

Chronicle

THE
VOICE
OF
JEWISH
LONG
BEACH
PUBLISHED
SINCE 1947

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Integration - Dream With Us • #Jew-ish or #Jewish • Frequently Asked Questions • The Effects of COVID-19 Infections on Children • Women in Jewish Stories • College Board of Trustees Takes a Stand • Counting the Days • Accomplice or Ally? • Does Cancel Culture Defeat the Possibility to Learn and Evolve?



Dream With Us

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SHABBAT CANDLELIGHTING

May 7 7:24 pm	May 21 7:34 pm	June 4 7:43 pm	June 18 7:49 pm
May 14 7:29 pm	May 28 7:39 pm	June 11 7:46 pm	June 25 7:50 pm

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Harry & Jeanette Weinberg Jewish Long Beach Campus
One Sommer Way
3801 E. Willow Street
Long Beach, CA 90815-1791

Phone: 562.426.7601 | FAX: 562.424.3915

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Office Manager/Executive Assistant

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Editorial and advertising queries, please call 562.426.7601 x1006 or write chronicle@jewishlongbeach.org

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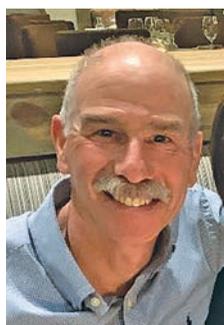
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Jewish Long Beach/Alpert JCC Integration – Dream With Us

Edie Brodsky | President, Jewish Long Beach Board and Barry Zamost, MD | President, Alpert Jewish Community Center Board



Edie Brodsky



Barry Zamost, MD

Are you a “Federation” person or a “JCC” person? This question has remained a common one in our Jewish community throughout the decades. But if the integration of Jewish Long Beach, formerly the Jewish Federation and Jewish Community Foundation, and the Alpert Jewish Community Center (AJCC) were such a great idea, why has it taken over 70 years to get beyond that question? As often occurs with major changes, it came down to the right people and the right time.

While some people in the community have believed that Jewish Long Beach and the AJCC were already one agency, they have actually always been two distinct organizations, each with its own board, staff structures, mission, budget, and operations. Even with joint efforts to raise funds and build the beautiful new building housing the AJCC, Jewish Long Beach, and other Jewish communal agencies in 1999, we were still left with the Federation as the landlord and the AJCC as the primary tenant, resulting in frequent and complicated discussions about the management and maintenance of the building. While often working together on projects, such as

our new solar energy system, security needs, and management of the pool, the fact that the agencies were separate created barriers to collaboration. Jewish Long Beach, in its role as a community convener, was setting community priorities, and the AJCC was making strides to engage those priorities through programming in an environment where true, seamless collaboration remained impossible.

But as leaders in the community began to populate both boards, with AJCC past presidents holding important positions on the Jewish Long Beach Board, and vice versa, one could slowly see a new spirit of cooperation developing. A sense of what would be possible when we work together was emerging. In 2019, the Long Beach Federation and Foundation merged to become Jewish Long Beach, and a new CEO of Jewish Long Beach, Zach Benjamin, arrived. Meanwhile, various communities around

the country were looking at new models, and donors everywhere were asking whether there might be better ways to coordinate annual and legacy giving, to assess community need, and to address those needs through innovative programming.

And so the AJCC Future Visions Task Force was born and soon expanded to become a joint Task Force with Jewish Long Beach under the experienced leadership of AJCC Immediate Past President Matt Davis, and Jewish Long Beach Immediate Past President Laurie Raykoff. After preliminary communications with several communities around the country, and more focused Zoom meetings with two communities that

had already successfully integrated, the work of the Task Force began to gain momentum.

In March 2020, Interim AJCC Executive Director (and previous Federation CEO) Deborah Goldfarb arrived, which coupled with the sudden onset of the COVID-19 pandemic, caused the process to rapidly accelerate. A year of intense preparation followed, consisting of committee meetings, joint executive committee and governing board meetings, governance structure and mission/vision subcommittee meetings, the creation of integration timelines, organizational charts, and combined financial models, all leading to the recent historic votes. In late March 2021, the Jewish Long Beach and AJCC Governing Boards separately and

in-tə-'grā-shən

the act or process of incorporating as equals into society or an organization of individuals of different groups

unanimously voted to integrate the two agencies. The Alpert JCC will still retain its name and brand as part of Jewish Long Beach, and while the

formal legal date for establishing the new agency is expected to be January 1, 2022, the boards and staffs will immediately begin working together to serve the community with unprecedented impact and effectiveness.

This would never have happened without trust: trust between the lay leaders, between the AJCC and Jewish Long Beach Executive Directors, between the two Governing Boards, and our trust that the community will Dream With Us in securing a bright and exciting future.

So, from now on, the answer to the question, “are you a JCC or a Federation person?” will always be, “Yes.” 

ZOOM Town Hall
Wednesday, May 5 at 7:00 pm

Dream With Us

Join Jewish Long Beach and the Alpert JCC for a virtual town hall gathering to learn more about the coming together of these two long-standing Jewish agencies. Register for the event to obtain the ZOOM link – <http://bit.ly/JLBxAJCC>

Frequently Asked Questions About Planned Giving

Sharon Kenigsberg | Director of Community Development, Jewish Long Beach

Everyone, no matter your circumstances, can create a Jewish legacy. In order to assist you and start the conversation of how you can design your own, we've compiled a list of the most frequently asked (and of course answered), questions regarding estate planning. If you do not see your own questions here, please contact me and I would be happy to help: sharonk@jewishlongbeach.org or 562.426.7601 ext. 1008.

How Do I Leave a Gift for a Charitable Organization That I Support?

It's easy. You can arrange for a gift in several ways, the most common being through a charitable gift in a will or a living trust. Many people set aside a certain dollar amount. Others leave a percentage of their estate, or any assets left over after they have provided for their family. Gifts of life insurance, retirement accounts, or other appreciated assets can be used to establish a legacy.

Must I Have an Estate in Order to Leave a Legacy?

Everyone can leave a legacy. "Estate" is simply a word used to describe any money, property, or personal belongings that you own at the time of your death. Most people leave an estate when they pass away, even though they may not have a great deal of wealth. Even modest gifts are appreciated, every gift goes a long way.

When Should I Start to Think About Leaving a Legacy?

The answer is different for each individual. Some people make their wills when they have a first child, or when they receive an inheritance. But don't put it off – the time is always right to think about how you wish to be remembered by your loved ones and community.

Why Should I Consider Leaving a Legacy?

Consider the institutions and causes you support now. Why have you made gifts of money and time? Picture your Jewish community decades from now. What would you hope to see? Through your legacy, you can ensure that the organizations you care about thrive in perpetuity and the issues you are most concerned with continue to be addressed.

Who Will Receive My Legacy?

All qualified, tax-exempt institutions are appropriate beneficiaries. Organizations you have supported in your life are natural choices. Help keep the Jewish community strong by considering your synagogue, Jewish Long Beach, day school or other Jewish groups. You may wish to target fields of interests such as Jewish education, care for the elderly, or social services in Israel. You can also support organizations in the general community that have touched your life.

Consider designating a share of your legacy as unrestricted to the Jewish Long Beach Unrestricted Endowment Fund. While some issues remain constant, priorities can shift in sudden and unexpected ways. This is an excellent way to express your trust in future community leaders.

Do I Tell the Charity That I've Left a Gift?

That is up to you. Charities often like to know in advance so that they can recognize your generosity. They can also tell you about specific opportunities for giving.

How Can I Invite My Children Into the Process?

You should engage your children in every step of the legacy planning process. Here are some suggestions:

- Gather your family members together for discussions about your charitable giving and values.
- Together visit any of the institutions, programs, and services you are committed to supporting.
- Listen, acknowledge, and dialogue amongst one another about possible concerns.

How Can My Legacy Inspire the Community?

The legacy planning process can build bonds with your partners in your community. It is truly a way to let your name be remembered as a blessing. Your promise to provide for the Jewish community after your lifetime makes you eligible to have your name displayed on Jewish Long Beach's Legacy Wall proudly displayed in the Lentzner Family Promenade on the Weinberg Jewish Long Beach Campus.

How Can I Make Sure My Legacy Reflects What is Important to Me?

Jewish Long Beach is here to be your resource. We can meet with you before you meet with your advisors to brainstorm initial ideas and goals. In future years, we can help involve your children and grandchildren in carrying out your legacy.

How Can Jewish Long Beach Work with My Professional Advisors?

We can work with you and your professional advisors to plan your gift in a way that furthers your unique financial and charitable goals. We are available to meet and consult with your advisors throughout the process.

How Should I Fund My Legacy?

With the help of Jewish Long Beach and your professional advisors, you will carefully choose the source of your dollars to help fund your legacy. Examples include retirement funds, highly-appreciated stock and real estate.

How Should I Structure My Legacy?

Depending on your goals, your legacy can be structured in the way that is most advantageous for you. You, your spouse and family members can receive income for life through charitable gift annuities or charitable remainder trusts. Or your legacy can be a simple bequest in your will or from your IRA.

What is the Difference Between a Bequest and an Endowment?

A bequest is a legacy gift, distributed from the donor's estate after the end of his or her life. If not designated, it can be spent in the year that it is captured. An endowment is a permanent fund that is held in perpetuity, distributing a specified percentage annually to the designated purpose. For example, a Lion of Judah Endowment (LOJE) and Perpetual Annual Campaign Endowment (PACE) are funds that are distributed each year to the Jewish Long Beach Annual Campaign. An endowment can be established by bequest or during the donor's life.

How Can I Get Started?

Please contact Sharon Kenigsberg at Jewish Long Beach at sharonk@jewishlongbeach.org or 562.426.7601 ext. 1008 to set up a confidential appointment. 

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#Jew-ish or #Jewish

Sara Phillips Brown | Member, Jewish Long Beach Board

While I am currently a proud leader in Jewish Long Beach, my path to Jewish leadership was mired with uncertainty and detours.

Judaism was always a part of my identity and it took on different forms along the way. I was never really connected to the Long Beach community other than through my family's very deep roots here. My great-grandfather Paul Phillips started Phillips Steel in 1915, as a scrap metal and raw materials business. The family business grew and expanded over the



Sara Brown with her parents, Sandy and Daryl Phillips.

years. My father, Daryl Phillips, was president of the company for more than 40 years and now I am proud to be carrying on that role. My father, his siblings and cousins all grew up in Long Beach at Temple Israel. Our family truly were among the early Jewish pioneers in the community.

I grew up in Huntington Beach and we were members of Temple Beth David, where I attended pre-school, became a Bat Mitzvah and was affiliated with B'nai B'rith Youth (BBYO).

My first Jewish memory in Long Beach was spending the night in a red nylon sleeping bag on a chilly and damp floor at the Alpert JCC (then known as the Long Beach Jewish Community Center). This was the mid-80s and the JCC was still on its original campus with the linoleum tiled floors and dim lighting. And while I have no idea why my parents shipped me off for the night, I do remember the smells, all the smells.

After graduation from high school in 1996, I moved away for college. Emory was a college with LOTS of Jews, but of course I joined the non-Jewish sorority. I participated with the Hillel during the High Holy Days. During those years I was #Jew-ish, not overly seeking Jewish involvement. When I was 19, in-between my second and third year of school, I did make my one and only trip to Israel with Young Judea (which was a predecessor of Birthright). It was

awesome, liberating, exciting and created in me a desire for Jewish life. I remember hiking Masada at dawn, being impressed by modern Tel Aviv versus old Jerusalem, and eating lots of hummus. One of the highlights of the trip was the coincidence of reuniting with a friend from pre-school that I had not seen since we were 13. However, once I landed back on US soil that light quickly faded as I became immersed in life back home.

Upon graduating from college, like most 20-somethings, I wanted to have an adventure so I moved to NYC to be with friends, and live the city life.

Once I realized that I was ready for the next phase of my life, I wanted to move back home and be closer to my family. In 2005, I returned to California and lived with my parents until I eventually moved to Belmont Shore, in search of a more vibrant community. I didn't know Long Beach and I certainly didn't know any young people that lived in Long Beach. So I joined a running group, immersed myself in the family business and loosely socialized with the local Jewish young adult groups, still #Jew-ish.

In 2009, I was asked to be part of the reincarnation of a Community Leadership Development Program (now known as the Alpert New Leaders Forum*). I was delighted! Something new, philanthropic, local and even a way for me to meet other young professional Jews. Boy, did I throw myself into this group. After completing the class in 2010, I volunteered for Super Sunday, joined the board of the Federation, sat on the nominating committee for the next incoming class of leaders, served as the co-chair for the program and met some lifelong friends. I also traveled nationally to the Jewish Federations of North America Boston Leadership Conference. I came back motivated to implement new ideas for young leadership. In 2011, I earned the Neuburger Young Leadership Award together with Paige Fingerhut Charnick. (The Neuburger award is given to young leaders with a vision for strengthening our Jewish community, the desire and ability to motivate others to become active in the Jewish community and the ability to become a top Federation leader. Awardees receive a grant to attend the Jewish Federations of North America General Assembly.)

This period of my life was defined by total immersion in all things Jewish. However, I knew that this level of involvement was not sustainable for me. I then moved to pursue an MBA from Pepperdine, did some traveling, and spent five years at the Hartford Financial Services group. But I always had the goal of eventually returning to the Long Beach area and starting a family of my own one day.

It's been seven years since I moved back to Long Beach. The "I" is now a "We" and I/we have no intention of leaving. Long Beach is home for me, my husband Richard Brown and our two children,

Max (6) and Isla (4). Jewish Long Beach is our home away from home. Our kids, go to school at the Alpert JCC, attend Camp Komaroff, where they have taken



Sara Brown with her husband, Richard, and children Max and Isla.

a zillion swim lessons (only to still wear floaties in the deep end). We love that our children are learning about Jewish culture and values, and that they sing the "hamotzi" in "engbrew." I'm back on the Jewish Long Beach Board, a Lentzner Fellow,** and yes made still more lifelong friends.

Most importantly though, I'm following in the footsteps of my parents and their parents, who were always passionate in supporting Jewish philanthropy and serving the community. I am now extremely proud to be #Jewish. 

*Alpert New Leaders Forum is a community wide leadership development program that is free to participants who want to further their knowledge of our Jewish community and network with other Jewish leaders.

**Lentzner Fellows is a select group of leaders who are committed to immerse themselves in deepening their leadership skills to serve Jewish Long Beach.

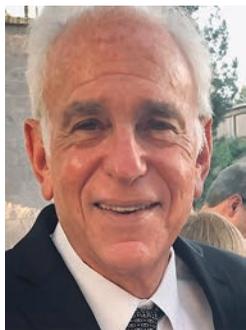


Paige Fingerhut Charnick (L) and Sara Brown



The Effects of COVID-19 Infections on Children

Robert Kaplan, MD | Pediatrician



As we head into the start of the second year of the COVID pandemic in the United States, it is important to better understand the short- and long-term effects of COVID-19 on children. While the rate of infection in children is much lower than in adults, children are not immune to the disease and are suffering from both short- and long-term complications.

According to the American Academy of Pediatrics and the Children's Hospital Association, more than 3 million children and young adults tested positive for COVID in the U.S. as of February 2021. Most of these kids experience mild, if any, symptoms. There are probably many more who have been infected, but because they are asymptomatic, testing has not been done. I have seen many families whose parents tested positive but since their children did not have symptoms, they were not tested. Thankfully, most children and teens usually do very well, even when infected with COVID-19.

Although very rare, some children will develop what is called multisystem inflammatory syndrome in children, also known as MIS-C, about 4 - 6 weeks after they are infected with virus. There have been about 2,000 cases so far in the U.S. We have seen one child in our practice here in Los Alamitos develop this complication. These children can be very ill and end up in the hospital and even in the ICU, needing long-term follow-up. Many will have continuing cardiac problems. These children become very ill abruptly and tend to have high fevers, respiratory symptoms, rashes and more. The earlier these children are seen and diagnosed, the better the outcome for the child. As a result, it is of utmost importance to contact your pediatrician right away if your child has any of these symptoms. The quicker we get them to the hospital and the correct specialist, the quicker they can be treated to minimize the lasting problems.

What is really alarming are the large number of children who we have seen with either no or mild COVID-19 symptoms, but are now complaining of fatigue, shortness of breath, loss of smell or taste, or brain fog weeks to months after they were infected. It is particularly concerning that these symptoms don't seem to go away. In our office, we have seen a few teens and young adults with these symptoms. One example is a 19-year-old softball player who had a college softball scholarship and developed COVID-19 in November 2020. She had a mild cough and runny nose, but otherwise experienced a benign course like most young adults do. She finished her quarantine at college and came home for winter break. When I saw her about 6 weeks later, she was complaining of fatigue, mild shortness of breath and decreased exercise tolerance. She could not work out with her team when she went back to college. I referred her to a specialist for a thorough cardiac and pulmonary evaluation.

We are lucky to have excellent cardiac and pulmonary specialists in our area. A full work up for this patient showed no cardiac problems but mild lung disease. After seeing the correct specialist, she was treated and has been able to start exercising again. She is still not where she was before she got ill, but is getting there. The virus also affected her ability to study, concentrate and do her college level work.

No one knows how often children/teens develop these symptoms, or how many already have these symptoms. We know that many adults have had this syndrome and it is now called Long Haulers Syndrome. As we, as pediatricians, and our children's hospitals see more of these children we will learn more as to how to treat them. Multi-specialty clinics are being developed to care for their physical and emotional symptoms. Many of the new centers include areas for medical, psychological, physical therapy, and acupuncture for both evaluation

and treatment. The challenge is getting these children seen early and making the correct diagnosis.

Many people doubt that these symptoms are actual physical illnesses, but instead are just an emotional problem, which makes evaluation and treatment more difficult. It is important to differentiate these Long Haulers symptoms associated with post COVID-19 infections from anxiety and depression that we are seeing in increased numbers of teens and young adults during this pandemic.

As we more readily recognize this syndrome, we will be able to get more data and begin to effectively treat these children and young adults. At this time in our pediatric office, we have been referring all teens and young adults who have had COVID-19 to cardiologists for evaluation before they are cleared to go back to their sports. They have picked up a few abnormalities that are either treated or just observed with the hope of improvement. Being a new disease, we are all still



learning. There's another wrinkle that often comes with the uncertainties about this Syndrome. Physicians will likely run a battery of tests, recommend referrals to specialists, or perform a variety of procedures that could potentially cost their families a significant sum, which may not be fully covered by their health insurance policy. If you add on the time lost from work or school, you can see how devastating this Syndrome can be.

Long Hauler patients may continue to have long-term problems, affecting their families, our health care system and society. We must not underestimate what COVID-19 can do. I have seen many families who all had a very benign course of the virus, so they think it is not a big deal. They have been lucky.

If you or someone you know is exhibiting some of the symptoms described above, see your doctor as soon as you are able. Continue to wear a mask, keep your distance, avoid large indoor crowds, wash your hands and get vaccinated by any of the vaccines out there. We are all in this together and must be vigilant and try to protect each other. This pandemic has already done too much damage to our society, loved ones, and economy. Let's work together to decrease the damage it is causing, and get back to a more normal life. 

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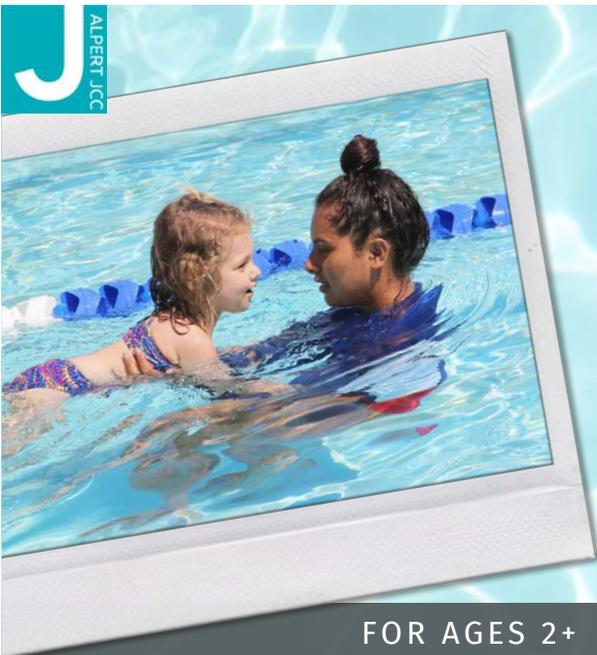
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Women in Jewish Stories

Sharon Kenigsberg | Director of Community Development, Jewish Long Beach

These days, it seems like our in-boxes are flooded with countless opportunities to participate in meaningful, educational and entertaining webinars. Each offering has merit and there is not always time to partake in each one. However, it is not often that you get a notice that brings various parts of your world together. That is how I felt when I opened the email about an upcoming webinar on Tuesday, May 11 at 9:00 am, entitled “Women in Jewish Stories.”

This national webinar is hosted by PJ Library (see below) and Jewish Federations of North America National Women’s Philanthropy (two groups that Jewish Long Beach are very much a part of). This meaningful conversation moderated by journalist Abigail Pogrebin will offer teachings from Jewish women who lead, give, and tell Jewish stories. How have the stories of Jewish women been told throughout time? How should this storytelling

change in the wake of COVID-19, given the added pressure placed on mothers during this time? Meredith Lewis, PJ Library’s director of content, education, and family experience, will lead a discussion with Annie Polland, the new executive director of New York’s Tenement Museum; Ruth Behar, author of *Lucky Broken Girl*; and Mara Rockliff, author of *Try It! How Frieda Caplan Changed the Way We Eat*.

The surprise came when I read that one of the speakers had written a book about one of our own local legends, Frieda Caplan.

Dr. Frieda Rapoport Caplan became the first woman in the United States to own and operate a produce company. Just over 60 years ago, she founded Frieda’s, Inc., a specialty produce company in Los Alamitos, California. Frieda revolutionized the specialty produce industry, initially, as the first woman selling produce in the Los Angeles wholesale produce industry, then by gradually introducing more than 200 exotic fruits and vegetables to America. Because of Frieda, what might have been exotic in the 60s, 70s or 80s, is commonplace today. What local market doesn’t carry kiwi, jicama, or even bean sprouts, to name a few of the products she brought to our kitchen tables?

In 2016, Jewish Long Beach Women’s Philanthropy paid tribute to Frieda with a screening of the documentary about

her life and career, “Fear No Fruit.” The film chronicled Frieda’s rise from being the only woman in the Los Angeles Wholesale Produce Market to becoming a successful entrepreneur. Frieda, who still went into the office four days a week, well into her 90s, passed away in January of 2020 at the age of 96.

Her daughters and granddaughter carry on the business legacy of Frieda’s. CEO, Karen Caplan explains in her blog “What’s on Karen’ Plate” how a children’s book about Frieda came to be.

Okay, so maybe I am a little prejudiced, but when a well-published children’s book author contacted me three years ago and said she planned to write a book about my mom, Frieda Rapoport Caplan, I was so excited! I’ve always found kids are fascinated (and grateful) when they discover that it was my mom who is credited with introducing kiwifruit to America in 1962. Honestly, who can imagine a world before kiwifruit?

Here’s how it happened. About three years ago, Mara Rockliff—an author of more than 75 children’s books—sent an ordinary email to our company. Mara had taken a trip to Israel organized by the nonprofit PJ Library for children’s authors and illustrators, and she was inspired to think about Jewish subjects she might write about. When she got back, she dug around and found an amazing resource called the “Jewish Women’s Archive,” and decided to scroll through the listing alphabetically. There are hundreds of women listed, so thank goodness my mom was listed under “Caplan” near the front of the alpha listing. As luck would have it, the photo image under my mom’s listing was a green kiwifruit slice, not an image of her face like most everyone else’s!

That spurred Mara to research Frieda a bit more, and in the end, Frieda’s story was too intriguing to pass up. We are so proud that Mara chose to write about our mom, and delighted that children and adults alike will be inspired by her story through this book.

Just one seemingly ordinary email brought together memories of a former Lion of Judah, and the good works of two of the organizations supported by Jewish Long Beach. I for one, certainly look forward to participating in this webinar. Please join me by registering at: <https://bit.ly/2RNG481>. 



Frieda’s daughters: Karen (left) and Jackie.



Frieda Rapoport Caplan in her warehouse.



Author Mara Rockliff

Synagogue Directory

Beit HaLev (I)
P.O. Box 2279
Seal Beach, CA 90740
Contact: Rabbi Galit Levy-Slater
Phone: 562-493-2680
Email: duets@icloud.com
Website: www.galityomtov.com

Beth David (R)
6100 Hefley St.
Westminster, CA 92683
Contact: Rabbi Nancy Myers
Phone: 714-892-2623
Email: tbdavid@templebethdavid.org
Website: www.templebethdavid.org

Chabad of Los Alamitos & Cypress (O)
12340 Seal Beach Blvd. Suite B-219
Seal Beach, CA 90740
Contact: Rabbi Shmuel Marcus
Phone: 714-828-1881
Email: smarcus@jewishcypress.com
Website: www.chabadlosal.com

**Chabad of West Orange County/
Congregation Adat Israel (O)**
5052 Warner Ave.
Huntington Beach, CA 92649
Contact: Rabbi Aron David Berkowitz
Phone: 714-846-2835
Email: info@chabadhb.com
Website: www.chabadhb.com

Congregation Lubavitch (O)
3981 Atlantic Ave.
Long Beach, CA 90807
Contact: Rabbi Yitzchok Newman
Phone: 562-596-1681
Email: yitzyg@aol.com

Congregation Shir Chadash (I)
6440 Del Amo Blvd.
Lakewood, CA 90713
Contact: Rabbi Mariana Gindlin
Phone: 562-429-0715
Email: csclakewood@dslxtreme.com
Website: www.CongregationShirChadash.org

**Congregation Shalom of
Leisure World, Seal Beach (C)**
Mail to:
PO Box 2901
Seal Beach, CA 90740
1421 Northwood Road
Seal Beach, CA 90740
Contact: President Carol A. Stern Levine
Phone: Direct - 562-505-3622
Phone: Membership - 562-430-7040
Email: congshalomlwsb@gmail.com

P'nai Or (I)
3955 N. Studebaker Road
Long Beach, CA 90808
Email: info@pnaior.org

Shul By The Shore (O)
3801 E. Willow Street
Long Beach, California 90815
Contact: Rabbi Abba Perelmuter
Phone: 562-621-9828
Email: rabbi@shulbytheshore.org
Website: www.shulbytheshore.org

Temple Beth Ohr (R)
15721 E. Rosecrans Ave.
La Mirada, CA 90638
Contact: Rabbi Mark Goldfarb
Phone: 714-521-6765
Email: office@tbolm.org
Website: www.tbolm.org

Temple Beth Shalom (C)
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Long Beach, CA 90807
Contact: Rabbi David Cantor
Phone: 562-426-6413
Fax: 562-426-7824
Email: office@tbslb.org
Website: www.tbslb.org

Temple Israel (R)
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Contact: Rabbi Scott Fox
Phone: 562-434-0996
Email: info@tilb.org
Website: www.tilb.org

Temple Ner Tamid of Downey (I)
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Downey, CA 90241
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Website: www.downeytemplenertamid.org

**(C)=Conservative
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PJ Library sends free Jewish children’s books to families across the world every month. PJ Library shares Jewish stories that can help your family talk together about values and traditions that are important to you.

A program of the Harold Grinspoon Foundation, PJ Library is made possible through partnerships with local Jewish organizations, such as Jewish Long Beach and Alpert JCC. Families raising kids from birth through 9 years old with Judaism as part of their lives, are welcome to sign up. For more information contact Sharon Kenigsberg at sharonk@jewishlongbeach.org. 

Frieda was a longtime friend and supporter of our Jewish Community through Women’s Philanthropy as a Lion of Judah.



Jewish Long Beach Women’s Philanthropy is inspired and guided by our tradition of tzedakah (righteousness/charity) and tikkun olam (repairing the world). Along with 157 Jewish Federations in North America, we seek to provide significant opportunities for women to affirm their Jewish identity and spirituality, to be proactive in evolving issues of concern to women, to engage new leaders, and to inspire other Jewish women by our examples. For more information about getting involved with Women’s Philanthropy, contact Sharon Kenigsberg at sharonk@jewishlongbeach.org. 

Spinach and Feta Rugelach

Eve Lunt | Art Specialist at Temple Israel Torah Center

While there doesn't appear to be any particular reason for it, eating dairy on Shavuot is a tradition for this Springtime holiday. While most of us are quite familiar with the sweet version of rugelach (particularly those with the delectable mini chocolate chips), there is a very yummy savory version of these bite size delights.

This recipe is my adaptation from Molly Yeh's cookbook, "Molly on the Range," where Molly combines her Jewish and Chinese Heritage.

Ingredients

- 16 oz frozen chopped spinach
- 2 tablespoons unsalted butter
- 1 small onion, finely chopped
- Kosher salt
- 2 to 4 cloves garlic, minced
- Black pepper
- 2 tablespoons flour
- 3 tablespoons heavy cream
- ½ cup crumbled feta cheese
- ½ cup ricotta
- 1 teaspoon lemon juice
- 1 package Trader Joe's refrigerated pie dough (or make your own dough, enough for 2, 12" circles)
- 1 large egg, beaten with a splash of water
- Flaky sea salt

About two hours before you plan to cook, take the pie dough and frozen spinach out of the freezer to

defrost (or put in the refrigerator the night before).

Preheat the oven to 425° F. Line two baking sheets with parchment paper or silpats (silicon baking sheets). Drain the spinach into a clean dish towel, squeezing out as much liquid as you can.

In a large pot, melt the butter over medium heat.



Photo from motherwouldknow.com

Add the onions and a pinch of salt. Cook, stirring often, until the onion is soft and translucent. Add the garlic and a few turns of a black pepper mill and cook for one more minute, until fragrant.

Add the flour and stir to combine, then stir in the

heavy cream.

Add the spinach and a good pinch of salt. Cook, stirring, until the spinach is heated through and the mixture is combined.

Stir in the feta, ricotta, and lemon juice and then remove from the heat. Taste and adjust seasonings as desired.

Roll out one of the pie dough discs and lightly roll it back into one piece if it has broken up. Spread half of the spinach mixture in an even layer so that it covers the dough, leaving a clean half inch border. Cut the dough into eight even triangular wedges. Roll up each section starting at the wide end. Transfer the rugelach to a baking sheet, placing them one inch apart. Repeat with the other half of the dough and the spinach filling.

Lightly brush the tops with the egg wash and sprinkle with the sea salt.

Bake until golden brown, about 20 – 25 minutes.

Let cool slightly and enjoy!

Store leftovers in the fridge; they are best reheated in an oven at 350° F.



IN-PERSON SERVICES

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Long Beach Community College District Board of Trustees Takes a Stand

Sunny Zia | LBCCD Board of Trustees Member, Area 3

After months of trial and tribulation, with your support, we prevailed in passing an important resolution defining antisemitism for the Long Beach Community College District (LBCCD) Board of Trustees. This definition was adopted in accordance with the International Holocaust Remembrance Alliance working definition of antisemitism (IHRA).



While the IHRA definition has been adopted by the U.S. Department of Education and the Department of State, it was not without controversy and hesitation before it passed.

It is not breaking news that antisemitism has been on the rise. In fact, according to a 2019 Anti-Defamation League account, 2,107 antisemitic incidents were reported in the United States, more than in any year, and incidents of antisemitic harassment are on the rise on American college campuses.

In my years of public service, I have worked on combatting the rise of antisemitism in my community and across the political spectrum. I have learned that the first step in combating and defeating antisemitism, is to clearly define it. Carly Gammill, counsel for Stand with Us, stated it succinctly, "For without a clear definition of antisemitism, how will it be identified? And if it is not identified, how will it be exposed? And if it is not exposed, how will it be adequately addressed?"

The IHRA Definition provides a consensus tool,

adopted not only by the 34 IHRA member nations on behalf of IHRA itself, but also nearly 40 individual nations, as well as numerous government agencies, educational institutions, and civic organizations including the U.S. Department of Education.

While various academic institutions student groups and religious groups such as the Global Imams Council have condemned antisemitism under the IHRA definition, LBCCD Board of Trustees is the first higher education body to formally recognize this definition.

It gives me great pride to be able to serve our community and lead this effort. This was truly a collective effort by Jewish organizations across the country and our very own Jewish Long Beach. After four months of preparation, the Board Chair, Uduak Ntuk, agendized the resolution for a vote at our March meeting, and it passed unanimously.

This is a victory for our community and for the community-at-large in taking a stand against hate and bigotry. Thank you for all your calls, letters, and calls to action. Let us continue our work in having other educational institutions follow suit. Let us maintain focus on monitoring and holding these institutions accountable including ensuring that curriculum such as ethnic studies doesn't become grounds to espouse antisemitism. As our community leader and role model, the late Gene Lentzner taught us all about L'Dor V'Dor. I hope you will be my partner in ensuring that we are safeguarded from antisemitism from our generation to the next.

If I can be of service to you, feel free to contact me at info@sunnyzia.com, or my cell at 562.270.5017. 

The International Holocaust Remembrance Alliance Working Definition of Antisemitism

Antisemitism is a certain perception of Jews, which may be expressed as hatred toward Jews. Rhetorical and physical manifestations of antisemitism are directed toward Jewish or non-Jewish individuals and/or their property, toward Jewish community institutions and religious facilities.



Habitual Burnout in Communal Professionals

Betsy S. Stone, PhD | Retired Psychologist, Adjunct Lecturer at Hebrew Union College -Jewish Institute of Religion

Over the year+ of COVID-19, I am sure I have taught over 1,000 Jewish communal professionals. I have taught at synagogues, conventions, and teacher meetings. I have worked with rabbis, cantors, educators, executive directors, early childhood professionals, camp directors and staff, institutional boards, Jewish family agencies, food banks. Every week I spend hours on Zooms with the people who are keeping our institutions functioning, adapting.



They are working so hard. At the beginning of the pandemic, they put in countless hours taking live to virtual. From small shuls to large synagogues, from virtual camps to expansive educational programming, from small children to older adults, our communal professionals have created, adapted, and learned new skills. They have stretched themselves and pushed themselves and held us and our institutions together.

And they are spent. The last, worst stage of burnout is called Habitual Burnout. It is characterized by chronic mental and physical fatigue, sadness and/or depression. Almost every Jewish professional I work with these days is in this stage.

They may call it apathy. They may call it exhaustion. They may call it disinterest or the inability to feel joy. They may complain of disordered sleep or aches and

pains. They may be worried that they're developing dementia because their brains are working so poorly. They may be losing weight or gaining weight. They may be moody or emotionally reactive. And, as the summer approaches, they are starting to worry about camps and fall holidays, about how we enter spaces, once familiar, that had become toxic. They are spent and they are traumatized.

I am very worried that we will see an exodus from Jewish communal life over the next 18 months. I have heard rabbis talking about leaving the field; educators saying they can't imagine what comes next. I know social workers at social service agencies who are living in a state of both personal and secondary trauma. Well paid executives at our prestigious institutions are overwhelmed. And we're about to ask them to return to workspaces, to act as though they aren't exhausted from holding us all year.

These professionals, from the executive staff to the maintenance staff, need care from us right now. Not simply a thank you, although that might help in the short run. They need time. Every one of them needs time to recover. Not a week. They won't be able to unwind in a week. They are wound tightly, defended against the amount of trauma and loss they have experienced. They have led 11 funerals in a week, listened while we talked about missing our parents and our children, tried to be creative, preached and led services and cleaned pre-school classrooms, done

Zoom therapy and Zoom classes and Zoom shivas. They have done all this while managing children, spouses, work and shopping, like all the rest of us.

We want our communal workers to hold us. They have done so, but at a cost. What I am hearing now, even before the lead up to the Fall, is stomach problems, headaches, an increasing desire to "drop out" of society, neglect of personal needs, increased isolation and self-doubt, and a consistent feeling of emptiness. All of these are indications of their own trauma.

It seems clear to me that NOW is the time for lay leadership to reverse the flow of caring from our communal professionals back to them. Even if they do not yet recognize their needs, we need to. In a perfect world, I would like to see each and every person who has held us during this awful, life-altering time receive a month off. Every single one. I'd like them to have time to get bored, to sleep late, to spend time getting to know their families again.

I know that many of you, reading the suggestion that we give them a month off, are bristling. You're saying, "Impossible." I hope you reconsider. I hope you figure out how to make it work. I hope you invest as much in them as they have invested in us. If we don't, I fear we will see a shortage of these experienced, committed professionals in the future. They, of all people, need to recover from this year.

Reprinted by permission of the author from the original posting in eJewish Philanthropy.

Celebrating 50 Years of Fun at Camp Gan Izzy

Rabbi Sender Engel | Camp Director, Camp Silver Gan Israel

Silver Gan Israel Day Camp of Huntington Beach opened in 1971 with 18 campers and has grown to become the largest Jewish day camp in the state. Multiple generations have attended the camp, and this year's campers are in store for a fun, carefree, and safe experience at the large, picturesque campus. There are new fitness programs and a new game room that offers air hockey, foosball, ping pong, skee ball, and life-size checkers and chess.

There are two covered swimming pools, an archery range, water slides, and an inflatable wipeout. Camp Gan Israel hand selects its staff from all over the world, and staffers work with campers to develop skills, confidence, and a sense of fair play. Transportation to camp will be provided for campers from Irvine, Mission Viejo, Laguna Hills, and Long Beach. Additionally, according to Rabbi Sender Engel, camp director, "We believe we are THE safest day camp anywhere. Everything is outdoors, and risk is almost nonexistent."



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Counting the Days

Rabbi David A. Cantor | Temple Beth Shalom



With Shavu'ot comes anticipation and anxiety: anticipation, because of the counting of the Omer; anxiety, for the same reason.

And you shall count you from the morrow of the sabbath, from the day you bring the elevation sheaf, seven whole weeks shall they

be. Until the morrow of the seventh sabbath you shall count fifty days, and you shall bring forward a new grain offering to the LORD. (Leviticus 23:15-16, Robert Alter trans.)

The anticipation flows from the nature of the counting: if, every evening, one makes a ceremony of counting the day with a blessing, a sense of anticipation will begin to develop, waiting for that fiftieth day, Shavu'ot, where we celebrate our receiving of God's Torah. The anxiety flows from the rules governing the ceremony: if one forgets to count a day, one is no longer authorized to count the rest of the days with the blessing. It is the only mitzvah that carries with it a penalty for non-compliance: if one neglects any other mitzvah, the Tradition's response is "try again next time."

The day is counted with a blessing: *Praised are you, LORD our God, who has sanctified us with commandments, and commanded us to regarding*

the counting of the Omer. Ironically, we are blessing our counting, not counting our blessings.

This year has brought a new kind of anticipation, anxiety, and counting of days for me and, I suspect, for many others. Will I contract the disease? How many days has it been since the stay-at-home order was imposed? How many days until my appointment to be vaccinated? Will I manage to avoid infection between now and then? How many days until June 15, when (at the time of writing) the stay-at-home order is due to be lifted?

In Temple times, at the end of the counting of the Omer, the Israelites would bring a basket of first fruits to the Temple, present it to the priest, and say,

My father was an Aramean about to perish, and he went down to Egypt, and he sojourned there with a few people, and he became there a great and mighty and multitudinous nation. And the Egyptians did evil to us and abused us and set upon us hard labor. And we cried out to the LORD God of our fathers, and the LORD heard our voice and saw our abuse and our trouble and our oppression. And the LORD brought us out from Egypt with a strong hand and with an outstretched arm and with great terror and with signs and with portents. And He brought us to this place and gave us this land, a land flowing with milk and honey. And now, look, I have brought the first yield of the fruit of the soil that You gave me, LORD.

(Deuteronomy 26:5-10, Robert Alter trans.)

June 15 has been set aside as the date for our collective return to normal. Perhaps we should be

This year has brought a new kind of anticipation, anxiety, and counting of days . . .

counting down The Return: "Today is so many days until June 15 when we will return to normal." On June 15, what will be the declaration that we should make to mark the occasion?

I was a person who was free to wander. With the arrival of the novel coronavirus the government imposed a stay-at-home order and I was subject to rules of social distancing. By the miracle of science a vaccine was developed that could prevent infection by the disease. When my turn came I was vaccinated, and the government began to lift restrictions in stages. Now on this date of returning to normal I will celebrate my freedom.

At the end of your counting of the days of social distancing and physical isolation, how will you celebrate? Will you bless the ending of the counting of days or count your blessings? What will be the fruits of your experience? 

Accomplice or Ally?

Multiple Authors

The 30th Annual California Conference for Equality and Justice (CCEJ) Interfaith/Intercultural Breakfast, like all events during this pandemic, was held virtually. The robust networking that usually takes place before, during and after this annual gathering, was accommodated through Zoom breakout rooms. As in years past, the keynote speaker's presentation was not to be missed. Dr. Leah Gunning Francis spoke on "Activating Racial Justice: Leaning into a Hope-filled Future." Jewish Long Beach helped sponsor the event.

Rabbi Howard O. Laibson | Board Chair, CCEJ

The CCEJ Board and staff were hoping to reach up to 300 people "Zooming in" to the program. As good fortune would have it, there were 311 individual log-ins, with viewers from Southern California, and also from the San Francisco area, Chicago, Indiana, Virginia and New Jersey!

Dr. Francis, is a seminary professor from the Chicago area. She spoke beautifully of the need for people to move from being allies of those seeking equal rights and protections under the law, toward becoming "accomplices" on behalf of racial justice. Many people indicated that this was a very powerful moment for them. Following her presentation, we were all sent to breakout rooms for small group discussions, which constituted the second most appreciated part of the program.

Raymond Brown | CFO, Jewish Long Beach

I've attended several interfaith breakfasts in my time, but this was my first CCEJ breakfast. As a virtual Zoom breakfast meeting, it meant a bowl of Cap'n Crunch and Keurig coffee, but the event itself was wonderful. It was a nice touch that the organizers personalized the large turnout, and allowed us to see a "gallery view" of all those in attendance.

The keynote speaker Dr. Leah Gunning Francis' passionate, articulate speech urged me and all listeners to continue talking and engaging with others on the subject of racial equality. But even more importantly, we were charged with moving from being mere allies of the cause, to being accomplices of racial equality and justice. While the attendees of the breakfast were muted so as not to detract from the speaker, the Zoom chat responses displaying on the screen clearly showed that Dr. Francis' message had resonated with our group. It was a powerful message, and one that I needed to hear.

Melanie Edwards | Manager of Marketing and Outreach, Jewish Long Beach

It was evident that the CCEJ invested significant time and resources to ensure the success of this virtual program, using breakout rooms to allow participants to connect with one another and reflect on the program together. Dr. Leah Gunning Francis spoke of the need to move from ally to accomplice, to use the power and privilege one may have, to take action

and challenge the status quo. Having opportunities for learning and discourse like this program are crucial in the work to dismantle systemic racism, and I left the program feeling energized by the camaraderie of the Greater Long Beach community and the motivation of all who attended to continue doing the work to fight for racial justice.

Rabbi Scott Fox | Temple Israel Long Beach

It was a powerful morning, coming together in fellowship and finding solidarity among and across communities for the sacred work of equality. It was a new experience for me to join the CCEJ in their powerful work and I was overjoyed to meet and share the time and project with them. I look forward to doing more of this work together.

Carol A. Beckerman | Editorial Coordinator, Chronicle

I have been to several Interfaith Breakfasts and they never fail to inspire me. This year's presentation by Dr. Francis has really left its mark. Whether it is the timing of her speech during this global awakening to the biases we all carry, or the speaker herself, I find myself coming back again and again to Accomplices versus Allies. I think in my youth I was more of an accomplice and over the years drifted into the lane of an ally. Reawakening my awareness to the difference between the two in our collective striving for a more equal society, inspires me to live a more conscious life.



Does Cancel Culture Defeat the Possibility to Learn and Evolve?

Zachary Benjamin | Chief Executive Officer, Jewish Long Beach



Zachary Benjamin

Last month, I had the honor of participating in a panel discussion between Long Beach-based professionals organized by Civility LB. Civility LB is a California State University Long Beach student organization that hosts conversations, designed for an audience of college-aged students but open to all, that challenge how we disagree, aiming to demonstrate that a variety of perspectives can coexist within a given social or professional environment. Its mission is to lead by example in communicating that we are capable of disagreeing without being disagreeable.

The conversation in which I participated addressed issues ranging from how to manage bias in the workplace to questions of when it is warranted to boycott an organization due either to its support of destructive ideologies or its inaction in opposing them. Perhaps inevitably, the discussion turned to the phenomenon of “cancel culture.”

Cancel culture is the colloquial term for the practice of boycotting, eliminating, or canceling media, organizations, or individuals that may be perceived as biased or problematic. It is a timely topic on which strong convictions exist across the spectrum of perspectives on its useful or destructive qualities. Cancel culture has become a subject around which those committed to civil discourse necessarily tiptoe. Thus, it seemed a natural item for Civility LB to address head-on.



One of the session’s moderators posed the question of whether “cancellation” of any entity that either expresses bias or does not actively oppose it, is an appropriate response to prejudice in an era in which we are acutely aware of its potentially lethal capabilities. One-by-one, panelists affirmed their support for the practice, with some reporting that they keep lists of people and organizations that

are acceptable to support, as well as lists of those that are not. Others reported that they are as likely to refrain from doing business with companies or organizations that are silent on issues of bias as they are to boycott those that are perceived to actively perpetuate it.

I questioned whether cancellation might deprive us of opportunities for teachable moments and growth, but I stated that I generally agreed that it may be an effective practice. In that moment, I figuratively stood at a dais from which I should have made an important broader statement, and I failed to do so. My reluctance was rooted in a sense that this audience of students and fellow panelists were fierce advocates of an approach to addressing bias that differed dramatically from my own. I feared that the nuance of my message might be lost or misinterpreted, and so I opted to stay largely silent. This scenario was a case in point of why Civility LB’s work is so important, and yet so challenging.

The reality is that cancellation should be an absolute last resort, rather than a knee-jerk response to perceived bias. It is a practice that both sows resentment and releases us from our obligation to not simply reject bias, but to seize opportunities to eradicate it through education and challenging conversations. I firmly believe that we must draw an important distinction between unintentional bias and active prejudice.

Unconscious bias can be as harmful and dangerous as intentional prejudice if it is left to fester. However, when a person is willing to address unconscious bias through education and conversation, that person not only adjusts their behavior, but also serves as a role model for others.

Prior to joining Jewish Long Beach, I served as executive director of the Jewish Federation of New Mexico. At the crescendo of the 2018 midterm election season, a local candidate for high office – an individual who now holds one of the nation’s most elevated political appointments—made a series of deeply misguided tweets to thousands of social media followers in support of the Boycott, Divestment, and Sanctions movement against Israel. These tweets perpetuated destructive false narratives on Israel and the Jewish people, threatening not only to politicize the Jewish community itself, but also to drive a partisan wedge through New Mexico’s cultural and economic ties with Israel.

Rather than cancel this candidate or work to undermine her credibility, the state’s Jewish

agencies and institutions privately invited her to join Jewish communal leaders in mutually respectful conversation. We offered her an opportunity to listen to our concerns and help us guide her in educating herself on an issue that, by her own admission, she had not deeply considered. The candidate proved thoughtful and open to



evolution on a brand of bias that she had expressed unconsciously and without intent to harm.

She ultimately won her election and became not only a friend to the Jewish community, but supportive of Israel in the deliberative body to which she was elected.

Indeed, some prejudice may be incurable, and time spent attempting to educate or change the minds of its perpetrators could be wasted. However, whether we realize it or not, we all struggle with unconscious, inadvertent, and inherent biases that we express unintentionally. To cancel those who do so is to throw the babies of education and personal growth out with the bathwater of vicious, violent, intentional prejudice. It also ignores the nuanced, complicated nature of how identities and cultures interact, and how the relationships between them evolve.

The fact that I felt reluctant to express my perspective to the audience of students attending the Civility LB panel is emblematic of why this movement is so important. Civility LB’s work fully embodies the principles of tikkun olam, and I sincerely hope that their efforts result in an environment where reasonable people can exchange nuanced ideas without fear of reprisal, attack, or cancellation. 🕊️



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Beth David

Beth David Synagogue in Westminster created a 6-week small outdoor playgroup, “My Grown-Up & Me,” that provides grown-ups and their infant toddlers (6–18 months), a safe and fun place to develop social and motor skills. The program was such a success that a new session starts on Sunday, June 6, and runs from 10:30 am to 11:15 am. A fully-vaccinated preschool teacher will lead the group in



stretching and standing exercises, singing, playing musical instruments, sandbox and ball pit activities, and much more. Grownups must wear a mask, have their temperature taken upon arrival, and they decide where to sit. Toys are cleaned before and after play.

The fee is \$90 for 6 weeks or prorated at \$15 a session. Contact Beth David at 714.892.6623 to check on current space availability. Register at: <https://www.templebethdavid.org/events/my-grown-up-me-2>.

Temple Israel

Temple Israel Long Beach is thrilled to announce that beginning July 1, Kelly Cooper Perler will officially join the congregation as Cantorial Soloist.

She has served as Cantorial Soloist for Temple Menorah in Redondo Beach, leading services, preparing B'nai Mitzvah students, performing life cycle events, teaching religious school and adult education, leading the choir, and participating in pastoral care duties.

Perler is currently a student at the prestigious Academy for Jewish Religion, where she will receive her ordination in May 2022. She and her family, husband Joel and children Max and Molly, are also active members of the larger Long Beach and Temple Israel communities. 



Congregation Shir Chadash

Come Zoom with us!
Monday, May 17 at 10:00 am for Shavuot.

Fridays at 7:00 pm for Shabbat services with a theme: Meditation May 7; Contemporary Writings May 14; Kol Shira (a musical) May 21; Shabbat with a Drash May 29.

Saturday Shabbat services at 10:30 am and Havdalah services at 7 pm.

For Zoom info and to be added to our contact list: Carol Klein, 562.429.0715 or email csclakewood@dslextrreme.com. 

National Council of Jewish Women of Greater Long Beach and West Orange County (NCJW) Virtual Events for May and June

Tuesday, May 4 at 7:00 pm

Domestic Violence: How to Recognize It and How to Help

Judge Jacqueline Lewis, who runs the domestic violence court in West Covina, will talk to us about what legally constitutes Domestic Violence and how restraining orders work.

Deidra King, the Community Based Services coordinator at Jewish Family & Children's Service in Long Beach, will take us through the cycle of violence, and tell us what we should watch for in our family and friends.

Jennifer Barbosa, Youth Services coordinator, WomenShelter of Long Beach, will share her story as a domestic violence survivor and give us ideas on how to help a victim leave an abusive relationship.

During the Month of May

We will be collecting food for the Long Beach City College students' pantry.

Tuesday, June 3 – NCJW's HugPacks

If you are fully vaccinated and want to help support youth about to enter the foster care system with very little, if anything, to call their own, we have an opportunity for you! Volunteers will complete packings for 3 – 5th grade, middle school, and high school students, in shifts at the Compton YouthBuild facility, 1108 N. Oleander Ave., Compton, CA 90222, about a 25 min. drive from Long Beach, with a large parking lot. Physical distancing, temperature testing, gloves and masks will be available for volunteers.

Come for a two-hour shift or stay all day!

Please email Linda Fox at communityservice@ncjwlongbeach.org or call 657.235.2511 to say you will volunteer. You can make a difference!

For more information and to register for our free events: info@ncjwlongbeach.org or call 657.235.2511. 

Sharon-Carmel Hadassah

Sunday, May 23 from 2:00 – 3:30 pm

Romola Temkin will present a dramatic reading of “The Life of Golda Meir.” Former Prime Minister David Ben-Gurion used to call Meir “the best man in the government” She was often portrayed as the “Strong-willed, straight-talking, grey-bunned grandmother of the Jewish people.” Learn more about Golda and her fight to save Israel.

\$18 – all are invited to attend.

Questions? Eileen Braeman 562.420.9980 or mizzu66@aol.com. Send checks payable to *Hadassah* to Eileen Braeman, 3017 N. Greenbrier Rd., Long Beach 90808. 

Sharon-Carmel Hadassah and the NCJW

Sunday, June 27 at 12 pm

Virtual Lunch, Law & Current Issues with Laurie Levenson

Professor Levenson is a much sought after speaker for her informed remarks and cogent observation on current issues. She often appears on CNN, CNBC, and



the Fox News Channel to discuss cases. Dr. Laurie Levenson is on the faculty of Loyola Law School. She will charm and educate you at the same time and we are delighted that she will, once again, join us as our annual favorite lecturer.

Grab a lunch and get ready to ZOOM with us.

Cost: \$25. All are invited to attend. Open to spouses and significant others.

Any questions: contact President Eileen Braeman at mizzu66@aol.com or 562.420.9980.

Send checks payable to Hadassah to:

Eileen Braeman, 3017 N. Greenbrier, Long Beach, CA 90808. 

Jewish Family & Children's Services



May is Mental Health Awareness Month, and JFCS invites you to Move for Mental Health Awareness for Virtual Race With A View. Since it is virtual, you decide where, when, and how you will move.

Gather your friends and family, wherever they may be, to form a team. With the Family Plan, kids 17 and under are free with a paying adult. Registration is open through May 31, and proceeds benefit the programs and services of Jewish Family & Children's Service of Long Beach as they help people emerge from the pervasive impact of COVID-19 with much-needed counseling, emergency food and financial assistance, and referral to ongoing resources.

To register, visit <https://www.racewithaview.com> or call 562.427.7916. 

Bar Mitzvah - Santos E.S. Olumese

Santos of Temple Beth Shalom, Long Beach, will be called to the Torah as a Bar Mitzvah on Saturday, May 8. Santos has attended Temple Beth Shalom Torah School since preschool and from an early age has been a familiar presence at the synagogue's Shabbat and holiday services. Over the past year, Santos could be found every Shabbat taking temperatures, handing out prayer books and water, and helping lead the services.

Santos is a 7th grade student at Intellectual Virtual Academy middle school (IVA) Long Beach. He is active in Boy Scouts of America (BSA) Troop 613 at the rank of Star and has earned the Bronze Super NOVA Science Medal. His interests include basketball and soccer and had made both IVA's teams before COVID stopped the seasons. Normally, attending Ramah Sports Academy in Connecticut during the summer, these unprecedented times found Santos biking throughout the summer and completing a 50-mile trek to earn his BSA Cycling Merit Badge. Santos is also passionate about connecting with his friends through Xbox, Among Us, and FaceTime. 




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Beloved Cousin
to Shelley & Tom Carl

IN MEMORY OF

Bea Schneider
Beloved Cousin
to Wendi & Bob Bender

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Bea Schneider
Beloved Mother & Mother-in-law
to Rhonda & Marc Vermut

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IN MEMORY OF

Jack Calechman
Beloved Father & Father-in-law
to Karen Calechman & Jerry Prell

MAZEL TOV TO

Marcie & John Blumberg
On the birth of your granddaughter
Madison Danielle Blumberg

MAZEL TOV TO

Laurie & Brian Garabedian
On the birth of your grandson
Aaron Max Slakter

MAZEL TOV TO

Kathryn McDermott
On the birth of your grandson
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MAZEL TOV TO

Karen Calechman & Jerry Prell
On the birth of your granddaughter
Mabel Hallie Duncan


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Adam Chanzit & Dana Schneider-Chanzit
On the birth of your daughter
Maia Dylan Chanzit

MAZEL TOV TO

Donna & Barry Mitnick
On the birth of your granddaughter
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HAPPY BIRTHDAY TO

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For Jewish Long Beach tributes call:
562.426.7601 ext. 1314


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Ted & Edith Roselinsky
Beloved Parents
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Lindsey Fenimore Fields
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Kristen Larsen
Phyllis Sands
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IN MEMORY OF

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Beloved Mother
to Dana Harmatz & Family
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IN HONOR OF

Maia Dylan Chanzit
Beloved new daughter
to Adam Chanzit & Dana Schneider Chanzit
From Jewish Long Beach

EARLY CHILDHOOD & EDUCATION DEPARTMENT
IN MEMORY OF

Evelyn Meltzer
Our Beloved Mother
from Bernadette & Dr. Steven Meltzer

For AJCC tributes call: 562.400.7545


GENERAL FUND
IN MEMORY OF

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Sylvia Koretz
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to Elliott Koretz
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IN MEMORY OF

Sylvia Koretz
Beloved Mother
to Elliott Koretz
from Ava & Howard Weiss

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Sylvia Koretz
Beloved Mother
to Elliott Koretz
from Kathleen Hurst

IN MEMORY OF

Melanie Shapiro Bayer
to Beth Bayer
from Jamie Stream

IN MEMORY OF

Sylvia Koretz
Beloved Mother
to Elliott Koretz
from Myrna & Len Simon

IN MEMORY OF

Dana Gleason
Beloved Son-in-law
to Vivienne Arluck
from Myrna & Len Simon

MARCIE BALAN BLAKEY FUND
IN HONOR OF

Madison Danielle Blumberg
Beloved new granddaughter
to Marcie & John Blumberg
from Renee Simon

For JFCS tributes call: 562.427.7916

MAY THEIR MEMORY BE A BLESSING



Jack Calechman

Beverly Handelman

Louise Marak

Lyn Moreland

Leah (Lee) Nathanson Leibner Perry

Leona Rael-Brook

Marlene Ross

Bea Schneider

We extend our condolences to the families and friends of those who have recently lost a loved one.

If you know of someone who has recently passed and would like them recognized in our publication, please send your request to: chronicle@jewishlongbeach.org

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PROVIDING SAFE AND MEANINGFUL REFORM JEWISH SERVICES, EDUCATION
AND PROGRAMMING DURING THESE CHALLENGING TIMES

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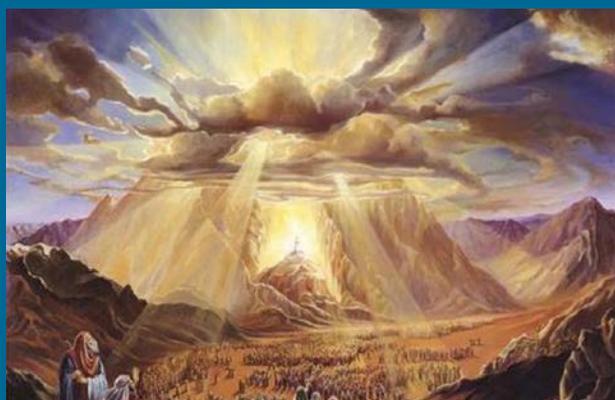
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**YOU ARE INVITED TO JOIN OUR
ONLINE "VIRTUAL" COMMUNITY**

Temple Israel understands the value of maintaining community during these challenging times. We are currently offering programming for all ages, including Shabbat and holiday services, online adult education classes, religious school, and family and tot programming.

WE'RE HERE FOR YOU!

"We strive for Temple Israel to be like Abraham's tent, open on all sides, welcoming to all. In keeping with that philosophy, everyone who wishes to be a supporting member of our community is welcome, regardless of the amount they are able to contribute." Temple Israel Board of Directors



TIKKUN LEIL SHAVOUT

Sunday, May 16 at 8:00 pm

The moment of receiving the Torah at Mount Sinai was a moment so powerful that its echo reverberated down the generations to the present day. Tikkun Leil Shavuot celebrates a moment of truth and wonder which remains eternally alluring. Join us, as we embrace this tradition of study, celebration, and wonder.

<https://us02web.zoom.us/j/83654476138>



WE ARE WHAT WE WEAR WITH RABBI MICHAL LOVING

Tuesdays at 7:00 pm
May 25, June 1 & 8

How much does society dictate our dress, and how much does religion? Join us as we discuss Jewish clothing throughout history and explore how our clothes indicate who we are, both to others and to ourselves.

<https://us02web.zoom.us/j/84630260625>



THE CURRENT LANDSCAPE OF ANTI-SEMITISM A PANEL DISCUSSION

Wednesday, June 2 at 7:00 pm

Recent years have found a resurgence of hate rhetoric in our country and around the world. Join Temple Israel and a panel of experts as we discuss the current state of Anti-Semitism in the United States and review techniques for confronting hate in all its forms.

<https://us02web.zoom.us/j/83733403562>



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