continues

Last shuttle bus is at 4:00 p.m.

Academy Gala Honors Founders

By Martha Brenner

No one said it would be easy, 16 years ago, when Charlotte's Jewish day school was founded. Indeed, it has been harder work than anyone imagined to bring the N.C. Hebrew Academy to its latest milestone, a long-awaited move this summer to new facilities in the Education Building at Shalom Park.

That milestone will be celebrated at the Annual Academy Gala, Sunday, June 1, at Shalom Park when donors, parents and other patrons join together to honor the men who made it possible for the fledgling school to buy its first home in 1971 at 1006 Sardis Lane.

The men to be honored at the Gala are Marvin Baron, the late Dr. Philip Baron, the late I.D. Blumenthal, Herman Blumenthal, Bill Gorelick, Shalom Gorelick, Abraham Kaplan, Sam Kaplan, Stanley Kornfeld, Sam Lerner, Alvin Levine, Abraham Lusk, Hugo Rosenberger, Elliott Schwartz, Benjamin Siskin, Gerald Siskin, Morris Spiselman and Boris Weisberg.

"We'll be celebrating 16 years of the school's existence," said Dr. Philip Baron, the late Dr. Philip Baron, the late I.D. Blumenthal, Herman Blumenthal, Bill Gorelick, Shalom Gorelick, Abraham Kaplan, Sam Kaplan, Stanley Kornfeld, Sam Lerner, Alvin Levine, Abraham Lusk, Hugo Rosenberger, Elliott Schwartz, Benjamin Siskin, Gerald Siskin, Morris Spiselman and Boris Weisberg.

School Property Purchased

Abraham Lusk coordinated the purchase of school property.

Shalom To The Krantzlers

By Judy Sutter

After a decade of serving as spiritual leader of Temple Beth El, Rabbi Harold I. Krantzler and his wife Helen will leave Charlotte at the end of the summer to be closer to their three children and grandchildren in California. Rabbi Krantzler has chosen to retire after serving in the Rabbinic a total of 26 years.

Everyone in Charlotte who has had the privilege of knowing Rabbi Krantzler has been inspired by his religious knowledge which he shared with others, his keen sense of humor, his outreach to the Christian community, and his participation on many local community boards and cultural activities. These included serving as moderator for the Wildcat Institute, which has become an annual event; President of the Charlotte Area Clergy Association; President of the Greater Association of Rabbis; co-chairman of the Charlotte-Mecklenburg Chapter of the National Conference of Christians and Jews; and on the board of the Charlotte Lung Association.

Rabbi Harold Krantzler

Those who attended the Oratorio Singers of Charlotte also enjoyed his participation in the many performances at Oratorio Auditions during the nine years he was a member. If you were a Temple Beth El "Retreatnik to Wilderness" each summer, you would especially enjoy his meaningful weekend with family members, inspiring Havdalah service, and sing-a-long concerts.

I quote from his letter of resignation to the Congregation: "Our lives have been bound up with the Congregation."

Special Shalom Park Supplement Inside

Also from May 1986

Darren Mond, son of Mr. and Mrs. Irving Mond, was asked to be one of two cellists to be in a 15-member orchestra to accompany Pfeiffer College's Symphonic Choir. The group has led concerts in Misenheimer, Mt. Airy, and Creedmoor, N.C., prior to their anticipated three-week concert tour in Europe. Darren is a chemist by profession.

Dr. Barry L. Golembe, the only pediatric hematologist/oncologist in Charlotte, was one of the five winners of the WBTV Jefferson Awards for public service to the community.

Susan (Mrs. Hy) Bruck was elected to the Executive Board of B'nai B'rith Women at the organization's recent International Biennial Convention in Las Vegas, Nevada.

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