

# Chronicle

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The Abraham Accords • The Emotional Pandemic of 2020 • Share Your Flame and Make a Difference • Supporting One of the Lost Tribes During a Pandemic • My Jewish Long Beach Story • Name Three Positives • Who Am I?



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## From the CEO'S Desk – The Abraham Accords

Zachary Benjamin | Chief Executive Officer, Jewish Long Beach



Zachary Benjamin

As a historically tempestuous election season hits its crescendo here in the United States, an intriguing, more positive geopolitical scenario is playing itself out across the Middle East. Throughout its seven-plus decades of existence, Israel has fought to secure its seat at the table of nation-states. Rejected at birth by its neighbors and eyed with caution by its European allies, Israel has relied on its own innovative spirit and military prowess, as well as the raw survival instinct of the Jewish people and the political protection of the United States, to thrive in a region characterized by perpetual sectarian turbulence.

Israel's strengths in the military, intelligence, economic, and scientific sectors—as well as its creation of a literal agricultural oasis in one of the world's harshest desert ecosystems—have drawn the interest of other regional actors, many of whom have sought to enhance their own security and economic infrastructure through clandestine relationships with the Jewish state. Until now, most of these countries have maintained hostile public postures toward Israel, denying its right to exist and refusing to establish normal diplomatic or trade ties.

However, recent decades have seen a sea change in the security priorities of the Arab, largely Sunni Muslim Persian Gulf states, which have traditionally stood as a bloc in solidarity with the Palestinian cause, thus denying themselves the benefit of fully-developed military-industrial alliances with Israel. Iran and its surrogate in the Levant, Hezbollah, have emerged as clear and present threats to the stability of the oil-rich Gulf states, which have observed with increasing alarm the havoc that Iran has wrought in Lebanon, Syria, and Yemen. These proxy battles comprising the warming war of wills between Iran and Saudi Arabia have crept closer to Saudi, Emirati, and Bahraini shores and have levied increasing demands on Gulf-state defense resources.

The deep and lethal rift between the largely well-

developed Sunni states and Iran, a Shiite theocracy, are rooted in fundamental differences in their interpretations of how Islam should be studied and practiced. Perhaps ironically, this Muslim-world domestic dispute has created conditions in which the Arabs' need to mitigate Iranian influence now supersedes their cultural proclivity to act as a political protector of the stateless Palestinians. Saudi Arabia and its neighboring Arab Gulf states now find themselves under a similar brand of existential threat to that which Israel has so successfully held at bay for the better part of a century. Furthermore, Israel and the Gulf states share a common geopolitical boogeyman in Iran, which despite crippling economic sanctions from the West, has managed to gain an

**... the Abraham Accords and the geopolitical shifts they represent are to be unequivocally welcomed by us as Jews, regardless of domestic political affiliation and how we vote in the 2020 U.S. elections.**

increasingly disruptive foothold on the Arabian Peninsula and in the Eastern Mediterranean.

This perfect storm of shared need for self-preservation has yielded the Abraham Accords, a blockbuster agreement between Israel and Arab League members the United Arab Emirates and Bahrain to establish normal diplomatic and economic relations, doubling the number of Arab states with which Israel now enjoys formal ties. Perhaps just as remarkable as the accords themselves is the fact that despite pleas from the Palestinian Authority to condemn the agreement, the Arab League, which has historically defended the interests of the Palestinians, refused to comment, tacitly endorsing this seismic regional realignment.

The accords represent not only an enhanced firewall against Iranian aggression, but also the relegation of the Israeli-Palestinian conflict to the margins of the regional priority list. Meanwhile, each of these agreements is an anchor for Israel in the bedrock of the international community, rendering the conversation surrounding its legitimacy and right

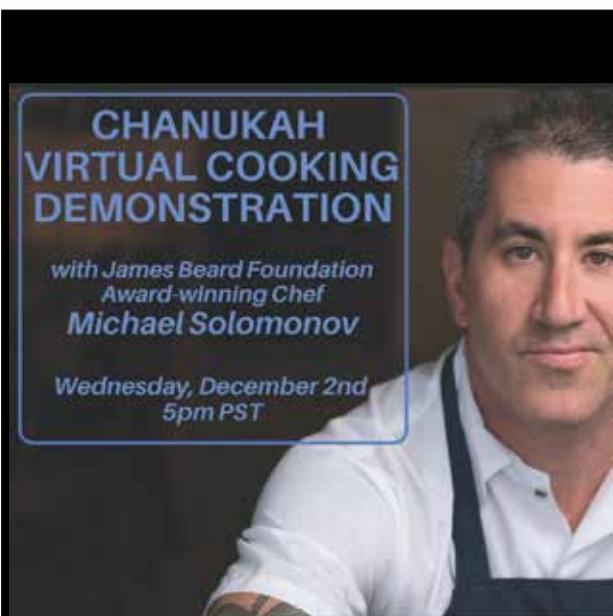
to exist largely obsolete and irrelevant.

The recent moves in this diplomatic chess match have generated a number of intriguing questions. For instance, will Qatar, Iran's closest Arab ally, double down on its alignment with Tehran and Hamas, or will it follow the threat of geographic isolation toward warmer relations with its Arab neighbors and Israel, thus distancing itself from the Iranian Mullahs? Will Europe continue to use the increasingly dubious specter of illegitimacy to pressure Israel into acquiescing to Palestinian statehood demands, or will the European Union (E.U.) take a more egalitarian tact as the Arab perspective on the issue shifts?

The question of how to achieve Palestinian statehood in a manner that enhances regional security also still begs for a just solution. However, with the Arab world appearing to align with Israel, perhaps the Israelis will finally have partners with whom to blaze a pragmatic trail to an agreement for a lasting peace.

All of us who are committed to the long-term welfare of the Jewish people understand that Israel must remain a steadfast, secure bulwark against the deadly persecution of Jews, wherever they may reside. Should Israel ever cease to exist, global Jewry would likely eventually follow in disintegrating. Thus, the Abraham Accords and the geopolitical shifts they represent are to be unequivocally welcomed by us as Jews, regardless of domestic political affiliation and how we may plan to vote in the 2020 U.S. elections. Yes, the accords were brokered by the White House, but we should resist any temptation to view them through a partisan political lens. The reality is that regional security conditions necessitated an Arab-Israeli détente. Were a different U.S. administration in place, Israel and its new Arab allies would still have established these ties, whether brokered publicly by the U.S., Egypt, Jordan, or the EU.

As we continue into 5781 and look toward the secular New Year, we would be wise to celebrate that which enhances the ability of the Jewish people to continue to thrive from generation to generation. Furthermore, let us relish this unprecedented opportunity to build bridges with other Semitic peoples, rooted in goodwill and a mutual commitment to tikkun olam. 



**CHANUKAH VIRTUAL COOKING DEMONSTRATION**

with James Beard Foundation Award-winning Chef **Michael Solomonov**

Wednesday, December 2nd  
5pm PST

**Join Jewish Long Beach and the Alpert Jewish Community Center on Wednesday, December 2 at 5:00 pm**

for a FREE virtual Chanukah cooking demonstration. Learn how to make Apple Shrub, Abe Fisher's Potato Latkes, Roman Artichokes with Arugula and Olive Oil, Poached Salmon, and Sfenj with Cinnamon and Sugar with Michael Solomonov, executive chef and co-owner of Zahav, the 2019 James Beard Foundation award winner for Outstanding Restaurant. Sit back, relax, and don't forget to take notes.

**Register for this free cooking demo via [jewishlongbeach.org/cooking-demo](https://jewishlongbeach.org/cooking-demo).**



**“At the heart of what it means to be a Jew is to ask questions.”**

Rabbi Sandy Eisenberg Sasso

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# Share Your Flame to Make a Difference

Sharon Kenigsberg | Director of Community Development, Jewish Long Beach

*Just as a person lights one candle from another and the original flame is not diminished, so too, we are never lessened when we pass on our internal “flame” to another person.* Numbers Rabbah 13:19

Most of us have been shaped by early experiences that influence how we approach the world. For Isaac Waksul his internal flame is a passion for leaving a legacy that will provide educational programs, tools and technologies that will impact young children from 0-5 years of age. Isaac attributes his lifelong drive for working hard and achieving success to events in his early years. He believes the years from 0-5 are the most impressionable and that excellent educational opportunities during those years lay the seeds for success later in life.

Isaac’s story starts in Israel, where he was born. His mother was from Poland and her entire family perished in the Holocaust except for one sister in America. Some family circumstances necessitated Isaac, at age 15, coming alone on a boat to the United States to live with his aunt and uncle in Brooklyn. The journey took two weeks and Isaac remembers pulling into New York Harbor during a huge snow storm. He had never seen snow in his life. This was only the first of the challenges he would face in his new environment.

Isaac was enrolled in Lincoln High in Brooklyn. Not knowing a word of English, it would have been easy to hang out with the many Israelis at school, speaking a language with which he was familiar. But in his youthful wisdom he chose the harder route, pursuing the academic track in high school which he amazingly was able to finish in two and a half years. Isaac is convinced that his inner drive came from “something right” in his early childhood.

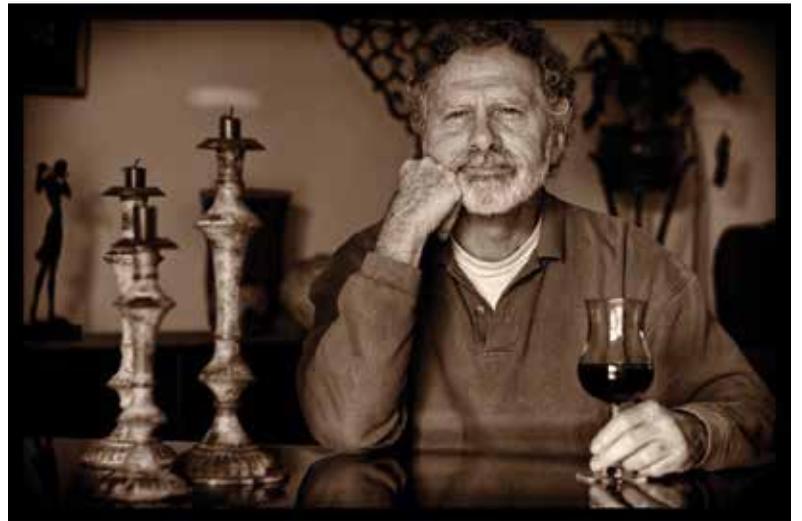
After graduating from high school, Isaac went to State University of New York/Buffalo to study Industrial Arts. It was there that he was introduced to theatre - it changed his life. It was Isaac’s desire to be open and try new things, ideas and experiences,

which led him to New York City where he got involved with stage managing, lighting and set design. This, in turn, led him to become the manager of the Atlanta Ballet for three years, as well as other work with theatre, dance and music staging. He also invented equipment for the stage. Isaac was always inventing things – resulting in the ownership of five patents!

Isaac again asserts that his instinct to have no fear and to trust his own abilities had to come from somewhere deep inside that was ingrained in him as a child. He was willing to take risks and so his career continued in Hollywood where he worked on several movies for television. While movie production did not quite suit him, he then ventured into the world of corporate event production, eventually forming his own company, Waksul Associates Inc. This creative agency produced large-scale innovative projects for the likes of Apple and IBM. Where did this success come from? According to Isaac, it “very likely molded during his 0 to 5 year experiences.”

Now retired from his company, Isaac wants to give back to the community. He shared, “My life has been lucky. The world has given me a lot. Goodness came to me and I want others to have the same opportunities.”

To that end, Isaac plans to leave a legacy gift that will fund the Waksul Educational Endowment through Jewish Long Beach. This Endowment will bring together educational professionals to develop programs that will impact young children up to age 5. Programs could include parent/teacher training;



Photography by Arnold Zigman.

reading programs; educational and playground equipment; funding of educational technologies; parent education, and arts and culture education. Special priorities may include at-risk and financially challenged students and those with special needs. Isaac’s wish is that grants from this fund will be broadly distributed to have the most impact.

Leaving a legacy, no matter what size, is important to the future of our community. Jewish Long Beach can partner with you to develop your own unique plan. Isaac cares about Jewish philosophy and is proud to be both Israeli and Jewish. He reflected, “You can’t take it with you so you should create a situation that will help you do well and leave a legacy.”

Our community thanks Isaac for sharing his internal flame. 

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# Year-end Giving in 2020 Can Still Be a Win-Win for You and Your Charity

Sharon Kenigsberg | Director of Community Development, Jewish Long Beach

# 2020

It has been said in many ways, but no matter how you phrase it, 2020 has been a very tumultuous year. However, for many, the year-end is still an opportune time to consider financial and tax planning strategies. As the laws change each year, it is important to check with your advisors to review your investment portfolio and consider tax, financial and charitable giving strategies before December 31.

There are many ways to use current and deferred assets to help the causes you care deeply about. Giving a gift through Jewish Long Beach allows you to designate gifts for multiple charitable organizations. A few strategies appear below.

## 1

### The CARES Act and IRA Distributions

The CARES Act enacted to provide COVID-19 relief contains a provision that enables the current deduction of up to 100 percent of adjusted gross income for cash gifts to charity (other than donor-advised funds, supporting organizations, and private foundations). Individuals considering large cash donations may find this one-year lifting of the Adjusted Gross Income (AGI) limitation to be beneficial. The new age for being forced to take a Required Minimum Distribution payments from IRA's, 403b, 401k and 457 plans is now 72. However, the Qualified Charitable Deduction is still available from the age of 70 1/2 and is an excellent way to remove IRA assets from your estate if you are charitably inclined. Many donors have used the IRA charitable rollover to transfer funds from their retirement accounts directly to qualified public charities.

## 2

### Gifts of Appreciated Stocks and Securities

With the possibility (post-election) of a substantial increase in the capital gains tax rate, clients with appreciated assets may want to consider selling before year-end in order to lock in more favorable tax rates. Another option is to consider donating those appreciated assets to charity to take advantage of the larger deduction based on the fair market value of the asset at the contribution date, rather than selling the asset, paying capital gains taxes that might be due and then contributing the proceeds.

If you are interested in gifting stocks for charitable purposes, Jewish Long Beach can help you arrange a direct transfer into our brokerage account.

### Open a Donor Advised Philanthropic Fund (DAPF)

## 3

Do you give to multiple charities over the course of a year? Would you be interested in having one convenient way to give to all your charities? If so, then a Donor Advised Philanthropic Fund (DAPF) may be for you. By opening a DAPF at Jewish Long Beach before December 31, you will be able to receive a charitable tax-deduction this year.

A DAPF allows you the flexibility of opening the fund in one year and then using this fund to recommend distributions to any IRS approved nonprofit organization when it is convenient for you. If you write multiple checks to several nonprofit organizations over the course of a year, then a DAPF allows you to centralize your charitable dollars into one account.

Your personal DAPF is established by making a minimum contribution of \$2,000 in cash or securities to Jewish Long Beach. Additional contributions of any amount can be made at any time and are also tax deductible. Many donors choose to fund their DAPF with long-term appreciated securities.

## 4

### Make an Annual Gift

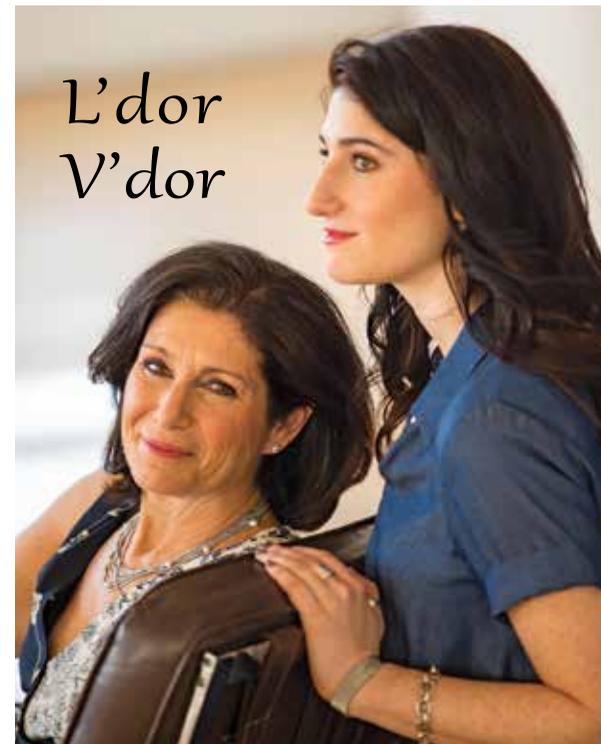
The challenges of 2020 mean that more than ever, your annual gift allows us to help others. For instance, a gift to Jewish Long Beach provides, through our Impact Grants, an essential safety net of services. From vital educational resources and support for the community and organizations that need it most during these trying times.

### We are Here to Help

Whatever type of gift or whatever organization(s) you choose to support, the Jewish Long Beach professional staff is available to help. Through our free personalized donor services we will work with you and your professional advisors to help you meet your charitable goals. For questions or to schedule an appointment please call Sharon Kenigsberg at (562) 426-7601 ext. 1008 or email [sharonk@jewishlongbeach.org](mailto:sharonk@jewishlongbeach.org).

## 5

*Disclaimer: Much of the information in this article comes from the Jewish Federations of North America (JFNA). JFNA and Jewish Long Beach do not provide tax advice. Please consult with your professional advisor before taking any action.*



Whether you are starting a family of your own or newly retired, you can provide a vibrant future for generations to come. A legacy gift can help safeguard your values and sustain the programs and organizations that are most meaningful to you and your loved ones.

Planning a bequest with Jewish Long Beach is easy and may provide tax benefits for your estate. There is no wrong stage in your life to make provisions designed to impact the future of our community.

## Invest in what you believe in.

Start planning your future and Jewish legacy today.

Ask us about: Bequests, donation of appreciated securities, donor advised funds, endowments, as well as gifts in kind.



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Photograph copyright 2016 Jonathan Levine/JFNA

# Supporting One of the Lost Tribes During a Pandemic

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

In March 2020, as the world struggled to deal with the devastating impact of the COVID-19 pandemic, Jewish Long Beach quickly responded. The goal was to meet the needs of communities both locally and across the world through the newly established COVID-19 Relief Fund. One such community was the B’nei Menashe in Northeast India.

This group has been severely impacted by the pandemic, leaving many unemployed, lacking both food security and access to government welfare programs that other more developed countries have

In an interview, Halkin explained that for thousands of years, this community has preserved ancient Israelite traditions in India without having clear knowledge of their origin. In the wake of the British colonial army, Halkin added, when Christian missionaries arrived in Northeast India in the early 1900s, many of the inhabitants became Christianized. As they learned more about the Bible, they began to recognize many of the stories, folktales and songs that had similar parallels to the traditions passed down by their ancestors in their pre-Christian tribal religion.

Beginning in the 1970s, as the belief of their Israelite heritage spread, a small group decided to live Jewishly and adopted an Orthodox Jewish way of life. They did so with the help of Rabbi Eliyahu Avichail, a Jerusalem rabbi dedicated to searching for possible descendants of the Lost Tribes and facilitating their return to their ancient roots.

Then in the 1990s, after a long exile, small groups of the B’nei Menashe community started their return home to Israel. The transition from a Third World country like India to a modernized and highly developed society in Israel has presented significant challenges. “The first B’nei Menashe to arrive in Israel thought they were coming to a biblical country,” says Halkin, who in 2017 helped initiate an oral history project that led to the establishment of Degel Menashe. “Since then, they’ve been exposed to the realities and complexities of Israeli life, but they still have an enormous sense of coming home after 3,000 years of exile. As there are no rabbis in India, the first thing they have to do in Israel is undergo a Jewish conversion, which itself is a difficult process,” Halkin added. Many B’nei

Menashe also arrive to Israel lacking the tools, skills or education needed to make a successful transition to Israeli society and its workforce. The remaining B’nei Menashe in India face bureaucratic challenges to join their families in Israel. Most recently they have faced significant hardships furthered by the COVID-19 pandemic as many have been reduced to poverty and food insecurity.

Degel Menashe responded to the crisis in the spring and early summer by launching two rounds of a food relief program in Manipur and Mizoram. The operation was met with many challenges including total lockdowns that prevented food transport to local communities and delays in gaining permission to circumvent them. This summer Degel Menashe received a grant from Jewish Long Beach that aided their third round of food distribution, helping the organization provide 500 B’nei Menashe families



provided their citizens. Of the approximately 10,000 B’nei Menashe in the world today, between 4,000 and 5,000 have immigrated to Israel, and the remaining members live in the Indian states of Mizoram and Manipur, near the border with Myanmar. Although they claim descent from the Tribe of Menashe, one of the “10 Lost Tribes” of Israel, their adoption of Jewish practice dates only to the 20th century.

There is striking evidence that for thousands of years their ancestors preserved ancient Israelite traditions dating back to biblical times. Many of these traditions are connected to a legendary ancestor, today identified by them as Menashe, according to Hillel Halkin, author of “Across the Sabbath River: In Search of a Lost Tribe of Israel.” Halkin is currently the chairman of Degel Menashe, an Israeli nonprofit organization, founded in November 2019, to support the advancement of the B’nei Menashe in both Israel and India.



with more than 15 metric tons (nearly 35,000 pounds) of their daily staple of rice.

It is hoped that these families will be able to fulfill their dream of immigrating to Israel in the near future. “The B’nei Menashe story,” Halkin says, “is a fabulous episode in Jewish history. The survival of remnants of a biblical tribe and its memories for the 3,000 years in which it lived in isolation from the rest of the Jewish people is a remarkable tribute to the tenacity of our people’s identity, as is the B’nei Menashe’s determination to return to us. We hope that Jewish Long Beach will want to continue to be a part of this story.”

Jewish Long Beach will continue to respond to the needs of organizations and agencies impacted by the COVID-19 pandemic. If you would like to contribute to the COVID-19 Relief Fund, please visit <https://jewishlongbeach.org/ways-to-give/donation> or call Yolanda Placencio at 562.426.7601 ext. 1314 to donate by phone. 



## My Jewish Long Beach Story

Aaron Kern, MD | VP Governance, Jewish Long Beach Board



Both my parents were born and raised, until 1939, in Vienna. Although they lived relatively close, their families did not know each other until my parents ultimately met in New York.

My mother, Trudy, was only 8 years old when her parents sent her to the United States, and she has no recollection of her time in Vienna. She suppressed all memories prior to life in New York. On the other hand, her sister, my aunt, who was 13 at the time, has a complete recollection of the events.

My maternal grandfather was in the grain business. His enterprise was thriving and expanding at the time it was confiscated by the Germans. He was arrested shortly after the Anschluss in 1938. With the prospects of being jailed for a year, not to mention the political situation, he and my grandmother decided to send my mom and aunt elsewhere for safety. The options were either Israel or the United States. Given the presence of family in the U.S. but none in Israel, the choice was made. My aunt recalls the day my grandmother took them to the train station. While parting home wasn't easy for my aunt, she was old enough to understand the need. When their train departed, my aunt cried her heart out but my mother was totally silent and just played with her doll. They wouldn't see their parents for another 10 years.



My father's history is well documented. He remembered vividly his childhood home and life. His father was a successful businessman owning a garment factory. The family lived in a nice apartment and lacked for nothing. Dad's childhood, much like my aunt's, was typical prior to the Anschluss. He went to school, had lots of friends, etc. Afterward, he recalls how he was no longer able to attend school and his former friends shunned him. Although his parents, like many others, apparently recognized the danger too late, my father was fortunate. His parents had the wisdom to send him to France for safety with the intent of rejoining him in the U.S. Unfortunately, his parents and his brother were unable to follow and perished in one of the camps.

My father, Arthur, ultimately boarded a kindertransport and arrived in New York. Within just a few weeks after his arrival, he became a Bar Mitzvah. While this is normally a joyous occasion, for him it was not a celebration. It was a bittersweet moment since he had no family or friends to

celebrate with him. He was completely alone and, worse, received no support from the community. Of remarkable note, his parshah was Lech Lecha. And so he did go forth, leading a very successful career and raising a wonderful family.

I was born in Glendale, CA, and raised in the conservative synagogue, Temple Ner Tamid in the San Fernando Valley where I became a Bar Mitzvah. I later became active in United Synagogue



Youth, and enjoyed Camp Ramah in Ojai. While my parents were not particularly religious, they and my brothers, Danny, David and I did attend Shabbat services until we went off to college and were imbued with Jewish values. My parents had an extended family of friends, most of whom were also survivors.

When my father was in his 60s, he decided to see if he could visit his childhood home. He contacted the then owners who were unwilling. Subsequently, while on a cruise, he met a Viennese couple who, after hearing my father's story, said they would try and facilitate a connection and, indeed, a visit was ultimately arranged.

Upon arriving to his childhood home, my parents quickly developed a close relationship with the present residents. Their daughter, Lilly, aged 10 at the time, was so fascinated by the history of my father that she wrote an article in a local newspaper.

Subsequently, my father's history became her passion. Lilly, now 25, a Fulbright scholar with master's degrees in history and journalism, has done extensive research. She recently completed a book about his life and their relationship, entitled "Arthur and Lilly." It will initially be published in German and, hopefully later, in English.

I was named after my father's closest friend, Aaron. Aaron had escaped from Germany. He loved to share with me how his German name had been "Adolph" and how lucky I was he had changed it! We celebrated all the holidays together with our extended Jewish family, but the highlight was always Pesach. I try to follow in my father's footsteps but Seders are just not the same without him and his best friend, Aaron.

I was not engaged in Jewish life during my college years and did not join a synagogue again until after I was married and had two children. My wife, Leslie, and I joined Temple Beth David in Westminster more than 20 years ago, where both of our daughters, became B'not Mitzvah. I

involved myself with the Temple Board for several years and ultimately served in the capacity of President.

My "Jewish Long Beach" story began when Leslie and I joined the 1999 Federation trip to Israel. From my participation in this trip, my parents' experiences, and my affiliation to Beth David, I understand how important it is to be a part of creating and sustaining a strong Jewish community.

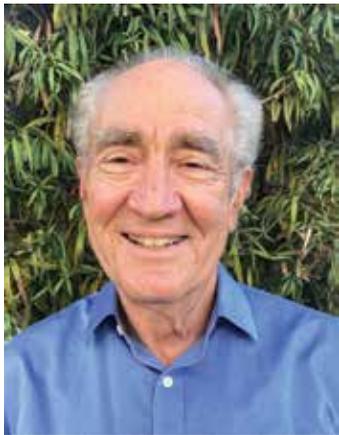
After this initial trip, I became involved with our Israeli Partnership committee and attended some meetings in Israel. I went on to serve on the Federation Board from 2008 – 2014 and the Foundation Board from 2016 – 2018. I am also active with Men's Philanthropy and am currently the VP of Governance on the Jewish Long Beach Board.

Leslie and I are both members of the Jewish Long Beach Legacy Society, and I sincerely hope you will join me in supporting and sustaining our great Jewish tradition. 🕊️



# The Emotional Pandemic of 2020: “Choose Life!”

Jim Linden, PhD | Professor Emeritus, California State University, Long Beach



The traumatic events of the last six months have come at warp speed: A worldwide virus that has killed more than a million people; a spate of murders that has reignited passions and long simmering angers about racial oppression; the ugly hatred of white racism; protests around the country that have increasingly polarized the nation; and a national election that has gone from the ridiculous to the absurd—from the first “debate” last month, to learning that our President is infected with coronavirus. This piece is being written on October 8th, a month before the election. By the time you read it, who knows how else the world might have changed.

The detritus from the last six months of trauma is incalculable – medically, socially, financially, and emotionally. I believe we are in the midst of not only a health pandemic, but an emotional pandemic of unprecedented proportions. I see it every day when I speak with my therapy clients. I see it in my friends. I see it in my own family. And I feel it myself. So many of us in our Long Beach Jewish community, as well as in the global community, have been affected.

Because of this emotional pandemic, many of us are exquisitely vulnerable to even ordinary stressors and frustrations. What might have been a minor disappointment just a few months ago becomes a major upset now. In ordinary times (remember those?) our base level of stress might be a 2

or 3 on a 10-point scale. If something would have upset us we may have jumped to a 4 or 5. These days, because of the turmoil in our world, our base level is closer to a 5 or 6, and what would have been a minor frustration turns into a stress level of at least a 7 or an 8. Tempers can flare, frustrations feel overwhelming and depression seems to be rampant.

A large part of the emotional pandemic has to do with loss, which is one of the major causes of depression. A child loses her toy and is inconsolable. A loved one dies, and we cry. Look at the enormity of losses that so many of us are all dealing with these days: fewer social contacts; no in-person entertainment, including sports, movies and music; we can't hug our loved ones outside of our personal bubbles; huge financial losses for many; and, for too many people, the loss of health and loss of life.

Adding to these losses are the daily fears that we are all living with. “Can I go food shopping? Is it safe to eat at an outside patio restaurant? Can I fly to see my kids or grandkids? Is my cough or fever a symptom of COVID-19? Is it safe to send my kids to school?” This combination of depression and anxiety is a recipe for serious emotional trauma.

I do not pretend to have a solution to these emotional challenges. But I have some thoughts that might help reduce the pain just a little that so many are feeling these days. I recently read a beautiful memoir by Dr. Edith Eva Eger, a survivor of Auschwitz who is now, at age 93, a psychologist in La Jolla. Dr. Eger writes that we all have choices in how we respond to trauma, frustrations and losses. We can choose to be in the prison of victimhood or we can choose to ask a very simple but profound question, “Now what?”

“Now what?” means that we can consider different ways

to handle trauma and loss. We can choose to have hope that things will get better. We can choose to hold on to the blessings that we still have in our lives. In Viktor Frankl's seminal book, “Man's Search for Meaning” he writes that no one can take away our freedom to think. As Frankl says, “We can choose to vanish in the dark, or we can choose to kindle the light. Everything can be taken from a human being except one thing—the last of the human freedoms, to choose one's attitude, to choose one's way.”

Indeed, we can look to the portion of the Torah we read on Rosh Hashanah for spiritual guidance, and learn that our attitude during this emotional pandemic can be informed by God's admonishment to “Choose Life” (Deut. 30, 19-20):

“I have put before you life and death, blessing and curse. Choose life—if you and your offspring would live by loving the Eternal your God...you shall have life and shall long endure upon the soil...”

“Choose Life” is what God tells our people. Viktor Frankl echoes this eloquently, as does Dr. Eger. Even when we are in the darkest of times, when there seems to be no end to the suffering of so many, we can—indeed, we must—reach deeply into our souls and embrace the stunningly liberating attitude to hold on to hope, to treasure whatever blessings we still have in our lives, and to know that what we think and how we feel is something that we alone can control. That we can not only survive this emotional pandemic, but that we can prevail. 

Here are a few suggestions that may be helpful in your quest to choose life during these difficult times:

- Call a friend you haven't spoken with in a while—maybe someone from college or high school.
- Take COVID-safe walks. Exercise a bit more vigorously.
- Listen to music you love...maybe even some oldies from when you were younger.
- Tell your family and friends that you love them and wish you could see them in person.
- Try cooking some new recipes, especially healthy ones ... and even not so healthy ones.
- Consider taking up a new hobby-like gardening, or sewing, or playing an instrument, or reading different kinds of books.

- Learn new games – Mahjong, or scrabble, or bridge.
- Have a COVID-safe visit with a friend in a park or a large patio if you have one.
- Call Jewish Family and Children's Service where you can connect with an empathetic counselor and possibly join a (virtual) group of others who are looking for social connections.

Above all, do not give up hope that you will get through the losses and sadness that have afflicted so many of us this past year. 

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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: btdavid@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: 714-846-2285  
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@dslextre.com  
Website: www.CongregationShirChadash.org

**Congregation Shalom of Leisure World, Seal Beach (C)**  
Mail to:  
PO Box 2901  
Seal Beach, CA 90740  
Meet at: Clubhouse 3, Room 9  
1421 Northwood Road  
Seal Beach, CA 90740  
Fridays 7:00 PM, and Saturdays 9:30 AM  
Contact: President Carol A. Stern Levine  
Phone: Direct - 562-505-3622  
Phone: Membership - 562-430-7040  
Email: congscholomlwsb@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)**  
3635 Elm Avenue  
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)**  
269 Loma Ave.  
Long Beach, CA 90803  
Contact: Rabbi Scott Fox  
Phone: 562-434-0996  
Email: info@tilb.org  
Website: www.tilb.org

**Temple Ner Tamid of Downey (I)**  
10629 Lakewood Boulevard  
Downey, CA 90241  
Contact: Rabbi Daniel Mehlman  
Phone: 562-861-9276  
Email: info@downeytempleneramid.org  
Website: www.downeytempleneramid.org

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## Name Three Positives

Rabbi Dr. Mark Goldfarb | Temple Beth Ohr, La Mirada



When our children were younger and we gathered as a family around

the dinner table (before having to leave for evening meetings or events), Deb and I engaged them in a recap of the day. We asked our children to “name three positives of the day.” Some days, the responses came fast: “I made a new friend.” “I got an A on my project.” “I understood a complicated topic the teacher was explaining.” Other days were more difficult: “My friend helped me when I dropped my books.” “My teacher took the time to help me understand my mistake on the test.” “I’m home having

dinner with my family.”

These pandemic days have challenged us all greatly. We have had to learn to do things differently and do work anew – online or with limited employees on hand, adding stress to our lives. Some of us saw our jobs disappear through no fault of our own!

When we try to escape these pressures through TV, YouTube, or social media outlets, we get hit with all the terrible things going on in the world! Flooding along the US Gulf Coast. More than 200,000 Americans dead from COVID19 – a disease originally predicted by our government leaders to be less serious than the flu. A mass shooting in Rochester, NY. The death of Justice Ruth Bader Ginsburg – a stalwart supporter of the rights of women, minorities,

and reproductive freedom. The deaths of George Floyd, Breonna Taylor, and others that give rise to questions about racial justice in our society. The peaceful protests of those deaths, which turned violent. The anger and frustration of citizens spilling over into acts of violence against others.

It would be easy for us to descend the slippery slope of cynicism and self-pity. We might feel ourselves entitled to cry out like the Prophet Isaiah, “Woe is me! I am undone!” Though our individual memory might be short, our collective memory as Jews and as humans spans generations. Standing at this point in history, we have the advantage of perspective. Looking back over human time, one harsh, indisputable reality presents

itself: Life is uncontrollable.

Our ancestors lived during times of great uncertainty and upheaval of social order. Families, communities, cities, and countries, were often devastated by wars, epidemics and pandemics. Families routinely mourned the death of young children and parents often faced the then unknown terrors of polio. How did they face their uncertainty given the absence of medical technology and resources that we now have? How did they persevere through those calamities? A look into Jewish liturgy and tradition is most telling.

Given all that the Jewish people have experienced in this world, one might expect our liturgy to be filled with expressions of grief, loss, anger, and questioning. On the contrary, almost all of

Jewish liturgy is filled with expressions of gratitude: I am grateful to be alive, grateful for what health I do have, grateful to be a sentient being, grateful for creation, and more. The very name of our religion, Judaism, and what we call ourselves, Jews, comes from the name of Judah. The meaning of the name of Judah is “one who gives thanks.” We even have a holiday set aside for the sole purpose of expressing gratitude: the holiday of Sukkot.

Life will always be filled with uncertainty. So let us express gratitude for the certainty we know in this moment. For that is truly the only control we have in life – we choose how we will respond.

Are you able to begin and end your days by naming three positives? 

## Who Am I?

Nelli Greenspan | Director of Admissions and Marketing, Hebrew Academy of Orange County



After almost 16 years of living in the U.S., I received my citizenship. Then I discovered

that when someone asks me who I am, I hesitate, not knowing how to answer. Am I an American Jew, Israeli-American, Israeli-Sephardi... and in what order?

Identity confusion is very common with many immigrants and specifically Israelis. This is regardless of someone’s reasons for leaving Israel. Israelis tend to create their own “mini Israel.” We work very hard to surround ourselves with Israeli friends who speak the same language, without worrying about the accent or being misunderstood. We listen to Israeli songs, stay up-to-date about the news in Israel, and learn how to cook authentic Israeli recipes.

There are two questions here: Is this enough to strengthen our identity and pass it on to the second

generation born here, who sees itself as American first? Are we ever going to be part of American society and adopt it as our own?

To be able to share my own twist on these questions, I will use my personal story.

I moved here a year after my father passed away. I was a Hebrew and Judaic studies teacher in Boston with the plan to save some money for one year and travel to South America, my dream trip.

I quickly realized that it is so easy to get lost here if you don’t belong to a Jewish community that accepts you the way you are with your heavy accent.

After three years, I moved to Miami to pursue my Master’s Degree in Jewish Education and Jewish Studies in English. While working in another Jewish School, I realized that I was about to lose the Israeli in me -- the sense of humor, the warmth, the passion and free-spirit and everything else that distinguishes us from others. So I surrounded myself with

Israeli friends only. It was so easy to celebrate holidays together even though we used different traditions. You learn to accommodate them all. I still thought that I was going back home, to Israel.

Only when I moved to California to be closer to my sister, my only sibling here, then got married to an American Jew, and had my own kids, did I realize that it’s time



to admit that my life is here. As an ambassador of Israelis and a Zionist, I have a big responsibility – to strengthen the connection between Americans and Israelis.

But there was something else that changed in me – I realized that I took for granted being Jewish and growing up

surrounded by Jewish buzz. Now I have to be the role model for my children and bring all this Jewish pride into my own home - and not just for the High Holidays and Chanukah, but Shabbat, Independence Day, Memorial Day, and more.

When my kids come home from the Hebrew Academy singing the same songs that I grew up with, they have more information and facts about Judaism, but I realize it’s not enough. As a family, we decided to get more involved with the local community, Israeli community, and the American community by recruiting the entire family to volunteer at the Israeli American Council Orange County’s celebration for Yom Ha-Azma’ut, or taking classes from the Israeli-American Council on how to become a better leader, while my kids are watching me and participating in the class.

Volunteering in the Jewish Israeli communities only helped me see the beauty and the richness of both cultures. My message is this: Israelis, as

long as you live in America, give it a chance. Americans, don’t judge us too quickly. We might still have a heavy accent, and we might sometimes be too loud, but we know how to hug, and step up to help when you need us, without the need to schedule a month away. We are decision-makers (Israeli Defense Forces Training – we are all “commanders”).

For my fellow Israelis, open up to the community around you, volunteer, and donate when you can. Google can teach our kids the definition of kindness, but only we can model it. Speak in English when you are around non-Hebrew speakers, be more sensitive to them and don’t criticize them because you have to schedule with them in advance for a cup of coffee. It is a good thing: you will never be double-booked this way. And to all the Jewish organizations we have around us, you are the core of keeping us as one nation. Make sure you listen to the Israelis. They want to be part of you. We are one. 

## It's Showtime

Temple Beth Ohr | La Mirada

You are invited to an online screening of "O My God" by Anat Gov. The film is directed by Howard Teichman and features Mike Burstynn, Marla Spassoff, and Joseph Rishik, in association with West Coast Jewish Theater. This virtual event will take place Saturday, Nov. 7, 2020 from 7-8:30 pm (PST).

This event will be on YouTube. Upon receipt of payment, you will be sent a private link. Tickets are \$36 per household.

For more information please visit [tboldm.org](http://tboldm.org) or contact Leslie Berger at 310.871.8498 or by email: [LBerger53@yahoo.com](mailto:LBerger53@yahoo.com).

## Services Online

Beit HaLev | Seal Beach

### November

Regular livestream Shabbat services every Friday at 6:00pm and Saturday at 10:30am. On Friday, November 6, the service will also include a Kristallnacht Observance.

### December

Regular livestream Shabbat services every Friday at 6:00pm PT and Saturday at 10:30am PT. From Thursday – Thursday, December 10 – 17, Beit HaLev will livestream a Musical Chanukah Menorah Lighting service for each night of the holiday.

Livestream services are accessed from the following websites:

<http://www.galityomtov>

<https://www.facebook.com/galityomtov>

<https://www.youtube.com> (Channel: Shabbat Shalom LIVE!)

Beit HaLev also broadcasts on Zoom. For an invitation, Meeting ID and passcode, contact Rabbi Galit Shirah: 562. 715.0888 or email, [duets@icloud.com](mailto:duets@icloud.com).

## Jewish Genealogical Society

Orange County

### November 22 at 10:00am PST – Judy Baston: Jewish Genealogy in Lithuania



Judy Baston was awarded the 2015 IAJGS Achievement award in recognition for her tireless work as a LitvakSIG board member, moderator of the LitvakSIG Discussion Group, member of the JRI-Poland Board, Lomza Archive

Coordinator, and moderator of the Lodz Area Research Group and BialyGen discussion groups. Judy was also involved in editing/proofreading Yizkor Book translations for Ciechanowiec, Eisiskes, and Ostrow Mazowiecka, and is a sought-after speaker. Get the link to register in advance by emailing [info@ocjgs.org](mailto:info@ocjgs.org).

### NEW DATE AND TIME: December 20 at 10:00am PST



#### Lara Diamond: Finding Family in the Old Country: Getting Creative When Records are Scarce

European borders were fluid, meaning that records for one family could have been written in many languages and kept in disparate locations. Lara Diamond will examine one

large family that lived in the area, which now spans the Ukraine/Romanian border. While they lived there, it was part of Hungary, then Czechoslovakia, Romania, then Hungary again, the Soviet Union and Ukraine. Records from this area were kept in multiple languages and are currently held in several modern countries and different archives within those countries. What ended up being a very large family was reconstructed using a variety of methods, including synagogue records, vital records, census enumerations, Holocaust documents, Yizkor books, DNA and more. This talk will discuss the wide variety of resources used to reconstruct this family over the course of decades, bringing the family back to the 1700s and tracing distant cousins across the world.

Lara Diamond has researched her roots in Eastern Europe using records from the Russian and Austro-Hungarian Empires. She is president of the Jewish Genealogy Society of Maryland, has leading roles in JewishGen's Subcarpathian and Ukraine SIG groups, and runs projects collecting documentation from multiple towns. Her Jewnealogy blog is at <https://larasgenealogy.blogspot.com>.

Get the link to register in advance by emailing [info@ocjgs.org](mailto:info@ocjgs.org).

### AQUATIC ACADEMY COURSE, FALL 2020

## COVID-19 EXPOSED: THE LESSONS WE NEED TO LEARN



The Aquarium of the Pacific will host a five-week course on the coronavirus and global pandemic.

Class sessions will cover an overview of the disease and pandemic, the public health response in the U.S. and around the world, and impacts of COVID-19 on the economy, education, environment, museums, zoos, and aquariums. It will also address the intersections of healthcare and social inequities and what our future might look like in 2021 and beyond. This course is free and open to the public. Advance registration is required.

### INFORMATION

**When:** 11/10, 11/11, 11/18, 12/2, 12/9  
5:30 P.M.—7:00 P.M. PT

**Where:** Live webinar with Q&A

**Cost:** Free. Registration required.

**Register:** [aquariumofpacific.org/aquaticacademy](http://aquariumofpacific.org/aquaticacademy)  
(562) 590-3100, ext 0

For more information contact Adina Metz at [ametz@lbaop.org](mailto:ametz@lbaop.org). Certificate of completion will be provided to course participants upon request.

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## Virtual and In-Person

Beth David | Westminster

### December

Sunday, 11/8, 11:30am Zoom Q&A with Dr. Tarece Johnson

Thursday, 11/12, 2:00pm Lunch and Learn with Rabbi Myers – Virtual or in Person

Friday, 11/13, 7:30pm Choir and Veterans Shabbat – Virtual Adult and Junior Choirs singing

Saturday, 11/14, 9:00am Torah Study with Rabbi Myers – Virtual or in Person

Thursday, 11/19, 4:00pm Virtual Levi Strauss exhibit, Contemporary Jewish Museum San Francisco – A History of American Style

Saturday, 11/21, 9:00am Body, Mind and Spirit Shabbat – Stretching at the Temple or at home on Zoom. Virtual or in Person

### December

Saturday, 12/5, 9:00am Torah Study with Rabbi Myers – Virtual or in Person

Saturday, 12/5, 10:30am Hanukkah Tot Shabbat – Virtual or in Person

Thursday, 12/10, 12:00pm Lunch and Learn with Rabbi Myers – Virtual or in Person

Friday, 12/11, 7:30 pm Hanukkah Service with both Beth David choirs singing virtually

For further information, please email [tbdavid@templebethdavid.org](mailto:tbdavid@templebethdavid.org) or call 714.892.6623 or [library@templebethdavid.org](mailto:library@templebethdavid.org).



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# Hebrew Academy – A Synchronous Education Program Goes Live

Bryn Harari, PhD | Principal, Hebrew Academy



After an unprecedented and successful transition to distance learning last March, the Hebrew Academy of Orange County swiftly transformed and re-imagined itself again to re-open its doors in September. Nearly 300 students participated in a synchronous program that has given parents and students the most expansive and inclusive opportunities for learning during this Pandemic.

The Hebrew Academy offers an educational program that differs from many others, providing both onsite instruction and distance learning synchronously (at the same time). While many schools offer a hybrid program, where parents must choose one option for the whole year, and where students may only have the option of learning in-person for part of the time, Hebrew Academy students were warmly welcomed back on campus for a full in-person program. The students started the new year knowing that teachers and the school were prepared to adapt and respond to any situation that might arise, ensuring that students would have access to seamless and uninterrupted learning throughout the year.

To make this possible, classrooms were prepared with state-of-the-art technology that enables teachers to teach students in the classroom while engaging students at home via Google Meet. Teachers are trained on numerous platforms to ensure seamless consistency, as well as safe and secure access. To support parents, a teacher was hired to assist



parents and students as they learn from home. This teacher contacts each family at the start of the day to ascertain that they can access the technology, that they are aware of what the assignments are and have access to materials. The teacher is also able to provide additional tutoring or instruction where needed.

In addition to providing continuous and uninterrupted learning, this model of education has powerful implications for a

changing educational landscape. For students such as Shoshana in Long Beach, a third-grader who is learning at home because someone in her family is vulnerable to the virus, this opportunity meets her needs for inclusion and belonging. Shoshana said, “Although I can’t be at school myself, I still feel part of the class, and I get to see my friends every day.”

These options for distance learning represent just some of the ways this award-winning school has responded to the unique demands of the day. Students learning on campus returned in September to find a campus transformed, with indoor classrooms re-imagined, outdoor classrooms available, lunch and play areas that allow for small cohorts and distancing, as well as touchless facilities. Many of these developments have been made possible by generous grants and partnerships with local Jewish philanthropic organizations, including Jewish Long Beach and the Jewish Community Foundation of Orange County.



It is no surprise that the Hebrew Academy has been able to pivot and flex as effectively as it has during these challenging times. After all, the school has been serving Jewish students throughout Orange County and Long Beach with a variety of innovative programs for more than 50 years!

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## Dedicated Leadership Keeps Beach Hillel Strong

ChayaLeah Sufrin | Executive Director, Long Beach Hillel



During these unusual times, non-profit organizations rely on their boards more than ever. Using board members as thought partners, community liaisons, and organizational guides is crucial to keeping our organizations strong. Beach Hillel is lucky to have a dedicated group of lay leaders who understand the important work we are doing for our Jewish students in the Long Beach area. Under the leadership of Board Chair Dr. Felice Adler-Shohet the Hillel board has expanded in numbers, transitioned to virtual meetings, implemented new bylaws and an employee handbook, and helped raise enough funds to keep Hillel programming alive.

The Beach Hillel board includes two California State University, Long Beach (CSULB) faculty who are liaisons to the students and broader campus community, Dr. Jeffrey Blutinger and Dr. Suzanne Perlitsh Wechsler, long time board members Linda Simmons and Neil Wasserman have served on the Beach Hillel board through big changes and were adamant about keeping Hillel a central part of the Jewish community.

Beach Hillel is lucky to have alumni serving on the board as well. David Rosen, Nicolas Lippa and Deni Volkoff all enjoyed Hillel as students and now work to ensure the current students have the same experiences they did in the past. Beach Hillel Student President David Rowe sits on the board as a voice of the students.

Melissa Carr Kreitenberg, Solly Hess,



and Deborah Moss joined the board in 2018/2019 with a deep commitment to supporting Jewish student life not only at CSULB, but also Long Beach City College, Cypress College, California State University, Dominguez Hills, Cerritos College, and El Camino College.

We welcome our new board members for 2020/2021: Ken Schlesinger, Dr. Daphne Zagnoev, Dr. Suzanne Perlitsh Wechsler, Scott Newman and Carol Adams. Thank you to the entire board of directors for your dedication to Beach Hillel! L'chaim!

*Editor's note: Jewish Long Beach is proud that Hillel board members David Rosen, Nicolas Lippa, Deni Volkoff and Carol Adams are also alumni of the Alpert New Leaders Forum as are Board Chair Felice-Adler-Shohet and Executive Director ChayaLeah Sufrin.*



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*Beloved Father & Grandfather*  
to Jann Kronick Gath & Chance Gath  
*From Karen & Tim Strelitz*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Lea & Dennis Gerber*

**2020 CAMPAIGN**

IN MEMORY OF

- Pearl Feldman  
*From Michele Cohen*



**CAMPUS CAPITAL FUND**

IN MEMORY OF

- Muriel Lipeles  
*Beloved Mother & Mother-in-law & Great Grandmother*  
to Rich & Amy Lipeles  
*From Judi & Gordon Lentzner*

MAZEL TOV

- Laurie & Robert Raykoff  
*on the birth of their grandson*  
Parker James Jennison  
*From Arlene & Rick Freeman*

MAZEL TOV

- Lindsey & Gary Fields  
*on the birth of their granddaughter*  
Faye Aviva Johnson  
*From Arlene & Rick Freeman*

IN MEMORY OF

- Bobby Kronick  
*Beloved Father & Grandfather*  
to Jann Kronick Gath & Chance Gath  
*From Judi & Gordon Lentzner*

THINKING OF YOU

- Dr. Gail Levy, Amy & Troy  
*From Judi & Gordon Lentzner*

IN HONOR OF

- Avi Hayon's Bat Mitzvah  
to Judi & Gordon Lentzner  
*From Lyn & Joel Epstein*

IN HONOR OF

- Avi Hayon's Bat Mitzvah  
to Rabbi Oren Hayon & Julie Lentzner Hayon  
*From Lyn & Joel Epstein*

IN MEMORY OF

- Esther & Barbara  
*Beloved Sisters, Sister-in-law & Aunts*  
to Dr. & Mrs David Urstein  
*From Judi & Gordon Lentzner*

**BIRDIE'S KIDS CAMPSHIP FUND**

IN MEMORY OF

- Victor Cohn  
to Susan Cohn  
*From Larry ZEEZO Campbell*

For Jewish Long Beach tributes call: 562.426.7601 ext. 1314



**ALPERT JCC GENERAL DEVELOPMENT FUND**

IN HONOR OF

- Avi Hayon on her Bat Mitzvah  
to Judi & Gordon Lentzner  
*From Linda & Howard Vogel*

**SENIOR ADULT MEAL DELIVERY PROGRAM**

IN MEMORY OF

- Miriam Lazzar & Rose Levin  
*From Phill Lazzar*

IN MEMORY OF

- Helen & Reuben Natelson  
*From Dr. Bernard Natelson*

IN MEMORY OF

- Zelda Paymar  
*From Judy Lober*

IN MEMORY OF

- Jay Leff  
to Karin Polacheck & Randy Leff  
*From Robyn & David Ritz*

IN MEMORY OF

- Jay Leff  
to Karin Polacheck  
*From Shirley & Arnie Ostrow*

IN MEMORY OF

- Jay Leff  
to Karin Polacheck  
*From Jill Rosenberg*

For AJCC tributes please call: 562.426.7601 ext. 1414



**GENERAL FUND**

IN MEMORY OF

- Lory Glickman  
*Beloved Wife*  
to Marvin Glickman  
*From Roberta & Dr. Barry Rabin*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Joyce & Mike Greenspan*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Judy Leff*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Pattie & Marc Davidson*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Susan & Bruce Whelan*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Jeannie & Bob Alban*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Michele Berro*

HAPPY BIRTHDAY

- Stella Ungar  
*From Joan & Marty Flax*



IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Gail & Tom Levy*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Ronnie & Bob Kaplan*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Joanne Ratner & Wayne Slavitt*

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Kathryn Miles*

**MERVIN N. GLOW & KREIDA FAMILY ASSISTANCE FUND**

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Jen Conroy*

**WENDY MANASSE & DAVID WIESE FAMILY FUND**

IN MEMORY OF

- Jay Leff  
*Beloved Father*  
to Karin Polacheck  
*From Ronnie & Eric Feldman*

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## MAY THEIR MEMORY BE A BLESSING



Mark Zotstein

Lory Glickman

Sandy Horner

Barbara Ivler

Ruth (Paddy) Kaller

Jerome (Jay) Leff

Linda Silverman

Dodie Robbins

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](mailto:chronicle@jewishlongbeach.org)

### IN-PERSON SERVICES

Friday nights at 6pm and Saturday mornings at 10am.

Services are held outside on our patio with socially distanced seating. Masks and temperature checks required.



### ZOOM

Weekly Havdalah service & Social Hour Saturday nights after Shabbat.

Check our website calendar for exact times.

### STREAMING

You can also watch our services from the comfort of your home on our streaming channel.

*Streaming of services is funded in part by a grant from Jewish Long Beach.*

## THERE ARE MANY WAYS TO CONNECT WITH TEMPLE BETH SHALOM

For more information about our services and programming and for the livestream and zoom links, please visit us at [tbslb.org](http://tbslb.org) or call (562) 426-6413.



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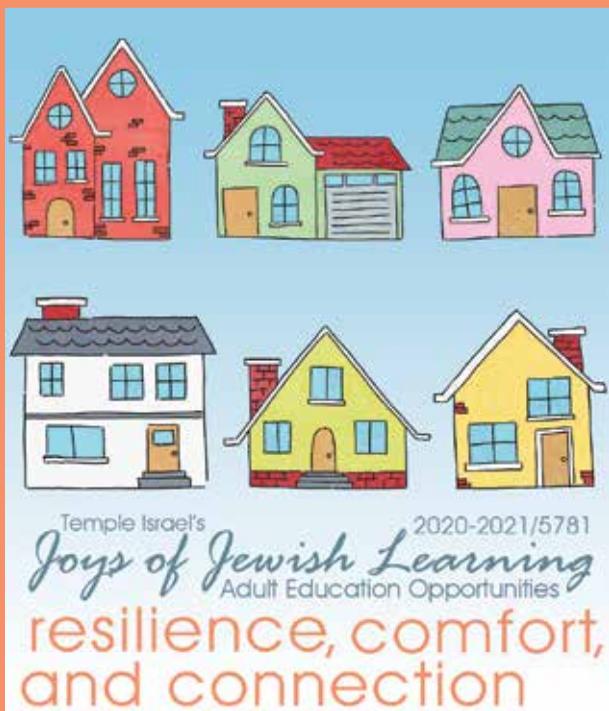
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Temple Israel's Joys of Jewish Learning program is a proud past recipient of The Union for Reform Judaism's Congregations of Learning Award. The entire community is invited to join us for any and all classes, most of them at NO COST!



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- Hebrew Language
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- AND MUCH MORE!



**FROM ISAIAH TO JEREMIAH:  
 How Jerusalem Became so  
 Important to the Jewish People**  
**Sunday, November 8 at 12:30 pm**

Join Danny Ehrlich for a guided virtual tour in the Old City of Jerusalem. We'll step back 2,700 years to the days of the prophets Isaiah and Jeremiah who walked and taught there. Please RSVP to the Temple Office (562) 434-0996.



**SEEKING COMFORT  
 IN TROUBLED TIMES**

**Wednesdays at 7:00 pm  
 November 18, December 2 & 9**

In this class, we will reflect on our experiences during COVID, review other times in Jewish history when similar challenges have been faced, and learn about what our tradition has to offer for support and making meaning during such troubled times. Please RSVP to the Temple Office (562) 434-0996.



**STRIVING FOR RESILIENCY  
 PART ONE**

**Sunday, December 6 at 7:00 pm**

Licensed Educational Psychologists Greg and Lisa Endelman will explore resiliency through the development of competency based personal growth. After defining the concept of resiliency, they will offer strategies to help with the development of grit, growth mindset, scout mindset, and other related skills. Please RSVP to the Temple Office.



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