

Shalom 07|20

The Journal of the Reading Jewish Community published by the Jewish Federation of Reading/Berks

Your Federation Supports:

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- Food Pantry
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- Israel & Overseas
- Camp Scholarships
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- Your Jewish Legacy
- 92ND ST Y Programs
- Joint Distribution Committee
- Meir Panim
- Annual Campaign
- Jewish Agency for Israel
- Yemin Orde
- School Education Programs
- Interfaith Unity Council
- Israel Advocacy
- Youth Events
- Great Decisions Series
- Jewish Community
- Relations Council
- Community Holiday Programs
- Women's Philanthropy
- Jewish Federations of North America
- Counseling Services
- Leo Camp Lecture
- Shabbat B'Yachad

Helping the hungry

By Bill Franklin

There are people who are hungry for food and there are people who are hungry to help! We hope you are among the latter.

- Locally Helping Harvest has seen a 49% increase in the number of food-insecure individuals and has distributed more than a million pounds of food per month this year versus 565,000 pounds per month last year.

- In Israel, Meir Panim has ramped up its food delivery efforts since the pandemic has caused one in seven Israelis to skip meals. For the first time, Yemin Orde is providing food vouchers to families in dire need of assistance. During Passover, 220 families received food vouchers, and 125 of those families in the most difficult situations received a second gift of food vouchers.

- The American Jewish Joint Distribution Committee (JDC) has established Coronavirus Economic Relief programs in Europe and Latin America. Its relief efforts are expected to reach more than 10,000 Jewish individuals in Greece, Italy, Spain, Latvia, Bulgaria, the former Yugoslavia, and other countries. In Latin America the organization is helping close to 2,500 Argentinian families delivering meals to seniors, subsidies for medicines and cash to guarantee basic daily needs.

- Likewise, the Jewish Agency for



Israel (JAFI) launched its COVID-19 Loan Fund for Communities in Crisis to help Jewish institutions continue to function, provide services for their community members and avoid complete collapse. More than 80 Jewish communities outside the U.S. have applied for help due to dire need of financial relief. These range from the large centers of Jewish life in Belgium, France, Italy, South Africa, Spain, and

How to help
 Go to [ReadingJewishCommunity.org](https://www.readingjewishcommunity.org) and click on Help the Hungry under Ways to Give

Ukraine to smaller Jewish communities in Austria, Costa Rica, Greece and Paraguay.

What these five philanthropic organizations have in common is that they are all supported by your donations to your Jewish Federation of Reading. Recognizing the severity of people's increased needs, we are launching a special "Help the Hungry" campaign. Your increased donation will be directly allocated to help the local food pantry JFS runs with Helping Harvest and the programs serving our Jewish hungry in Israel and around the world.

Pamela Norley, president of Fidelity Charitable, recently said, "Despite the economic environment, all the uncertainty at a personal level, people look outside of themselves and give to charity."

We hope you are able to join us in helping those severely impacted by the COVID 19 pandemic.

More information is available on the JFR website — <https://www.readingjewishcommunity.org/>

Thank you.

A sweet conclusion to annual meeting



The Cherry on Top ice cream truck awaited those who took part in this year's Jewish Federation of Reading annual meeting in June. While the meeting itself was held online, participants were invited to stop by the JCC for a post-meeting treat.

A TRIBUTE TO BARBARA NAZIMOV

Longtime Jewish Federation of Reading staff member Barbara Nazimov passed away in June. We offered the people of our Jewish community an opportunity to reflect on the qualities that made her a friend to so many and her countless contributions to the Federation and those whom it serves.



Each time I visit my dentist, I think of Barbara Nazimov, fondly. I first met Barbara when I worked along with Dan Tannenbaum as an editor of *Shalom* in 1989. I was pregnant with our daughter, Liza, and had a terrible toothache. Since I was not a candidate for an X-ray, my former dentist chose not to examine me until after the baby was born. In passing I mentioned this to Barbara. With months to go in my pregnancy, the thought of living with a throbbing tooth was not an acceptable option. It was Barbara Naz to the rescue, calling her dentist and securing an emergency appointment for me. No X-ray was needed, and he was able to temporarily repair the tooth. She became my tooth fairy. Just after Barbara's passing, I visited Dr. Dave for my regular cleaning. We both shared fond memories of Barbara and her many kindnesses.

Fast-forward to 2008 when I had the pleasure of working with Barbara as the Federation's president. The Federation and greater Jewish community were in a great deal of transition, and Barbara stepped to the plate to become one of my teachers, graciously helping me settle into my new post. Barbara was the Federation's Campaign Queen, steadily guiding the process every step of the way. With a long history in the community and years of campaign coordination expertise, Barbara masterfully guided the Federation's annual campaign from leadership dinners and events to community-wide mailings.

Barbara would roll up her sleeves, personally make phone calls whenever possible and cared about each and every card because of the people they represented. If you were new to town, Barbara reached out to welcome you. In need of assistance? Barbara knew whom to contact and was happy to help. She was part of the glue that helped to keep our community together.

I can still hear Barbara's beautiful voice with its charming lilt that evoked warmth and a smile. She was helpful, resourceful, thoughtful and kind. Our community was blessed to have Barbara as such an integral part of it for many years.

—*Tammy K. Mitgang*

My friendship with Barbara goes back to the 1970s when I moved to Reading. Through good times and bad we have always been there for each other with caring and concern. In recent years we enjoyed lunches together at our favorite restaurant, but she was at her happiest when enjoying time together in my garden. She loved watching the butterflies and blowing bubbles. I will miss her dearly, but the butterflies in the garden will always keep her close to me.

—*Linda (Ritter) Seidel*

I was very fond of Barbara. She was a warm, caring, wonderful person. I first met Barbara through our husbands. They both belonged to the Dental Society and we would socialize at its events. We reconnected when Barbara started working at the Federation and I helped her with Super Sunday, the Federation's fundraising campaign. I found her volunteers to make the phone calls and Barbara assigned each volunteer members of the community to call. Barbara was devoted to the community and to the Federation, and she was very grateful for all the volunteer help. The Jewish Community has lost a true friend.

—*Louise Zeidman*

What do I say about my dear friend, Barbara Nazimov? We got to know each other when I got a job as a social worker at Jewish Family Service in 1986, and Barbara was working for the Federation. I was very impressed by her fierce intelligence and total dedication to the work of the Federation. She listened as I whined about driving to Allentown twice a week to get my MSW. I listened as she talked about her five cats and her children. We knew how lucky we were to be working for Dan Tannenbaum. He was a dear, sweet man. When my daughter went to college, Barbara knew how sad and lonely I would be feeling, so we planned a trip to Boston. We had a great time, both of us interested in history and exploring new places. Over the years we traveled to New York, Montreal and Alaska, to name a few.

Barbara was such a strong person. She went through many tragedies; the most devastating was the loss of her daughter, Heather. After Heather's death, Barbara became a mentor to a young woman who needed a lot of emotional support. She kept in touch with her as she moved on to college and then a great job.

Barbara's great strength was making and keeping

friends. We continued to be close friends, even after I moved to the Philadelphia area in 2015 to be closer to my family.

I cannot believe I have lost my dear friend; we spoke almost daily. She was an inspiration, and I will miss her terribly.

—*Wendy Neuhs*

I worked with Barbara for years on Federation projects. My favorite memory is working on a Women's Division fundraiser. I fondly recall Barbara and I using tweezers to remove fortunes from dozens of fortune cookies, typing up new fortunes with Torah quotes related to charitable giving, and inserting them into the cookies with the tweezers, all without breaking any cookies. This is just one of the happy memories I had working with Barbara on Federation projects.

After Barbara retired, we enjoyed meeting for lunch and keeping up with each other on the phone. We often joked about our shared aches and pains and will remember all the fun we had together.

—*Yvonne Oppenheimer*

I saw Barbara every day when she and I worked at JCC/Federation. She would enter through the preschool wing. She was such a sweetheart and had a great sense of humor. She always had a cheerful smile on her face and a sweet greeting for everyone. She had a reason to laugh and take you along for the giggle. After she retired, she still had her wonderful smile, attitude and laugh. She was very supportive and helpful of our causes and our families. She will be missed.

—*Judy Synnamon*

Barbara was a very good friend. After my mother passed away in 2002 Barbara decided that I should not be alone on Mother's Day. From 2002 until 2019, Barbara and I spent every Mother's Day having dinner together. Every Passover Barbara would make me Matzo brei because she knew I loved it and she enjoyed making it for me.

—*Nan Kurlancheek*

During our more than 50 years of friendship, many of Barbara's outstanding qualities surfaced. She was an extended member of the Wachs' family and celebrated many happy occasions with us. We shared many sad times as well. Barbara was a very caring and thoughtful person to me and others. During the pandemic, Barbara would call me from the supermarket asking what extras I could use. She would then deliver them to me along with a bunch of flowers.

Barbara's presence in this community will be missed.

—*Sue Wachs*

Everyone who knew Barbara knew of her love for cats and her singular license plate – MEOW 4. At around 4 p.m. every day Barb would call me, or I would check in with her. It seems so strange to no longer be doing this. What a wonderful friend.

—*Nancy J. Knoblauch*

The Goodmans and Nazimovs met in 1970 when Barbara heard about a new couple in town and promptly invited us to dinner. That was the beginning of a 50-year friendship.

In the early 1990 I had the privilege to serve as chairwoman of the Federation's campaign. Barbara managed the Federation office at that time. She took care of all the records, made calls, helped recruit volunteers and organized events. Barbara made my job easy. I couldn't have been as successful without her assistance.

My daughter Rachel had a wonderful relationship with her. Whenever Rachel was in town they got together for lunch and a movie or shopping. Barbara even accompanied me on several four-hour road trips to visit Rachel in Connecticut.

There are friends and there is family, Barbara managed to be both. She will be missed but left good memories.

PS — I still have some of her recipes

—*Debbie Goodman*

I will miss Barbara as both a work colleague and a friend. As campaign director at the Jewish Federation Barbara used her many talents and made everything look easy — from graphic design to event planning to choosing

interesting speakers. She worked tirelessly and was committed to all aspects of the Federation's mission. She was a real team player and was always willing to help other staff.

As a friend Barbara will be remembered as kind, thoughtful and generous. She will be missed by all who knew her.

—*Sari Incedon*

Barbara was a thoughtful and caring woman. She frequently reached out to her circle of friends to rejoice in their simchas and to share their sorrows. Barbara was a truly good soul who will be remembered fondly for her many kindnesses.

—*Carole Robinson*

Thinking about Barbara takes me back over the years to our friendship, which began in the 1960s when she and Harold moved to Pennside. Over the years, Barbara was loved by many as a great hostess, loving mother of two beautiful children, Fun Club entrepreneur, lover of the arts, community activist and always an empathetic friend. This was all before she became a mainstay at the Jewish Federation, where her energy and dedication were gifts to the whole community. When Ivan and I moved to Denver in 1998, Barbara continued to be a link to our many friends in Reading.

Upon her death, I reflected that as the years passed, Barbara remained all the same people I described above, and more. Despite the unbelievable tragedy she experienced personally, her face to the world was always kind and gracious, generous and sincere. The Barbara of the '70s is the one I remember most happily. Ivan and I will continue to remember that Barbara, along with all the friends we shared, as long as we have memories.

—*Ivan and Judith Botvin*

Dena and I had the pleasure of being social friends with Barbara and her late husband, Dr. Harold Nazimov, starting in the early 1970's.

In every aspect of her personality, Barbara was a caring, considerate person. She had a wonderful outlook on life, despite various personal setbacks. And I have story to prove it.

Both Dena and I worked with Barbara when she was the Federation staff person responsible for the campaign.

She had a lovely way of asking if I would make a solicitation. I just couldn't say no to Barbara. When I completed the task, she would always send me a lovely handwritten thank you note. But the special touch was that she also included a coupon for ice cream with an additional note as a "bonus" for a successful effort and being "such a sweet guy." Once when I was not particularly successful, she wrote a thank you note and still included the ice cream coupon with a note saying that "You're still a sweet guy and I'm sure you'll do better the next time."

It was Barbara who was the sweet person with the outlook of believing things would work out better the next time.

Our community and our lives were enhanced by Barbara's presence and will be diminished without it.

—*Dena & Vic Hammel*

The first stop we made in Berks County after the Realtor was at the Jewish Community Center. We were warmly greeted by Barbara Nazimov, and that encounter led to an ongoing 20+ year friendship. We were happy to collaborate with her in endeavors over the years to support both the Federation and the Temple. She was generous with her time, and we will sorely miss her. With sadness on her passing.

—*Lynn and Jeff Driben*

When I first started working for the Federation 15 years ago, I was a bit anxious to be starting something new. Fortunately my main point of contact was Barbara. Her warmth and supportive nature helped me enormously. And I was especially appreciative of how kind she was to my then young children whenever I brought them along on a trip to the office. They always loved visiting with her, as did I. There was business to be done, but Barbara always made it pleasant. She was a blessing to our community, and she will be deeply missed.

—*Mark Nemirow*

From the President's Desk

Speakers to offer perspective on difficult issues

By William D. Franklin
President

Unfortunately, the 'uninteresting' times I keep wishing for are not yet here. In addition to the challenges of keeping our community healthy and engaged during the pandemic, American Jewry is wrestling with its role in eliminating racial injustice in our country and supporting Israel's status with the Palestinians, especially the question of sovereignty in Judea and Samaria.

With the rise of anti-Semitism, Jewish support to correct the racial, injustices of our country would seem to be a 'no-brainer.' But the Black Lives Matter (BLM) movement's inclusion of anti-Semitic and anti-Israel protests creates concern. At recent demonstrations in Brooklyn and Washington, D.C. amid the chants of "Black Lives Matter" there were also



chants of "Death to Israel," "Death to America" and "From Gaza to Minnesota, globalize the Intifada!" On May 30 in Los Angeles, the Black Lives Matters protest led to widespread rioting, destruction and pogrom-like vandalization of eight Jewish institutions and many businesses. It is also disturbing to note that the Black Lives Matter platform is filled with anti-Israel and anti-Semitic statements. So, how do we support the position that Black lives do matter but not support the official Black Lives Matter movement?

There are also questions about the potential impact Israeli annexation of the West Bank will have on Israel's future and our American Jewish community. There are strong arguments for and against Israel taking unilateral actions. We need more facts and knowledge about the region's history since the foundation of American Zionism is being challenged.

Therefore, it is important that our community have forthright, honest

discourse on these issues. We must welcome different perspectives. These conversations may be uncomfortable, but speaking truthfully is relevant to our concerns. We need credible speakers and facts, realistic expectations and articulation of relevant Jewish values to support wise decisions.

To facilitate this, we will be arranging speakers to educate us about history and laws. They will be chosen for their ability to present all sides of the issues without giving us their opinions. We want these sessions to be the basis of ongoing discussions for our community. We know it will take time and multiple presentations to accomplish this.

On Sunday, Aug. 9, at 11 a.m. we will hear Gadi Ezra. As both a human rights attorney and a soldier in the IDF, he holds an unparalleled perspective on war. Gadi was selected by *Forbes* magazine as one of the most influential leaders in Israel under the age of 30.

We are also working to arrange a

presentation from Dr. Marc Dollinger on racism and Jewish social responsibility. Dr. Dollinger holds the Richard and Rhoda Goldman Endowed Chair in Jewish Studies and Social Responsibility at San Francisco State University. He is the author of "Quest For Inclusion: Jews and Liberalism In Modern America" and "Black Power, Jewish Politics: Reinventing the Alliance in the 1960s."

In addition, we will be presenting an educational webinar by the Washington Institute's David Makovsky in which he reviews the history of the West Bank and Israel and explains possible scenarios and implications.

Consensus building is ideal but not always obtainable. We will present a spectrum of views and backgrounds to speak about the realities on the ground so that we agree or respectfully continue to agree to disagree.

Please let me know if there are other topics or concerns you would like to learn more about and discuss.

Say it isn't so ... Al and Betsy Katz are leaving town

By Tammy K. Mitgang

When I learned that Al & Betsy Katz were moving out of town to be closer to their family, I could almost hear a collective gasp echoing throughout the Reading Jewish community. Well-respected, consummate leaders and community doers, the Katzes will be missed by family, friends and the organizations they supported.

Throughout the years, Al and Betsy have shouldered many leadership roles at Keshar Zion Synagogue, Jewish Federation of Reading, the former Jewish Community Center and organizations including Hadassah and B'nai B'rith. They took on volunteer roles, large and small, with commitment and enthusiasm; guiding boards, teaching our children and selflessly investing time and energy into everything they did. I have no doubt that they will continue to engage in their volunteer efforts even as the moving truck is rolling out of town.

Professionally, Al worked for 26

years as a controller for Sears and later worked in various finance positions for Boscov's Department Stores, Inc. until his retirement. He was a president of B'nai B'rith, held numerous board positions at the Jewish Community Center, twice chaired the Board of the Jewish Federation of Reading and served on the Finance and Jewish Family Service committees for the Federation. Al also held many board positions at Keshar Zion and continues to volunteer at the Federation's monthly Food Bank.

Early in her career, Betsy worked as a speech pathologist at Reading Hospital as part of a Cleft Palate team and later established her own practice. In consultation, she has worked on behalf of Daniel Boone School District. Betsy has served on the boards of the Jewish Community Center, Keshar Zion and the Federation. She was an officer of the KZ Sisterhood, led Junior Congregation at the synagogue for nearly 10 years and is a Life Member of Hadassah. Additionally,



Betsy chaired the Women's Division for Federation's Annual Campaign and served on the Development Committee.

Al and Betsy enjoy playing golf and wintering in Florida. Al is an avid handball and racquetball player and continues to work on his tennis game. Betsy enjoys reading, cooking and baking, knitting and playing Mahjong. She also serves

on the board of Women's Berks County Golf Association.

When asked, Al and Betsy will tell you that their proudest accomplishments are their two children and five grandchildren with whom they plan to spend much more time. Florida also promises to be a sunny winter respite for two beloved people who have left an indelible mark on the Reading Jewish community and the lives of all they have touched.

With great appreciation, we wish you the very best as you begin this new chapter of your life!

PS – On a personal note, Al and Betsy have always been shoulders that I could lean on for leadership, counsel and friendship. I was blessed to have Al's leadership as a Board Chair when I was the President of the Jewish Federation of Reading. I have worked with Betsy on numerous committees and benefitted from her tutelage on everything Jewish. She is a great teacher. Together, they are treasured friends.

New program for young adults starts in September

By Adi Shalev

I'm happy to introduce you to YJR-Young Jewish Reading, a new group that will start in September!

As most of you know, I arrived to Reading in September 2019, and since then I made friends in this area.

With time, two things happened:

First, I enjoyed these friends so much that I want to meet more friends who live in the Reading area.

Second, slowly I found more and more young people who live here and have no

connection to Jewish organizations.

After I spoke with a few people, I understood that now is the time to have a Young Jewish group here in Reading that will meet the needs of those young people who want to enlarge their social circle, celebrate holidays together, learn about different topics, and just be part of a fun group.

We will meet once a month, so if you are between the ages of 25 and 40, single or in a relationship, I invite you to

join our group, shape its future and help it grow.

For more details and to sign up, email AdiS@JFReading.org.

Shalom

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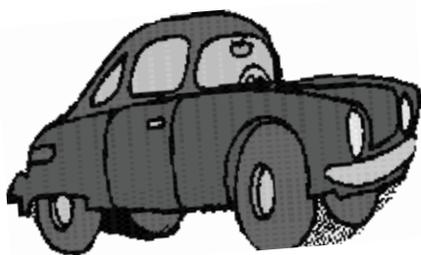
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Call Sari at 610-921-0624,
e-mail sari@jfreading.org
or go to
www.charitableautoresources.com

Please support our hunger campaign

By Richard Nassau
Development Director

Our Jewish Family Service Food Pantry has continued to distribute food during this pandemic. Each month volunteers and staff prepare boxes of groceries to distribute to families. Each month since the beginning of the pandemic they have run out of food.



The Jewish Family Service Food Pantry is part of the safety net that helps Berks County families experiencing daily food insecurity. We are a member of Helping Harvest, which supplies food each month to our pantry and hundreds of others. The number of people in Berks County receiving

food each month is amazing. Twenty-four thousand.

So as communities slowly reopen and people return to work, I want to talk about my friend who has not yet been called back and is not certain they will be. I'm concerned. They say they are OK, but when we speak there is something in their voice that says otherwise. They tell me they have enough to eat, but when pressed admit they could use "some help" with groceries. I don't think my friend ever imagined that they might need to use a food pantry.

Food insecurity is a real problem. Think of the people you know who are now unemployed. How secure is their source of income? What is the possibility they will need help placing food on their plates? Food insecurity may soon become an issue

for our friends.

This month, please consider making a contribution to our Help the Hungry campaign. Your gift will support our Food Pantry here in Berks County, along with food insecurity programs in Israel and the world.

In Israel, you'll provide meals through programs offered by Meir Panim and Yemin Orde. Internationally, you'll provide food through our partner organizations American Jewish Joint Distribution Committee and Jewish Agency for Israel.

Every contribution we receive to Help the Hungry will be allocated directly to these programs.

Please consider making a contribution to our Help the Hungry campaign.

Go to ReadingJewishCommunity.org and look for the Help the Hungry button.

Note changes in tax rules for retirement accounts

Congress this year passed the CARES Act which suspended Required Minimum Distributions (RMDs) during 2020. However, because the CARES Act was passed on March 27, many individuals had already taken what they thought, at the time, were their 2020 RMDs. It was possible for some retirement account owners to make a 60-day rollover and effectively reverse their withdrawal. For other retirement account owners, the 60-day window had already closed, even after the window was extended for distributions made on or after Feb. 1.

Then in late June, the IRS announced

further relief for certain RMDs by extending the 60-day rollover deadline for RMDs to Aug. 31. This IRS Notice provides additional relief by excluding rollovers of amounts that, if not for the CARES Act, would have been 2020 RMDs from being counted as rollovers for purposes of the once-per-year IRA rollover rule. The notice also provides that distributions to non-spouse beneficiaries of IRAs qualify for similar rollover relief if the distributions are repaid by Aug. 31.

Qualified Charitable Distributions

It is important to note that the rules for Qualified Charitable Distributions by those over age 70 1/2, often referred to as IRA

Charitable Rollovers, remain the same for 2020. Donors who have taken advantage of this giving incentive can continue to use it to transfer funds directly from their accounts to qualified charities such as the Jewish Federation of Reading (but not to donor-advised funds or supporting organizations).

The Jewish Federation of Reading/Berks does not give legal advice. The views expressed are for informational purposes only and are not intended or written to be used, nor may they be used, as legal advice.

Development

Annual Campaign

Women's Philanthropy

Maimonides Society

Your Jewish Legacy

Chai Circle

L'Chaim Society

Book of Life

Letter of Intent



Life: Online is a community project initiated by community Shlichim around the U.S. to provide a variety of content to Jewish communities in the U.S. and beyond in fields of cooking, dance, history, philosophy, current events and so much more!

To receive more information, join the Facebook group "Life: online".

DONATE NOW TO OUR JEWISH COMMUNITY CAMPAIGN

Please visit ReadingJewishCommunity.org

Make your gift today!

ISRAELI COOKING CLASS WITH ANDI FRANKLIN AND ADI

Join Andi and Adi for a special cooking class, where we will learn how to make delicious Falafel!

THURSDAY, AUGUST 13TH AT 2PM

For the Zoom registration email Adis@JFReading.org



Reconnecting meaningfully in a challenging time

By Rabbi David Sislen
Keshar Zion Synagogue

A few weeks back, I was having a conversation with a colleague. Over the course of the professional silliness that ensued, we envisioned a child of the 21st century learning about the Spanish flu epidemic of 1918. The mythical child asked, "How did they Zoom services if computers hadn't been



invented yet?"

My daughter, who had to return home barely two months into her first semester of college, has been sporting a T-shirt around the house. It bears the official logo of Zoom University.

Fortunately, our social distancing over the internet will gradually change to the same in-person. KZ has been holding all of our meetings and classes online, as well as Thursday evening minyanim and Erev Shabbat services. On July 17 and 24, we are welcoming Shabbat with a Kabbalat Shabbat/Maariv service at Wyomissing Hills Memorial

Park, at 6:30 p.m.. All are welcome. Our regular, in-person services resume on Aug. 1. In order to control the number of attendees, you must make a reservation in advance. To attend, notify the KZ office at kzsecretary@entermail.net by the Thursday prior to services. Personal protection devices should come with you; we'll have extra hand sanitizer. Our Thursday services at 7:30 p.m. do not require a reservation but do require appropriate attire. Masks, not ties.

As we commemorate the destruction of the Holy Temple in Jerusalem as well as many of the other tragedies which have

befallen our people, we will gather online as a community to observe Tisha B'av on July 29 at 7:30pm. Co-sponsored by the Jewish Federation of Reading, Chabad of Berks, Keshar Zion, and Reform Congregation Oheb Sholom, the service will include prayers, readings, and poetry as well as the traditional reading of Megilat Eicha, the Book of Lamentations. Check your email for the link to register to attend, or contact your congregation or JFR for more information.

We look forward to reconnecting with you meaningfully and safely over the next few weeks. Be safe, and please stay in touch.

Retired Federation executive director passes away

From Federation staff

Stanley Ramati, former executive director of the Jewish Federation of Reading, died July 12 at the age of 83 in Austin, Texas, where he resided.

He served as leader of Berks County's Jewish community for 10 years, retiring in 2005.

Stan was born in London. The youngest of three children, he never knew his older brother Jackie, who died before he was born. Stan was named Shalom as a symbol of the peace he brought to the family. However, he enjoyed a long and loving relationship with his older sister Helen, who died last year during Kol Nidre.

Stan grew up during the Blitz and attended British Public Schools. He was an active member of Habonim. Among his contemporaries was the playwright Harold Pinter. Stan served in the Royal Air Force and was on active duty, during the 1956 Suez crisis.

In 1961, he made Aliyah to Israel. He lived on the kibbutz Beit HaEmek and served in the armored division of the Israeli Defense Forces. Stan's unit captured the Golan Heights during the Six-Day War in 1967. In 1970, while



working to place Jewish non-Israelis into Kibbutzim, he met his future wife, Dorothy. She was set to live at a different kibbutz until he convinced her to live at his. He asked her, "Why would you want to just be around more Americans?" They married Aug. 27, 1970 in Herzliya, Israel.

Later that year, they moved to the States, settling in Birmingham, Ala. There he began his career in Jewish social work and his love for Alabama football during the Bear Bryant years. They started their family and had two sons, Phillip and Alex. While working for the Jewish Federation of Birmingham, Stan earned

his bachelor's degree at the University of Alabama - Birmingham. In January 1976, the family moved to Savannah, Ga., where Stan became the Executive Director of the Jewish Federation and Jewish Education Alliance (JEA), Savannah's JCC. Stan was one of the strongest federation directors in the country. He was extremely involved in relocation of Soviet Jews to Israel and America. He directly helped many Russian families settle in Savannah and become active parts of the Savannah Jewish community. Stan spearheaded the building fund to renovate the JEA.

Stan had similar roles in San Antonio, Texas, and in Reading before retiring to Raleigh, N.C. The best part of retirement was becoming a grandfather to Jake in 2007 and Allie in 2011. And in 2018, Stan & Dorothy moved to Austin to be closer to their grandchildren.

Because of his fluency in Hebrew and Jewish customs, he was often consulted on any matter of Judaism. He became infamous for leading exceedingly long Passover Seders. In addition to his passion for the state of Israel and being Jewish, Stan loved cricket, soccer, rugby and tea,

as any true Englishman would. He was a passionate reader and kept many libraries and bookstores in business.

One of Stan's favorite hobbies growing up was stamp collecting. He later sold his beloved stamp collection to buy his first house in Birmingham. Besides his family, his loves included Alabama football, Tottenham Hotspurs Soccer and New York Mets baseball. He also liked Georgia football (but only because his sons and a good amount of his money went there). He also loved the movies, British television and documentaries. His favorite food was dessert.

Stan is survived by his wife of almost 50 years, Dorothy, his two sons, Phillip and Alex, his daughter-in-law, Becca, and his two grandchildren, Jake and Allie. He also leaves behind a large family of loved ones in Israel, England and Australia.

In lieu of flowers, please make a donation to two charities meaningful to Stan:

StandWithUs: www.standwithus.com/ donate

The Humane Society (please support your local chapter): www.humanesociety.org/how-you-can-help

Some feedback from those who tried green cleaning products

By Solange Israel-Mintz
& Andi Franklin

Thank you to those who tried the BlueLand Starter Kits for giving us feedback. All were interested in knowing the results of the survey. Here they are:

- 50% of the participants chose it because they wanted to reduce their environmental footprint. 30% participated because they were happy to get a free present and 20% were persuaded by a friend.

- Aesthetically, 80% thought the bottles were pretty. 20% were unimpressed.

- Unfortunately, products were not as effective as hoped for. The glass cleaner got only a good rating from 50% of the recipients, while the other 50% complained of streaks. The bathroom cleaner got a high rating from only 30% and the multi-surface cleaner received a good rating from 50%. In addition, some of the nozzles were drippy.

- More liked the products' smell,

70% gave it a good rating, but 30% did not love it.

- 80% felt enough information was provided, while 10% would like to have been given reviews; 10% wanted information on how long the product was effective after activation.

- 70% would use these products again while 30% prefer stronger disinfectants.

- Other products people are interested in are dish and hand soaps, disinfecting wipes, laundry

and dishwasher detergents and good cleaning cloths.

- 80% were interested in learning how to reduce plastic consumption. 20% also asked about waste reduction and air pollution. We are on it!

On Page 7 of this *Shalom* you can learn how to reduce emissions through your food choices. Stay tuned; next we tackle plastics.

Thank you again for your participation and feedback. Together we can heal our planet.

Limited spaces available in Lakin Preschool

For information or a tour contact Judy Synnaron
at 484-332-5981 or school@ohebsholom.org

Kindermusik and Sprouts programs are for babies and children 9 months thru 24 months. The classes are designed to stimulate very young children while bonding with parents and caregivers.

Back to School Zoom with Teachers: Sept. 8.
Preschool starts Wednesday, Sept. 9

Lakin Preschool will be following COVID-19 protocols and guidelines set up by the CDC and Dept. of Health

Israel Book Club: 'Dear Zealots' by Amos Oz

By John Incledon, Moisey Schneider and Andi Franklin

As usual, when we choose a controversial book we have a great discussion. John Incledon wrote a summary quoting the text and Moisey Schneider wrote a critique.

John Incledon's summary:

The first of Amos Oz's three essays defined fanaticism and its opposites. "It is not the volume of your voice that defines you as a fanatic [zealot], but rather your tolerance — or lack thereof — for your opponents' voices. The fanatic does not want there to be any differences between people."

Oz then defines the opposite of fanaticism and offers a preventive. "Curiosity and imagination: these two things may give us partial immunity to fanaticism. Another antidote to fanaticism [is] humor. If only we could find a way to put a sense of humor ... into a capsule and inoculate entire populations against the plague of fanaticism!"

Oz's second essay, 'Many Lights, Not One Light', offers his thoughts about Judaism as a culture rather than just a religion or a nationality.

"Who are we? What are we?" Oz asks. "Some find [the answers to these questions] in the 613 commandments, in the prayers, in erudition, in the tombs of holy men, in the secrets of Kabbala and various signs, symbols and miracles, or on the Temple Mount and the renewal of sacrificial rite. All of these approaches are well founded on ancient texts."

There also is our "rebellious gene that has flickered for thousands of years in Jewish culture. We don't want simple discipline. We want justice, and we demand it even from the Creator ... Important theological events in Jewish culture over the past few generations ... are Hebrew poetry, prose and philosophy. It is exciting to recognize that theological grappling has not vanished from our culture, but rather has been passed from the old gatekeepers to Judaism's newish creative force: new Hebrew literature. The revival of Hebrew ... is a spiritual occurrence no less vital to Jewish history than the emergence of the Talmud. Cities and towns, villages, kibbutzim and moshavim that were built in Israel in the past 120 years are, to me, among the most fascinating creations of the Jewish people in history."

Oz further states, "The current Israeli right maintains that there is a clash between Israel and the nations of the world. ... If there is no enemy, no persecution, no siege, and no 'sanctification of God's name,' then the outside world will seduce us, and we will lose our identity and assimilate."

However, he adds, "The divide between religious and secular Jews has existed for some 150 years. But it does not have to be a rift ... that is destructive." We have a long and wonderful tradition of dispute and debate from Talmudic times. "Secular Jews are also the heirs of Jewish culture. ... Heirs should not be enslaved to their inheritance. On the contrary, legal heirs are entitled to discard parts of their inheritance and to emphasize other parts as they see fit." We are and have always been many lights.

In his third essay, 'Dreams Israel Should Let Go of Soon,' Oz pleads for a two-state solution.

"If there is one state, it will be an Arab one that stretches from the Mediterranean to the Jordan River." ... We cannot expect Israelis and

Palestinians, after a hundred years of blood, tears, and catastrophes ... to turn into a happy family overnight. We need two states. We have nowhere to go. The Palestinians are not going anywhere either. Jews and Arabs can and should live together, but I would find it absolutely unacceptable to be part of a Jewish minority under Arab rule, because almost all the Arab regimes in the Middle East oppress and humiliate their minorities. And more importantly, because I insist on the right of Israeli Jews, like any other people, to be a majority, if only on a tiny strip of land."

Moisey Schneider's critique

The celebrated Israeli novelist wrote three essays relevant to our polarized, populist world.

Oz said, "Jews and Arabs can and should live together but only with a Jewish majority because as history shows the Arab regimes oppressed and humiliated Jews who lived with them."

Oz argues "that since the War in 1967 Israel has not won a single war." He explains that we lost because we had no objective, nor could we have had any objective that could be obtained by military might. However, if that were true, all Israelis would now be dead or exiled and there would be no Israel.

The Six Day War left Israelis feeling triumphant and invincible. It set aside the question of whether the Jewish state could survive. From the U.S. to the Soviet Union, a new pride in Israel and in being Jewish emerged, and Soviet Jews began a relentless campaign to emigrate. The Jewish

future appeared brighter than it had in thousands of years.

The author attacks "the oppressive Israeli regime in the occupied territories. ... Millions of Palestinians in the territories live a life of constant humiliation, enslaved with their rights denied. Their human and national dignity are trampled, having been robbed by Israel."

However, in fact, Israel's 2 million Palestinian citizens enjoy full civil rights and benefits greater than those in Arab nations. Palestinians in the West Bank, on the other hand, are largely self-governing, have increased dramatically in numbers, and enjoy a higher standard of living than many of their Arab neighbors.

The author criticized right-wing fearmongers who have been predicting that if we give back the territories, Russian tanks will turn up outside Kfar Saba. In fact, Russian tanks and Iranian armaments are in Syria on Israel's borders. There are millions of Israelis who might give up land for peace, but they fear that Arabs who don't live in a democratic country will never be peaceful nor accept Israel's right to exist as a Jewish state. And even Oz agrees that "No one should diminish their fear."

Oz writes that, "The State of Israel is fighting two wars simultaneously: a just war for the Jewish people's right to be a free nation in its own land, and a war of oppression, injustice, and theft at the expense of our Palestinian neighbors." However, the Palestinians are also waging two wars with Israel. On one hand, many Palestinians are fighting to end the occupation. On the other hand, many Palestinians are waging a war of

fanatical Islam to demolish Israel as the state of the Jewish people, since they believe Jews are too despicable to be considered a nation. The author says, "I am not sure that we can end the fight with Arabs overnight, but we can try."

To forge peace, all parties must sincerely want it and be capable of carrying out a plan for reconciliation. Today, Palestinian leaders lack the ability to make peace even among themselves and therefore cannot commit to peace with Israel.

It is interesting that both John and Moisey conclude with Amos Oz's "little confession — I love Israel even when I cannot stand it. If I fall over in the street one day, I would like it to happen on a street in Israel, not in London, Paris, Berlin, or New York. Here people will come over immediately and pick me up. ... I like being a citizen of a country where there are eight and a half million prime ministers, eight and a half million prophets, and eight and a half million messiahs ... Everyone shouts, and few listen. It's never boring. ... It is almost always fascinating and exciting."

At our meeting, no one shouted, everyone listened, and we agreed in good spirits to our next session, Thursday, Aug. 13 at 7:30 p.m., where we will be discussing President Donald Trump's peace plan, "Peace to Prosperity- A Vision to Improve the Lives of the Palestinian and Israeli People."

The peace plan can be found at <https://www.whitehouse.gov/wp-content/uploads/2020/01/Peace-to-Prosperity-0120.pdf>

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Lishmor Al HaOlam: Guarding the planet — Let's eat

By Solange Israel-Mintz & Andi Franklin

From the beginning of the Torah, with the injunction against eating the fruit from the tree of the knowledge of good and evil to the modern precepts of Kashrut, Jews have continually told each other what to eat and what not to eat. There has even been a lively Talmudic debate as to what that fruit in question might be. Some think it's an apple, some think it's a fig while others argue that it's a grape. Concerns over climate change bring new meaning to this debate and new foods to consider.

The bad news is that climate change is an objective reality. Nine out of 10 of the hottest years on record have occurred since 2005. This increasing heat has caused floods and droughts and endangered coastal areas. Many species have declined. The leading cause of rising temperatures is greenhouse gas emissions. And we are adding greenhouse gases to the atmosphere in unprecedented amounts. A global effort to reduce greenhouse gases would take over 20 years and require a \$100 trillion

investment. Imagine the campaign for that! Methane, nitrous oxide, and carbon dioxide emission are the biggest culprits. Therefore, in the short run, they are the most urgent to cut.

Animal agriculture (factory farming of meats, poultry and dairy) is the leading source of these emissions. It alone creates more carbon dioxide than that emitted from all cars, planes, buildings, power plants and industry combined. It is also the largest cause of deforestation, nature's own protective mechanism. Changing how we eat will not, by itself, save the climate. But, we cannot save the planet without changing how we eat.

This brings us to the good news. Greenhouse gases are primarily caused by how the food we choose is produced. But luckily our food choices are the easiest to change. Since everyone is going to eat something pretty soon, we can immediately and effectively help heal our planet.

Plant-based eating is the key to reducing these destructive emissions. To figure out a strategy, we researched

several vegan cookbooks and interviewed Julie Gabriel, a long-time plant-based foodie. She pointed out that reducing animal consumption in any way or any amount is not only better for the planet but nicer to the animals and healthier for humans. Plant-based eating protects us from cardiac disease and strokes, various cancers and Type 2 diabetes, arthritis, macular degeneration and more. There may not be many vegan restaurants in Reading, but navigating our carnivorous world is not so difficult. Armed with a good cook and a light outlook, pastas, salads, fruit smoothies and bread are easy to make and find. So, the great news is that what is good for people is good for the planet.

To help you add a meal, a day, or more of plant-based eating we have several suggestions:

- Amy Chaplin's *Whole Food Cooking Every Day*, a great cookbook with basic recipes and variations
- Danny Seo's magazine *Naturally* has many recipes and suggestions for eco-conscious living;
- Adi Shalev and Andi's cooking



Watch for information on a free tasting of delicious tahina shakes courtesy of the Jewish Federation..

class on how to make the best falafel EVER!, Thursday, Aug. 13, at 2 p.m.

The Federation will offer a tasting of Goldie's delicious tahina shakes. Stay tuned for an e-blast with the date, time and place of how you can enjoy them.

Special thanks to Julie Gabriel for her insight and suggestions for a plant-based lifestyle.

Our next topic will be- "Plastic: Pooh, pooh, pooh!"
B'tayavon!

For community feedback on environmentally friendly cleaning products, see Page 5.

All Around the Town

Congratulations to **Carson Endy** on making the Dean's List in his first year at Penn State. He is the great-grandson of **Tootie Moyer**, grandson of **Aileen Endy** and his parents are **Chad and Alicia Endy**.

Mazel tov to **Carole and Michael**

Robinson on the birth of their granddaughter Adelaide Jaymes Shipe to **Madelyn Robinson and Jakob Shipe** of Hawthorne, N.J.

Mazel tov to parents **Lauren and Joshua Valentine**, big brother Joey Valentine, and to grandparents **Shelly**

and **Larry Fogelman** on the birth of Lucas Alexander Valentine.

Mazel tov to **Edith Mendelsohn** on celebrating her 103rd birthday on July 22.

Mazel tov to **Jackye and Jim Barrer** on the birth of their grandson Leo Oliver

Barrer. Parents are **Jason and Breana Barrer**, Philadelphia.

We love good news about members of our community! Please share it by emailing Marknem@aol.com or calling the JCC office at 610-921-0624.

Until next time: Shalom!

Obituaries

Beverly Quittner, 91, of Arizona and formerly of Reading. Beverly volunteered for the Head Start Program and worked as a counselor at Reading's PACE Institute. She is survived by her four sons; Josh, Seth, Adam and Jeremy, and her eight grandchildren.

Robert D. Brok, 98, of Reading. Bob was a graduate of Reading High School and the Casey Jones School of Aeronautics in New Jersey. He served in the Navy as an Aviation Machinist's Mate during World War II. After serving his country he entered the world of business, taking over the family business with his brother Ralph. Bob and his wife, Doris, traveled throughout the world, and together they flew airplanes

and gliders, went scuba diving, played tennis and camped with their family. For his 95th birthday he rented an airplane and took it out for a "test flight." He participated in many civic organizations including Reading High School Alumni Association, Torch Club of Reading and the Exeter PTA. He was a member of Reform Congregation Oheb Sholom and the JCC Friendship Circle. Bob is survived by his son Glenn and his wife, Becky, of Centerport; his daughter Stef Brok and her husband, Phil Yoder, of Birdsboro; two granddaughters and two great-grandsons.

Sharyn M. Cohen, 74, of Reading. Sharyn was a graduate of West Chester University with a degree in elementary education and was a member of Reform Congregation Oheb Sholom. She

worked with her husband, Bruce, at his family business, Astor Knitting Mills, selling swimwear and managing their sales force. She went on to work as a personal shopper at Doneckers in Ephrata. In 2008 she and her husband formed their own personal chef business, Pampered Palates. Sharyn is survived by her husband, Bruce; her son Seth of Colorado, and her daughter Jacqueline and her husband, Daniel Shaye. Other survivors include one grandson and her brother Ronald Goldser and his wife of Minnesota.

Dr. Mel Horwith, of Womelsdorf died one month short of his 96th birthday. He was a professor of Medicine and Endocrinology at Cornell-Weill New York Hospital and Hershey Medical Center. Mel is survived by sons Gary,

Bruce and Michael and daughter Tobey McWilliams of Oley. He is also survived by his nine grandchildren, seven great-grandchildren and one great-great-grandson.

Liliane (Lily) Berditchevsky Stern, 91, of Ephrata. Liliane was born in Alexandria, Egypt, and she earned a Bachelor of Science Degree in biology from the University of Cairo. She later emigrated to Israel, where she met her husband, Theodore Stern, they later emigrated to the United States to raise their family. Liliane was fluent in several languages, she worked as a French language instructor, piano teacher and a lab technician, she then returned to school to earn a Masters Degree in health sciences. She is survived by her three children, six grandchildren and four great-grandchildren.

In memory of Stan Ramati

The Jewish Federation is sad to announce the death of former Executive Director Stanley Ramati at his home in Austin, Texas.

We send his wife, Dorothy and sons Phillip and Alex and their entire families our deepest condolences.

Meir Panim provides food lifeline during COVID-19 crisis

American Friends of Meir Panim

Meir Panim, a nonprofit organization in Israel supported by the Jewish Federation of Reading, has been providing kosher hot meals in restaurant-style soup kitchens and home-delivered kosher food packages to individuals and families for the past decade. Now, coping with the coronavirus crisis, Meir Panim (meaning “brightening faces” in Hebrew) has more than tripled their services to keep up with the demand for much-needed food.

Their lifesaving programs provide food for the elderly (including Holocaust survivors), the disabled and people who lost their jobs due to this global crisis — people who would have no other means of getting hot, nutritious food.

“We have a lot of people who are in isolation, who might have been exposed to the virus, and they are being mandated to stay at home for two weeks,” says Mimi Rozmaryn, director of global development for the Meir Panim Relief Center. “This could include clients of ours that would regularly come (to our locations), but given that they need to be isolated in their homes for two weeks, they need our help to get them the food so they can continue to thrive and stay healthy.”

The organization is working around the clock, and around the country. The restaurant-style soup kitchens are located in Safed, Tiberias, Or Akiva, Jerusalem and Dimona. Before COVID-19, clients would visit these locations, sit at tables and be served hot meals by volunteer

waiters and waitresses. Now these volunteers are helping to cook the food and are packaging it for takeout, since dine-in is not an option yet. Food preparation is also done by paid staff and community service people.

“There are three things we are changing, to keep up with the situation and with societal needs,” says Rozmaryn. “The first one is, all of our restaurant-style soup kitchens changed to take-away meals. Each of our clients can come to the restaurant and receive a tray of food, sealed and ready to take home. The second thing we are doing is that we have an increase of Meals-on-Wheels. The third thing is, we are responsible for catering the food. In the past, we’d gotten so much food and rescued food from donations from hotels and event halls. This enabled us to feed our clients with food that would have otherwise been wasted. Now, with the shuttering of hotels and event halls, we are responsible for catering this food.”

Meals-on-Wheels has always been an important part of Meir Panim’s services, but with the coronavirus, this food delivery program has quickly become the solution to reach homebound people. In many cases it is saving people’s lives, particularly the elderly, who could otherwise not leave their homes to buy food.

“It is a very large expense to provide these meals,” says Rozmaryn, “but it is our commitment to take care of our community and to continue, and even



expand, in this difficult time.”

During the crisis, Israelis have risen to the occasion to help. For example, there has been an outpouring of volunteers who drive their own cars and deliver Meals-on-Wheels food packages to homes. In addition, the top chef at the Dan Caesarea luxury hotel is cooking as a volunteer for Meir Panim while his hotel is temporarily closed. And every day volunteers start to prepare food at sunrise to be ready for the Israelis who line up each morning at Meir Panim’s distribution centers.

Rozmaryn’s work with Meir Panim embodies her dedication to Israel. A native New Yorker who was raised on the

Upper West Side, Rozmaryn was always interested in Jewish community service. She worked for Hillel and Birthright Israel after college. “Israel was always what I learned was our homeland. I have never taken that for granted,” she says. Two and a half years ago, she moved to Israel with her husband and their three young sons.

Describing Meir Panim’s programs, Rozmaryn says, “Every week is a different game plan, depending on the changing circumstances. We are continuing to keep the needy in Israel fed, in accordance with Israel’s health and safety regulations. This is our commitment.”

Meet Daniela Blumenfeld — a Yemin Orde success story

Friends of Yemin Orde

For Brazilian-born graduate Daniela Blumenfeld, packing up and moving to Israel, alone, when she was 15 years

old was the opportunity of a lifetime.

Daniela arrived at Yemin Orde Youth Village in 2003 from Sao Paolo, when she was in the 11th grade.

Her family was not religious, but after hearing about Yemin Orde from her high school teacher, Daniela started to take an interest in Judaism.

The idea of attending school in Israel with other kids from around the world intrigued her.

A short time later, Daniela packed her belongings and left her home in Brazil for the first time.

Daniela immediately felt at home at Yemin Orde. The Village’s youth from Brazil, under the guidance of Shmil and Isabella Kaufman, is a close-knit group as they learn and live together at the Village.

Daniela remembers a strong sense of family, with mentors available at all times for guidance.

Moving to Israel with the guidance and support of her Yemin Orde family allowed Daniela to transition slowly, learn a new language and adjust to a new culture without pressure.

Daniela fondly recalls the fun end-of-year parties she and her friends organized at the Village. Her graduating class performed a show based on the story of Chanukah and the Maccabees. Daniela remembers with pride how the entire group worked together on the show and the energy and excitement that ran through the Village during the evening.



Since the sixth grade, Daniela has wanted to be a doctor. After completing her studies at Yemin Orde high school in 2005, Daniela officially became a citizen of Israel, made “aliyah” and started her medical studies.

Today, she is studying for a MD/Ph.D degree at the Hebrew University of Jerusalem and is pursuing a surgical career. Daniela also volunteers in a hospital with cancer patients and gives talks to youth at area schools about hygiene and health.

Yemin Orde is supported with local dollars through the Jewish Federation of Reading.

Boscov’s Kosher Catering Weekly Shabbat menu

Please feel free to order any meal and as many as you want.

- _____ Herb roast ½ chicken- \$14
- _____ Moroccan stewed chicken- \$14 (warm Moroccan spices, preserved lemon and green olives)
- _____ Traditional style brisket and gravy- \$16
- _____ Beef stir fry and white rice- \$15
- _____ Cold poached salmon with lemon and dill- \$14
- _____ Pan seared salmon- \$14 (finished with tomato, spring onion, artichoke hearts and lemon)
- _____ Fresh vegetable and tofu stir fry with white rice- \$12

Entrees include a starch, vegetable, soup or salad du jour and brownie.

_____ Chicken Fingers w BBQ/Honey Mustard \$8.00 per person

*Payment can be made by cash/personal check at time of delivery or credit card called into our office ahead of time.

August Av-Elul



Shabbat Candle Lightings

August 7
7:52 p.m.

August 14
7:43 p.m.

August 21
7:33 p.m.



Torah Portions

August 1/11Av
Va’etchanan (Deuteronomy 3:23-7:11)

August 8/18 Av
Ekev (Deuteronomy 7:12-11:25)

August 15/25 Av
Re’Eh (Deuteronomy 11:26-16:17)

August 22/@ Elul
Shoftim (Deuteronomy 16:18-21:9)

Local social worker offers insights on teletherapy

By Bill Franklin

Six months ago, most of us had not heard of teletherapy. With the challenges of the pandemic, getting therapy online has become common and beneficial.

We are fortunate to have Julie Gabriel, a licensed clinical social worker, who practices holistic teletherapy in our community.

Intrigued, I spoke with her to learn more about this rapidly expanding wellness offering.

I started by asking, what is teletherapy?

She replied: "It is an easily accessible video or telephone platform which allows people to get remote care from licensed therapists. Our work focuses on relationships, anxiety, depression, and trauma. Right now, a common theme has been dealing with the transitions that many people are facing due to COVID-19."

I then asked what the advantages of teletherapy are.

She responded: "My clients report the benefits of convenience, accessibility, and how effectively the therapeutic relationship is maintained. There is access to care without leaving home, there is no travel or waiting time, and they are in the comfort of their home environment."

I asked if there were any disadvantages to teletherapy.

Julie responded: "The benefit of therapy comes from the quality of the therapist-client relationship. Online therapy, though, is not suitable for everyone. Therapists can assess if teletherapy is a good fit and make referrals if needed."

I wondered if there were any other issues related to teletherapy that distinguished it from traditional face-to-face therapy.

"Ethically", Julie said, "I follow the same social work code of ethics in my teletherapy practice as I did in person. The only difference is that a simple informed consent is needed for



Julie Gabriel

teletherapy."

Julie uses a variety of approaches

in treatment to help clients work towards healing and reaching their individual goals. She helps clients heal from trauma and negative self-beliefs. She teaches several stress reduction techniques such as meditation and breathwork, which regulate emotions to improve communication and help to establish healthy thought patterns.

Julie concluded, "My belief is, in life when things fall apart, you have a choice: you can let it inhibit your emotional growth making the same mistake over and over again, or courageously go through the sometimes challenging process of healing."

"For me, there is nothing more valuable than working with people to transform their lives for the better."

Julie can be reached through her website: www.juliegteletherapy.com.

More information on teletherapy is available at <https://www.medicalnewstoday.com/articles/teletherapy>.

Reading

Youth group

Get to know other teens from our community, celebrate the holidays together, learn different topics that you find interesting and to have fun with your friends!

The group will start to operate in September, 8-9 grades and 10-12 grades. Stay tuned for more information!

For more information and sign up: AdiS@JFReading.org

New youth group in Reading will be starting soon

By **Adi Shalev**

The summer is in full swing, and that means soon we will be starting a new Hebrew year!

I am happy to share that we will be starting the Reading/Berks Youth Group in the coming year.

We will have two groups. One will

be for students in eighth and ninth grades, and the other for grades 10 through 12.

The groups will meet once a month, and we will get to know each other, learn, catch up, eat and of course have fun!

I see a big value for our community

in having a functioning youth group where the teens have the responsibility of leading and creating activities that they care about and are meaningful for them, along with the Jewish values and the strength of being together as a group.

During August we will have an event

where we will present the group to the community, share the yearly plan and to hear your ideas, thoughts, comment and wishes.

Stay tuned for more information!

For any questions or to sign up, please email AdiS@JFReading.org or call the Federation at 610-921-0624

Don't call it annexation

By **Danny Danon**

Israeli ambassador to UN

Israel's government is set to discuss extending Israeli law over parts of Judea and Samaria. Those who refer to this as "annexation" often decry it as an egregious violation of international law, one that is sure to end any prospect for peace with the Palestinians.

Yet, even a simple reading of history reveals that it is the continued use of the term "annexation" — which, intentionally or otherwise, effectively denies the Jewish people the right to exercise sovereignty over our homeland — that is egregious, and actually makes peace an ever more remote possibility.

There is no peace accord between Israel and the Palestinians because the Palestinian Authority leadership refuses to acknowledge the Jewish people's indigenous claim to the Land of Israel. The PA's official statements and policies, as well as educational textbooks and television programming, attest to this.

If the Jews are indeed European colonists, as the Palestinians contend, then they must be expelled, much like the British, French, Ottomans, and other colonial powers.

After decades of subjugating his people to this indoctrination, Mahmoud Abbas is too weak a leader to negotiate, and therefore clings to the fantastical and unrealistic maximalist demand for the full territory between the Mediterranean Sea and the Jordan River.

Those who use the term "annexation" subscribe, in whole or in part, to this Palestinian narrative. According to their logic, because Jews are foreigners, applying Israeli law to territory in Judea and Samaria is akin to annexation. However, as the late Prime Minister Menachem Begin once stated: "You can annex foreign territory. You cannot annex your own country."

For historical and legal reasons, Judea and Samaria is indeed Israel's "own country."

Israel's historical claim to this territory dates back more than three millennia.

Ever since Moses led the Israelites to the Promised Land after the Exodus from Egypt, Jews have lived and exercised sovereignty in Israel. Even when the Romans sacked the Second Temple in 70 CE, Jewish communities survived in Jerusalem and elsewhere in our homeland.

The return of the Jewish people en masse to the Land of Israel in the late 19th century and the creation of the State of Israel in the mid-20th century is not a story of a foreign people colonizing a foreign land, but one of a native people reuniting with their brothers and sisters in their ancient homeland.

Israel's claim to Judea and Samaria is also codified in international law.

The 1920 San Remo Conference, which formed the basis for the League of Nations mandate system after the

dissolution of the Ottoman Empire, assigned the Mandate for Palestine to the British.

As it was, British policy to "establish a Jewish national home" in Palestine per the 1917 Balfour Declaration, the cause for a Jewish state became part of international law.

This carried over to the United Nations, whose charter recognized all existing international treaties.

When the British abdicated control of Mandatory Palestine in 1948, the deed for the land transferred to a Jewish state, which became Israel following its declaration of independence.

However, in the course of the Arab war against Israel, Jordan seized control of Judea and Samaria (an illegal act, per the UN Charter), renaming it the "West Bank" of the Jordan River, but ultimately relinquished all claims upon signing a peace treaty with Israel in 1995.

No other state has a claim to historical sovereignty over Judea and Samaria, and no non-state actor can assert sovereignty over territory it has never possessed.

Extending Israeli law will also serve as a reality check against those who believe "annexation" will destabilize the region.

After liberating Judea and Samaria and unifying Jerusalem during a defensive war in 1967, Israel extended sovereignty to the eastern part of its capitol city.

Today, Jerusalem welcomes millions of visitors every year and is a place people of all faiths can practice their religion in peace. Only under Israeli control has this been possible.

In 1981, in one of the most important acts of Begin's career, Israeli extended sovereignty to the Golan Heights. That decision ensured Syria could no longer use the commanding heights to launch shells or send fedayeen raids into defenseless Israeli farming villages.

Today, the Golan's topography provides Israel a buffer against the Syrian civil war and an outpost to disrupt Iran's attempts to send arms to its terrorist proxy Hezbollah in Lebanon.

Violence rages across the Middle East because of Iran's hegemonic ambitions, terrorist organizations, inter-Arab rivalries, and a host of other reasons, but not because the Jewish state exercises sovereign control over its own territory.

With history and international law on its side, and given the Palestinians' continued unwillingness to negotiate with and recognize Israel as a Jewish state, Israel's government will begin the internal discussion of how to apply sovereignty to our most ancient lands in Judea and Samaria.

Those who decry it as "annexation" are doing nothing more than appeasing the Palestinian narrative and making peace ever more elusive. This puts them, to use their words, on the wrong side of history.

Honoring Sari Incedon



Bill Franklin presents a gift to Sari Incedon as part of this year's Jewish Federation of Reading's annual meeting. Sari is stepping down from her role as director of social services but will continue her work in the community on a part-time basis.

**THE JEWISH FEDERATION OF READING
CHABAD OF BERKS
KESHER ZION SYNAGOGUE
REFORM CONGREGATION OHEB SHOLOM**

ARE JOINING TOGETHER TO COMMEMORATE

TISHA B'AV

**WITH A JOINT VIRTUAL SERVICE ON
WEDNESDAY, JULY 29 AT 7:30PM**

On this mournful day, when we remember the destruction of both Temples and numerous other calamities which have befallen the Jewish people, we will gather *online* in prayer and commemoration, praying together, and reading the book of Eicha, the book of Lamentations, along with appropriate readings and poetry. Eicha is traditionally read in a darkened room, by the light of a flashlight or candle. The text will be shown on the screen, but will also be available in advance from each of the congregations.

Activities continue to flourish amid pandemic

By Carole Robinson

Jewish Family Service is dedicated to our mission to strengthen the quality of life in the Jewish community and have created innovative ways to care for individuals and families. Despite the restrictions imposed by COVID-19, activities continue to flourish. Over the past few months, we have modified or introduced new programs to help our community during these trying times, and I wanted to take a moment to highlight three of those programs and the individuals who have brought them to life.



Friendship Circle (our Senior Citizen Group) was meeting every Thursday to share a meal, enjoy diverse programs and socialize ... that is until the pandemic hit Berks County. Although we are unable to meet in person, we have kept in contact through phone calls and have connected several seniors with volunteer grocery shoppers.

A big thank you to our volunteer shoppers — Joan Sherman and Debra Montenino. In May, we took it a step further and initiated a monthly Friendship Circle lunch delivery to let our seniors know they are missed. Our seniors loved it, as we received lots of positive feedback, including this note from Sylvia Wenger: “Your kindness is appreciated more than you will ever know! With sincere thanks for all!” and this comment from Dorie Karp on Facebook: “Thank you to Jewish Federation for providing a delicious lunch for the members of Friendship Circle. Your generosity is deeply appreciated and brightens the day.”

We would also like to thank our lunch delivery volunteers, Cindy Balchunas, Sue Farrara and Betsy Katz for helping us provide this service.

Since 2015, the monthly JFS Food Pantry has operated out of the Olivet Boys and Girls Club in the Pandora Unit; however, the health crisis has put a growing emphasis on the need for the basic necessities of life and has made the need for food distribution even more critical.

In April, we modified our process in order to minimize contact and operate in the safest manner possible. Clients remain in their cars and line up in front of the building, while our staff and volunteers all wear masks. These changes have allowed us to safely provide prepackaged boxes of canned goods, bags of dairy products, fresh produce, and frozen items to put into the hands of those who most need it.

In July, we distributed 7,140 pounds of food to 170 families. These beneficiaries rely on our assistance in order to survive, and we want to recognize our dedicated troop of volunteers: Ellen and Paul Schwartz, Oleg Umanov, Raymond Gehring, Victor Lugo, Margo and Will Levin, John and Aiden Inledon, Jen and Tim Reilly, Mary and Mick Neville and Mike Robinson. We would be unable to fight hunger in Berks County without their help!

We also introduced a drive-up Mask Distribution program in May. Thanks to the generosity of Marc Goldstein and his nonprofit Blankets of Hope, we have offered disposable sterile facemasks to the community. We distributed 500 masks in May and in June. Although Berks County is in the green phase of reopening, it is still required to practice social distance and wear a mask in public places. We are pleased to announce another Mask Distribution Event on Tuesday, July 21 from 11 a.m. to noon. Please reserve your masks by sending an email to CaroleR@JFReading.org or by calling the JCC at 610-921-0624.

These programs and our wonderful volunteers provide us with the hope that we need during these turbulent times, and as I wrap up this month’s column, I also wanted to share a personal anecdote that put a smile on my face. Recently, I watched the movie “Christopher Robin.” Winnie the Pooh is my childhood hero, and in the movie, he invents a game about naming the objects he sees from a train window. While from my office window, I can only currently see “raindrops, trees, and clouds”, I believe that we can all learn from a “silly old bear” and find joy in our lives in the simple things.



Nan Kurlancheek picking up face masks.



Dorie Karp enjoys lunch courtesy of Friendship Circle.



Giving out food at the monthly JFS Food Pantry.

Jewish Family Service

- Food Pantry
- Friendship Circle
- Counseling Services
- Transportation
- Financial Assistance
- Hospital and
- Home Visitations
- Living with Loss
- Information and
- Referral
- Case Management
- Holiday Programs

A fun ending to Chabad Hebrew School year



Chabad Hebrew School ended its year with a virtual ceremony celebrating its students. A custom-made ventriloquist show was part of the entertainment in addition to a short movie depicting the year 2050 on Mars, where students learn about the world shutting down in 2020 and how we found a way to keep creatively learning online.

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Challahs by Chana

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An in-depth look at West Bank annexation D-Day

From online news sources

Israel is preparing to make the first major expansion of its sovereign borders in almost 40 years with its plan to annex portions of the West Bank now held under Israeli military and civilian rule. Here are 10 things to know about this event, as listed by the *Jerusalem Post*.

How many times has Israel expanded its sovereign borders?

Since Israel's creation in 1948, it has changed its sovereign borders only four times, starting when its original border was set by the 1949 armistice agreement. In the aftermath of the 1967 Six Day War, Israel applied Israeli law to areas of Jerusalem it acquired from Jordan during that war, thereby greatly expanding the boundaries of its capital city. This included Jerusalem's Old City, where the holy sites of the Western Wall and the Temple Mount are located. That east Jerusalem annexation was only formalized in 1980 with a Knesset vote. The third change occurred just one year later, in 1981, when Israel applied sovereignty to the Golan Heights, which it captured from Syria during that same Six Day War.

Recently Israel relinquished small tracts of its territory to neighboring Jordan, as dictated under the terms of a 1994 peace treaty. Israel in the past has also given up territory that it had under military rule. In 1982 it withdrew from the Sinai desert, captured from Egypt in 1967, as part of agreements under its 1979 treaty with Egypt. In 2005 Israel unilaterally withdrew from Gaza, which it captured from Egypt during the Six Day War.

When will annexation take place?

Prime Minister Benjamin Netanyahu has never committed to an annexation date, short of vague promises about doing it soon. No final annexation map has been presented as of this writing. Without such a map, no final preparations can be completed. Any sovereignty declaration would need a government vote requiring Knesset legislation.

Israel is looking at a narrow window of opportunity offered to it by President Donald Trump's support for the matter. It must therefore be done prior to the U.S. presidential election. The going wisdom is that it cannot be too close to the election, which places the onus on this summer.

What is the connection between annexation and the Trump peace plan?

Netanyahu initially promised that he would apply Israeli sovereignty to the Jordan Valley and to the northern Dead Sea upon formation of a government. Then he extended that pledge to all West Bank settlements. He did so in response to pressure from right-wing politicians and the settlement movement without any connection to Trump's peace plan.

Once Trump unveiled his plan in January, Netanyahu said he would apply sovereignty based on the dictates of that plan, which allowed Israel to annex up to the 30% of the West Bank — where all the settlements are located. Trump's plan included an initial map of an area under full Israeli control.

Netanyahu also promised annexation would occur only with approval from the United States, which asked that he delay any annexation effort until a joint Israeli-U.S. mapping committee set the exact contours of the area to be annexed. That committee has yet to formally publish the results of its work or a new map.

Israel has yet to receive a green light from the U.S. for annexation. Absent that approval, the only way Netanyahu could move forward on annexation at this point would be to do it outside the context of the Trump plan and without U.S. consent.

Many right-wing politicians and prominent settler leaders opposed the Trump plan. They want Netanyahu to make good on his promise to apply sovereignty to all the Israeli settlements, absent any connection

to Trump's plan.

How does all this connect to Palestinian statehood?

The Trump peace plan links Israeli sovereignty over 30% of the West Bank with Palestinian statehood by insisting that any annexation measures must be done within a four-year process that would lead to a two-state resolution to the conflict. It offers the Palestinians a state on 70% of the West Bank. In exchange for U.S. support for sovereignty, Israel must accept this premise. It is then allowed to execute annexation immediately, rather than wait for the end of the process.

The Palestinians and moderate Arab states have rejected the Trump plan and have held out for a two-state solution at the pre-1967 lines. Palestinians contend that Israeli annexation measures would destroy any hope of Palestinian statehood.

What is the West Bank?

The West Bank, also known as Judea and Samaria, is territory Israel seized from Jordan during the 1967 Six Day War but never included within its sovereign borders. It has allowed Israeli civilians to create ex-territorial communities there, known as settlements. There are some 130 settlements housing more than 430,000 Israelis.

The 1993 and 1995 Oslo Accords divided the territory into Areas A, B and C. It placed Areas A and B under the auspices of the Palestinian Authority and left Area C under Israeli rule. Some 2.2 million Palestinians live in Areas A and B, with some 300,000 Palestinians living in Area C.

How much territory will Israel annex?

No final decision has been made. Concern has grown over the 30% annexation plan, favored by Netanyahu, which amounts to half of Area C. Alternate proposals have been put forward that have focused on settlement blocs. It's unlikely that the Palestinians or the Arab world would be assuaged by a settlement-bloc-only annexation plan.

If pushed to implement a modified plan, it is presumed that Netanyahu would prefer to see the Jordan Valley annexed for security reasons. After that, it is expected he would want to annex the settlements of Shiloh and Beit El, which have biblical significance.

Recently the US was pushing for a modified annexation plan. If put into place, the Palestinians would be given the 70% of the West Bank offered them under the Trump plan, but without any statehood recognition. Such a plan would bring to an end Israeli military rule over Palestinian civilian affairs.

Who is opposed to Israeli annexation?

Almost everyone in the international community is opposed to annexation, arguing that Israel does not have the right to unilaterally change its sovereign borders. It believes that the Jewish state can only do so as part of a final status agreement toward a two-state resolution to the Israeli-Palestinian conflict.

The international community holds that the West Bank in particular is designated to be part of a Palestinian state — and that Israel's presence there is illegal under international law and possibly constitutes a war crime. The UN in particular holds that nations cannot acquire territory through conquest, even in a defensive war.

The Israeli left also holds this position. More centrist left-wing Israelis oppose the unilateral nature of annexation but do not believe all of the West Bank should be designated for a Palestinian state.

Who supports Israeli annexation?

The Israeli government and the Israeli right hold that Israel has historical rights to that area, the heartland of biblical Israel. Israel has contended that its hold on the West Bank cannot be considered an occupation, because the territory has not had a legally recognized status since it was governed by the British, who relinquished their ties to the territory prior to the creation of the State of

Israel. It has argued that the UN's designation of the West Bank for a future Palestinian state ignores international agreements that existed prior to the UN's formation.

At the UN Security Council, Israel's Ambassador to the UN Danny Danon listed those documents, including the 1917 Balfour Declaration and the 1920 San Remo Conference. "In 1922, the League of Nations designated the land west of the Jordan River in its entirety to be the territory allotted to a Jewish homeland," Danon said.

The United States is the only country to date to support an Israeli annexation or sovereignty plan. In November, it recognized that Israeli settlement activity was not inconsistent with international law. Trump's peace plan recognized Israel's right to retain territory seized in a defensive war, but will only support any sovereignty initiative done within the context of that plan.

What international reaction can Israel expect?

The Palestinians will most likely use annexation to seek statehood recognition from European countries, who have said such recognition should be granted only upon completion of a peace process for a two-state solution. They are also expected to pressure the UN Security Council to sanction Israel and or grant the Palestinians membership status at the UN.

U.S. support for an Israeli annexation is critical here because America has veto power on any Security Council resolution.

European countries could individually downgrade aspects of their ties with Israel and/or look to boycott settlement products. At least seven European countries have warned Israel that a step such as unilateral annexation would harm their ties with the Jewish state. This includes Germany, France, and the United Kingdom.

Lack of EU consensus on an annexation

response would likely prevent a collective response. But the EU could look for existing measures within its arsenal with respect to a boycott of settlement products. Israel's future ability to sign onto new EU agreements or to extend existing ones could be hampered. Effectively, Israeli ties with the EU could be frozen. Countries that oppose annexation could stymie such agreements, in the same way that countries that support Israel would prevent any form of EU sanctions against it.

What Palestinian and Arab-world reaction can Israel expect?

The Palestinian Authority has warned that it would absolve itself of responsibility and ask Israel to once again take full civilian control of the West Bank, akin to its pre-Oslo status. But this is a move that does not seem very likely. The PA has already scaled back its cooperation with Israel on civilian humanitarian matters.

Of more concern is warnings from Jordan that popular protests in its country, which has a high Palestinian population, could imperil the Hashemite kingdom's rule, and thereby destabilize a key regional ally for Israel.

To offset such a possibility, Jordan has embarked on a major campaign against Israeli annexation and the Trump plan. It has warned that any annexation efforts could cause irreparable damage to its relations with Israel, including the possible annulment of the 1994 peace treaty. The ties between the two countries are integral to Israel's security.

Moderate Arab nations that have quietly inched toward cooperation with Israel have warned that annexation would put an end to such contacts. Israel's cooperation with moderate Arab states is particularly critical now in light of the growing Iranian threat. Tensions with Iran are likely to increase this fall when the UN-imposed arms embargo against the Islamic Republic is expected to be lifted.

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Eating our way to a healthier planet

By **Eve Turow-Paul**
and **Sophie Egan**

Food for Climate League

Yeast, vegetable seeds and local farm boxes are new hot-ticket items. Windowsill scallions are having their moment in the sun. People are exchanging tips on how to use every bit of food in the fridge, how to pickle and preserve.

While these new habits and hobbies make for engaging Instagram stories and a motivation to call your grandmother, they're important for a much bigger reason: these new interests are exactly what Mother Nature needs from us.

Amid the chaos and fear of the coronavirus pandemic are signs of a global community ready and willing to take action on the other emergency looming: the climate crisis. Changing how and what we eat is a powerful — yet often overlooked — tool for climate action. Reducing food waste is the No. 1 solution for reversing global warming. Eating plant-rich diets ranks No. 3. Those are the conclusions of Project Drawdown, a nonprofit group of scientists, activists and others that has compiled the most promising ways to address the climate crisis.

Food-related changes can make a greater impact than the approaches most widely touted by environmentalists, such as solar panels and electric vehicles. This means that those yearning to make a difference need to look no further than the kitchen.

The conveniently great news is that what's good for people often happens to be good for the planet. "Food is the single strongest lever to optimize human health and environmental sustainability on Earth," concludes the EAT-Lancet Commission, a group of 37 leading transdisciplinary scientists from 16 countries.

We tell you this not just as superfans of science, but as two new mothers. The moment you bring a human life into the world, once-vague notions of "sustainability" and "natural resources" take on real meaning. Will my children and their children live in a world with enough fresh water, rich topsoil and wildlife habitat, one with peppy pollinators to keep our food supply thriving? And, as parents, we're shaping little people's habits, so our choices have a multiplier effect.

Before covid-19, millennials and members of Generation Z — who together make up more than half of the global



Glass dishes with herbs and plants growing in an indoor water garden

population — were already sounding the alarm on climate breakdown and collectively driving the rise of "foodie" culture.

As experts who have spent more than a decade interviewing youth around the world about the role food plays in their lives, we know that all of the raw ingredients are here at this moment to empower young people to use their market muscle to push for food that's better for both human and planetary health. Yet, the concept of climate-friendly eating has yet to break through into the zeitgeist.

So, what has prevented climate-beneficial eating from becoming the norm in American food culture pre-crisis? We've gotten the messaging all wrong.

All too often, climate-related initiatives aim to motivate through statistics and fearmongering. Yet, information alone doesn't change habits — just look at the flat rates of fruit and vegetable consumption in the United States, despite decades of very well-intentioned, creative campaigns focused on education. And tales of an apocalyptic future often trigger difficult emotions that can turn people off instead of sparking action.

We've also found that sustainability campaigns and products commonly target a small, elite audience, and leave others waiting in the wings, concerned about the climate, eager to contribute, but without easy ways to participate. The messaging has also been alienating more broadly through all-or-nothing framing; in reality, there are many meaningful ways to be a conscious eater without going full vegan

— be it through buying a greater diversity of edible seeds and plants or using animal proteins as a garnish rather than the main course.

These communications potholes have pigeonholed sustainable food as niche instead of mainstream. But now is the time to democratize sustainable food.

We founded the Food for Climate League, a new nonprofit organization, to redefine sustainable eating and help businesses, nonprofits and governments promote food that's good for both humans and the planet. Our team has expertise that spans culinary arts, food systems and behavioral science and are spearheading new ways of talking about and engaging eaters around the beautiful diversity of affordable, delicious food that's great for us and the planet. Our approach can be championed by leaders around the world so that sustainable food offerings can finally gain the traction they deserve, and all of us can play a role in tackling the climate crisis.

At this moment, the global pandemic is causing us to shift our eating habits. Some are adopting chickens and planting victory gardens. Others are feeding sourdough starters and watering sprouts. Many are discovering a wider diversity of flours, legumes, fruits and vegetables as they substitute foods to compensate for bare grocery shelves. These are the seeds of a sustainable food system: people investing in regional suppliers, home cooking, careful meal planning, heritage foods and plant proteins.

But people are not taking on new rituals

due to altruistic aims of sustainable living; they're engaging in activities that happen to be climate-friendly because they're affordable, nutritious, connect us to our local and online communities, and provide a sense of accomplishment (just look at this whole grain garden focaccia loaf!). This insight has been missing from most climate communications until now. Connecting climate-smart eating with basic human needs for safety, community, and purpose — during and after this pandemic — can be a recipe for a new, better food culture.

Behavior change is hard, especially when it comes to something as personal as what we eat. It's often said that culture change can take years — generations even. It's hard to break routines, even with the best of intentions. Just think of all the times you've pledged to exercise more or get more sleep. But these new food trends have emerged in a matter of weeks.

Times of disruption — be it a breakup, a move to a new city, or a global pandemic — are when behaviorists say we're most likely to start a new lifestyle habit. As we emerge from stay-at-home circumstances, each of us will decide how to shape new patterns of daily life.

"This crisis puts the food industry in a position to rethink business as usual," notes our partner Sara Roversi, founder of the Future Food Institute, based in Bologna, Italy. Now is the time to reframe what climate-beneficial eating is, make it easy to partake in and make it relevant to all people.

When the threat of COVID-19 has passed, the global community will be facing yet another health crisis. But the climate emergency is one we can tackle bite by bite with something we rely on each and every day, that's viscerally pleasurable, and that we can share with those we love — either virtually, or hopefully someday soon, in person.

Eve Turow-Paul is author of "Hungry: Avocado Toast, Influencers, and Our Search for Connection and Meaning" (BenBella Books, 2020) and founder and executive director of the Food for Climate League.

Sophie Egan is author of "How to Be a Conscious Eater: Making Food Choices That Are Good for You, Others, and the Planet" (Workman, 2020), founder of Full Table Solutions, and director of strategy for the Food for Climate League.

The Significance of The Six Day War:

WHAT HAPPENED DURING THE SIX DAY WAR THAT CHANGED ISRAEL ENTIRELY?

HOW ARE THESE CHANGES STILL AFFECTING US TODAY?

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Tuesday, August 18th, at 8:00pm

FOR THE ZOOM REGISTRATION EMAIL AdiS@JFREADING.ORG

The delegitimization of the Jewish people

By **Steven Windmueller, Ph.D.**

Hebrew Union College-Jewish Institute of Religion

We are experiencing a fundamentally different form of anti-Semitism. This iteration represents a fundamentally different set of characteristics from prior expressions of hate. Key aspects of this global expression of hate operate differently from prior forms of anti-Jewish expression:

- How anti-Semitism is being delivered
- What messages are being conveyed
- What are the intentions of the contemporary anti-Semite?

Historically, the ADL model of measuring anti-Semitic attitudes focused on group traits and individual behaviors. This approach, developed in the post Second World War era, does not take into account how as a people and nation-state, Jews today are being redefined and demonized. Posted below are the eleven standards employed by ADL:

- Jews stick together more than other Americans
- Jews are more loyal to Israel than to America
- Jews have too much power in the business world
- Jews have too much control and influence on Wall Street
- Jews are more willing than others to use shady practices to get what they want
- Jews are just as honest as other people
- Jews always like to be the head of things
- Jews do not care what happens to anyone but their own kind
- Jews have too much power in the United States today
- Jewish businessmen are so shrewd that other people do not have a fair chance at competition
- Jews have a lot of irritating faults

As a community who has lived through centuries of anti-Semitism, we should examine the unfolding of a difficult type of hate messaging and develop a new set of indices for measuring anti-Semitism.

Introducing a New Model:

Where the old form of monitoring beliefs about Jews was specifically tied to individualized practices and personal

traits, the new anti-Semitism is collective in character, as it seeks to address the actions and outcomes created by Jews as a people and the role of the Jewish State. The “global Jew” is being identified as destroying established cultural and religious norms while promoting Jewish influence and control. The other objective, in connection with this new assault, is the delegitimization of the State of Israel.

In some of my previous writings I have dealt with the following themes:

- The shift from individualized acts of anti-Jewish behavior to global forms of anti-Semitism
- The changing characteristics of modern anti-Semitism
- The role of “whiteness” in connection with the new anti-Semitism
- The simultaneous emergence of the left and right in anti-Semitic expression
- An analysis of Jewish responses to anti-Semitic practice.

Today social media provides the key delivery system of hate messaging. “Whiteness” and “Delegitimization” are the new standards by which Jews and Judaism are being judged. For the anti-Semite, Israel serves as the collective embodiment of the “international” Jew. The presence of Jews in positions of power points to their conspiratorial efforts to convert and employ their access of influence toward advancing self-interests.

To better understand this current form of anti-Semitism, these five principles reference its distinctive characteristics:

1. No longer understood as a set of confirmed facts, “truth” is now defined and established by its individual creator. Access to the internet offers to its users the power to define “the other.” Social networks now are the essential purveyors of the new hate and the arbiters of facts!
2. The new anti-Semitism reintroduces the issues of “race” and “nationality” into the mix. The far right defines Jews as seeking to “replace” authentic white people in positions of power. For the latter, Jews are seeking to reshape American values and social practices as part of their quest for power, while for the left, Jews are no longer to be defined as victims of history but as part of the “new oppressors.”
3. Israel has become the collective

Jew. Israel’s conduct is being called out as oppressive and sinister, while its very existence is being challenged and demonized.

4. Jews are described as possessing characteristics that make them dangerously “super-human.” Their power and influence as disrupters are not merely understood to be greater than others but rather their practices are defined as diabolical.

5. The case against the Jews begins by denying them their historical claims, namely, the legitimacy of the State of Israel and the truths concerning the Holocaust. By employing these tools, the anti-Semite seeks to remove the two defining moments of 20th century Jewish history.

Jews are being identified as problematically influential and destructively powerful, while being castigated for operating as “white” imposters. The new anti-Semite holds to the view that Jews, and more directly the Jewish State, have no claims to its past or credibility in defense of its national political identity in the present.

Many of these themes are being crafted at the two ends of the political spectrum, by the intellectual base that drives the far right and the activist leadership that shapes the political left.

In the past, the individual Jew was identified as problematic, today the collective story of the Jewish people is being challenged. Jewish claims in connection with our historic ties to homeland and nation-state are disputed. Our global and philanthropic institutions are seen as threatening to the welfare and interests of others.

Trigger Events

Social distress and economic upheaval escalate and embolden anti-Semitic behaviors. The coronavirus has opened the door to the introduction and escalation of conspiracy theories in connection with the cause and benefits of such a health crisis:

- The virus is being employed in continuous attacks on Jews, Israel, and Judaism. Out of desperation and fear, individuals and groups employ attacks against an array of groups including Asians, Jews, and immigrants.
- Traditional haters are employing the virus as part of their battle plan against Jews, Judaism, and Israel, introducing an

array of anti-Jewish symbols, employing Nazi comparisons.

- The assault shifts from blaming “the Jews” to a condemnation of Judaism as a belief system.

- Israel’s enemies equate Zionism with the pandemic as another political device in their war on the Jewish State.

As part of this new format, we are observing such expressions of hate surrounding an array of public issues and international events. Two other examples are introduced below:

Almost immediately after the disturbing video of George Floyd’s killing was released, BDS groups began posting on social media — falsely — about how police in Minneapolis and other U.S. cities are trained by the IDF.

And as Israel moves to annex parts of Judea and Samaria, we can anticipate an extensive anti-Israel campaign. It will fundamentally change the geo-political roadmap of the Palestinian-Israeli story. The rhetoric of hate speech and the potential for violent attacks on Israeli citizens and Jewish institutions could be a part of this.

Three Principles:

- In times of social and economic chaos and disorder, Jews often are accused of being responsible.
- In disruptive political conditions, one of the oldest anti-Semitic canards is being reinserted, identifying excessive Jewish influence and power.
- The need to place blame and establish cause permits anti-Semitic individuals and groups to be able to reintroduce false labels and hostile images.

In confirming this new reality, we should note that 54% of Jews in America have either experienced or witnessed some form of incident that they believed was motivated by anti-Semitism. We are moving from one moment in history to another, as we identify global forms of anti-Semitic expression, delivered through social media and directed toward the marginalization of the Jewish people.

We must prepare for this, seeking new means of both measuring and responding to its specific characteristics.

Dr. Steven Windmueller is the Rabbi Alfred Gottschalk Emeritus Professor of Jewish Communal Service at HUC-JIR, Los Angeles.

UPDATE FROM ISRAEL:

THE EXTENSION OF SOVEREIGNTY / ANNEXATION

Join us for a legal briefing with Gadi Ezra, a human rights attorney. Gadi will lay out the factual infrastructure and explain the territorial shifts in the field throughout the years. He will also discuss the legal foundation for the situation and focus on Trump’s plan and the current Israeli initiative for extension of sovereignty / annexation.



Gadi Ezra is a requested speaker who frequently lectures about international law and his unparalleled perspective on war – as both a human rights attorney on the one hand, and a Special Forces soldier on the other. He is currently pursuing his PhD in Law while counseling different entities on Public law, after advising the defense establishment on international-strategic manners for couple of years.

SUNDAY, AUGUST 9TH AT 11AM

For the Zoom registration email AdiS@JFReading.org or call 610-921-0624

Programming during pandemic demands flexibility

By Amanda J. Hornberger

The past few months have been an interesting challenge for program professionals across the country. First was the rush of figuring out virtual programs. The spring was spent transitioning our already scheduled events into virtual programs in a way that would still be engaging. Now the challenge is adjusting to the reality that these virtual programs, despite Zoom fatigue, may continue for the foreseeable future.

While we would love to start gathering in small groups, we recognize that that may not be the safest and best option for many in our community. In order to protect the most vulnerable members of our community, JFR has decided to hold off on any in-person programming for

now. It is a decision made after careful thought and consideration.

This leads us to the fall and planning for 5781. I typically spend the summer working on the Community Calendar, selecting program dates and organizing our annual events such as the Reading Jewish Film Series, Leadership dinner, Leo Camp lecture, PJ Library programs, MLK Youth Day of Service, Yashek Lecture and other events. This year is no different, but it is requiring a much more flexible mindset.

- What programming do families desire when gathering in person may not be safe? Do families with young children really want to spend additional hours on Zoom with the possibility of virtual school this fall?

- Local colleges historically have

been our venues for the Leo Camp and Yashek lectures as well as other speakers. How do we continue to engage our community in dialogue around important issues, bringing the best and brightest speakers to Reading, when gathering in large groups is not permitted or welcomed in our typical venues?

- As Berks County slowly reopens, what will our Reading Jewish Film Series look like as theaters are some of the last venues to be allowed to reopen?

- How do we continue to build on the first successful season of Literatour Berks when libraries are still doing contactless drop-off and pick-up of materials? What does this partnership program with our local libraries look like during this time?

I'm lucky to have amazing colleagues to discuss these many challenges with and share ideas, inspiration and frustrations. In addition, Bill Franklin and the board have been so supportive of the trial and error nature of this new reality.

I can promise you one thing: JFR will continue to work to engage all members of the Jewish community throughout 5781 and beyond.

Whether we are able to gather in person or we continue to see each other via Zoom or behind masks at innovative drop-in events, JFR is working hard to continue our goal of Jewish engagement for all ages.

If you have any ideas or suggestions for programs during this unique time, I welcome your ideas and suggestions! Email me at amandah@jfreading.org

Many opportunities for professional development

By Amanda J. Hornberger

While the current Coronavirus pandemic has created some professional challenges, I am thankful for the wonderful new opportunities the situation has also provided. Below are a few professional highlights of life during this time.

Virtual Networking

One of the first conferences canceled due to COVID-19 was my annual PJ Library conference, and I was really disappointed. It is one of my best sources for renewal and ideas about engaging families with young children, and I always come away with so many great new program ideas from my colleagues from around the county.

Luckily, PJ Library listened to program professionals as we lamented not being able to network and share ideas, and they created virtual networking opportunities. After the virtual PJ Library Conference in early April (which was pulled together in just a few weeks and was still amazing) I have been a part of a weekly networking group called "Small Talk" with PJ Library professionals from throughout the U.S. Together professionals from other small Jewish communities have gathered to share

ideas, insights, successes and failures in a one-hour Zoom session. Not only have these meetings been a way to connect to colleagues, but they have been a source of inspiration, relief, therapy and encouragement during a really challenging time. As of July we're now meeting every two weeks, but it is still great to talk about planning for the High Holidays with colleagues who understand the challenges and are working under similar circumstances.

Professional Trainings

Another benefit of the new virtual professional world is the ability to attend high-quality professional trainings from the comfort of my home. No longer do I need to worry about the logistics of leaving my family, work and other obligations to attend a conference or workshop out of town. Now with the power of Zoom I can attend trainings with experts throughout the country and even world, all from my home office.

In addition to the PJ Library conference, the Jewish Book Council switched its annual conference to a virtual one in July. Now more committee members from Literatour Berks can hear from the more than 250+ JBC authors and help select our next

season of authors!

The United States Holocaust Memorial Museum (USHMM) also expanded its annual Belfer National Conference, which allows me to attend for the first time. I will be able to spend a few days with international experts on the Holocaust and bring a wealth of new knowledge on Holocaust education back to the Lakin Holocaust Library & Resource Center.

Together with Bill Franklin and Adi Shalev, I am participating in a virtual workshop on Adaptive Thinking with Marc Kramer of the Kramer Education Group. Kramer is teaching skills on flexibility and innovative thinking for changing times. We hope to gain new skills that will help us with planning and thinking for 5781 and beyond.

Lectures and Other Learnings

Since March any large, in-person gatherings have been canceled, and that affected many lectures with amazing, thoughtful leaders on a wide variety of topics. However, thanks to the wonders of technology I have been able to virtually attend and learn from a number of lectures that I never would have been able to under normal circumstances.

I have heard numerous authors

discuss their books through the Jewish Book Council's weekly table talk with authors such as Jan Eliasberg.

Dr. Deborah Lipstadt discussed modern antisemitism and COVID-19 in a lecture by USHMM.

Dr. Ibram X. Kendi and Jason Reynolds discussed how to be an antiracist in a fascinating discussion by the School Library Journal.

Watched sessions with the cast of "Unorthodox" and author Deborah Feldman.

Attended ADL informational sessions on Zoom security and best practices, as well as confronting hate online and locally.

Local opportunities with our rabbis and shlichas to learn Torah, Hebrew and cooking.

Overall I am extremely grateful for the numerous virtual options to continue to grow as a professional and individual during this time. I encourage you to continue to look for these types of educational and growth opportunities in the coming months. We have the unique opportunity to learn from experts, from the comfort of our home, at many free virtual events. Seize the moment to learn and grow during this time!

A 30-second guide to a delicious eggplant dish

Israel21c

ISRAEL21c's Tayim chef shows you how to prepare a favorite Israeli appetizer that will have your guests raving.

Israeli meals are famous for their large variety of vegetable appetizers. One of the classics is roasted eggplant topped with tahini.

We guarantee you will be asked to share the recipe.

Roasted Eggplant with Tahini

INGREDIENTS

1 eggplant
Coarse salt
Olive oil
¼ cup coarse bulgur wheat
¼ cup tahini sauce
¼ cup pine nuts, toasted
2 tablespoons coarsely chopped fresh parsley

DIRECTIONS

1. Cut 1 eggplant in half and rub with olive oil and coarse salt.
2. Roast face down on a baking tray at 500 degrees for 45 minutes to an hour, until it's completely tender.
3. Rinse and soak bulgur, chop parsley, toast nuts, and make tahini



sauce.

4. Remove eggplant from oven, let cool, place on a decorative plate, and decorate with first the bulgur,

second the tahini sauce, third the toasted nuts.

5. Garnish with the chopped parsley.

To watch a short video that shows how this recipe is done, visit <https://www.israel21c.org/30-second-guide-to-delicious-roasted-eggplant-with-tahini/>

BDS co-founder says goal of movement is end of Israel

From online news sources

While Israel's supporters claim that the BDS (Boycott Divest Sanction) movement is aimed at the Jewish state and is a form of new anti-Semitism, its supporters in Western countries say it's merely a tool to change Israeli policies.

However, in a newly recorded interview on May 21 with the Gazan Voice Podcast, co-founder of the BDS movement Omar Barghouti explains that should the movement's goals be achieved, Israel would cease to exist.

"If the refugees return to their homes [in Israel] as the BDS movement calls for, if we bring an end to Israel's apartheid regime and if we end the occupation on lands occupied in 1967, including Jerusalem, what will be left of the Zionist regime? That's the question. Meaning,

what will the two states be based on?" he said.

During the 20-minute interview in Arabic to the Gazan audience, Barghouti appears to have let slip the real objective of the movement he founded.

"International law and the right of return?" he said. "There won't be any Zionist state like the one we speak about [in present-day Israel]. There will be two states: One democratic for all its citizens here [Palestine] and one democratic for all its citizens there [Israel]. The Palestinian minority will become a Palestinian majority of what is today called Israel."

Organizations that promote BDS include the Jewish Voice for Peace, US Campaign for Palestinian Rights and Students for Justice in Palestine. The movement, directed from Ramallah in the West Bank, campaigns to mobilize



BDS co-founder Omar Barghouti

support in Western countries against Israel under the false premise that it seeks only "to change Israeli government policy."

Foreign funding of U.S. colleges linked to anti-Semitism

Institute for the Study of Global Anti-Semitism Policy

Antisemitism has been on the rise at North American universities in recent years. As a result of traditional forms of anti-Jewish sentiment on the political right and more modern forms of anti-Zionist activity promoted by progressives on the left, who seek to delegitimize the Jewish people's right to self-determination by advocating a wide-ranging boycott of the State of Israel (BDS), Jewish students have been made to feel increasingly unwelcome at institutions of higher learning.

For more than seven years, the Institute for the Study of Global Antisemitism and Policy has assessed the foreign funding of leading U.S. universities by Middle Eastern autocratic regimes, foundations, and affiliated corporations. Their results show that the autocratic Middle Eastern regimes, organizations, foundations, and affiliated private corporations have funneled billions of dollars

of unreported funding to American universities in order to encourage the demonization of Israel and the Jewish people within the curriculum and on campus, research by ISGAP has found.

Between 1986 and 2018 Qatar has funded \$4.96 billion, Saudi Arabia \$906 million, the UAE \$402 million, and other Middle Eastern countries \$303 million for a total of \$6.57 billion. Less than 55% was properly reported to the U.S. government.

Qatar has long been an important source of funds for the Palestinian terror organization Hamas and has forged relationships with Islamist groups ranging from the Muslim Brotherhood to the Taliban. At the same time, it maintains a Western enclave known as Education City on the outskirts of its capital, Doha, which is home to a number of satellite campuses of prominent American universities such as Georgetown, Northwestern and Cornell. Education City maintains close ties to the Muslim Brotherhood

and is linked directly to theologian Yusuf al-Qaradawi. Al-Qaradawi holds a prominent position in Education City and his ideology emanates throughout. He is an extremist who has called for the destruction of America and for the annihilation of the Jews. He also calls on all "true believers" to finish the work of Adolf Hitler, i.e. to carry out a genocide against the Jewish people.

Recipients of the funds included: Georgetown \$694,041,000; Northwestern \$441,097,000; Cornell \$1,462,070,500; Carnegie Mellon \$640,369,000; Texas A&M \$1,013,610,200; and Virginia Commonwealth \$628,128,300.

ISGAP's research found a direct correlation between the funding of universities by Qatar and the Gulf States and the active presence at those universities of groups such as Students for Justice in Palestine, which foster an antisemitic and aggressive atmosphere on campus. SJP, which is one of the main organizers of the annual Israel Apartheid Week on

college campuses across the country, has been described by the Anti-Defamation League as an organization whose members "regularly demonize Jewish students who identify as Zionists or proud supporters of the State of Israel" and insist that "one cannot be a good Jew while still being a Zionist."

Multiple experts have pointed out that "Gulf money, in recent years, has come to distort Washington's conversations about the Middle East."

Gulf funding of universities and think-tanks, especially when such institutions are concerned about future revenue streams, can act as a hedge against criticism of the governments that provide the funding. Many contend that academic institutions have become averse to antagonizing Gulf states — by criticizing them or adopting policy positions that those states consider red lines — for fear of upsetting current donors and/or alienating future ones. Even the money itself has become a taboo subject.

Delete the data you don't know the Internet has on you

By Brian Blum

The Mine team

COVID-19 lockdowns have sent our online time soaring. An Israeli startup called Mine tracks "digital footprints" and knows exactly what we've been doing. Based on the input of the company's 35,000 registered users, Gal Ringel, Mine's CEO, says that, by far, "the most popular new service that people have signed up for since corona is Zoom." Netflix appeared in the third or fourth spot in every country except the UK, where Disney+ was ascendant. Classified advertising sites and online groceries were popular too, along with eBay and Walmart.

Our digital footprint — that is, the amount of data we're sharing online with companies and service providers — increased between March and May 1 by an average of 55% in the six countries we measured," Ringel said.

Every time you sign up for a service — whether it's bingeing another episode of "Tiger King" or applying for a loan or subsidy check from a government agency — you have to give the service some personal data. That might be fine for those services you'll use over and over, but many others are one-time events.

Do you know where your data is? Mine has analyzed some 4 million digital services to answer that question. The average user has 400 companies

in his or her footprint, Ringel says. (This reporter's personal information can be found at a whopping 1,176 online providers.) Ringel adds that 80% of the sites holding this data are not being used by the user.

But how do you ask a company to delete your data? That is what Mine was built to do. Mine first asks to look into your email — the company promises not to save any personal data on you and not to read your messages, just the subject line. Gmail and Microsoft Outlook are currently supported. Your Mine dashboard then shows you which companies have the goods on you, organized by category. If you want to "reclaim" any of that data — that is, remove it from the service — you click a button and Mine sends that company a "pdata erasure request." The contacted service will then communicate with you by email until the request has been completed. Companies have 30 days to comply.

Mine's service is free for now. But the free package requires that you do all the follow-up yourself. The paid version, to be released in the coming months, will cost between \$5 to \$10 a month and handle all the back-and-forth on your behalf.

You'll also be able to create rules on specific companies or certain types of

data so that Mine will begin the process of deletion automatically. "For example, you might want to delete all low-cost airlines where you don't have any mileage points," Ringel says. "There's no reason for them to keep your data. And you can always sign up again at any time."

By Mine's estimates, "every month, you'll have eight new companies storing your data. And every one of those companies can be risky for you," Ringel says. "We found out that the average person is subject to 12 data breaches that they're not aware of in a five-year period. Many of our users are going back [to check their Mine dashboard] one to two times a month."

A little data can go a long way. For example, the website MyHeritage was breached in 2018. MyHeritage said only emails and passwords were stolen, but if a hacker got into a MyHeritage user's family tree, the hacker could access seemingly innocuous data such as maiden name or your grandparents' names, which are often answers to security questions. With that data in hand, a hacker can easily break into other accounts.

Moreover, companies such as MyHeritage and '23andme' are increasingly storing DNA data. "Our DNA encoding is the most private

data that we will ever possess and the ultimate definition of who we are," notes the website Security Boulevard. "The potential scale of the misuse of this data is without measure."

Mine uses machine learning and natural language processing to monitor your email inbox to find companies to track. That doesn't include the many hundreds of newsletters you may have subscribed to over the years, for which "people don't usually provide sensitive information other than an email address," Ringel says.

The 10-person Tel Aviv-based company has sent more than 300,000 "right to be forgotten" requests. With new financing, the company hopes to have 100,000 registered users by the end of the year.

While Mine has focused mostly on Europe so far, the company has customers wherever GDPR-like regulations are in place. The United States introduced COPRA (Consumer Online Privacy Rights Act) in 2019, and several U.S. states, notably California, have particularly strong laws.

Ringel and Nissan served as officers in the IDF's 8200 cybersecurity unit, which gave them a powerful understanding of how valuable and precious our personal data is and how it can be exploited against us.

Ultraviolet light can reduce COVID transmission

Israel21c.org

One of the biggest questions facing us these days is how we can make our indoor spaces safe from COVID-19 contagion. Studies have shown that we are far more likely to catch the virus in closed indoor spaces such as offices, schools, public transport, museums, and health centers rather than outdoors.

A team of international scientists, including Professor Ido Kaminer of the Technion-Israel Institute of Technology, studied various methods to prevent coronavirus contagion in indoor spaces, and based on their findings

advocate the use of ultraviolet light as a “particularly efficient, easily deployable, and economically affordable” way to inactivate the virus.

The experts, from the fields of virology, immunology, aerosols, architecture, and physics, researched currently available UV-C sources, such as fluorescent lamps, microcavity plasmas, and LEDs. They concluded that by applying this type of light on the inside of the ventilation systems of buildings and in shared indoor spaces while not in use, it will be possible to quickly and efficiently deactivate both airborne and surface-deposited SARS-CoV-2 viruses.

The team also explored the cost of deploying such a technology and argue that a global capital investment of a few billion dollars in UV-C sources could protect more than a billion indoor workers worldwide.

“The COVID-19 outbreak, caused by the SARS-CoV-2 virus, is posing an extraordinary challenge that requires swift worldwide action for the massive deployment of affordable and ready-to-apply measures to drastically reduce its transmission probabilities in indoor spaces,” the report said. “Doing so will allow for the eventual return to conventional activities

such as working at the office, going to school, or even attending entertainment events.”

Recent studies show that COVID-19 virus transmission follows two main paths. It can be transmitted through the air in droplets exhaled by infected individuals and inhaled by healthy individuals, or it can be left on surfaces from exhalations or hand contact. Filters and chemicals are possible solutions to minimize this problem, but their installation may be costly and time-consuming. In addition, some chemicals that are effective for virus disinfection, such as ozone, can be harmful if misused.

Israeli firm seeks clean power for our planet

Israel21c.org

When Inna Braverman was two weeks old, the Chernobyl nuclear plant exploded. It was 1986 and the Braverman family was living just outside Kiev, well within the fallout range from the Chernobyl disaster. As baby Inna breathed in air tinged with radioactive dust, she stopped breathing. “I went into full respiratory arrest,” Braverman explains in an emotional interview with ISRAEL21c. Braverman’s mother approached her daughter’s crib and began screaming. But she was also a nurse. After a few long seconds of paralysis, she administered CPR to the tiny infant. It saved her life.

Four years later, the Braverman family left the former USSR for Israel. Inna was still very sick. “I’d get blue marks on my body, as if I’d been hit.” But the effects of radiation poisoning eventually dissipated and Braverman grew up healthy in the Holy Land. Chernobyl influenced Braverman’s life in another way – and that influence has the chance to dramatically influence the world for the better. “I got a second chance,” she says. “And I grew up knowing that I must do something different, something big with my life. If Chernobyl was all about producing energy in an unsafe way, I wondered whether there was a cleaner way to harness electricity.

Twenty years later, fresh out of the University of Haifa, Braverman realized the answer. There were plenty of companies working with solar, wind and hydro-electric power generation. But none had succeeded in trying to use one highly prevalent renewable source of energy—the ocean’s waves. The ocean moves just as much as water flowing down a river or cascading off a dam. But transforming the crash of waves into electricity has been elusive, not the

least because a particularly strong wave can quickly destroy wave-to-electricity equipment.

The prevailing wisdom for wave energy capture has been to construct a large installation offshore, a few kilometers in the middle of the sea. But, says Braverman, that’s expensive and unreliable.

Offshore waves can reach tsunami-like heights that can pulverize the equipment, so few insurance companies have been willing to cover these kinds of installations and, if they do, it’s at a high cost. Even worse, despite the positives of ocean wave-generated power, environmentalists are generally opposed because the installations “create a new presence on the ocean floor, which disturbs the natural marine environment,” Braverman says.

Braverman thought of a less expensive, safer alternative: Installing “floaters” on existing manmade structures – piers, jetties and breakwaters – and putting the main energy-creating equipment with its sensitive computers and generators on land. In 2014, when she was just 24 years old, Braverman teamed up with serial entrepreneur David Leb, who had decamped from a high-tech career to Panama where he was running a surf camp.

The lure of creating a company in renewable energy brought Leb back. Braverman and Leb named their new company Eco Wave Power. The company landed its first client in Gibraltar. “It’s the first wave power company to be connected to the electrical grid under a PPA [power purchase agreement],” Braverman says.

A second working installation, in Jaffa, is used by the company for R&D and to demonstrate the system to investors and potential partners.



Eco Wave Power is now negotiating deals for a 4.1-megawatt installation in Mexico and a four-location 20-megawatt mega-project in Portugal.

How does Eco Wave Power convert the movement of waves into electricity? Unlike hydroelectric systems, the waves do not spin a turbine directly. Rather, as the floaters bob up and down according to the height of the waves, pressure is created in hydraulic pistons, which push a biodegradable liquid through a pipe to an “accumulator” located shoreside. That, in turn, turns a hydro-motor coupled to a generator to produce electricity. The fluid is returned to the pipe where it can be re-used by the pistons, making it a closed and “green” system.

Eco Wave Power can work in any location with waves of at least a half meter in height. Braverman says if Wave Power were implemented everywhere in the world meeting that requirement, it could generate twice the amount of electricity currently created by all sources.

To that end, Portugal ultimately hopes to supply 25% of its annual power consumption from wave power. “There is a potential to install three to four gigawatts of wave power capacity in Portugal alone,” Braverman points out. Wave power also generates jobs: the Portugal project, if fully implemented, would result in the creation of 1,500 new positions.

While Eco Wave Power’s technology is key, the biggest obstacles the company runs into are not mechanical but bureaucratic. “In many countries, the only policies they have in place relate to solar or wind and are from 20 to 30 years ago,” Braverman says.

Eco Wave Power was recognized as a “pioneering technology” by the Chief Scientist of the Energy Ministry of Israel and received an “Efficient Solution” label from the Solar Impulse Foundation. The United Nations gave the company its Global Climate Action award. Eco Wave Power has received grants from the European Union’s Horizon 2020 fund and the Israel Energy Ministry.

Palestinian views on war and peace with Israel

From online news sources

In recent years, Palestinians in both Gaza and the West Bank/East Jerusalem have generally become both more pessimistic and less reconciled to the prospect of peace with Israel.

In recent years, popular backing for a two-state solution has become a minority view, while in earlier years the division was 60-40 in favor. Messaging from both Fatah and Hamas emphasizes their claim to “all of historic Palestine” — meaning the end of Israel as a separate state.

At the same time, majorities increasingly say that a two-state solution should not mean the end of conflict with Israel. Rather, 60% would opt to continue the struggle to “liberate all of historic

Palestine.” The same proportion also says that any compromise with Israel should be only temporary. Moreover, large majorities deny that Jews have any connection or rights to any land in historic Palestine.

Majorities support specific forms of economic cooperation with Israel even now. Majorities even support resuming negotiations with Israel without preconditions. And they opposed their own governments’ diplomatic boycott of Washington and preemptive rejection of the U.S. peace plan.

The public is split over continuing bonus payments to prisoners, rather than united behind this policy, as Palestinian officials claim. (Washington Institute for Near East Policy)

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Contributions as of July 10

Edwin & Alma N.'51 Lakin Holocaust Library & Resource Center

In honor of:

Carole and George Mason's 60th anniversary – Loewenstein-Harting Family

In memory of:

Robert Brok – Sid and Esther Bratt

Barbara Nazimov – Sue and Mel Blum, Sid and Esther Bratt, Marc and Karen Tannenbaum

Sharyn Cohen – Sid and Esther Bratt

Sheila Lidman – Sid and Esther Bratt

Federation Community Campaign

In honor of:

Birth of Jan and Jonathan Simon's first grandson – Pollack Family

Birth of Carole and Mike Robinson's new granddaughter – Rob and Yvonne Oppenheimer

Scott Goldberg receiving his Master's Degree in Marine Biology – Anzie and Edward Golden, Rob and Yvonne Oppenheimer

Rachel Radosh's high school graduation – Rob and Yvonne Oppenheimer

Eli Rotenberg's high school graduation – Rob and Yvonne Oppenheimer

Zach Simon's graduation from the University of Chicago Law School – Anzie and Edward Golden, Rob and Yvonne Oppenheimer

Alexa Chronister's graduation from the University of Delaware – Debbie, David, Scott, Mark and Abby Goldberg

In memory of:

Robin Altman's father – Debbie and David Goldberg

Jeri Kozloff – Anzie and Edward Golden

Robert Brok – Rob and Yvonne Oppenheimer, Anzie and Edward Golden

Fran Mendelsohn – Pollack/Hamburger Family

Sheila Lidman – Dena and Vic Hammel

Sharyn Cohen – Rob and Yvonne Oppenheimer, Annette and Sean Peppard, Debbie Goodman and John Moyer

Barbara Nazimov – Julia Swan, Miriam and Edward Castrege, Eunice Boscov, Anzie and Edward Golden, Nan Kurlancheek

Jewish Family Service

In honor of:

Birth of Jackye and Jim Barrer's new grandson – Andy and Corinne Wernick

Birth of Carole and Mike Robinson's new granddaughter – Andy and Corinne Wernick, Al and Betsy Katz

Sari Incedon's semi-retirement – Louis Shucker and Sherry Faust, Wendy Neuhs, Nan Kurlancheek

Michele Abramson-Schachter's graduate degree in nursing – Jan and Jonathan Simon

Birth of Sylvia Wenger's great-granddaughter – Carol and Gordon Perlmutter

Birth of Arlene and Irving Ehrlich's grandson – Carol and Gordon Perlmutter

In memory of:

Robert Brok – Barbara Nazimov, Susan and Mel Blum, Samara and Matt Jacobs, Ruth Isenberg, Sharon and Julian Syret

Douglas Lockhart (Kim Yashek's husband) – Louise Zeidman

Jeri Kozloff – Berna Sherman, Louis Shucker and Sherry Faust

Sharyn Cohen – Evelyn and Jay Lipschutz, Andy and Corinne Wernick, Sue and Mel Blum and family, Sharon and Julian Syret, Carol and Gordon Perlmutter

Sheila Lidman – Susan and Mel Blum, Cheryl and Eric Farber, Carol and Gordon Perlmutter

Barbara Nazimov – Rob and Yvonne Oppenheimer, Andy and Corinne Wernick, Louise Zeidman, Sharon and Julian Syret, Al and Betsy Katz, Wendy Neuhs, Cheryl and Eric Farber, Harriet Baskin, Jay Steinberg, Carol and Gordon Perlmutter, Barbara and Michael Perilstein, Carrie and Stephen Latman

JFS Food Pantry

In honor of:

Mitchell and Lisa Gross's marriage – Elaine Safir

Birth of Sylvia Wenger's great-granddaughter - Judy Copeland

Honorials and Memorials

Contributions may be made to the following Funds:

Federation Jewish Community Campaign

Jewish Family Service

Leo Camp Lecture Fund

JFS Food Bank

JFS Taxi Transportation Program

Holocaust Library & Resource Center

Doris Levin Fund

PJ Library Fund

Harry & Rose Sack Fund

Evelyn Thompson Fund

In memory of:

John Liadis – Helene and Henry Singer

Frank Castanaro (Roseann Castanaro-Finkel's father) – Helene and Henry Singer

Douglas Lockhart (Kim Yashek's husband) – Judy Copeland

Jeri Kozloff – Judy Copeland, Eunice Boscov

Robert Brok – Eunice Boscov

Fran Mendelsohn – Eunice Boscov

Sharyn Cohen – Eunice Boscov

Sue B. Viener Memorial Fund (PJ Library)

In honor of:

Birth of Carole and Mike Robinson's new granddaughter – Jan and Jonathan Simon

Birth of Jackye and Jim Barrer's new grandson – Jan and Jonathan Simon

Birth of Arlene and Irving Ehrlich's new grandson – Jan and Jonathan Simon

In memory of:

Sharyn Cohen – George Viener

Barbara Nazimov – George Viener and family, Debbie Goodman and John Moyer

Yemin Orde

In honor of:

Vic Hammel's special birthday – Ernestine Urken

Doris Levin Memorial Fund

In honor of:

Birth of Carole and Mike Robinson's new granddaughter – Debbie, David, Scott, Mark and Abby Goldberg

Friendship Circle Fund

In honor of:

Birth of Carole and Mike Robinson's new granddaughter – Ethel Engel, Glenn and Gaye Corbin

Birth of Jan and Jonathan Simon's grandson – Glenn and Gaye Corbin

Birth of Arlene and Irving Ehrlich's grandson – Glenn and Gaye Corbin

Birth of Debbie Cieplinski's grandson – Glenn and Gaye Corbin

Birth of Sylvia Wenger's great-granddaughter – Elaine Safir

In memory of:

Ronald Aaron (Robin Altman's father) – Glenn and Gaye Corbin

Robert Brok – Louise Zeidman

Jeri Kozloff – Jan and Jonathan Simon

Barbara Nazimov – Jan and Jonathan Simon

Evelyn Thompson Memorial Fund (Lakin Preschool)

In honor of:

Birth of Carole and Mike Robinson's new granddaughter – Beth and Bob Caster

Scott Goldberg receiving his Master's degree in Marine Biology – Robert and Beth Caster

Eli Rotenberg's high school graduation – Robert and Beth Caster

Zach Simon's graduation from the University of Chicago Law School – Robert and Beth Caster

Ari Levin's Bar Mitzvah – Ms. Beth – Lakin Preschool

Maxwell Weiss Bar Mitzvah – Ms. Beth – Lakin Preschool

In memory of:

Sheila Lidman – Beth and Bob Caster

Barbara Nazimov – Beth and Bob Caster

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ReadingJewishCommunity.org/home/community-calendar

Creativity brings fun times in unusual summer



Adi Shalev and Amanda Hornberger lead age-appropriate online activities as part of a series JCC summer fun events.



A virtual session with Joy Ladin, last author of the inaugural season of Literatour Berks.



Children and staff at the Lakin Preschool enjoy some time together via an online meeting.



The Bluestone family brings summer fun home with camp in a box.