Musings with Mary Lou: Thoughts for the Coming Year

By Mary Lou Finesilver

I have been so busy these last couple of weeks having holiday lunches, attending Temple programs, and catching up on my birthday cards, get-well cards, and a card for the season to mail to my friends that I just realized that the deadline for my column is tomorrow.

Oy! I have not one thought in my head that you might even want to hear. Terrible. Is this what writer's block feels like? I have to get over it in four minutes. Time's a-wastin'!

Time is going too fast! Wasn't it yesterday that we celebrated the new year of 2019? I am having trouble keeping the days straight. It wasn't that long ago that we were gearing up for the year 2000, and do you remember all the hullabaloo that was creating? So many people were worried how the year would come in without all the systems crashing! The transition was as smooth as silk. Such a disappointment, nothing happened. I wish all our year ends could be the same.

So here we are, about to bring in a new year, and I hope that we can do better than some of the things that happened in 2019. But I won't go there. This will be a fresh start hoping the stars are all aligned properly.

Do you make a resolution for the new year? I used to, but not anymore. I don't think I kept even one of them. Of course, most of them were promises to lose weight, exercise more, or be more frugal. Ha! I think the longest I ever lasted on any of those resolutions was the end of January. Now, why bother? Better to resolve to be a better, more compassionate person and try to make things a little better for others.

I try to donate when and where I can. Not much, but something. I also try to do more locally rather than donate to the big groups that bombard you with constant mail, gifts, and requests for more money. I do resent all the time and money put into the mailings. They could do better if the fancy pictures, greeting cards, calendars, and note paper were dropped and all that money then went to the fund they are supporting. What a waste! I've talked to some of the local groups that are part of a larger fundraiser, and they never get a cent from them. So now I shred their mail and send the local chapter my donation when I can.

Did you ever notice that, once you send a small amount to these organizations, they bombard you with mail? At least something every month. I now keep a small list of these donations, and I feel that once a year, even if it is small, has to be enough. Obviously they don't agree with me. I have reached the point where I have been turned off with all these attempts to extract money from me.

I have not one thought in my head that you might even want to hear. Terrible. Is this what writer's block feels like? I have to get over it in four minutes. Time's a-wastin'!

Trump’s Executive Order on Antisemitism is Not Perfect, but it’s Still Good for the Jews

By Rabbi Andrew Baker

WASHINGTON (JTA) — It is unfortunate that proposed legislation that enjoyed broad, bipartisan support fell victim to the hyperpartisan climate of Washington. Now enacted by a presidential executive order, and signed at a White House Hanukkah party in the presence of mostly Republican friends and supporters, what had been known as the Anti-Semitism Awareness Act will make an important but modest contribution to addressing the problem of antisemitism on the nation’s college campuses.

This executive order calls upon the U.S. Department of Education to take into consideration the International Holocaust Remembrance Alliance (IHRA) working definition of antisemitism when determining if Jewish students are facing hostility or discrimination. Under Title VI of the U.S. Civil Rights Act, which prohibits discrimination on the basis of race, color or national origin by recipients of federal funds, the Department of Education has the authority and responsibility to take steps, including the withholding of federal funds, if the schools do not address these problems.

Because Title VI does not bar discrimination on the basis of religion (as many colleges are themselves religiously based), it has been determined that Jews (and Muslims and Sikhs, for example) are covered by identifying them as having shared ethnic characteristics. This is referenced in the executive order. It is not, as some critics have charged, some new step by the Trump administration to redefine Judaism as a nationality rather than a religion. It merely restates what has already been the standard practice since the Obama administration. Without it, Title VI wouldn't be able to address antisemitism in any form.

Still, if the Department of Education is to examine and evaluate the presence of antisemitism on a college campus, it ought to know what it is. Antisemitism can appear in various forms — as hatred and discrimination against Jews, through stereotypes and conspiracy theories, as Holocaust denial and, more recently and most controversially, in ways relating to the State of Israel. Hence, the recommendation to “consider” using the IHRA definition, which offers clear examples of all these forms.

I was part of a small team of experts and advocates that worked 15 years ago with the European Monitoring Centre on Racism and Xenophobia, or EUMC, to draft and employ the definition. At the time, when antisemitic incidents surged throughout Western Europe, the EUMC monitors themselves had no clear or common definition of antisemitism. The definition was developed to help governments understand the nature of the problem so they would be better able to combat it.

Much attention then and today has focused on examples in the definition relating to Israel. There have been situations in Europe where Jews are held responsible and even physically targeted for the perceived misdeeds of Israel. We also have seen examples where someone merely substitutes “Zionist” for “Jew” and thereby claims the most obvious of antisemitic statements is a form of acceptable “political” speech. There is general agreement that these are forms of antisemitism and should be condemned.

More difficult may be the accusations...
Donation Allows for Creation of Paul & Yetta Gluck School of Visual Arts at JCC

By Elise Skolnick

Paul and Yetta Gluck have long wanted to do something meaningful for the community. They intended to make the Youngstown Area Jewish Federation and its agencies part of their estate plans. Recently, though, they started thinking they shouldn’t wait.

“Because things are needed now,” Yetta said.

So Paul & Yetta Gluck School of Visual Arts at the Jewish Community Center of Youngstown was born.

“It kind of came to us that there was a School of Dance and a School of Music and the visual arts weren’t being touched upon,” Yetta said.

Paul was born and raised in Youngstown. Yetta was raised in New Castle, Pa. but moved to Youngstown when she married Paul. She has lived in the area almost 56 years.

“We’ve received things from Youngstown,” Paul said. “And now it’s our turn to give.”

The arts enrich people’s lives, they agree. Paul is himself an artist, though he hasn’t created much in recent years. He majored in art in college.

“It was a way to relax,” he said. It helped him prepare for his career.

“It actually was a big part of the success of my business, I feel,” he said.

Visual arts classes will begin in January.

Initial offerings will include exploring art techniques, drawing, painting, paper quilling, and scrapbooking. For now, classes will be held in the JCC Lower Level Multi-Purpose Room, but plans are underway to create a dedicated space for the Paul & Yetta Gluck School of Visual Arts.

“I want to absolutely give a shout out to Lisa (Long, Federation financial resource development director), Andy (Lipkin, Federation executive vice-president), and Mike (Rawl, JCC director) because they took our thinking, sat down with us, made a plan, and so much more quickly than we ever thought possible,” Yetta said.

Paul and Yetta are both happy the classes will start soon.

“We feel it’s going to go to such good use because the whole community, we feel, will benefit from it,” Paul said.

Yetta added, “We’re really excited about it. I can’t even tell you how excited we are.”

A donation from Paul and Yetta Gluck is funding the creation of the Paul & Yetta Gluck School of Visual Arts at the Jewish Community Center of Youngstown.

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Shofar as Warning Device

By Neil Yutkin
Ohev Tzedek Co-President

In ancient times, the *shofar* was more than just a religious object. It was used as an early warning device during times of war or to announce the coming of royalty.

And perhaps it is time that we begin to use it to awaken the Jews of the United States. The Jews in France and Israel are not the only ones in danger.

According to the FBI, antisemitism is the number one religious bias in the nation. It exceeds all of the other religions combined, making up 57.8 percent of those reported. This stands out even more when you consider that Jews make up only 2.2 percent of the U.S. population. Further, these numbers represent about a 6 percent increase in antisemitic hate crimes from 2016 to 2018.

So perhaps when we next hear the *shofar* blast, we not only awaken our spiritual awareness but follow and heed the warning of ancient prophets as Jeremiah, Isaiah, Amos, Hosea, and others who realized that the *shofar* warnings were to awaken us to dangers around us as well.

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https://ucr.fbi.gov/hate-crime/2018
Hanukkah Happenings at Temple El Emeth

Children enjoyed a variety of Hanukkah crafts at Temple El Emeth’s Children’s Hanukkah Happening. They made decorations, painted Hanukkah pictures, strung a Hanukkah necklace, decorated dreidel cookies, and more. They were also treated to latkes and Hanukkah cookies made by Sisterhood. Each child received a treat bag.

Holocaust Educator Speaks at Sisterhood Meeting

Temple El Emeth Sisterhood’s December meeting and luncheon featured Holocaust educator Jesse McClain, who spoke about “Religion Through the Holocaust.” Pictured from left are McClain and Mary Lou Finesilver, chairperson of the day and December’s “Honorable Mensch.”

Temple El Emeth Events

Jan. 7
The Temple El Emeth Board of Directors monthly meeting will be at 7:30 p.m. The Executive Committee will meet at 6:30 p.m.

Jan. 9 and 10
The Liberty Food Pantry needs volunteers for the January distribution. Set up is from 7 to 8 p.m., Thursday, Jan. 9 and food distribution is from 9:30 a.m. to 12:30 p.m. Friday, Jan. 10. Call the El Emeth office at 330.759.1429 to volunteer.

Jan. 11
A Kiddush Luncheon will follow the Shabbat morning service. January birthdays will be celebrated. Call the Temple office to RSVP for lunch.

Jan. 20
Shmoozing with Shmulik will be at 10:30 a.m. in the Chapel. Sam Kooperman will lead the group in stories, jokes, music, and fun in Yiddish. All are welcome to attend.

Feb. 5
There will be no Jewish Christian Dialogue in January. The next session will take place in February.

Minyans are held Sunday through Friday at 5:45 p.m. Saturday evening Minyans in January are as follows: January 4 and 11 at 5:15 p.m. January 18 and 25 at 5:30 p.m. Friday morning minyan is at 7 a.m. and Shabbat morning services begin at 9:30 a.m.
Over the past year, Congregation Rodef Sholom has been full of joy, spirit, and celebration! We have proudly celebrated the Jewish High Holidays, decorated the community sukkah at Ohev Tzedek, hosted Sisterhood in the sukkah, celebrated the consecration of Jacob Wilschek, honored our Torah during Simchat Torah, remembered the victims of the tragedy in Pittsburgh, recognized 40 years of dedication and service from Bob Golubich to our Temple, surprised Rabbi Muller with a 65th birthday party, held Tot Shabbats and Simchat Shabbat, and hosted a slew of first-class speakers. Without our congregation, friends, board of trustees, staff, Sisterhood, and Brotherhood none of this would be feasible.

We are proud to continue striving for greatness and celebrating our congregation with ruach! We look forward to celebrating 2020 with our entire community.
Jewish Family Services Now Offering EMDR Trauma Therapy

By Shay Kahani-Erez
MSW, LSW, clinical social worker and Jewish Family Services Outreach Coordinator

A grant from the Thomases Family Endowment of the Youngstown Area Jewish Federation allowed for Jewish Family Services to send two counselors for EMDR training. As one of those counselors, I recently completed the part 1 training. Now, Jewish Family Services is offering EMDR trauma therapy.

EMDR stands for Eye Movement Desensitization and Reprocessing. It is a form of therapy that helps people heal from trauma or other distressing life experiences. EMDR therapy has been extensively researched and has demonstrated effectiveness for trauma. EMDR is a therapy proven to help reduce symptoms related to anxiety, depression, addiction, and other emotional problems. EMDR has a direct effect on the way the brain processes information and recovers from traumatic memories and events. This process involves communication between the amygdala (the alarm signal for stressful events), the hippocampus (which assists with learning, including memories about safety and danger), and the prefrontal cortex (which analyzes and controls behavior and emotion). While many times traumatic experiences can be managed and resolved spontaneously, they may not be processed without help. Stress responses are part of our natural fight, flight, or freeze instincts. When distress from a disturbing event remains, the upsetting images, thoughts, and emotions may create feelings of being overwhelmed, of being back in that moment, or of being “frozen in time.” EMDR therapy helps the brain process these memories and allows normal healing to resume. The experience is still remembered, but the fight, flight, or freeze response from the original event is resolved.

EMDR therapy does not require talking in detail about the distressing issue or homework between sessions. EMDR, rather than focusing on changing the emotions, thoughts, or behaviors resulting from the distressing issue, allows the brain to resume its natural healing process. EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. Part of the therapy includes alternating eye movements, sounds, or taps. For many clients, EMDR therapy can be completed in fewer sessions than other psychotherapies. People (and research) report making more progress in less time with EMDR therapy than in talk therapy and cognitive behavioral therapy.

Shay Kahani-Erez has experience with seniors, adults, children, and families from diverse backgrounds and populations. She likes to combine art therapy, mindfulness, talk, and behavior therapy as well as EMDR in her work with clients. Jewish Family Services accepts insurance and offers sliding scale rates. Home counseling is available for homebound clients.

Science Fun at Levy Gardens

Tenants of Levy Gardens Assisted Living enjoyed a visit from OH WOW! The Roger & Gloria Jones Children’s Center for Science and Technology staff members and Blott Guy PK - 6 school first graders.

Carolers Visit Heritage Manor

Carolers from Highway Tabernacle Church stopped at Heritage Manor Retirement & Rehabilitation Community to sing songs for residents.
Human Services

Holiday Party Held for Adult Day Services’ Participants

A holiday party was held for Heritage Manor Adult Day Services participants in December. They played winter Bingo and Scattergories and completed a winter word search. They also enjoyed refreshments while listening to holiday music. Each ADS participant received a gift bag with ear muffs, gloves, and a scarf. Pictured from left are Adella Fitz and Shirley Thomas.

Levy Gardens Hanukkah Party

Levy Gardens Assisted Living held its annual Hanukkah party for tenants and their family members Dec. 23. Pictured clockwise from bottom left are Phyllis Berkowitz, Helen Passell, Natalie Greenblatt, and Sophia Kapon.

Levy Gardens Driver Prepares Meal for Tenants

In what has become an annual tradition at Levy Gardens Assisted Living, driver Phil Mazzocco made a gnocchi and meatball dinner for tenants in December. Kristen Nye, a Levy Gardens nurse, helped prepare the meal. Pictured from left are Sid Rusnak, Keith Mackey, Phil Mazzocco, Sophia Kapon, and Daniel Malkin.
A Message from Andy Lipkin  
Federation Executive Vice-President  

Recently a good friend of mine shared that he has a friend, John*, who is going through a rough time. My friend Bob Lackey, who has moved out of the area, knows about rough times. Six years ago he was diagnosed with Parkinson’s disease. He was devastated by the news and wasn’t sure he was prepared for what the disease had in store for him. But through helping others he found a way to help himself.

So what did Bob tell John?

“No matter how you feel, get up, dress up, show up, and never give up. Your team is ready to help. Use them. Lean on them. Talk to them. There will be good days. There will be bad days. There will be so-so days. We’ve scouted this situation to the max. Here’s the game plan. Take advantage of the good days. Live life like there’s no tomorrow. The bad days are a struggle. Do whatever you have to do to survive. Read a book. Take a nap. Watch a movie. Call me. I’m a good listener. Survive! A good day is just around the corner. Tolerate the so-so days. Do the best you can. As with the bad days, a good day is waiting to happen.”

Following his own diagnosis, Bob began speaking with newly diagnosed Parkinson’s patients. Some of what he shares is disease specific, some is motivational, and some is inspirational. Bob also realized support wasn’t available for those with the disease on our side of town, though there was a group in Boardman.

So the Youngstown Area Jewish Federation, Jewish Community Center of Youngstown, and the Ohio Chapter of the Parkinson’s Foundation stepped up to help. Funding was provided through the Thomases Family Endowment, the Ohio Chapter of the National Parkinson’s Foundation, and Mercy Health Foundation, with the JCC providing the space. Individuals with Parkinson’s now have the opportunity to participate in Delay the Disease, a fitness program designed to empower people to take control of the disease with daily exercise. Later, a support group portion was added. Facilitated by Jewish Family Services, it offers education, positive coping skills, emotional support, and a way to create further comradery among those participating in the program. This program is free and open to the public.

It’s wonderful that Bob can be there for his friend, much in the same way that we are here for the community. We offer services and programs that help people in crisis and for other needs, no matter what they are.

Whether it’s a loved one who is slowly declining in their mental capacities and needs adult day services, a nursing home, rehabilitation, or assisted living, or has social service needs, or needs socialization and physical fitness opportunities, we have you covered through Heritage Manor, Levy Gardens, Jewish Family Services, and the JCC.

Bob is finding meaning in helping others. We find meaning in helping others, too. Our mission states: The mission of the Youngstown Area Jewish Federation is to sustain and enrich the quality of life for the Jewish people regionally, in Israel, and worldwide. We are guided by the values of Tzedakah (righteousness), Klal Yisrael (the responsibility of each Jew for another), Dor l’Dor (the continuity of the Jewish people), and Tikkun Olam (repairing the world).

I know Bob will continue to be there for the Federation and others, as we will, too—we’re here for the entire community.

I wish you all a happy and healthy New Year!

*name has been changed

Thomases Family Endowment Grant Benefits Scholarships

The Thomases Family Endowment of the Youngstown Area Jewish Federation granted $20,000 a year through 2024 to YWCA Mahoning Valley to be used for scholarships given as part of their Young Women With Bright Futures program.

The endowment has supported the YWCA since the inception of the fund in 2011. To date, grants totaling $128,125 have been awarded. The endowment has supported the Bright Futures scholarships since 2013.

“Irwin would be very pleased to support such a wonderful program as Bright Futures that supports strong young women from our Valley who are furthering themselves and their education,” said Andi Baroff, Thomases Family Endowment committee member.

Young Women With Bright Futures helps build the leadership skills of high school senior women who exhibit great potential. They are recognized for their leadership skills, academic achievement, creativity, and volunteerism at a banquet.

“YWCA is excited to partner with the Thomases Family Endowment to offer scholarship opportunities to the award winners of the Young Women with Bright Futures Awards competition,” said Leah Merritt, President & CEO. “One of the goals of YWCA is to work towards the economic empowerment of women and girls. By offering scholarship opportunities we want to encourage these future leaders to pursue higher education and help them in reaching their professional goals.”
In December 2018, representatives of Congregations Children of Israel, El Emeth, Ohev Tzedek, and Rodef Sholom came together to begin discussions around the quality of Jewish life in Youngstown and the challenges facing the synagogues now and in the future.

The Collaboration Committee met numerous times and has since determined to move forward to the next phase of their work. To help do this, they engaged Alan Goldberg to facilitate the development of specific recommendations and action plans.

Alan Goldberg is no stranger to Youngstown. He served as director of Jewish Community Center of Youngstown from 1984 to 1997. For 17 years, before his retirement in December 2018, Goldberg served in various roles at the Jewish Community Centers of North America. In his position as senior vice president for operations, Goldberg worked with small communities throughout the Northeast and Midwest to assist them in developing strategies to maintain a high quality of Jewish life. Much of his work focused on communities with declining Jewish populations. Goldberg will facilitate the committee in its efforts to bring forth a comprehensive plan for Jewish life and synagogue relations in Greater Youngstown not just for 2020, but for the next two decades.

Supporting Goldberg’s work will be Brian Hayden, president of Collaborative Strategies, Inc. of St. Louis, Mo. Hayden has led strategic planning engagements for private businesses and not-for-profits all across the country. One of his focus areas is planning for Jewish community organizations. He has helped JCCs, Federations, Jewish day schools, and synagogues with long-range planning, balancing the fulfillment of their missions with the need for financial sustainability. Hayden also leads Collaborative Strategies’ benchmarking practice, which has managed the national benchmarking efforts for JCC Association, Hillel, and the Jewish Federations of North America.

Updates will be provided to the community as this project moves forward. Questions should be directed to Collaborative Committee representatives at each congregation.

Federation

Congregation Collaboration Committee Moves to Next Phase

Donation Supports Dress to Succeed Program

The Thomases Family Endowment recently made a $2,500 grant to ACTION to support the Dress to Succeed program. Dress to Succeed works to promote low-income men, women, and returning citizens’ economic and social development through career development, job retention, and the promotion of self-sufficiency. The endowment has supported the organization since 2016, granting $5,000 to date. Pictured are members of the Thomases Endowment Committee, Youngstown Area Jewish Federation staff, and the staff and volunteers of Dress to Succeed.

Thomases Family Endowment Awards Grant to OH WOW!

The Thomases Family Endowment of the Youngstown Area Jewish Federation recently made a $30,000 commitment to OH WOW! The Roger & Gloria Jones Children’s Center for Science & Technology.

For ten years, OH WOW! has offered STEM-related hands-on activities for children aged 0 to 14. Its colorful, hands-on environment encourages independent thinking through interactive STEM-based exhibits and programs. They recently launched an anniversary campaign to raise funds to purchase the building that houses the center. The goal is $3.5 million, culminating in May 2021.

The Thomases Family Endowment has supported OH WOW! since the inception of the endowment, granting $120,700 to date.
For more information on Wellness Programs contact Jaron Howell, Wellness Coordinator, at 330.746.3250 ext. 153 or jhowell@jewishyoungstown.org.

Monthly Health Club Services
Full Size Locker | $10/month
Towel Service | $10/month
Locker & Towel Service | $15/month
30 Minute Massage | $15/month

Reach Your Goals with InBody
The InBody 570 is one of the most advanced body composition analyzers on the market. In less than a minute, you will see a total analysis of your body fat, muscle distribution, and body weight balance. The first scan is free for members and those in personal training programs.

Monthly Unlimited Scans:
$10/month (Also includes 15 minutes with a Personal Trainer.)
$15 per test/Member
$25 per test/Non Member

InBody 570 Corporate Challenge
Raise the bar and bring the InBody 570 to your business or organization. It is perfect for fitness challenges, encourages employee wellness, and is quick and easy to use!
InBody Rental Fee: $125/Hour
(2 hour minimum - includes an InBody specialist for support and pre and post body composition measurements for all participants.)

J-Away Program
This personal exercise program is designed to assist homebound Jewish older adults in the Youngstown area. Jewish Community Center personal trainers will create individual exercise plans and train clients in their own homes. Eligible participants will be identified based on financial and physical needs and their ability to travel.
Cost: $3.50/session

Flu Shot Clinic
If you haven’t received your flu vaccine yet, there is still time to protect yourself. Some insurance plans may cover the flu shot. The cost without insurance is $27. Please bring your insurance card.
Date: Tuesday, February 11
Time: 10:00 a.m. – 12:00 p.m.
Location: Library
Register by Thursday, February 6.

Wellness Lunch & Learn: Genetic Testing
Dr. Devora Cohen-Karni, Ph.D will talk about the basic science of genetic inheritance through genetic testing and potential ethical issues to consider. In this talk we’ll explore the role of genetic inheritance, review how genes influence the traits we are able to see, then look at how this can be used in the medical sciences.
Date: Friday, February 7 | Time: 11:45 a.m. – 1:00 p.m.
Location: Adult Lounge
This event is free and open to everyone. A light lunch will be served. Register by Tuesday, February 4 online at jccyoungstown.org or contact the Membership Office at 330.746.3250 ext. 195

Personal Training
Check out our new personal training options!

One-on-One Personal Training
We will design a personalized exercise program to help you reach your goals.

Jumpstart Your Weight Loss
Work with a personal Health Coach for a workout and eating plan to get you closer to your goal.

Next Steps
JCC Next Steps is a post-rehabilitation exercise program that will help you transition from physical therapy to long-term fitness and wellness.

Healthy Living Foundations for Older Adults
The Healthy Living Foundations package is designed to promote healthy living awareness and to improve stability, increase stamina, and gain self-confidence.

Youth Personal Training
A private workout session with a certified professional trainer. Sports specific training is also available.

To begin your personal training journey contact the Membership Office at 330.746.3250 or register online at jccyoungstown.org.

Ask a Trainer Table
Stop and speak with our certified personal trainers Amy and LaMarcus about any fitness questions you may have.

Pickleball Ladder League
Enjoy competitive indoor play during the winter months! Players will be in groups of four and will compete to move up the ladder.
Date: January 7, 14, 21, 28, & February 4
Time: 5:30 – 8:30 p.m.
Location: Gymnasium
Cost: $10/Member | $20/Non Member

Catchball
Join other women in a modified version of volleyball. Catchball promotes exercise and is a great way to make friends. Open gyms are free and open to all women.
Date: Mondays | Time: 5:30 – 7:30 p.m.
Location: LYRIC (Liberty Youth Recreation & Impact Center)
317 Churchill Hubbard Rd, Youngstown, OH

Open Play Basketball
This time is reserved for basketball only. Shoot hoops with friends or join a pick up game.
Date: Tuesdays and Thursdays | Time: 7:00 p.m.
Date: Fridays | Time: 5:30 – 7:00 p.m.
Location: Gymnasium

Youth Basketball
Children ages five and up can enjoy kid friendly basketball time in our gym. Equipment is provided.
Date: Fridays | Time: 4:00 – 5:30 p.m.
Location: Gymnasium

Coming soon: eSports Arena!
ESports describes the world of competitive, organized video gaming. Teams face off in Fortnite, League of Legends, Counter-Strike, Call of Duty, Overwatch, Madden NFL, and more. Beginning Summer 2020, JCC will launch its first eSports programming and competitions for both youth and adults.

Featured Group Exercise Class: Ab Time
This class uses various positions, stations, and equipment to firm up four core, back and oblique abdominals to help perform our daily activities, reducing the risk of injury and create better balance and posture.
Private Swim Lessons
Swimmers of any age or level can benefit from private swim lessons. Learn to swim or improve your skills with one of our trained swim instructors. Private lessons are also great for triathletes!

NEW PRICING!
5 Sessions: $96/Member | $128/Non Member
10 Sessions: $183/Member | $244/Non Member
20 Sessions: $348/Member | $464/Non Member

P.A.L.S+ Private Swimming Lessons
JCC offers free one on one swim lessons for persons who are on the autism spectrum or who have developmental disabilities. This program is funded by the Thomases Family Endowment of the Youngstown Area Jewish Federation and Autism Speaks.
To apply for the P.A.L.S+ program visit jccyoungstown.org/pals.

SwimSafe 500
This program provides free swim safety lessons. Scholarships are provided by The United Way of Youngstown and the Mahoning Valley and The Thomases Family Endowment of the Youngstown Area Jewish Federation.
To apply for the SwimSafe 500 program visit jccyoungstown.org/swimsafe500.

EARLY LEARNING CENTER

For more information on the Early Learning Center contact Ben Katz, Early Learning Director, at 330.746.3250 ext. 119 or bkatz@jewishyoungstown.org.

Ages 6 weeks – pre-kindergarten

Enrichment Programming with Community Partners
Students will engage in a wide variety of enrichment offerings in art, music, and science programs brought to us by SMARTS, YSU Dana School of Music, and OH WOW! Science Center.

Free Family Membership to the JCC!
Full-time students are eligible for a free family membership to Jewish Community Center! Some exclusions apply.

Infant & Toddler Private Swim Lessons
The ELC offers one-on-one swim lessons for children ages 6 months and up. These lessons will encourage younger children to become comfortable in the water while teaching older children swimming techniques.

Current Exhibit:
Testament by Debra DeGregorio
The work of mixed media artist Debra DeGregorio ranges from large, drawn and printed natural forms, to bright ‘micro-installations,’ using collage, string and sequins on pins. Her imagery arises and disintegrates across the page like symbols from the unconscious mind. These symbols may include biomorphic, plant-like shapes or tiny man-made structures collapsing into fire or bodies of water; mysterious snapshots from a larger story. With an interest in psychology, mythology and humor, these works are landscapes of the interior, described using a personal symbology found in the world of the exterior.
Exhibit Dates: October 11 – January 5
PERFORMING ARTS

For more information on the schools of music or dance contact Erianne Raib-Ptichkin, Program Coordinator, at 330.746.3250 ext. 106 or eptichkin@jewishyoungstown.org

School of Dance Winter Registration
The 12 week winter session runs from Monday, January 13 to Saturday, April 4 and includes various classes for ages 2 to adult. To view our list of classes and class schedule or to register please visit jccyoungstown.org/schoolofdance

Date: Saturday January 4 | Time: 12:00 - 2:00 p.m.

Private Dance Lessons
Lessons can be scheduled with any JCC School of Dance educator in half hour increments. Private lessons can be recurring in any of the available time slots, or on an as needed basis. Genres vary according to instructor availability.

Cost: $15/Member | $20/Non Member

School of Music Classes
Price per month includes four weekly 30 minute lessons. Tuition is due by the first lesson of each month. Register online at jccyoungstown.org or contact the Membership Office at 330.746.3250 ext. 195.

Piano
Learn to play the piano with Anita Powell. Anita was classically trained at the Dana School of Music and Chautauqua Institution, and has over 30 years of experience.

Monthly Cost: $88/Member | $112/Non Member

Percussion
Join seasoned percussionist Evan McCreary to learn the foundations of rhythm and study basic beats and fills on our drum kit. Bring your own drumsticks, or borrow a pair of ours.

Monthly Cost: $60/Member | $80/Non Member

Violin
Join Master Suzuki violin teacher Gina Bagnoli as she provides private and group violin instruction in the Suzuki Method. Students must bring their own instruments. All lessons are 30 minutes each.

Private Lessons: $17/Member | $22/Non Member

Group Lessons: $7/Member | $8/Non Member

Guitar
Learn to play the guitar with instructor Gina Love, who has been playing privately for several years and studied at YSU. Bring your own guitar, or borrow one of ours.

Monthly Cost: $60/Member | $80/Non Member

Voice
Improve breathing, posture, tone quality, and more while studying with our experienced vocal instructor.

Monthly Cost: $60/Member | $80/Non Member

Through the generosity of Paul and Yetta Gluck, JCC is now offering classes for all ages that foster creativity, personal growth, and community through hands-on learning at the Paul and Yetta Gluck School of Visual Arts. A new studio space is coming soon!

Register for courses online at jccyoungstown.org. All supplies are included in the class fee unless otherwise noted. There is a three student minimum per course.

PAUL & YETTA GLUCK SCHOOL OF VISUAL ARTS

For more information on Paul & Yetta Gluck School of Visual Arts contact Erianne Raib-Ptichkin, Program Coordinator, at 330.746.3250 ext. 106 or eptichkin@jewishyoungstown.org

Craft & Kvell
Gather with friends and work on your latest craft project! Derived from Yiddish, kvell is to be extraordinarily pleased or proud. So come socialize with us, show off your latest project or try your hand at a new craft. Bring your own supplies for this monthly event, held on the last Wednesday of every month. This event is free and open to everyone.

Dates: Wednesdays, January 29, February 26, March 25, & April 29
Time: 1:30 – 3:30 p.m.
Location: Adult Lounge

Paper Quilling Crafts
Take ordinary strips of paper and turn them into beautiful works of art in this workshop with a local artist. Students learn how to roll, fold, and glue paper to create beautiful shapes and pictures. Every person will design a card or project to take home.

Adults:
Date: Wednesday, February 12
Time: 11:00 a.m. - 12:00 p.m.
Location: Lower Level Multi-Purpose Room
Cost: $15/Member | $20/Non Member

Age 14+:
Date: Wednesday, February 12
Time: 5:30 – 6:30 p.m.
Location: Lower Level Multi-Purpose Room
Cost: $15/Member | $20/Non Member

Winter Sip & Paint
Enjoy hot cocoa and cookies as a local artist guides you through a winter themed painting project. Each participant will take home a painting of their own. The family event is for children in first grade or higher, and children under 12 must be accompanied by an adult.

Adults:
Date: Wednesday, January 22
Time: 10:30 a.m. – 12:30 p.m.
Location: Lower Level Multi-Purpose Room
Cost: $15/Member | $20/Non Member

Family:
Date: Wednesday, January 22
Time: 5:30 - 7:00 p.m.
Location: Lower Level Multi-Purpose Room
Cost: $15/Member | $20/Non Member
**YOUTH & FAMILY**

For more information on Youth & Family Programs contact Hunter Thomas, Program Coordinator, at 330.746.3250 ext. 123 or hthomas@jewishyoungstown.org.

**JCC Before and After School Care**

Before School Care: 6:00 - 8:00 a.m.
After School Care: 3:00 - 6:00 p.m.

Daily before school and after school care is available for students in kindergarten through eighth grade. Transportation is available for Liberty Local School students in kindergarten through sixth grade. All day care is also available to all local school districts during breaks and school closures. For a full calendar of when all day care is offered, visit jccyoungstown.org/aftercare.

**Kid’s Night In**

Enjoy a night out while your child stays in at JCC! We will provide dinner, games, and crafts. For ages 3 through 14. Children must be toilet-trained. Early registration is recommended as space is limited.

Date: Saturday, February 15
Drop-off: 6:00 p.m.
Pick-up: by 9:00 p.m.
Location: Multi-Purpose Room
Cost: $12/Member | $15/Non Member
Register by Monday, February 3 online at jccyoungstown.org or contact the Membership Office at 330.746.3250 ext. 195

**Camp JCC 2020 Open House & Pool Party**

Date: Sunday, January 26
Open House: 1:00 – 3:00 p.m.
Parent Information Session: 1:30 p.m.
Location: Adult Lounge and Pool

Come with your campers to our Open House and Pool Party to find out what awesome things we have in store for 2020! Everyone who registers at the Open House will receive $25 off each registered camper’s fees in addition to a $50 early bird discount. All families will also be entered into a raffle to win $150 off their camp fees. The first 50 campers registered at the open house will also receive a free gift. All children must be accompanied by an adult.

**AGING WELL**

For more information on Aging Well Programs contact Shay Kahani-Erez, Outreach Coordinator, at 330.746.3250 ext. 159 or serez@jewishyoungstown.org.

**Ask a Social Worker**

Once a month Shay Kahani-Erez will meet members and people from the community in a social hour at JCC. Shay will offer assistance on different topics such as health insurance, social security, and medication management and referrals to other agencies such as community kitchens, shelters, and more. Counseling, trauma therapy, and family support referrals are also available. This service is free and open to the public. Light refreshments will be served.

Dates: Mondays, January 13, February 10, March 9, & April 13
Time: 11:00 a.m.
Location: Adult Lounge

**Mindful Monday**

This mindfulness group will practice relaxing and recharging the mind to reduce stress and relieve emotional and physical pain. This event is free and open to all older adults. Light refreshments will be served.

Dates: January 20, February 17, March 16, & April 20
Time: 11:00 a.m.
Location: Adult Lounge

**CULTURAL ARTS**

For more information on Cultural Arts Programs contact Gon Erez, Program Director, at 330.746.3250 ext. 159 or gerez@jewishyoungstown.org.

**Captured in a Golden Cage**

Israeli women who are married to U.S. citizens often find themselves alone when going through a divorce. Efrat Almog, an expert in the field of mediation and negotiation, will describe the cultural differences that exist between these women and their spouses. This event is free and open to the public. Light refreshments will be served.

Date: Thursday, January 23
Time: 6:30 p.m. – 8:00 p.m.
Location: Multi-Purpose Room
Register by Monday, January 20 online at jccyoungstown.org or contact the Membership Office at 330.746.3250 ext. 195.

**Lunch and Learn: Israel’s Political Turmoil**

JCC Program Director and Israeli native Gon Erez will explain the Israeli political system, its history, and the current state which led the country to hold three consecutive elections in less than a year. This event is free and open to the public. A light lunch will be served.

Date: Friday, January 10
Time: 12:00 – 1:00 p.m.
Location: JCC Multi-Purpose Room
Register by Wednesday, January 8 online at jccyoungstown.org or contact the Membership Office at 330.746.3250 ext. 195.

**Grief Support Group at the JCC**

If you are grieving a death and would like to connect with others, join us to share your experience in a group setting. Shay Kahani-Erez will facilitate the group. This event is free and open to all older adults. Light refreshments will be served.

Dates: January 7, February 4, March 3, & April 7
Time: 11:00 – 12:00 p.m.
Location: Adult Lounge

**Living with Alzheimer’s**

Family Caregiver Support Group

Our family caregiver support group provides an opportunity to share your experiences and learn from other families who are also living with Alzheimer’s disease. Light refreshments will be served. Meetings are free of charge.

Dates: January 15, February 19, & March 18
Time: 1:00 – 2:00 p.m.
Location: Adult Lounge

**Thursdays at the Cinema: Life of Pi**

After a cataclysmic shipwreck, an Indian boy named Pi finds himself stranded on a lifeboat with a ferocious Bengal tiger. Together, they face nature’s majestic grandeur and fury on an epic journey of discovery.

Date: Thursday, January 9
Time: 11:00 a.m.
Location: Adult Lounge
Cost: $5/Member | $10/Non Member
New Exhibit Showcases Work of Jenna Hudock

Jenna Hudock invites the viewer to navigate a narrative within her pieces that make up “Dissonance and Distortion,” which will open Jan. 15 in the Thomases Family Endowment Art Gallery located in Jewish Community Center of Youngstown.

An opening reception will be from 5:30 to 7 p.m. Jan. 16. The show will run through March 5.

“I address issues that we all encounter,” Hudock said. “The dualities of life, such as feelings of loss, change, confusion, hope, belonging, and isolation.”

Hudock, an art educator in the Boardman Local School district, was a 2019 recipient of the Golden Educators Award, sponsored by the Sam & Adele Golden Foundation. The award included a two week residency during which she participated in several workshops and was given access to a large studio space as well as artist supplies. She created a small body of work during the two week residency. Several of the works include conceptual landscapes which built off previous pieces created for her Master of Arts thesis show. Many are featured in “Dissonance and Distortion.”

Within her work, Hudock often uses lines that pull or push, divide or connect.

“These lines symbolize my ideas on how we use thoughts and emotions to process life events,” she said.

Her use of dynamic tension, and often surreal placement, are formal ways to elicit questions within the work.

“I hope the viewer will take on their own mind journey and make personal connections with the elements,” she said.

Art has been a lifelong interest for Hudock. She especially enjoys painting. She received a Bachelor of Arts degree from Kent State University and a Master of Fine Arts from Youngstown State University.

New Registration Process at JCC

To better serve its members and program participants, Jewish Community Center of Youngstown has consolidated its registration and membership offices. Amanda Ackroyd-Smith, formerly the Data & Registration Coordinator, is now the Membership Manager. Payments and registrations for programs and services will be taken in the Membership Office during regular business hours. Registration is also available on the JCC website, jccyoungstown.org. To contact Membership, email asmith@jewishyoungstown.org or call 330.746.3250, ext. 195.

For more information or to book a rental contact Kelli McCormick at 330.746.3250 ext. 284 or kmccormick@jewishyoungstown.org

Specialty Parties
All parties include time in our party room. Custom invitations are available!

Prince & Princess Royal Bash
Don your crowns and tiaras and take a mini ballet lesson.

Superhero Celebration
Dress up and participate in superhero activities in our secret lair.

Under the Sea Splish Splash Mermaid Bash
Experience swimming and storytelling in our pool with the JCC mermaid.

Campus Rentals
Multi-Purpose Room
Equipped with an overhead motorized projection theater screen, state-of-the-art audio visual system, movable module stage, and commercial kitchen. Catering packages are available for up to 250 guests.

Meeting Rooms
Our small conference room seats up to eight guests, while our boardroom seats 35 and is equipped with a built-in projector and screen.

Gymnasium
Our full-size gymnasium is equipped with six regulation height basketball hoops, bleacher seating, and a dividing curtain.

Lower Level Multi-Purpose Room
This multi-purpose room is located on the ground floor and can accommodate up to 36 people. In-house catering is available.

Adult Lounge
Accommodates 50 guests. An in-house kosher caterer is available.

*NENT! Outdoor Pavilion
Our brand-new, outdoor pavilion is centrally located between Noah’s Park and the new outdoor Pickleball complex. The pavilion has picnic table seating for 200+, along with bathrooms and a kitchenette.
Condolences

Joan B. Schwebel

Joan B. Schwebel, 91, died Saturday, Dec. 7, 2019, at home.

Joan was born June 25, 1928, in Youngstown, to parents Irene and Samuel J. Schwebel. She graduated from Rayen High School.

Most of her career was with the Mahoning County Clerk of Courts. After her retirement in the 1980s, she embarked on another career that involved her love of cooking. She became a caterer for individuals and groups and was known for her famous hot peppers, which she sold and shipped throughout the United States.

Joan was a loving, caring, thoughtful person, and, if she could do a favor, she was more than willing to do it. She helped people find jobs and get help with school tuition. She supervised in a church lunch program for the local needy community. She helped in any way she could — shopping for clothes at a bargain price for good friends, cooking favorite meals for people, and taking food to those who were sick.

She took particular joy in inviting family and friends to her home for the Jewish holidays. She made everything from scratch, including the gefilte fish, which she made from walleye purchased in Cleveland. She believed her grandmother’s advice, “When you start with good ingredients, the food comes out better.” She was part of a circle of loving, caring people who started a picnic group at her suggestion. She worried about her friends and family, and many called her just to check in so she would know that they were OK.

She is survived by her sister, Audrey.

She was predeceased by her parents, Irene and Sam, as well as many aunts and uncles from both sides of the family.

Services were at The Children of Israel Cemetery. Those wishing to contribute in Joan’s memory may send donations to The Children of Israel, 3970 Logan Way, Youngstown, Ohio 44505; the Bummer Fund, 269 Redondo Road, Youngstown, OH 44504; or a charity of choice.

Joanne Solomon Aubrey

Joanne Solomon Aubrey, age 81, passed peacefully in her sleep Nov. 26. She was preceded in death by her parents, Harold Wile and Frances Solomon. She is survived by her daughter, Karen (Paul) Neuman; brother, Barry (Nina) Solomon; and granddaughters, Lana and Cami Neuman. She was a theater lover, loved to travel, and loved spending time outdoors. Funeral services were at Epstein Memorial Chapel in Columbus. Burial was at the New Agudas Achim Cemetery in Columbus. In lieu of flowers, donations may be made to the charity of choice.
Akiva and JFS Team Up for Pajama Drive

Akiva Academy’s Robotics Team and Jewish Family Services teamed up to collect new pajamas for Mahoning County Children Services Board. The pajamas will be given to children and adolescents in foster care in Mahoning County. Pictured from left are (bottom) Luka Steeb; Thomas Rowl; Fiona McCormick; Jean Peterson; (top) Ken Bielecki, Jewish Family Services director; Elizabeth Kollar, Mahoning County Children’s Services; and Beth Maurice, Akiva robotics coach.

ELC Hanukkah Program

Children in the Early Learning Center at the Jewish Community Center of Youngstown presented a Hanukkah program for their families.

Hebrew Language Classes in Public Schools are Rare — But They’re on the Rise in Chicago’s Suburbs

By Ben Sales

DEERFIELD, Ill. (JTA)—Nathan Rosen’s favorite day in Hebrew class is culture day. Every Friday, the students learn about one aspect of Israeli culture. Earlier this year Rosen, 13, did a presentation about Eli Cohen, the Israeli spy who infiltrated the highest echelons of the Syrian military in the 1960s.

On a recent Friday, Rosen and two friends were working on a short Hebrew screenplay about a dysfunctional family that visits a cafe in Israel. The three eighth-graders huddled around a table, intermittently acting out the scene in loud voices and cracking up.

For Rosen, parts of the class feel similar to his former school, a private Conservative Jewish day school. But now he attends Alan B. Shepard Middle School, a public school in this Chicago suburb on the North Shore. Rosen plans to keep taking the language at a public high school in Deerfield next year.

More than anything, he loves the bonds it creates with his Hebrew classmates, all of whom are Jewish.

“We built a whole little community in the school,” Rosen said. “In the hallway sometimes, we’ll call each other by our Hebrew names, and it’s like no one else knows what we’re saying, but, like, we kind of feel like we have our own little relationships.”

Rosen is one of 680 students in the Chicago area studying Hebrew in public schools, according to the iCenter, a Chicago-based group that promotes Hebrew in public schools — and nearly half of them are in Chicago. Nine of the 22 American public schools that offer Hebrew are located in the Chicago area, according to a new report from the Consortium for Applied Studies in Jewish Education. Others are in Minnesota, Ohio, Texas, New York, and elsewhere.

Most American students who study Hebrew daily do so in Jewish day schools. A substantial number — in New York, Florida, and elsewhere — also attend Hebrew-language charter schools that integrate Hebrew throughout the day. But a growing number of students are studying the language in traditional public schools.

Hebrew Class continued on page 21
The Jewish Community Relations Council is inviting students in grades 7 through 12 to enter its annual Holocaust Writing, Art, and Multi-Media contest, a project held in conjunction with Yom Hashoah (Holocaust Remembrance Day). To be commemorated this academic year on Tuesday, April 21, 2020, Yom Hashoah is an internationally recognized day set aside for remembering all victims of the Holocaust and reminding society of what can happen to civilized people when bigotry, hatred, and indifference reign.

The theme for this year’s contest is “Why We Must Remember: Honoring the 75th Anniversary of the Liberation of Auschwitz.” As taught by the United States Holocaust Memorial Museum, this year’s theme is a reminder that it is not only important to curse the darkness of the past, but also to illuminate the future and to acknowledge the humanity in all people so that the world can be left in a better place for posterity.

In 1945, as American, British, and Soviet soldiers moved across Europe in a series of offensives on Germany, they encountered and liberated concentration camp prisoners. Advancing from the east, Soviet forces came upon Auschwitz-Birkenau in Poland on Jan. 27 where they witnessed unimaginable horrors. In liberating Auschwitz and other Nazi camps, the allies exposed to the world the full breadth of Nazi atrocities, lending urgency to the demands for justice. Concerned that the world would not believe, General Dwight D. Eisenhower wanted every American to see what was discovered. Eisenhower not only understood the war was a struggle for the freedom of peoples and the ideals on which civilization was based, but also that the horror was so extreme that it might not be believed. Realizing that a failure to believe would be a danger for the future of mankind, he ordered other soldiers to visit the camps and encouraged journalists and Members of Congress to bear witness as well. Time and distance have not lessened the need to remember and educate future generations how hatred and racism can lead to disastrous effects. The history of the Holocaust raises difficult questions about human behavior and the context within which individual decisions are made. It is crucial not to simplify this history, but to instead seek to convey its many nuances. For example, the word resistance often refers to acts of armed revolt, but during the Holocaust, there were thousands of acts of resistance worth remembering and emulating. These included willful disobedience, the continuation of the practice of religious and cultural traditions in defiance of the rules, the smuggling of messages, food, and weapons, and even the creation of art, music, and poetry inside the camps and ghettos. For many, simply maintaining the will to live in the face of abject brutality was an act of spiritual resistance.

The Holocaust was not inevitable. Just because it was documented in the past does not mean it should not continue to be remembered and the victims honored today in the hope that such an atrocity for will not occur again. The contest has three components: writing, art, and film. The writing component can be either a narrative composition and/or poem, submitted electronically in Microsoft Word, double-spaced on one side of numbered pages, up to 1,500 words. The art component should demonstrate originality and a creative representation of the theme, using paint, crayon pencil, or other similar medium, on 8.5 x 11 paper. Films should be no more than five minutes, demonstrate originality and a creative representation of the theme, and should be submitted on a flash drive, CD, or electronically. All entries in every component must include a title page containing the following information: student’s name, home address, and telephone number; student’s school address and telephone number; teacher’s name; and grade.

The deadline is April 7, 2020. Although submissions may be mailed, students are strongly encouraged to submit entries electronically to the Jewish Community Relations Council, 505 Gypsy Lane, Youngstown, OH 44504-1314, jcrc@jewishyoungstown.org.

First place winners in various age categories in each of the components will receive gift cards and a Holocaust-themed book at the annual community Yom Hashoah Commemoration at the Mahoning County Courthouse, 120 Market Street, Youngstown, on Tuesday, April 21, 2020 at noon. Prizes will also be awarded for second and third places, as well as to honorable mentions. Winners, families, and teachers will be contacted in advance.

For more information, contact the Jewish Community Relations Council at 330.746.3251.


B’nai B’rith Distributes Pittsburgh Healing Fund to Synagogue Shooting Victims

Members of B’nai B’rith International, affiliated with the Aaron Grossman Lodge, presented a check to Jewish Family and Community Services of Pittsburgh (JFCS) and the Fraternal Order of Police Benevolent Fund for programs for survivors of the horrific attack at the Tree of Life Synagogue in Pittsburgh a year ago.

In the immediate aftermath of the Oct. 27, 2018 attack, which left 11 worshipers dead and others wounded, the B’nai B’rith Disaster and Emergency Relief Committee raised money for the Pittsburgh Healing Fund. They are now distributing these donations toward mental health support for survivors and a program to assist first responders.

In choosing where to offer aid, the B’nai B’rith committee wanted to focus on the mental health needs of the community and allocated funds to support programs administered by JFCS of Pittsburgh, including ongoing support groups to assist with treatment of trauma. JFCS will run projects for youth and teens through the schools, including an art therapy program professionally staffed to provide art services and traditional psychotherapy. There will also be programs for seniors and young professionals.

The B’nai B’rith fund will also support a program to assist first responders, coordinated by the Police Benevolent Fund.

The representatives presenting the check were joined by Disaster Relief Committee Chair and Senior Vice President Rebecca Saltzman and member of the B’nai B’rith International Executive Board of Directors (and Pittsburgh native) Steve Smiga. The check presentation took place at (JFCS). Jordan Golin, president and CEO; Dana Gold, COO; Stefanie Small, director of clinical services; and Rebecca Remson, director of development and communications, were present. Jonathan Gromek and Susan Hillen, the president and vice president of the Fraternal Order of Police Benevolent Fund, also attended the presentation ceremony.

A symbolic tribute to victims from the three congregations worshipping at the Tree of Life Synagogue building at the time of the attack (Or L’Simcha, Dor Hadash, and New Light) will be made to a future community memorial.

B’nai B’rith International has helped after natural and man-made disasters around the world since 1865. To donate to the Disaster Relief Fund, go to https://donatenow.networkforgood.org/bbi-disaster-relief.

Donors can also call 800.573.9057 to make a credit card contribution over the phone. Checks made payable to the B’nai B’rith Disaster Relief Fund can be sent to B’nai B’rith International, Disaster Relief Fund, 1120 20th Street NW, Suite 300N, Washington, D.C. 20036.

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CULTURAL ARTS ISRAEL PROGRAMS CAPTURED IN A GOLDEN CAGE

Israeli women who are married to U.S. citizens often find themselves alone when going through a divorce. Efrat Almog, an expert in the field of mediation and negotiation, will describe the cultural differences that exist between these women and their spouses.

This event is free and open to the public. Light refreshments will be served.

Date: Thursday, January 23
Time: 6:30 p.m. - 8:00 p.m.
Location: Multi-Purpose Room

Register by Monday, January 20 online at jccyoungstown.org or contact the Membership Office at 330.746.3250 ext. 195.

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Money raised by the B’nai B’rith Disaster and Emergency Relief Committee will help fund programs for survivors of the horrific attack at the Tree of Life Synagogue in Pittsburgh. Pictured from left are Vice President of Aaron Grossman Lodge Alan H. Samuels, Disaster Relief Chair and Senior Vice President of B’nai B’rith International Rebecca Saltzman, Executive Board of Directors member Steve Smiga, Linda Smiga, and member of Aaron Grossman Lodge Arthur Greenbaum.
Library in Laundry Center Reaches Children Where They Are

By Elise Skolnick

At Heights Laundry Center in Cleveland, you will see the washers and dryers you expect to see. But you’ll also see a small library for children. Rex Anderson, a partner in the facility, said they were approached about the idea and “it made too much sense not to do it.”

They partner with the LaundryCares Foundation, which was created by the Coin Laundry Association, to provide books for children ages 2 to 8 who are spending time at the laundry center.

Kids spend between two and three hours a week at laundromats, Anderson said.

“So we figure we may as well make that time productive,” he added. “Instead of having the kids go to the library, we bring the library to where the kids already are.”

Anderson, the son of Terry and Steve Anderson, is originally from the Youngstown area but now lives in Solon, Ohio.

Unlike at typical libraries, children do not need to return the books they choose at Heights Laundry Center.

“We don’t expect them to bring the books back,” Anderson said. “The idea is for the kids to take the books home with them and to flood the community with children’s books.”

The library at Heights has been in place for about two months. In addition to the books, every Thursday evening, volunteers read to the kids. Pizza and soft drinks are also provided.

The partners pay an annual fee for the program. Each month, a specially curated selection of children’s books are sent to them.

They feel the expense is worth it if just one child learns to read or develops a passion for reading, Anderson said.

“The idea of making a difference is all that drives us,” he added.

Executive Order from page 2

directed at the State of Israel itself — calling it a racist state, drawing analogies to the Nazis or holding it to unfair double standards. These are largely rhetorical, which lead critics of the working definition and the executive order to claim they will stifle free speech on campus.

They may. Even the most useful tools can be misused, and guarding against it will be imperative.

There is no clearly defined line where all might know that extreme animus toward Israel has become more than criticism and instead is now a form of antisemitism. But it happens. Take the example of British Labour leader Jeremy Corbyn, whose extreme anti-Zionism is understood by the vast majority of British Jews — and many non-Jews — to be only a thinly disguised form of antisemitism.

In America, free speech and hate speech are not mutually exclusive. Racist, homophobic, and antisemitic speech may be protected by the First Amendment, but they have consequences. In particular, and within the narrowly defined contours of Title VI, the presence of hate speech can contribute to a hostile climate or a pattern of discrimination against any protected minority group. It’s not proof in and of itself, but it must be considered. Thus, a comprehensive definition of antisemitism can be a useful tool in determining if and when an extreme anti-Israel environment on campus undermines the security and well-being of Jewish students.

Of course, there are serious and lethal threats from other sources, as seen in attacks on our nation’s synagogues and in a kosher market. Critics of the president’s executive order have rightly noted that it does nothing to address this problem. But, however flawed the messenger may be, we should be clear-eyed and objective when evaluating the message. While many of us may have preferred congressional legislation to an executive order, the results are the same.
enrollment has jumped by more than a third in three years, from some 500 in 2016 to 680 today, according to the local Jewish federation. CASJE — a group of academics, teachers, and donors working to improve the quality of Jewish education — says the numbers of public school Hebrew students are growing nationwide as well.

Public school Hebrew classes are broadly similar to other public school foreign language instruction. But Jewish parents and local Jewish community leaders appreciate them because they provide students with another link to their Jewish identity. The vast majority of students in the Chicago programs are Jewish, teachers say.

"Here they get to be with Jewish students one period every day," said Helene Herbstman, whose daughter studied Hebrew in public school and who helped recruit other parents to the Hebrew programs on behalf of the local Jewish federation. "The content was more about Israel. You’re learning how to speak conversational Hebrew. You come out of these bar mitzvah programs [at synagogues], you’re not speaking Hebrew."

Chicagoland high schools have had Hebrew programs since at least the 1970s, but the number of schools has increased in recent decades thanks largely to the efforts of Peter Friedman, a longtime local Jewish federation executive who died earlier this year. Friedman and Herbstman surveyed area synagogues asking whether parents would support Hebrew programs at their local schools and then encouraged those parents to lobby their school boards for the programs.

Now seven high schools in Chicago suburbs with large Jewish communities offer Hebrew, the largest being Deerfield High with approximately 180 Hebrew students. Last year, two Deerfield middle schools also began offering Hebrew. One high school appears to be phasing out the program.

Anne Lanski, founder and CEO of the iCenter, which holds professional development classes for Hebrew teachers, said public school Hebrew took off in the area because the vast majority of the city’s Jewish high schools are Orthodox, leaving much of the Jewish community looking elsewhere for Jewish enrichment.

“We didn’t have a high school that wasn’t Orthodox for most of our time,” Lanski said. "So the kids who wanted to continue with some engagement provided an audience” for Hebrew classes.

In addition to reading, writing, and speaking, classes teach about Israel. In Rosen’s class at Shepard Middle School, students play Taki, an Israeli version of the card game Uno, and learn Krav Maga, the Israeli martial art. Niles North High School, in the historically Jewish suburb of Skokie, has an exchange program where students go to Israel for 10 days and welcome a visiting Israeli contingent to their school.

“It’s not just about a language — it has to be connected to a land and people," said Yaffa Berman, who has taught Hebrew at Deerfield High for eight years. "We have to invigorate the language in a way that makes it cultural. It has to have an experiential part to it. It has to tell a story.”

Teachers avoid addressing the Israeli-Palestinian conflict directly, though they do discuss the Israel Defense Forces and Israel’s domestic politics. This year, the Shepard class learned about Israeli elections and the two leading candidates. They have also learned about the standard IDF uniform and the force’s different divisions. One high school class studied Israel’s 1976 hostage rescue operation at Entebbe Airport in Uganda.

 “[After Yitzhak Rabin’s assassination, every kid came to class just waiting, and knowing that there was nowhere else] to discuss the news, said Lanski, who used to teach Hebrew in a Chicago public school. “They knew when they got to Hebrew, they could talk about it and learn about it.”

Since Hebrew is the official language of Israel and Israel is the Jewish state, teaching the language inevitably involves broaching Judaism, which requires something of a balancing act in a public school. To abide by public school guidelines, teachers keep the discussions focused on the cultural. Berman, for example, gave her students sufganiyot, the jelly doughnuts traditionally eaten on Hanukkah, but did not light the menorah or say a blessing. Osnat Lichtenfeld, the Shepard Hebrew teacher, has to remind kids not to ask questions about their bar mitzvahs or bat mitzvahs in class.

But Sharon Avni, who co-wrote the CASJE study with Avital Karpman, said that every language class encounters some kind of cultural-religious tension.

“Religion happens in public school all the time,” said Avni, a language and literacy professor at the City University of New York. "If you go into Spanish class, they might talk about a holiday that’s celebrated, and it’s very much related to the Catholic Church. I’m not necessarily saying they’re doing Jewish [in Hebrew class], but it’s not like religion doesn’t happen in public schooling.”

Advocates of public school Hebrew aren’t worried about the lack of explicitly religious content. For them, it’s enough that students have one period a day where they’re connecting to the language — and each other.

“What’s important about Hebrew is, you’re staying connected to the Jewish community,” Herbstman said. “With less and less people belonging to synagogue, and more and more families dropping out of synagogue after bar mitzvah, this is the one connection your child will still have with Israel.”

Torah Studies at Villa Maria Education & Spirituality Center

Torah Studies for Christians, led by Rev. George Balasko, will be the third Wednesday of each month from January through May at Villa Maria Education & Spirituality Center, 2067 Evergreen Road, Villa Maria, Pa.


All begin at 1 p.m. and are open to the public. A free will offering will be taken.

Register online at vmesc.org or call 724.964.8886.

Rev. George Balasko is the co-creator of Jewish/Christian Dialogue with the late Rabbi Samuel Meyer of Temple El Emeth in Liberty. He is the founder, general editor, and producer of a continuing education program in cooperation with Abba House Communications, and for more than 20 years has served as host and producer of the “Jewish/Christian Dialogue” network television series which airs in several markets around the world.
Bukharian Chicken and Herbed Rice: A Fragrant One-Pot Meal with a Generations-Old Recipe

By Leanne Shor

Why use several different pots and pans when you can fit a full meal into one?

Bachsh is a traditional Bukharian rice and meat dish that is loaded with aromatic onions and fresh herbs. Bukharian Jews originate from central Asia, in modern day Uzbekistan and Tajikistan. They have an incredibly rich, insular culture. Their cuisine doesn’t use many vibrant spices, but focuses on subtle aromatics like carrots, onions, garlic, and meats to infuse flavor. Bukharians are the champions of the one-pot meal, and many dishes are focused around the round, short grain rice that they had access to, along with lamb, beef, and chicken.

My husband grew up in a traditional Bukharian home, and this recipe is straight from my mother-in-law, who is an amazing cook and incredible hostess. She prefers to use chopped chicken breast here, but some choose to make bachsh with chopped lamb and beef.

When I was first married, my mother-in-law gave me some wise advice for hosting guests: “Make bachsh — it’s all in one pot and you’ve satisfied every guest!” She meant that a great way to make your life easier but still make everyone happy is by preparing a deeply satisfying meal like bachsh.

Bachsh is a perfect simple weeknight meal, as it comes together in about 45 minutes, and is a huge family favorite. It’s usually served with a chopped salad of tomatoes, red onions, cucumbers, and bell peppers dressed with lemon and olive oil. On your plate, the tart lemony dressing mixes with the savory rice and meat for a delicious balance of flavors.

Ingredients:
- 1/4 cup olive or vegetable oil
- 2 cups round, short grain rice
- 2 chicken breasts, chopped finely into small cubes
- 1 bunch of parsley, minced finely
- 1 bunch of cilantro, minced finely
- 1 large onion, chopped
- 2 1/2 cups water
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper

Directions:
1. In a large pot, heat the oil over medium heat. Add the chopped onion and cook until translucent, about 5 minutes.
2. Add the chopped chicken breast, 1 teaspoon salt, and half the chopped parsley and cilantro. Cook for about 5 minutes, stirring frequently. Add 1 1/2 cups water, cover the pot and cook for 7-8 minutes.
3. Meanwhile, place the rice in a fine mesh sieve and rinse with cold water until the water runs clear. This removes any dust and excess starch from the rice. This step is essential to prevent the rice from becoming sticky and mushy.
4. Add the rinsed rice to the pot, along with the rest of the chopped herbs, remaining salt, black pepper and water. Stir to combine, and bring the mixture back to a simmer over medium heat. Stir gently and reduce the heat to low.
5. Cover the pot and cook for another 12-15 minutes until the rice is fully cooked. Stir again gently, turn off heat and allow the rice to steam for another 5 minutes.
6. Serve with a chopped salad of cucumbers, tomatoes, red onion and bell peppers dressed with fresh lemon juice and olive oil. Serves 6-8.

This recipe originally appeared on The Nosher.

Local Man Recognized by B’nai B’rith International

Alan Samuels, vice president of B’nai B’rith Aaron Grossman Lodge No. 339, received a President’s Award from B’nai B’rith International.

The award is meant to honor unsung heroes of B’nai B’rith. Thirty members were recognized and honored for their extraordinary service with this new award.

In a letter to Samuels, Kaufman said, “I hope the President’s Award will motivate you and other honorees to continue their exemplary efforts and to invite others to join or find a way to support B’nai B’rith International.”

Alan Samuels, vice president of B’nai B’rith Aaron Grossman Lodge No. 339, was honored for his work with the organization.
9 inspiring Jews who died in 2019

By JTA Staff

(JTA) — The end of each year offers the opportunity to remember the Jewish figures who we lost over the past 12 months who left outsized impressions on our world.

This year, there were victims of violence and old age, survivors who made it through the Holocaust to tell their fateful stories, and others who revolutionized their fields.

Here are some whose stories inspired us the most.

Harold Bloom

Born to Yiddish-speaking Orthodox Jewish immigrants in New York City, Harold Bloom didn’t learn to speak English until age 5. He would grow up to become one of the most influential American literary critics of all time, a fierce defender of the Western literary canon and perhaps the leading authority of his time on what belongs in it. But he never shook his affinity for Yiddish, telling an interviewer shortly before his death that he still dreamed in the language of his youth. Bloom died on Oct. 14 at 89.

Lori Gilbert-Kaye

When a gunman burst into the Chabad of Poway synagogue on April 27, Lori Gilbert-Kaye reportedly leapt in front of the rabbi to shield him from the bullets. Gilbert-Kaye, 60, was the only fatality in the attack on the San Diego-area congregation. Remembered as a pillar of the community and a regular hostess of Shabbat meals filled with guests, Gilbert-Kaye was survived by her husband, Dr. Howard Kaye, and their daughter, Hannah.

Robert Frank

Robert Frank was among the most influential photographers of the 20th century. His groundbreaking book “The Americans” was produced from 28,000 photos he took on road trips across the United States in the 1950s. According to The New York Times, the Nazi threat raging in neighboring Germany during his youth formed his understanding of oppression. Frank died on Sept. 9 at 94.

Peggy Lipton

Actress Peggy Lipton was descended from Russian-Jewish immigrants and raised in a heavily Jewish enclave on Long Island, New York, but she became the quintessential American flower child as the star of the crime drama “The Mod Squad.” In 1974, she married the legendary music producer Quincy Jones, with whom she had two daughters — including Rashida Jones, the actress and writer. She died of cancer in May at 72.

Moshe Arens

Over the course of his three decades in Israeli public life, Moshe Arens served as a lawmaker, ambassador and defense minister under three prime ministers. Born in Lithuania, Arens immigrated to the United States in 1939 and served in the U.S. Army Corps of Engineers during World War II. Prior to entering politics, he was a professor of aeronautics and an executive in the Israeli aerospace industry. Arens died on Jan. 7 at 93.

Herman Wouk

When Time put Herman Wouk on its cover in 1955, it found the Orthodox novelist’s blend of literary achievement and religious practice to be paradoxical. But over the course of his nearly seven-decade career, Wouk would help usher Judaism into the American mainstream through more than two dozen novels and works of nonfiction, several of which were adapted for the screen. He died on May 17 at 103.

Barbra Siperstein

On Feb. 1, the Babs Siperstein law went into effect in New Jersey, allowing residents to change their gender identity without proof they had undergone gender reassignment surgery. Two days later, the law’s namesake died at 76. Barbra Siperstein was a fierce advocate

LUNCH AND LEARN: ISRAEL’S POLITICAL TURMOIL

JCC Program Director and Israeli native Gon Erez will explain the Israeli political system, its history, and the current state which led the country to hold three consecutive elections in less than a year. This event is free and open to the public. A light lunch will be served.

Date: Friday, January 10  | Time: 12:00 - 1:00 p.m.
Location: Multi-Purpose Room

Inspiring Jews continued on page 24
for gender equality and transgender rights. In 2009, after completing sex reassignment surgery, she officially changed her Hebrew name from Eliezer Banish to Baila Chaya at a ceremony at her Conservative synagogue in Freehold.

Yechiel Eckstein

History will remember Yechiel Eckstein as the man who raised hundreds of millions of dollars, mostly from Christians, to benefit needy Jews in Israel and beyond. But to thousands of Jews in conflict zones who he helped bring to Israel, Eckstein was something of a guardian angel. Eckstein founded the International Fellowship of Christians and Jews in 1983, and through a combination of pluck, charisma, and tireless legwork made unprecedented progress in raising money for Jewish causes from evangelicals. In February, he died of heart failure in Jerusalem at 67.

Eva Mozes Kor

Eva Mozes Kor was born in Romania and, along with her twin sister, sent to Auschwitz in 1944. At the concentration camp, they underwent medical experiments at the hands of the infamous Nazi doctor Josef Mengele. But Kor was not the type to hold grudges, even against Nazis. She publicly forgave Mengele and made headlines in Germany for embracing Auschwitz guard Oskar Groening at his trial in 2015. Kor died in July in Poland while on a trip organized by the Candles Holocaust Museum and Education Center, which she founded in Terre Haute, Indiana, in 1995.

Eva Mozes Kor at Temple Emanuel in Denver, April 16, 2015. (Andy Cross/The Denver Post/Getty Images)