the JEWISH VOICE

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Southeastern Massachusetts

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HEALTH & WELLNESS



PHOTO | MIRIAM ALSTER/FLASH90

Israelis light candles at the Simta bar on Dizengoff Street in Tel Aviv, on Jan. 2, a day after two people were killed in a terrorist shooting there.

Tel Aviv manhunt

BY YARDENA SCHWARTZ

TEL AVIV (JTA) – Until Jan. 1, this city had been largely untouched by the recent wave of near-daily attacks by Palestinians on Israeli civilians.

Several incidents did strike Tel Aviv – a soldier was stabbed with a screwdriver outside Israel Defense Forces headquarters in October, and the following month, two Israelis were killed in a stabbing attack at an office building. But Tel Aviv's residents have largely been spared the stabbing and car-ramming attacks centered in Jerusalem in the West Bank.

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15-year-old fencer excels at more than swordplay

BY ARIEL BROTHMAN

Trying to poke people with a sword isn't the first thing that comes to mind when you think of ways to find yourself, but 15-year-old Julia Shalansky credits fencing with giving her confidence, maturity and an outgoingness that she says she didn't have when she was younger.

Julia, who lives in Providence, is a regular competitor in the national circuit of fencing, having most recently placed silver in cadet women's foil in two prequalifying competitions for the Junior Olympics. The first competition, in November, was in the under-17 group, and the second in under-20, in December. Both took place in Waltham, Mass.

While she's an established fencer now, Julia got into fencing by serendipity. A few years ago, Julia's mother took her and her sister to the Boston Children's Museum to pass the time while their father was in a meeting in the city, and there was an interactive fencing exhibit in which Julia and her sister took part. Julia remembers it vividly.



PHOTO | ARIEL BROTHMAN

Julia Shalansky in full gear during practice at RIFAC.

"It was fun! I got to try stuff on, and I got to stab my sister," she says, laughing. "I liked stabbing her, but she didn't like it that much."

Julia's sister is now a dancer.

While she has won several competitions, both Julia and her coach, Alex Ripa, founder

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PHOTO | BORNSTEIN FAMILY

Richard and Sandra Bornstein

Holocaust Education Resource Center takes a new name

BY JUDITH JAMIESON

For many years, Richard and Sandra Bornstein have been involved with the Holocaust Education and Resource Center of Rhode Island (HERCRI), giving of themselves to support the mission and vision of the organization. The couple's support has ranged from financial to sitting on committees, helping to organize events and giving hours of time to help with various projects at the center. The Bornsteins have also opened up their home to host fundraising events. The roots of this couple's generosity and support run very deep. Now, in honor of his wife Sandra on their 40th wedding anniversary, Richard Bornstein has made a generous donation to HERCRI.

On Jan. 1, 2016, the Holocaust Education and Resource Center of Rhode Island adopted a new name in honor of Richard's generous gift. Moving forward, the center will be known as the Sandra Bornstein Holocaust Education Center. This gift will enable the center to make some much needed improvements to the offices. In addition, monies will be added to the organization's endowment fund to extend and expand the reach of the Holocaust Center. The mission of the Holocaust

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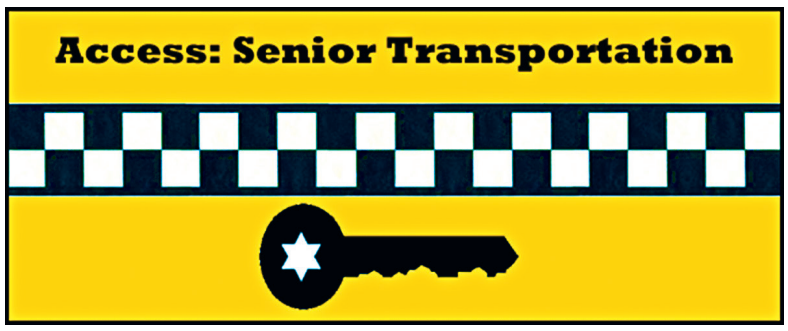
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THIS ISSUE'S QUOTABLE QUOTE

"... at its deepest level, time flows in both directions ..."

Access: Senior Transportation has arrived

BY SIMON LICHTER
slichter@jewishallianceri.org



In time for the new year, the Jewish Alliance's new taxi transportation service is now up and running. Officially called Access: Senior Transportation, the service is highly subsidized through the Jewish Alliance of Greater Rhode Island.

It is intended for financially vulnerable Jewish individuals living in Rhode Island who are either 65 years of age and older or have an ADA-recognized disability. The goal of the service is to increase mobility among individuals who are at risk of isolation due to the lack of accessible transportation options. It has as already completed more than a dozen successful rides in its pilot phase. Access: Senior Transportation is one more service from the Living on the Edge initiative that helps provide a safety net, promote self-sufficiency and increase access to Jewish life in greater Rhode Island.

"We get calls about a variety of issues – healthcare services, food insecurity, vocational guidance and eldercare," said Wendy Joering, Alliance director of member and concierge services. "but time and again, many seniors have reached out to us looking for rides."

"Since the information and referral website AccessJewishRI.org launched in August, people have gone online to search for information. It has a comprehensive listing of services that enable individuals to seek resources they need," said Kara Marziali, director of communications. "And we suspected that transportation would be one of those services that folks in our community would seek out. For seniors who are computer savvy, information about Access: Senior Transportation is available to download from the AccessJewishRI.org website."

This transportation service, which uses vouchers, was created to fulfill the urgent need for financially vulnerable Jewish seniors of the community to travel safely and comfortably. Sugar Daddy Taxi, a local company, has partnered with the Jewish Alliance to make this vital service a reality. The rides are meant to be reasonably priced and convenient, alleviating the hassle by providing relatively short-distance trips, up to 20 miles. Clients have been very impressed with the professional quality of the service and its drivers.

Making this service affordable is at the heart of Access: Senior Transportation. Each voucher booklet costs $10 for 10 vouchers, though fee waivers are available for individuals facing financial concerns.

From visiting friends to attending synagogue, the reasons to use Access: Senior Transportation have been diverse. "I used the service to go to the hairdresser, it was so nice being independent without having a caregiver transport me," said Carol from Providence.

Mindy from Smithfield said, "After I tried the service, I loved it so much I purchased a second voucher booklet!"

To receive an information packet mailed to your home, or if you have questions about how to get started using Access: Senior Transportation, call 401-421-411, ext. 411. Caregivers are welcome to call on behalf of clients. Funding for this program comes from the Living on the Edge initiative.

SIMON LICHTER is a planning associate for the Living on the Edge Initiative at the Jewish Alliance.

Mile Range	1-2 miles	2.1 to 4 miles	4.1 to 6 miles	6.1 to 8 miles	8.1 to 10 miles
	1 voucher	2 vouchers	3 vouchers	4 vouchers	5 vouchers
Mile Range	**10.1-12 miles**	**12.1 to 14 miles**	**14.1 to 16 miles**	**16.1 to 18 miles**	**18.1 to 20 miles**
	6 vouchers	7 vouchers	8 vouchers	9 vouchers	10 vouchers



Rhode Island jazzman launches CD

BY ARIEL BROTHMAN

Accomplished local jazz musician Mitch Kaplan is releasing a collaborative album at a launch party on Jan. 15. The album, titled "Mitch's Brew," is an exciting step for Kaplan, who has worked in music education all his life.

"I've always wanted to make a CD with some family and [friends], but it became more than that. It was with my family and my friends that I've had for, like, 30 years," Kaplan said. "It became something fantastic that just turned my whole life around, so it's been exciting."

Among those working with Kaplan on the album are several established jazz musicians, including Dino Gavoni, head instructor for woodwinds at Berklee College of Music, in Boston, and Mark Early, main saxophonist in the blues band "Roomful of Blues."

"You just don't get better [than] these guys. They're powerhouses behind these instruments," says Kaplan, who lives in Providence.

Kaplan's jazz cred is impressive. Since obtaining a master's degree in music education from the University of Rhode Island, he has given lessons on a range of instruments, served as an adjudicator for the prestigious All-State jazz ensemble, and on the boards of the Music Educators National Conference and the National Association of Jazz Educators, and played in numerous festivals, including the Newport Jazz Festival. He plays the sax, flute and clarinet.

In addition, he has provided rehabilitation through music to patients with memory problems. He still remembers his first day working in rehabilitation: his boss asked a client to play the piano for him, but the client didn't remember that he played the piano.

After the client tried to explain that he didn't play piano, "[the boss] says, 'touch this key right here.' And he did. Before you know it, he's playing Beethoven and Schubert and just … playing these amazing pieces. She said he was a Brown music professor, but he totally didn't remember that he played the piano."



Kaplan said there is a neurological connection between playing music and reigniting memory. "It's an incredible experience," he said.

Kaplan said creating "Mitch's Brew" has given him opportunities to work at the college level.

"It's the only thing on my bucket list left to do," he laughs.

Kaplan will be performing with his collaborators at the launch party, at the Court House Center for the Arts, in South Kingstown, at 6:30 p.m. on Jan. 15. Tickets are $15. "Mitch's Brew" can be purchased on Amazon and CD Baby, and will be on sale at the party for a one-day price of $5.

ARIEL BROTHMAN is a freelance writer who lives in Wrentham, Mass.

Latkes, latkes and more latkes in Narragansett

BY CONGREGATION BETH DAVID

Congregation Beth David (CBD) of Narragansett hosted two programs during the week of Hanukkah and it was raining latkes at both!

Honorable Menschen – an a cappella group of graduate students and young professionals from the Boston area – drew an audience of 80 on Dec. 6. Performing Hanukkah songs in Hebrew and English, and mixing in a little bit of Yiddish, they delighted a mixed audience of children and adults. A casual lunch of latkes, pizza, veggies and homemade *sufganiyot* with a gorgeous view of Narragansett Bay from the ballroom of the newly refurbished Aqua Blue Inn and Conference Center, and the significant support of Jim Le Donne of Amalfi Catering all made for a thoroughly wonderful Hanukkah treat.

Almost a week later, on Dec. 11, Congregation Beth David hosted a joint Kabbalat Shabbat service and kosher deli supper with Rabbi Richard Perlman and congregants of West Bay Community Jewish Center. More than 60 people attended.

Congreagtion Beth David has had many events this past year including Shirim Shabbats on the beach, a Sukkahfest, and a Purim Carnival last March that was open to the public. For questions or information contact Harris Chorney, president, at hrchorney@verizon.net.



The JDC: Rescuing millions of people worldwide

BY HILLARY SCHULMAN
hschulman@jewishallianceri.org

First in a series of three.

The JDC, or the American Jewish Joint Distribution Committee, is an international organization that helps Jews around the world who are in need. It is the world's largest humanitarian assistance organization and has embodied the notion that all Jews are responsible for each other.

With headquarters in New York City, the JDC works in over 70 countries and Israel, providing aid to those in need, rescuing Jews from war-torn areas, and revitalizing Jewish life overseas. In addition, the JDC joins other groups to help rescue victims of global emergencies.

The Jewish Alliance's Annual Campaign provides core funding for the JDC's rescue, relief and renewal programs. Here is a look at rescue programs in Nepal:

In April of 2015, the country of Nepal suffered a life-changing earthquake that killed 8,800 people, destroyed over a half-million homes, damaged 280,000 others, and left almost 3 million people in dire need of assistance. These people, even many months later, are still in need of food, water and sanitation, safe learning spaces for their children, and livelihoods.

The JDC sent in its disaster response team, and partnered with other organizations to provide classes and much needed on-the-ground aid. In the case of Mira, these classes saved her, and her family's, lives.

Mira and her husband live in Kathmandu, Nepal, with their two children. Life for them is hard, but they managed to make ends meet, especially with Mira's earnings from knitting sweaters at home.

When the earthquake hit, Mira and her family not only lost their home, but also Mira's livelihood and her contribution to the family's income. The JDC came to help the people of Kathmandu, and Mira learned of a training class offered by the JDC and another foundation. The program helps women become stronger and more resilient for themselves and their families by providing tools lost in the earthquake that would help reestablish their livelihoods, training in home-based skills with a higher-earning potential, increasing access to childcare, and counseling. Mira has remained involved with this class, and has since been able to, with her family, rebuild their home and lives.

But the JDC's help does not stop there. In another part of Nepal, volunteers with the JDC's disaster response team visit villages that have lost more than just their homes. One such volunteer, Sam Amiel, described visiting a village that had just lost a teenage girl as "heart-wrenching." The girl's name was Muna, and she was crushed while seeking protection under a bed.

Amiel noted that the village school was closed for a month after the earthquake so it could be used as a refuge.

"The village school in Manikhel, 8,500 feet above sea level, served hundreds of children walking two hours each way from across the hilly region. The school is closed for a month, serving as a relief distribution point for 1,500 people across 10 villages. When I visited, 15 families were living in the school, with many others forming makeshift structures from tarp, tin, stones, and wood salvaged from the piles of the rubble," he wrote in his blog.



JDC volunteer, Sam Amiel, meets with JDC partners in the field in Nepal.

Amiel and his team worked tirelessly to assure the Nepalese that they were going to be taken care of.

"I saw wide-scale destruction in some of the hardest-hit districts in Nepal. It is extremely encouraging to know our partners … take the same community-based approach as all of us at JDC when providing relief and assistance. We all fully believe in long-term sustainable impact for those most in need," Amiel noted.

You can help people like Mira, and Muna's family. You can also help people like Sam Amiel do the most important work – working for humanity. Your gift to the Jewish Alliance Annual Campaign can rescue the millions of people in the world who need it most.

EDITOR'S NOTE: Subsequent articles will describe the JDC's worldwide relief and renewal programs.

HILLARY SCHULMAN is a development associate in philanthropy at the Jewish Alliance of Greater Rhode Island.



PHOTOS | JDC

Sam Amiel surveys a destroyed home in Nepal after the devastating earthquake.

the JEWISH VOICE

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Rhode Island teen's Israel trip spurs him to more *tikkun olam*

BY JAMISON GRIFFITH EVANS

Tikkun olam: When I became a Bar Mitzvah, four years ago, these words were ensconced in my mind and heart. As I grew older, I learned that in order to repair the world, you must first embrace it.

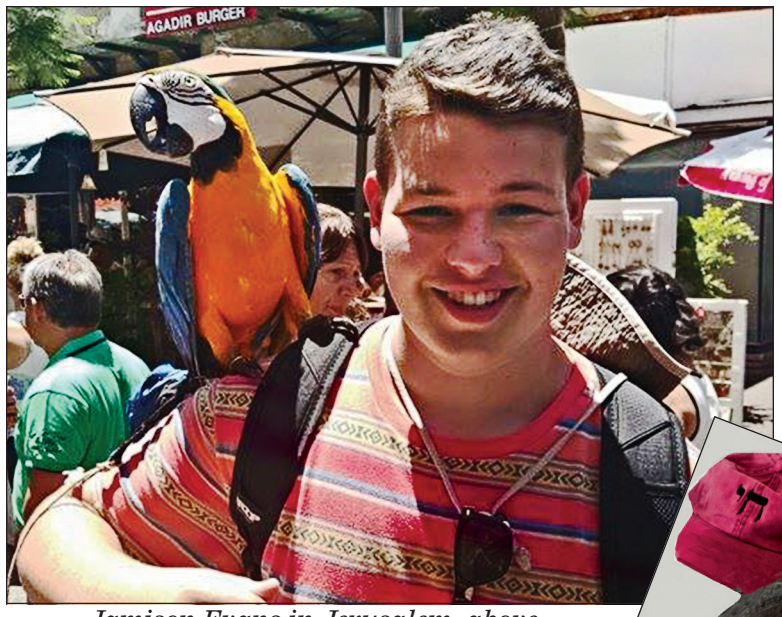
Last July, my friends from Camp JORI and I were given that opportunity. For a whole year, my family and I had anticipated my month-long journey. Then, it was finally time, and we boarded one of the first direct flights to Israel on El Al out of Boston.

We flew all night and finally touched down in the kingdom of Israel, where all Jews are kings.

My group toured all over the country with many like-minded and inspired Jewish kids from all around the world. Israel was our paradise! Small on the map, Israel was larger than life to us, with endless fascinating places to explore.

In Jerusalem, I felt like I was in the heart of Judaism and in the presence of God. On bustling Ben Yehuda Street, people were shopping, selling goods in the marketplace, waiting for a train and simply having fun socializing. As you continue to make your way through the stone corridors, you arrive at the Western Wall. Everywhere people were celebrating Shabbat, becoming Bar and Bat Mitzvah, singing, praying, and waving the proud blue and white flag of our nation.

Both Haifa and Tel Aviv seem to be the New York City of Israel, but with more of a Miami appearance. These two modern cities reflect the progress of a flourishing nation but also honor ancient and cherished landmarks.





Jamison Evans in Jerusalem, above. The "chai" hats, right.

In Tel Aviv, we relaxed on the beaches of the Mediterranean Sea. The many shopping malls, hotels, restaurants and fragrant coffee shops made us feel as rich as kings.

In Haifa, the architecture of the Bahai Temple and the palm-tree-filled staircase up a mountain is captivating. But my favorite architectural sight in Israel had to be Caesarea, with its massive ancient Roman ruins and the backdrop of the palm-tree-studded coast.

And then there is Tzfat, a truly "spiritual city" where Judaism and the sacredness of humanity resonate. People go about their business in this peaceful spot as harmonious melodies from Orthodox Jewish musicians fill the air. This city is home to many artisans and their art. I particularly like the work of talented Kabbalist Avraham Lowenthal, who creates colorful and intricate designs that express both the "good and bad vibes" of our spiritual being. I brought several of his pieces home to my family.

Spending time in Tzfat makes you feel more connected to your Jewish identity. "*Tikkun olam*, *tikkun olam*," echoed in my mind. What will be my life's purpose?

When I was at a food stand that sold crepes, I told the gentleman working there that they looked really good and I couldn't wait to eat one. He asked me if I knew why I thought they looked good. And then he told me that it was because "I am a good person, with good in my heart, and that good people recognize the other good things in life." I liked that very much.

Though my journey was filled with many incredible moments, my favorites among them were touring Eilat, banana-boating on the Red Sea and hiking up a rocky mountain to look, all at once, on Israel, Egypt, Jordan and Saudi Arabia. I was thinking about the battles of the Torah, the Kings and Moshe. It stopped me in my tracks.

The most challenging event was a 32-mile, four-day hike from the Mediterranean Sea to the Kinneret, through beautiful green forests and rocky mountain terrain. I was told we were on the same paths our ancestors took when migrating. I love the red dust from that trek that clings to my sneakers to this day, a reminder of my journey.

At night, we cooked delicious Kosher meals over stone fires and camped out under the stars.

My fondest experience was climbing up Masada. The day before the ascent, we rode camels and slept in tents at a Bedouin camp. At 4 a.m., we took a bus to the "mountain lit by a fire pathway" and hiked to the top. My friends and I leaned against a giant, ancient stone staircase as we witnessed the sunrise. It appeared pink, then fiery orange, and finally a glowing yellow sphere. All the while we played the song "Shine on You Crazy Diamond" through loudspeakers. It was the most awesome sunrise I have ever seen.

Israel is beautiful and spiritual. It is the place to be; a place where Jews are connected. Approximately 350 Jewish kids from BBYO and on Birthright trips celebrated together during a Unity event on our third weekend. I met kids from France, Spain, Italy, Germany, Scandinavia, England, Canada, Brazil and Mexico. It didn't matter where we were from, because we instantly became friends.

I am grateful to my parents, BBYO, Camp JORI, Temple Torat Yisrael, the Jewish Alliance and everyone who contributed to my Gofundme account. You gave me the best summer of my life and a life-changing experience. I learned the true meaning of *tikkun olam*. For this reason I chose to become a candidate for the 2016 "Student of the Year" fundraising campaign for the Leukemia & Lymphoma Society. You have supported me and now I ask that you help me support others.

EDITOR'S NOTE: Jamison Evans is selling hats with a *chai* embroidered on the front to benefit the Leukemia and Lymphoma Society. Visit his campaign site from Jan. 14 to Feb. 27 at events.lls/page/ri/2016SOYRI/jevans for more information.

JAMISON EVANS is a junior at Coventry High School. He and his family are members of Temple Torat Yisrael.

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JEWISH CULTURE THROUGH FILM



The Age of Love
Sunday, January 24, 2016 @ 2:00pm
Dwares JCC | 401 Elmgrove Avenue

The Age of Love follows 70- to 90-year-old speed daters—recently widowed, long divorced, or never-married—prepare for the big day, endure a rush of encounters, then anxiously receive their results. Fearlessly candid about themselves and what they're seeking, they are forced to take stock of life-worn bodies and still-hopeful hearts. *The Age of Love* is a story of the universality of love and desire regardless of age. **A discussion led by the film's director, Steven Loring, will follow the screening.** Space is limited, and pre-registration is encouraged.

Admission: $5 | Members $3

For more information, contact Erin Moseley, Director of Arts & Culture at emoseley@jewishallianceri.org or 401.421.4111 ext. 108.

arts & culture

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Jewish Alliance OF GREATER RHODE ISLAND

Kindness in the toughest of circumstances

This story, which appears in my book, "Pathfinding," is from my late father, who told me that it is adapted from rabbinic literature.



PATRICIA RASKIN

It looks at abusive behavior and kindness in a way that brings up some questions for me. How much should we understand and accept behavior that can hurt us even if it is not consciously meant to harm? Do apologies followed by generous gifts encourage us to forgive? Should forgiveness come before or after the apology – or at all?

"Once there was a kind, gentle and charitable man, who never turned a needy person away. He held an esteemed position in his community. Through a series of unforeseen circumstances, he lost his successful business, his home and all his possessions. He moved to another town but found himself reduced to begging and doing menial tasks to exist.

"One day, a passerby said to him, 'Why don't you ask the rich miser, Jake, for some work? He always needs help, and will surely take advantage of your need. But at least you will not have to beg to live. Let me warn you though, he is abusive, cruel and demanding. Everybody hates him and nobody will work for him.'

"The poor man was in such need that he asked the miser for a job. He was offered the lowly task of personal servant. The master, true to his nature, was grouchy, demanding, insulting and at times impossible. For many years, the poor man ignored the horrible actions exhibited by his master. He remained a faithful servant and treated his master with respect.

"The townspeople would take the poor servant aside and criticize his loyalty to a crusty, aggravating master. However, the personal servant would always say, 'This is the only way I know how to treat others.'

"There came a day when the master fell gravely ill. The doctors told him that he was on his deathbed. He called for his faithful servant and said to him, 'You have been a faithful loving servant to me for many years. You have endured my insults and aggravating taunts and my very bad behavior. I acted this way because I felt that everybody in town was scheming to part me from my riches. But by your behavior I had confidence that you were a decent and honest person. Before I die, to make amends with you and God, I am leaving my entire fortune to you.' And the man died shortly thereafter."

As I review this story, now more than 10 years since it was written, I question the abuse of the miser Jake and the staying power of his "servant." However, he seemingly understood, accepted and forgave his "master's" behavior before his "master" made amends for his behavior. I'm not sure I could have endured these actions, but the "servant" admirably was a very strong, kind and respectful person in spite of the difficult circumstances, and in the end reaped rewards.

PATRICIA RASKIN, M. ED is an award-winning producer and host of "The Patricia Raskin Show" on Saturday at 4 p.m. on WPRO, AM630/99.7FM. She is a recipient of the 2015 RI Small Business Administration Award. She is a board member of Temple Emanu-El.



Julius Rosenwald with students from a Rosenwald school. PHOTO | FISK UNIVERSITY

'Rosenwald' scheduled at Falmouth Congregation

Falmouth Jewish Congregation is screening the film "Rosenwald" on Jan. 14 to mark Martin Luther King Jr. Day. This feature-length historical documentary, directed by award-winning director Aviva Kempner, is about businessman and philanthropist Julius Rosenwald's funding of African American education. The screening will begin at 7 p.m. and be followed by a discussion, led by Pamela Rothstein, director of lifelong learning for the congregation. Doors will open at 6:30 p.m. No reservation is required and the public is welcome.

Aviva Kempner's "Rosenwald" is the story of Julius Rosenwald, the son of an immigrant peddler, who never finished high school but rose to become the president of Sears. Influenced by the writings of the educator Booker T. Washington, this Jewish philanthropist joined forces with African American communities during the time of the Jim Crow South to build over 5,300 schools in the early part of the 20th century.

"Rosenwald" sheds light on this silent partner of the pre-civil rights movement. Rosenwald awarded fellowship grants to a who's who of African American intellectuals and artists of his day so that they could pursue scholarship and art. They included: Marian Anderson, James Baldwin, the father and uncle of civil rights leader Julian Bond, Ralph Bunche, W. E. B. DuBois, Katherine Dunham, Ralph Ellison, John Hope Franklin, Langston Hughes, Zora Neale Hurston, Gordon Parks, Jacob Lawrence and Augusta Savage, along with Woody Guthrie.

Inspired by the Jewish ideals of *tzedakah* and *tikkun olam* and a deep concern over racial inequality in America, Julius Rosenwald used his wealth to become one of America's most effective philanthropists. Rosenwald also built YMCAs and housing for African Americans to address the pressing needs of the Great Migration. Because of his modesty, Rosenwald's philanthropy and social activism are not well known today. He gave away $62 million in his lifetime.

The list of prominent alumni and educators who attended the Rosenwald schools include Tony Award winning playwright George Wolfe, poet Maya Angelou, U.S. Representative John Lewis, Pulitzer Prize winner Eugene Robinson of The Washington Post and the ancestors of Loretta Lynch (U.S. Attorney General) and law professor Anita Hill.

The film's director, Aviva Kempner, has devoted her work to films that investigate non-stereotypical images of Jews in history and celebrate the untold stories of Jewish heroes. She conceived of and produced "Partisans of Vilna," a documentary on Jewish resistance against the Nazis, produced and directed Peabody-winning and Emmy nominated "The Life and Times of Hank Greenberg," about the Jewish slugger who fought anti-Semitism in the 1930s and '40s, and produced and directed "Yoo-Hoo, Mrs. Goldberg," the humorous and eye-opening story of television pioneer Gertrude Berg. Kempner lives in Washington, DC, where she started the Washington Jewish Film Festival in 1990 and is an activist for voting rights for the District of Columbia. She also writes film criticism and feature articles for numerous publications, including The Boston Globe, Chicago Tribune, Crystal City Magazine, The Forward, Baltimore Jewish Times, Jewish Telegraphic Agency, Legal Times, The Wrap, Washington Jewish Week and The Washington Post.

Falmouth Jewish Congregation is at 7 Hatchville Road in East Falmouth.For further information call 508-540-0602 or visit falmouthjewish.org.

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Beware the tendency to play God

Parashat Va'eira



RABBI JEFFREY GOLDWASSER

There is nothing that the Hebrew Bible seems to despise more than worshipping anything that is not God. Of all the sins proscribed in our most sacred texts, the most obnoxious to God is the sin of idolatry. And there is no idolater who is more egregious in the view of the Bible than the one who worships himself.

That is a dire warning for an age in which we constantly "play God." We manipulate DNA to create new life forms. We communicate with millions of people instantaneously with a few strokes of the keyboard. We carry access to the world's largest libraries in our pockets.

In our age, we tend to scoff at the stories of God's miracles in the Bible, not because they seem unbelievable, but because they seem so puny compared to what we can do. Joshua fit the battle of Jericho and the walls come tumblin' down? A single B-2 stealth bomber armed with precision-guided weapons could do the job in under a minute.

Yet, our great, god-like powers do not mean that we have outgrown the prohibition against worshipping the work of our hands. In fact, just the opposite is true. We need the warning against idolatry even more today because the great powers we have harnessed so easily lead us into worshipping ourselves. It is so easy for us to believe that the only thing we need is our own magnificence.

There is a classical rabbinic midrash that teaches that God punished Pharaoh for claiming to be a god (Exodus Rabbah 8:2). In a case of "let the punishment fit the crime," God instructed Moses with these words from this week's Torah portion (*Va'eira*): "See, I place you in the role of God to Pharaoh" (Exodus 7:1). The punishment for a human being who pretends to be a god is to be humbled by God in the form of a mere mortal. Call it poetic justice.

> **"What shepherd will come walking out of the wilderness into our halls of power acting as God's agent to humble us?"**

So, the question we must be asking is this: What shepherd will come walking out of the wilderness into our halls of power acting as God's agent to humble us? There are plenty of candidates. If we so insist on using our power to play God, how will that power be turned against us in another case of cosmic comeuppance?

Perhaps, it is time for us to be less focused on what we can do and more concerned about what we should do with our power. Instead of believing that we can solve the world's problems, our nation's problems, and our community's challenges with the application of power, we should try humility, reverence and genuine relationships instead.

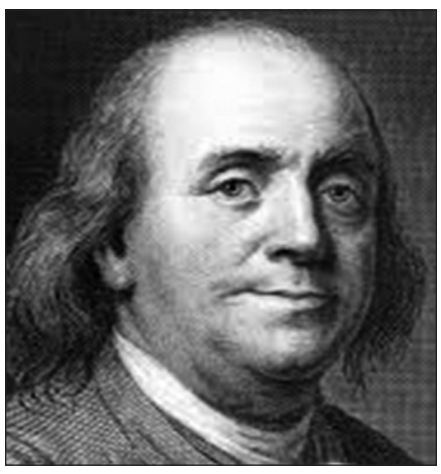
We will not rid the world of terror through the deployment of more terrible weapons. We will not keep ourselves safe with walls, guns and metadata. We will not build communities through the Internet.

There is a man with a beard and a staff at the door, and he is asking us to let his people go. Perhaps it would be a good idea to put down our devices and talk with him.

RABBI JEFFREY GOLDWASSER is the spiritual leader of Temple Sinai in Cranston. He is the author of the blog "Reb Jeff," from which this *d'var* Torah is adapted.

Benjamin Franklin's 'anti-Semitism' debunked

BY SHAI AFSAI



In the past, I've written here and elsewhere about Benjamin Franklin's influence on Judaism. A number of people, in response to those pieces, expressed surprise that Franklin would have had an impact on Judaism given that he was (so they said) antisemitic (a term I'm purposely not hyphenating or capitalizing, as it's never been about opposition to "Semites" or "Semitism," but rather to Jews). In this article, which coincides with Franklin's Jan. 17 birthday, I'll focus on the Founding Father's actual relationship with the Jews of his day and on the much later, false claims of him being an antisemite.

The notion of Franklin's antisemitism first emerged some 80 years ago, in 1934, with the publication of a fraudulent text commonly known as "Franklin's Prophecy." Like other, older anti-Jewish falsifications that have long since been debunked, including the blood-libel canards and "The Protocols of the Elders of Zion" forgery, "Franklin's Prophecy" continues to be touted as true even though it's been discredited many times.

On Feb. 3, 1934, William Dudley Pelley – head of the pro-Nazi Silver Legion of America and publisher of the weekly American journal "Liberation" – ran an article titled "Did Benjamin Franklin say this about the Hebrews?", containing a supposed excerpt from the hitherto unknown diary of Charles Coatesworth Pinckney, South Carolina's delegate to the Constitutional Convention.

As presented by Pelley, "Charles Pinckney's Diary" contained the record of a diatribe (or "prophecy") by Franklin against Jews during the convention, including a description of Jews as "a great danger for the United States of America" and as "vampires," as well as an admonition to have the Constitution bar and expel them from the country lest in the future they "dominate and devour the land" and change its form of government.

By August 1934, "Franklin's Prophecy" had been published in Nazi Germany. Nazi leaders and sympathizers disseminated the fraud in German, French and English, and in Germany, Switzerland and the U.S. (Several versions of "Franklin's Prophecy" circulate widely in many more languages today, including Arabic, in which these texts have found a welcoming home among anti-Zionists.)

In September 1934, "Franklin's Prophecy" reached American historian Charles A. Beard, best known for his 1913 "An Economic Interpretation of the U.S. Constitution." Beard began a search for the source of "Franklin's Prophecy," which included consulting with other scholars, such as John Franklin Jameson, chief of the Manuscripts Divisions of the Library of Congress. Six months later, in March 1935, his conclusions were published by "The Jewish Frontier" in an essay titled "Charles Beard Exposes Anti-Semitic Forgery about Benjamin Franklin."

Summing up the results of his investigations, Beard wrote: "All these searches have produced negative results. I cannot find a single original source that gives the slightest justification for believing that the 'Prophecy' is anything more than a barefaced forgery. Not a word have I discovered in Franklin's letters and papers expressing any such sentiments against the Jews as ascribed to him by the Nazis – American and German. His well-known liberality in matters of religious opinions would, in fact, have precluded the kind of utterances put in his mouth by this palpable forgery."

Henry Butler Allen, the director of the Franklin Institute, in Philadelphia, also weighed in on the chicanery of "Charles Pinckney's Diary."

"Historians and librarians have not been able to find it or any record of it having existed," Allen stated.

The responses of Beard, Allen and several others were collected into the pamphlet "Benjamin Franklin Vindicated: An Exposure of the Franklin 'Prophecy' by American Scholars," published in 1938.

Two very good and more recent discussions of the emergence and debunking of "Franklin's Prophecy" can be found in Nian-Sheng Huang's book "Benjamin Franklin in American Thought and Culture, 1790-1990" (American Philosophical Society, 1994), and in Claude-Anne Lopez's New Republic article "Prophet and Loss" (Jan. 27, 1997).

Huang shows "Franklin's Prophecy" to be an extreme case of exploiting, vulgarizing and distorting Franklin's image. The ease with which the "Prophecy" has spread and its staying power demonstrate

FRANKLIN | 26

Candle Lighting Times

Greater Rhode Island



Jan. 8, 2016	**4:12**
Jan. 15	**4:20**
Jan. 22	**4:28**
Jan. 29	**4:37**



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Backyard bird buffet brings joy to winter



EDITOR

FRAN OSTENDORF

For as long as I can remember, wherever I have lived, there have been bird feeders in my backyard. My current home is no exception. Backyard birds have always been a source of endless fascination. You start to recognize their songs and their behaviors. Our cat is especially fond of the entertainment that we call "Cat TV." Don't worry, he's an indoor cat and the birds seem to realize that he's not a threat.

As a matter of fact, we have multiple feeders – different types for different seeds that nourish different birds. Stop by on any given day and you'll see quite a variety of birds if you look out the windows toward the backyard.

And just in case you are wondering, the squirrels get their share, too. More than their share. At one point, we had as many as nine squirrels living in and around our yard. (The eight big oak trees nearby and their acorns are just as big a draw as our feeders.) The recent arrival of a fisher cat, along with a lightning strike that took down one of the trees that housed several nests, has reduced the squirrel population a bit.

Sometimes we aren't too diligent about filling our feeders on a regular basis. With the rush to get out in the morning, the birds do take a backseat to jobs, appointments, errands. But we try, especially in the winter.

This week, we were gone for a few days. The feeders had been empty for about a week. Would the birds return?

I was happy to come downstairs on Sunday to find a line of birds waiting for breakfast: Cardinals, black-capped chickadees, purple finches. All the regulars were back. As were two squirrels, parked on either side of the big feeder, fattening up for the cold temperatures promised later in the week. It's reassuring to know that the word gets out so quickly.

Sometimes, those chickadees are waiting on the deck rail while we fill the feeders. I suspect that we could train them to eat out of our hands, but we don't want them too domesticated. The chickadees are among our favorites. Among the smallest backyard birds, they are fearless and are almost always the first to hit the feeders after they are filled.

My husband is the big driver for our bird-feeding activities. He's always trying different feeders and foods to see who eats what. Hummingbirds, orioles, grosbeaks, woodpeckers. He's trying to attract new species to our breakfast room windows.

He got the feeding habit from his father, who would go out in the yard in the middle of winter in his slippers to hang pieces of bread and other foods in the cherry tree outside the kitchen windows. (Living on a small lake, his dad also fed the fish every morning.)

My mother fed the birds, too, until a reported rodent problem in the neighborhood led to a bird feeder ban by the homeowner's association.

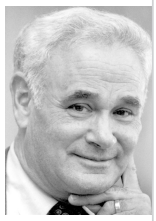
There is a rhythm to life at the feeder. The birds and animals change with the seasons and every year there is something new. The blue jays disappeared completely for a couple of years. Some years, there are lots of cardinals and some years only a few. Goldfinches were rare last year, and we haven't seen our resident oriole family for a while.

But there is an optimism to it all, especially in the middle of a cold, dreary winter, when optimism is really welcomed. There will always be birds that will come and enjoy. And they will always entertain all of us, including the cat.

ERRATA –Dec. 25

In the Dec. 25 column, "Breaking the Silence," by Rabbi James Rosenberg on page 8, a sentence about the family of Patrick Kennedy should have read: "The couple are raising their two young children, Owen and Nora, in addition to their daughter Harper from Amy's first marriage." We apologize for any confusion this may have caused.

A conversation across the centuries



IT SEEMS TO ME

RABBI JIM ROSENBERG

Dr. Albert C. Barnes (1872-1951) established The Barnes Foundation back in 1922. Barnes conceived of the foundation that bears his name as an educational institution rather than as a museum. For decades admission to his extensive but eccentric art collection in Merion, Pennsylvania, a suburb of Philadelphia, was tightly controlled.

Since May 19, 2012, the Barnes collection has been housed in its new location at 2025 Benjamin Franklin Parkway in central Philadelphia, where it is far more accessible to visitors. Nevertheless, all the artwork continues to be arranged precisely as it was displayed in the original Merion building at the time of Barnes' death in 1951.

The foundation's "Map and Visitor Guide" offers this summary of the quality and the scope of the collection: "Barnes amassed one of the world's most important holdings of post-impressionist and early modern paintings, with concentrations of works by Paul Cezanne, Henri Matisse, Picasso and Pierre-August Renoir. Barnes bought major works by Vincent Van Gogh, Amedeo Modigliani, Henri Rousseau, and Chaim Soutine, as well as old master paintings, African sculpture, Pennsylvania German furniture, Native American ceramics, jewelry, and textiles, American paintings, antiquities from the Mediterranean region and Asia, and wrought iron objects from Europe and the United States."

My wife Sandy and I had the opportunity to make our first visit to the Barnes this past December on the Sunday after a family bat mitzvah at Philadelphia's Congregation Rodeph Shalom. I have had the good fortune to visit dozens of major art museums throughout this country and Europe; nevertheless, the several hours my wife and I spent at the Barnes have inspired me to look at paintings in a fresh way.

Barnes possessed what has been aptly identified as an "idiosyncratic approach to display." He insisted upon creating on, or adjacent to, every wall of each separate gallery an "ensemble" – a symmetrical arrangement of paintings, sculpture, furniture, decorative pieces and wrought iron work from different periods and cultures. When visitors enter one of the permanent collection's 23 rooms, they find almost no identifying information on the walls. At best, they might be able to make out the artist's name on the frame of a painting or a signature on the painting itself. In place of a clutter of information that would disturb the balance and tranquility of the ensemble, the staff has placed in each of the 23 galleries a number of copies of a Collection Gallery Guide, which provides basic information about the ensembles displayed on the north, east, south, and west walls of that particular room.

After spending considerable time examining the ensembles in Room 23, I had the uncanny feeling that some of the paintings were beginning to talk to each other. For example, the five largest paintings in the gallery, all late 19th or early 20th century – two by Matisse, a Picasso, a Renoir, and a Rousseau – focused upon an individual woman, or in the case of Renoir's "Leaving the Conservatory," two women. It was as if the paintings were asking each other, "How am I expressing my creator's perception of women – the outer woman and the inner woman?"

For me, the most profound conversation among the paintings in Gallery 23 is a dialogue across six centuries. At the center of the ensemble to the right of the doorway on the north wall is Picasso's "Girl with a Goat," oil on canvas, 1905. A naked pubescent girl stands in the middle of the portrait, almost equal in height to the vertical length of the frame; to her right stands a small snow white goat, while a naked toddler, balancing an earthenware jar on his head, stands awkwardly to her left.

A far smaller painting on the east wall of the gallery depicts the Crucifixion, oil and gold on panel, Germanic (possibly Bohemian), second half of the 14th century. The two Marys are standing on either side of Jesus on the cross. What draws these two paintings into a dialogue is the striking similarity in composition: a slender central figure balanced on both sides by standing figures – each picture a trinity! Such similarity of composition compels me to ask: What does a girl with a goat have to do with Christ on the cross? I would suggest that the two portraits, though painted centuries apart, reinforce each other's evocation of innocence and vulnerability.

It seems to me that it is inconsequential whether my readings of the paintings happen to be "correct." What is consequential is that the ensembles that Barnes left at his death 65 years ago force the visitor to make connections between works of art produced at different times and in different cultures. That is to say, "modern art" is not an abrupt break with the past; rather, modern art, in all its manifestations, is part of the same river that has nourished artistic expression ever since our ancestors painted animals on the walls of caves.

As I sat in the galleries of the Barnes collection, listening to the paintings talk to each other across the centuries, I found myself reflecting upon the similar experience I have had when immersed in a page of Talmud; for a page of Talmud is a discussion across the ages par excellence. On a single page, we encounter ancient texts from our *TANAKH* (Hebrew Bible), the writings of the *Tanna'im* (first two centuries CE) in our Mishnah, the discussions of the *Amora'im* (200-500 CE) in our *Gemara*, the commentaries of Rashi (1040-1105), and additional commentaries known as the *Tosefot* by Rashi's sons-in-law and grandsons as well as many others – all engaged in a back and forth conversation through the ages.

Whether sitting in a gallery at the Barnes or struggling with a complex legal argument on a page of Talmud, I have come to understand that, at its deepest level, time flows in both directions – a comforting intimation of our immortality.

JAMES B. ROSENBERG is rabbi emeritus of Temple Habonim in Barrington. Contact him at rabbiemeritus@templehabonim.org.

OUR MISSION

The mission of The Jewish Voice is to communicate Jewish news, ideas and ideals by connecting and giving voice to the diverse views of the Jewish community in Rhode Island and Southeastern Massachusetts, while adhering to Jewish values and the professional standards of journalism.

COLUMNS | LETTERS POLICY

The Jewish Voice publishes thoughtful and informative contributors' columns (op-eds of 500 – 800 words) and letters to the editor (250 words, maximum) on issues of interest to our Jewish community. At our discretion, we may edit pieces for publication or refuse publication. Letters and columns, whether from our regular contributors or from guest columnists, represent the views of the authors; they do not represent the views of The Jewish Voice or the Alliance.

Send letters and op-eds to: The Jewish Voice, 401 Elmgrove Ave., Providence, RI 02906 or editor@jewishallianceri.org. Include name, city of residence and a contact phone number or email (not for publication).

On the campaign trail in New Hampshire: How does Israel fare?

BY NOEL RUBINTON

As the cold and snow finds its way to New Hampshire, so does the heat of the nation's first presidential primary.

Because of the outsized attention New Hampshire draws, it seems worth checking on how Israel is doing there as an issue.

The news is both promising and tentative. Promising because each of the more than a dozen Republicans and Democrats still in the race has pledged to support Israel. Tentative because Israel hasn't gotten enough public discussion so far to see how the candidates' positions stand up to scrutiny. Israel has been raised only in passing in some of the debates and, according to all reports, it hasn't been raised often in the intense retail politicking around the state that sets New Hampshire apart.

In a reporting trip through New Hampshire last week, the subject of Israel never came up in large public events held by Donald Trump and Hillary Clinton. But it was brought up at a small gathering for John Kasich.

Near the end of the question period in a session with about 30 business people at a Manchester law firm, a woman asked Kasich what he would do about Israeli settlements on the West Bank. Kasich started by saying that he wouldn't tell Israel what to do, "especially with a TV camera around," suggesting President Obama has been too public with sensitive comments about Israel. He went on to say he would strongly support Israel and any criticisms would be made in private.

The reasons for the relative quiet about Israel in New Hampshire are varied, but the largest is that almost all foreign policy concern this year is being focused on a different set of terrorism issues, especially after the attacks in Paris and San Bernardino. Those twin tragedies have raised the profile of national security in the campaign, including in New Hampshire. There is clearly a connection between Israel and terrorism – for instance, a number of candidates, including Ted Cruz, are critical of the Iran deal for potentially strengthening a terrorist state that threatens Israel, while others, including Hillary Clinton, say the deal would not increase the danger to Israel. But the core issues of terrorism that are being discussed and debated in New Hampshire and elsewhere are largely those involving radical Islam and are not being tied to Israel.

Another reason for the lack of discussion of Israel in New Hampshire is the small Jewish population – there are an estimated 10,000 Jews in the state, less than 1 percent of the overall population. While non-Jews certainly have an interest in Israel, greater discussion of Israel has typically come in primary states with larger numbers of Jews.

When Israel has come up in New Hampshire, the rhetoric among Republicans has been muscular. Donald Trump has repeatedly praised Israel for building a wall to keep out Palestinians, and he has adopted it as a model for how to keep non-citizens out of the United States. He says, "All you have to do is go to Israel and say 'how is your wall working?' Walls work." A number of candidates, including Cruz and Marco Rubio, say they would act on moving the U.S. embassy from Tel Aviv to Jerusalem.

On the Democratic side, Hillary Clinton points to her long record of support for Israel, including as Secretary of State. Bernie Sanders has been supportive of Israel, though he also has been critical at times during his career.

As the campaign continues in New Hampshire and beyond, the press, as well as other people like that woman in Manchester, need to ask many more questions of candidates about Israel. The real distinctions that can help voters decide are in the details. It will take quite a bit of asking and digging to truly find out what the candidates intend to do on behalf of Israel.

NOEL RUBINTON is a consultant and writer based in Providence.

The anti-Israel trend you've never heard of

BY DAVID BERNSTEIN

NEW YORK (JTA) – If you want to understand why the boycott, divestment and sanctions movement, or BDS, has gained so much ground in the past two years, look no further than intersectionality, the study of related systems of oppression.

Intersectionality holds various forms of oppression – racism, sexism, classism, and homophobia – and constitutes an intersecting system of oppression. In this worldview, a transcendent white, male, heterosexual power structure keeps down marginalized groups. Uniting oppressed groups, the theory goes, strengthens them against the dominant power structure.

As you might have guessed, the BDS movement has successfully injected the anti-Israel cause into these intersecting forms of oppression and itself into the interlocking communities of people who hold by them. So it's increasingly likely that if a group sees itself as oppressed, it will see Israel as part of the dominant power structure doing the oppressing and Palestinians as fellow victims. That oppressed group will be susceptible to joining forces with the BDS movement.

At Columbia University, Students for Justice in Palestine managed to form an alliance with No Red Tape, a student group fighting sexual violence. What does opposing sexual violence have to do with Israel and the Palestinians?

"The way that No Red Tape conceives of sexual violence is a form of oppression that is related … to other forms of oppression," said one group member.

"Sexual violence is a deeper political issue, and it cannot be divorced or separated from other oppressed identities," said another No Red Tape member.

Intersectionality with the anti-Israel cause, unfortunately, has not been limited to groups working against sexual violence at Columbia. The anti-Israel website Mondoweiss recently declared that "since Mike Brown was shot by police in Ferguson … solidarity between the Black Lives Matter and Palestine movements has become an increasingly central tenet of both struggles."

While anti-Israelism has long found a sympathetic ear among segments of the far left, it has not, until recently, enjoyed much popularity among ethnic minorities. Moreover, until recently, BDS supporters probably weren't organized enough to do the necessary outreach to and stewardship of fellow marginalized groups. Now, evidently, they are.

While he never uses the term intersectionality, Mark Yudof, president emeritus of the University of California system and chair of the recently established Academic Engagement Network, which aims to fight anti-Israel sentiment on campus, ominously describes efforts to "connect the dots" and "co-opt the language of human rights." The BDS movement is "moving to integrate itself with nearly every progressive campus cause," Yudof said.

In other words, intersectionality with anti-Israel forces is not just some faddish academic theory bandied about by radical academics and sociology majors. BDS supporters are building alliances, and using those relationships as an opportunity to sell their cause. Much more than a theoretical framework, intersectionality is a comprehensive community relations strategy.

Nor will intersectionality remain primarily a campus phenomenon for long. Yudof worries that "future leaders of America will be viscerally anti-Israel because of the distorted discourse on today's campuses." He points out that "what happens on campus never stays on campus."

The growing acceptance of intersectionality arguably poses the most significant community relations challenge of our time. Ultimately, how popular – and threatening – intersectionality becomes depends on the degree to which the far left, constituting about 10 percent of society, is successful in inculcating its black-and-white worldview, simplistic perspectives and resentment toward those perceived as powerful with the mainstream left. But we can influence the direction of this discussion.

Publicly attacking intersectionality and its adherents is not likely to do much damage. To the contrary, calling out Israel's detractors can paradoxically have the effect of popularizing their views and bringing them further into the mainstream.

Rather, the Jewish community and especially, the Jewish community relations movement, must do more to establish our own intersectionality with groups on the mainstream left, which is not nearly as prone to radical currents. Strengthening ties to these more moderate groups will erect a firewall between the far left and mainstream left on Israel, making it less likely that the latter will ever take the bait from the BDS movement.

To do this, we need to understand the various issues and causes of the groups that make up this segment of the population, and make common cause whenever possible. Promoting Israel alone is not going to cut it because the various groups will have no reason or incentive to join forces with us. Just as BDS supporters embrace the agendas of the groups they seek to persuade, we must work on issues our partners deem important.

We may not be able to discredit intersectionality with Israel across the board, but we can limit its reach.

DAVID BERNSTEIN is president and CEO of the Jewish Council for Public Affairs, the representative voice of the Jewish community relations movement. Follow him on Twitter @DavidLBernstein.

LETTER

Re: Temple Am David (Dec. 11)

I read with sorrow of the dilemma facing Temple Am David. My parents were among the founders of the temple – among the pioneers who ventured out of Providence and began living life in the suburbs.

They were a joyous group, carrying the Torah each week to the venue rented for services. In the early years my dad, Irving Schmuger, volunteered his services as cantor. The Sisterhood put out a wonderful cookbook for Passover, a weekend rabbi was employed – and the congregation grew.

Slowly but surely, the Jewish population expanded in Warwick – and a building was built. Temple Am David contributed much to Jewish life in Rhode Island and now sadly it is necessary to close its doors, but the memories will always stay with us.

Selma Stanzler
Chicago, Ill.

6.7 magnitude earthquake hits India's Jewish community

JTA – A 6.7 magnitude earthquake struck northeastern India, inflicting damage on the infrastructure of the Jewish community of Churachandpur.

The nonprofit Shavei Israel reported in a statement Jan. 4 that the homes and property of the Bnei Menashe community there had incurred "extensive damage." No one in the community of 7,000 was harmed.

"We are in touch with the leaders of the Bnei Menashe community throughout northeastern India. Miraculously no one in the community was harmed, but we are concerned by reports of damage to homes and property," Shavei Israel Chairman and Founder Michael Freund said.

The earthquake struck at 4:35 a.m. local time Jan. 4, 20 miles northwest of Imphal, the capital of Manipur. At least six people were killed and at least 79 were injured.

Shavei Israel has set up a relief fund for victims affected by the earthquake.

Ongoing

Alliance Kosher Senior Café. Kosher lunch and program every Monday, Wednesday and Friday. Dwares JCC, 401 Elmgrove Ave., Providence. Noon lunch; 1 p.m. program. $3 lunch donation from individuals 60+ or under 60 with disabilities. Neal or Elaine, 401-421-4111, ext. 107.

West Bay Kosher Senior Café. Kosher lunch and program every weekday. Temple Sinai, 30 Hagen Ave., Cranston. 11:15 a.m. program; Noon lunch. $3 lunch donation from individuals 60+ or under 60 with disabilities. Steve, 401-743-0009.

Friday | January 8

Friday Night Live Honors Shabbat. 6 p.m. A musical celebration of Shabbat with a chicken dinner to follow. Cost: Adults and Children over 12 years of age, $20 pp, Children 12 years and younger, Free, Family max., $60. RSVP to the Torat Yisrael office at 401-885-6600. Temple Torat Yisrael, 1251 Middle Road, East Greenwich.

Tuesday | January 12

Temple Torat Yisrael's Lunch and Learn with Rabbi Philmus. Noon. T's Restaurant, 5600 Post Road, East Greenwich. Each participant orders from the menu, and the group studies Jewish sources addressing current issues. Everyone is welcome, bring a friend!

PJ Library Story and Play Time with "Bubbie Sara." 3-4 p.m. Dwares JCC. Spend some time twice a month to hear stories, play games and make new friends! We will read various PJ Library books and sing songs about different Jewish holidays throughout the year. Children will also be able to make a craft. All children ages 5 and under are welcome. For more information, contact Sara Foster at 401-421-4111, ext. 130 or sfoster@jewishallianceri.org.

Wednesday | January 13

Double Chai Society Lox & Learning. 8:15 - 9:15 a.m. Providence Marriott Downtown, One Orms Street, Providence. First in a series of events crafted to give Rhode Island's next generation of Jewish leaders up-close and personal exposure to decision makers and trailblazers. Grow as a community influencer and dynamic professional while expanding your personal and business networks. Presenter Barnaby Evans, creator of WaterFire, is an artist interested in creating public art and civic ritual that nurtures community engagement and solves urban challenges. Evans creates large-scale, urban interventions and site-specific installations that serve to catalyze broad citizen engagement and involvement in transformational change. Breakfast will be served. Free to community members from 30s to 50s who give a gift in any amount to the Jewish Alliance Annual Campaign. To RSVP or for more information about Lox & Learning or the Double Chai Society, contact Hillary Schulman at 401-421-4111, ext. 127.

Calendar Submissions

JAN. 22 issue, WEDDINGS, must be received by JAN. 13.

FEB. 5 issue, FINANCE | PHILANTHROPY, must be received by JAN. 27.

SEND ALL CALENDAR ITEMS TO: editor@jewishallianceri.org with the subject line "CALENDAR." Calendar entries may be edited for content, length and relevance.

Saturday | January 16

Kids' Night Out: Party in the USA. 5-10 p.m. Dwares JCC. Calling all parents! Kids' Night Out is a chance for children to spend the evening with friends in a fun and safe environment ... and a great opportunity for parents to have a night out "kid free!" Kids' Night Out runs once a month on Saturday evening. Each month children will be entertained with a variety of themed activities ranging from sports, crafts, swimming and more. A pizza dinner and snacks will be served, and the evening will end with a movie. Ages: 5–12. Price: $35 | Members: $25 | Siblings: $15. For more information or to register, contact Shannon Kochanek at 401-421-4111, ext. 147.

PJ Library Story and Play Time with "Bubbie Sara." 10-11 a.m. Dwares JCC. Spend some time twice a month to hear stories, play games and make new friends! We will read various PJ Library books and sing songs about different Jewish holidays throughout the year. Children will also be able to make a craft. All children ages 5 and under are welcome. For more information, contact Sara Foster at 401-421-4111, ext. 130 or sfoster@jewishallianceri.org.

Friday | January 22

Shabbat Services. Temple Sinai. Shireinu, the community chorus of Temple Sinai, will participate. 30 Hagen Ave., Cranston.

Sunday | January 24

Jewish Culture through Film: "The Age of Love." 2 p.m. Dwares JCC. "The Age of Love," an alternately poignant and funny look at the search for love among the senior set, follows 70- to 90-year-old speed daters – recently widowed, long divorced or never-married – as they prepare for the big day, endure a rush of encounters, then anxiously receive their results. Fearlessly candid about themselves and what they're seeking, these WWII babies are forced to take stock of life-worn bodies and still-hopeful hearts. Then, as they head out on dates that result, comic and bittersweet moments reveal how worries over physical appearance, romance and rejection, loss and new beginnings change – or don't change – from first love to the far reaches of life. "The Age of Love" is a story of the universality of love and desire regardless of age. A discussion led by the film's director, Steven Loring, will follow the screening. Admission: $5 | Members $3. For more information, contact Erin Moseley, director of Arts & Culture, at emoseley@jewishallianceri.org or 401-421-4111, ext. 108.

Wednesday | January 27

Unique Stories from the Holocaust, a Panel Discussion. 7 p.m. Dwares JCC. Join the Jewish Alliance, Congregation Beth Sholom, The Holocaust Education and Resource Center of Rhode Island, March of the Living, the Yom HaShoah Committee and the Community Relations Council to hear a panel of speakers talk about unique experiences and stories from the Holocaust. The panel will feature Rita B. Gabis, author of "A Guest at the Shooter's Banquet," Dina Judith Gold, author of "Stolen Legacy," and Lisa Moses Leff, author of "The Archive Thief." Together these three women will weave fascinating true stories about the realities of family secrets, retribution and theft. For more information, contact Erin Moseley, director of Arts & Culture, at emoseley@jewishallianceri.org or 401-421-4111, ext. 108.

Thursday | January 28

Jewish Journeys: A Conversation with Michael Douglas and Natan Sharansky. 7:30-9 p.m. Brown University. Friedman Auditorium, Metcalf Research Building, 190 Thayer St. Registration required: douglas-sharansky.eventbrite.com.

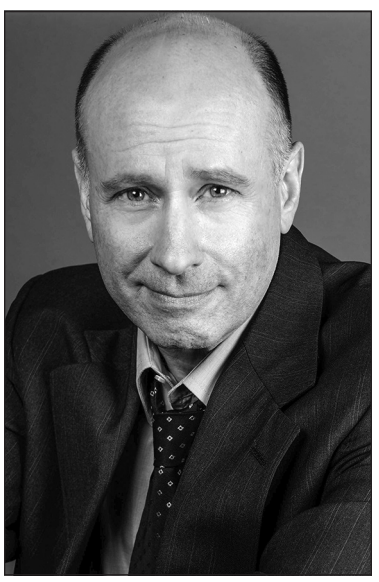
Sunday | January 31

Israel Mission: Personal Reflections & Impressions. 10-11:30 a.m. Dwares JCC. Panelists from the CRC and the Jewish Alliance of Greater Rhode Island November mission share their stories and lasting impressions of Israel with members of the Rhode Island community. All are welcome to share in discourse and dialogue. The program will be dedicated to the memory of Elizabeth "Liz" Hollander and Jonathan Stanzler, who were active members of the CRC especially regarding issues relating to Israel and the Middle East. Donations in their names are graciously accepted and will be used to fund programs on Israel, advocacy and social justice. RSVP online at jewishallianceri.org/israel-mission-impressions by Jan. 21 to let us know you will be attending. For more information, contact Marty Cooper at mcooper@jewishallianceri.org or 401-421-4111, ext. 171.

Interfaith Concert Honoring Dr. Martin Luther King Jr. Grace Episcopal Church. 4:30 p.m. Shireinu, the community chorus of Temple Sinai, will join other choirs. The tickets are free and are available at singingthedream.eventbrite.com. The church is at 175 Mathewson St., Providence.



The Mitzvah Project tells story of Jewish Nazi Soldier



Roger Grunwald

The Mitzvah Project, a one-man show by Roger Grunwald, will be performed in the Hemingway Theatre at Stonehill College, North Easton, Mass., at 7 p.m. Jan. 26. The performance will be followed by a short lecture and question and answer session.

In the Mitzvah Project, Roger Grunwald explores one of the most shocking stories of the Second World War. More than a hundred thousand part-Jewish German men fought in the Nazi military. These half-Jewish boys, were classified as "mischling" (the derogatory term the Nazis used to describe those descended from one or two Jewish grandparents). The Mitzvah Project tells the story of one of these "mischling" boys who became a decorated officer in Hilter's army. It explores tolerance and intolerance through the lens of the boy.

The Mitzvah Project is part of a series sponsored by Temple Chayai Shalom of Easton and the Catholic Jewish Dialogue Committee. All presentations are free and open to the public, thanks in part by a generous grant by the Kravitz Family.

For more information about this series, visit chayaishalom.org/learning/adult-sulam or call the temple office, 508-238-6385, ext. 101.

Works by Plein Air artists on display at Habonim gallery

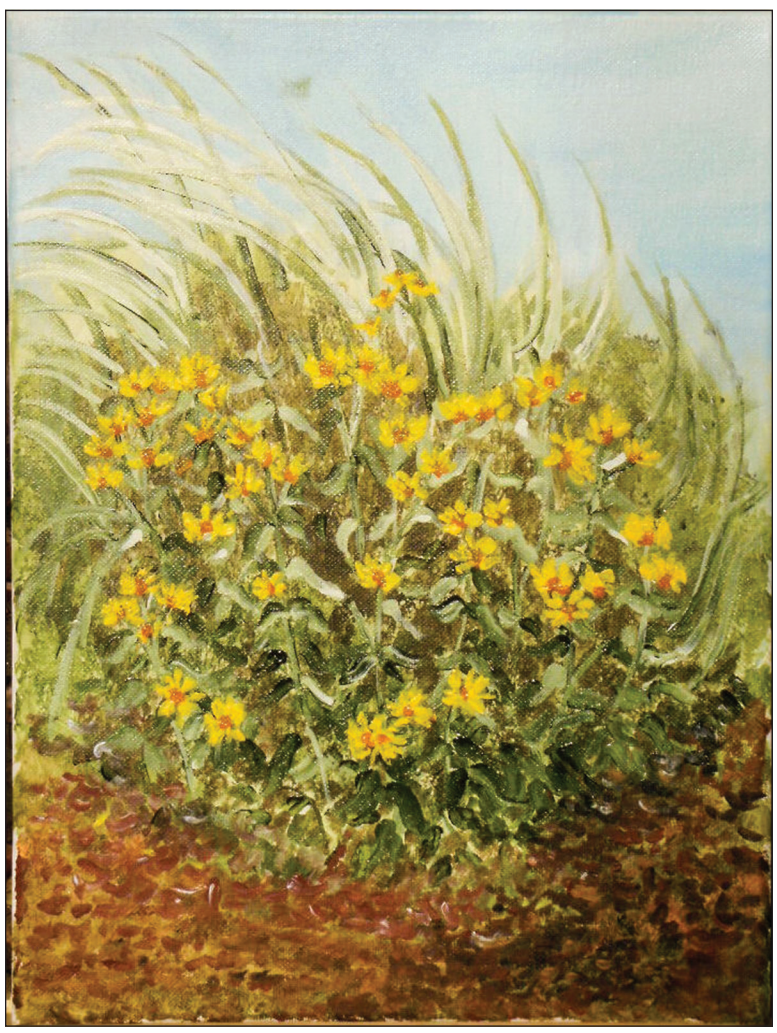
The January/February show in the Gallery at Temple Habonim features 36 works by 21 artists, all members of the summer LLC (Lifelong Learning Collaborative) Plein Air class. The show opens with a wine and cheese reception on Jan. 10 from 1 to 3 p.m. and continues through March 3.

On Wednesday mornings throughout the summer, artists from the most accomplished to beginners wishing to put paint on canvas, met in a bucolic setting on Adams Point in Barrington to explore all styles and mediums. The show, which exhibits work from the summer of 2015, includes oils, acrylics, watercolor, pastels, pencil and ink. Instructors Bunny Fain, Roberta Segal and Mary Snowden offered the instruction and encouraged a variety of styles and voices.

The Gallery at Temple Habonim is at 165 New Meadow Road in Barrington. Gallery hours are Wednesdays and Thursdays from 9 a.m. to 4 p.m., Fridays from 9 a.m. to 1 p.m. and by appointment. For information, call 401-245-6536 or email gallery@templehabonim.org.



Shirley Koller, "Mi Casa"



Chuck Nickles, "Happy Every Aster"



Jane Cioe, "Adams Point Barn"



Jean Patiky, "Bunny's Back Yard"

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A busy Jewish woman's guide to delicious cooking

BY HILLARY SCHULMAN

I'm busy. Between work and my community involvement, I'm busy. The idea of coming home and making dinner every night seemed impossible – until now. I recently received a slow cooker as a gift, and it really is a game-changer. I've been able to make healthy, delicious meals because they cook while I'm at work.

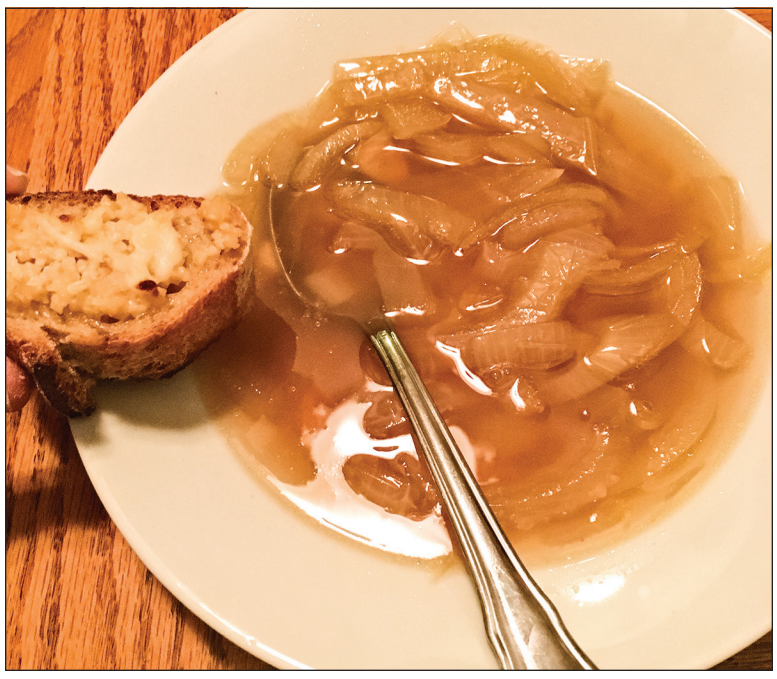
I was able to get my hands on a cookbook called "Jewish Slow Cooker Recipes: 120 Holiday and Everyday Meals Made Easy," by Laura Frankel, and tried a few recipes.

First, I tried the onion soup. I love soups, especially French onion soup, and this was a healthier take on the original. The hardest part was prepping the soup. I'm a crier when it comes to onions, so slicing two large onions was a little difficult.

Once everything is thrown into the slow cooker, you set the timer for four hours, and you're off. If you are working, you can set the timer for longer. It's called "slow cooker" for a reason! The best part is when you come home, the entire house smells amazing. I was also very excited to skip using an immersion blender. Most soups need that, and it's another thing to clean.

Right before the soup was finished cooking, I made the baguette slices. It's really like cheesy garlic bread, since you rub the slices with a garlic clove. This is the only part of the recipe that calls for cheese, which makes the soup look and feel healthier, as opposed to traditional recipes that cover the soup with a thick layer of cheese.

My conclusion: This onion soup looks and feels lighter and healthier than the traditional version and is really great to make in winter: The house becomes warm and inviting, and after eating, you feel warm and satisfied. I will definitely make this again, and would make it for company, too.

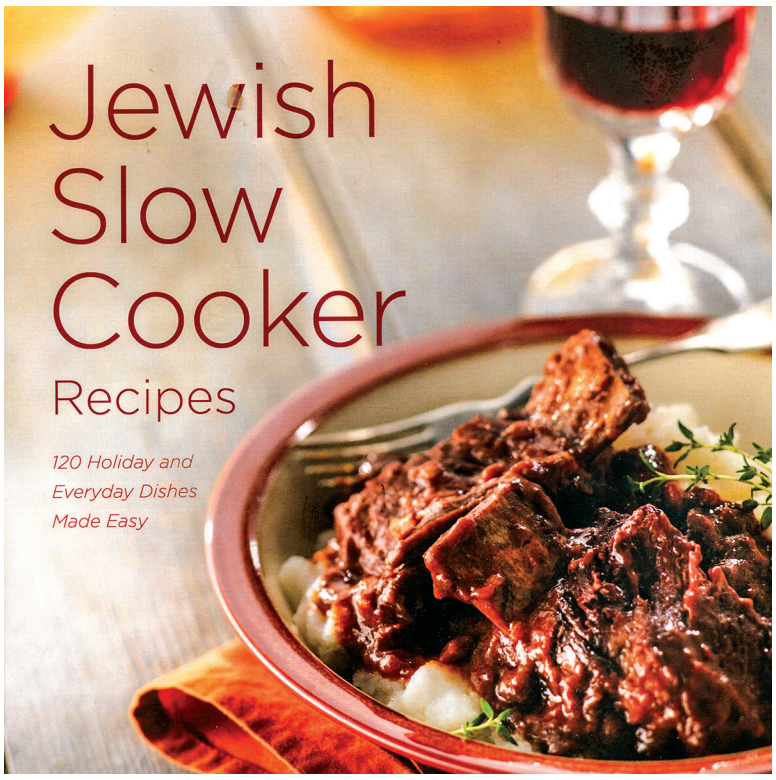


PHOTOS | HILLARY SCHULMAN

Slow cooker onion soup



Slow cooker bread pudding



The other recipe I tried was the maple-pecan bread pudding. I had never made a dessert in a slow cooker before, and I wanted to see what I could do without using a cake mix, or something really unhealthy. This recipe also caught my eye because it uses challah and anything with challah can't be bad!

Prepping the bread pudding wasn't difficult. Arranging the challah slices in the slow cooker is the hardest part because it's like trying to fit a square peg in a round hole. The rest of the ingredients are simply whisked together and dumped into the container. After three hours you have to give it a stir, so the mixture is evenly distributed.

Right after the bread was done cooking, I made the maple-pecan sauce, which took about 10 minutes. I served the pudding in bowls and drizzled the sauce over it.

My conclusion: The bread pudding is probably one of the best desserts I've ever made. I usually bake cookies or pies, and I've become known as the dessert person in my family, but this is definitely a chance to wow everyone. I highly recommend this recipe to anyone who feels they can't do desserts, as it looks and tastes like you put in a lot of effort – even though it took about 20 minutes of actual effort.

Slow cookers have really changed the lives of busy people everywhere. Sure, you can throw a chicken in there with a bunch of vegetables and have a healthy dinner, but the options are endless. Having the opportunity to make appetizers, desserts and whole meals with one appliance is really a time-saver. I can't wait to try more recipes from "Jewish Slow Cooker Recipes: 120 Holiday and Everyday Meals Made Easy," as well as trying my own concoctions.

Onion Soup

Makes 6 servings

Ingredients

4 tablespoons unsalted butter

2 large Spanish onions, cut in half and very thinly sliced

2 garlic cloves, chopped, plus 1 whole peeled garlic clove

2 teaspoons all-purpose flour

3 thyme sprigs

1/2 teaspoon freshly grated nutmeg

2 bay leaves

3/4 cup dry white wine, such as chardonnay

1 quart veggie stock

1 1/2 cups water

Six 1/2 inch thick diagonal baguette slices

1 cup shredded Gruyere or Swiss cheese

2 tablespoons finely grated Parmesan

Kosher salt and freshly ground black pepper

Directions

1. Preheat a slow cooker to High.

2. Melt the butter in a large sauté pan over medium heat. Add the onions and cook slowly until the onions are very soft and lightly caramelized, about 20 minutes. Add the garlic at the end of the cooking and cook for 5 minutes more.

3. Add the flour and stir over the heat for 3 minutes. Transfer the mixture to the slow cooker insert. Add the thyme, nutmeg, bay leaves, wine, stock, and water. Cover and cook on High for 4 hours.

4. Preheat the oven to 400 degrees. Line a baking sheet with foil or parchment paper.

5. Just before serving, place the baguette slices on the baking sheet. Toast the baguette slices in the oven until they are lightly browned and crispy. Remove from the oven and allow them to cool slightly.

6. Rub the slices with the garlic clove. Divide the shredded cheese among the baguette slices. Sprinkle evenly with the Parmesan cheese. Place the baguette slices back in the oven and cook until the cheese has melted and is lightly browned.

7. Adjust the seasoning with salt and pepper. Divide the soup among the serving bowls and top each bowl with a baguette slice.

Maple-Pecan Bread Pudding

Makes 6 servings

For the bread pudding

2 tablespoons (1/4 stick) unsalted butter, melted, plus extra for greasing the insert

One 1- to 1 1/2 -pound challah, sliced 1 1/2 inches thick

4 large eggs

2 cups half-and-half

2 cups whole milk

1 cup tightly packed light brown sugar

1/2 cup granulated sugar

1/4 cup best-quality maple syrup

2 teaspoons vanilla extract

1/2 cup chopped toasted pecans*

1 tablespoon ground cinnamon

1/2 teaspoon freshly grated nutmeg

For the maple-pecan sauce

1 1/2 cups best-quality maple syrup

1/2 cup honey, preferably raw honey

1 tablespoon ground cinnamon

1/2 cup chopped toasted pecans *

Directions for the bread pudding

1. Generously butter a 6 1/2 -quart slow cooker insert.

2. Arrange the challah slices in the insert in layers.

3. In a large bowl, whisk together the eggs, half-and-half, milk, sugars, maple syrup, vanilla, pecans, cinnamon and nutmeg. Pour the custard over the bread. Cover and cook on High for 3 hours.

Directions for the maple-pecan sauce

Combine the maple syrup, honey, cinnamon, and pecans in a small saucepan and bring to a boil. Turn down the heat and simmer for 10 minutes.

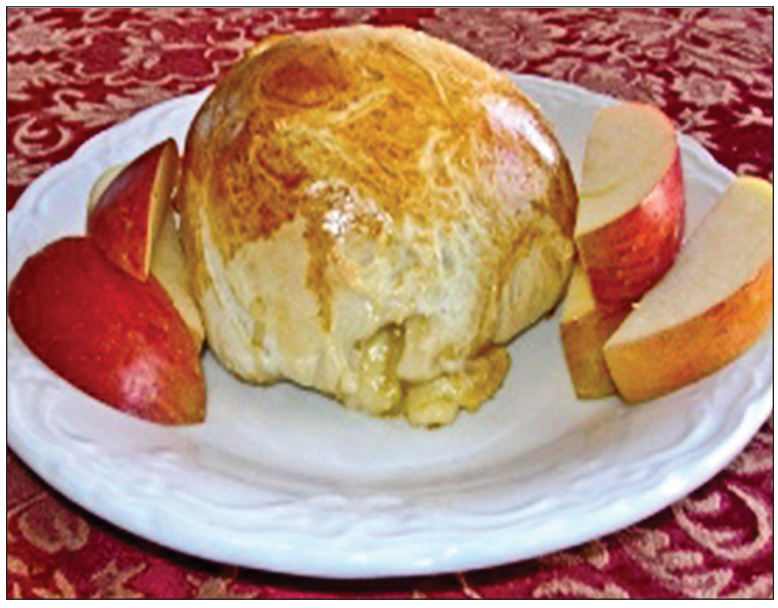
Scoop the warm bread pudding into bowls or dessert glasses. Serve the sauce warm, poured over the bread pudding.

*You don't have to toast the pecans. I didn't and it still came out delicious.

HILLARY SCHULMAN is a Rhode Islander and Brandeis graduate. She loves finding new recipes for her fiancé, who loves being her taste-tester.

Cheese and challah: Uncharted territory

BY SHANNON SARNA



(The Nosher via JTA) – I think you know by now that I will try to stuff challah with almost anything: meatballs, pesto, pastrami and even candy bars. So it just seemed silly that I had yet to try and stuff some challah with an entire wheel of cheese. It was time to tackle this uncharted territory.

But I guess it should come as no shock: challah wrapped around some brie is delicious, decadent and a great party appetizer, whether it's for New Year's Eve, an evening with friends and a case of wine, or Shavuot.

Here are a few tips for executing this recipe.

* Leave the Brie in the fridge until the very last moment before ready to bake.

* Don't worry that the Brie will get too gooey – some will likely leak out, and that's just part of the messy delicious fun.

* Experiment with different jams or chutneys for fun flavor combinations. Because it was fall and I had leftover cranberry sauce, that's what I used. But you could also use a spicy pepper jelly, a mango chutney, raspberry jam, apple butter or fig jam.

You can use any plain challah recipe you like for this. My recipe should be split into two and can be made into two baked Bries for a large party, or you can make one baked brie and one regular challah.

Challah Baked Brie

Ingredients:

1 1/2 tablespoons dry active yeast
1 teaspoon sugar
1 1/4 cups lukewarm water
4 1/2-5 cups all-purpose, unbleached flour (preferably King Arthur)
1/4 cup vegetable oil
1/2 tablespoon salt
1/2 cup sugar
2 eggs
1 wheel Brie, rind left on
1/4 cup cranberry sauce, chutney or jam of your choice
1 egg beaten
Thick sea salt, dried rosemary (optional)

Directions:

In a small bowl, place yeast, 1 teaspoon sugar and lukewarm water. Allow to sit approximately 10 minutes, until it becomes foamy on top.

In a large bowl or stand mixer fitted with the whisk attachment, mix together 1 1/2 cups flour, salt and sugar. After the water-yeast mixture has become foamy, add to flour mixture along with oil. Mix thoroughly.

Add another 1 cup of flour and eggs; mix until smooth. Switch to the dough hook attachment if you are using a stand mixer.

Add another 1 1/2-2 cups of flour, mixing thoroughly, then remove from bowl and place on a floured surface. Knead remaining 1/2 cup flour into dough, continuing to knead for approximately 5 minutes (or however long your hands will last).

Place dough in a greased bowl and cover with damp towel. Allow to rise at least 3 hours, punching down at least once if possible.

Preheat oven to 350 degrees. Split dough evenly into 2 pieces. Make a ball with the first half of challah and then roll out into an even circle of dough using a rolling pin and your hands.

Place the wheel of Brie (rind still on) in the middle of the challah. Top brie with cranberry sauce, chutney or jam if desired. Fold up ends to cover cheese and pinch. * You can make a small braid with extra dough and place on top if you want to get fancy.

In a small bowl, beat 1 egg for egg wash. Brush on top of challah. Sprinkle with thick sea salt and dried rosemary if desired. Repeat with other half of dough or bake into a regular shaped challah.

Bake for 25 minutes, or until golden on top and cheese is starting to ooze out.

Serve with apples, grapes, dried fruit or crackers while Brie and challah are still warm.

SHANNON SARNA is the editor of The Nosher. The Nosher food blog offers a dazzling array of new and classic Jewish recipes and food news, from Europe to Yemen, from challah to shakshuka and beyond. Check it out at TheNosher.com.

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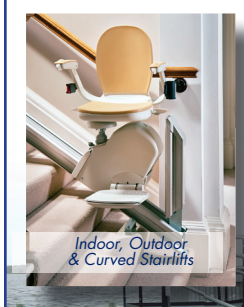
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Is your life in balance? Healthy habits to try in 2016

StatePoint – Is your life in balance? The new year is a great time to take stock of your routine and make improvements where necessary.

Here are thoughtful habits to consider incorporating into your day in the coming year.

• If you're a morning person, get out of bed 30 minutes earlier than normal to wake up with your favorite coffee or tea and think about what you need to accomplish for the day.

• More of a night owl? Spend at least 30 minutes before going to sleep to unplug from technology and relax.

• Schedule time for exercise.Planning workouts ahead of time will make you more likely to stick to them.

• Handwritten notes and to-do lists will reinforce your memory of the tasks you need to conquer. They also give you the option to look at what you need to do for the day and prioritize the list.

• Documenting your day not only keeps you organized, but also provides you with an opportunity to look back and reflect on your life's accomplishments, memories and milestones from the year.

• Maintaining a healthy, balanced diet will help you feel great, and can increase your focus, energy levels and productivity.

• Plan you meals ahead and before going shopping by marking them in a calendar. This will give you more time during the week to cook and prepare meals, without having to make frequent trips to the store or feel tempted to grab take-out.

• Cooking your own fresh meals can help keep your bank account balanced, and is often much healthier than food from a restaurant.

Winter doesn't have to come with winter blues

When both our mood and the temperature outside are falling, we need to take practical measures to remain healthy and happy.



BY KARA MARZIALI
kmarziali@jewishallianceri.org

This time of year, it's easy to put off exercising; however, a regular fitness routine can boost your spirits and your immune system. Here are a few simple ideas to beat the winter blahs:

If you are feeling slow-moving and sluggish first thing in the morning, the best way to get going is with some exercise. The Dwares JCC offers a number of group classes to improve your vitality and your outlook.

For example, the gentle movement and breathing pattern of yoga will result in increased energy levels and reduced tension. Swimming in the heated indoor pool is a great winter workout. Aquatic activity is gentle on your joints, works your whole body, burns calories, strengthens your posture, and improves your heart and lung function. Since you're awake now, why not burn some calories with an energetic spinning class? In addition to boosting your immunity and improving cardiovascular circulation, there are psychological benefits, too.

Group classes, in particular, maintain your accountability, and keeping that commitment to your fellow-fitness-friends prevents you from isolating. Admit it – you'd much rather be on the sofa with a cup of cocoa watching "Maury." So rely on the group to persuade you (or guilt you!) into getting to the gym.

If you're really feeling glum, keep in mind that a 2005 study from Harvard University indicated that 35-minutes of fast-paced walking five times a week or 60-minutes three times a week improved symptoms of mild to moderate depression. In my experience, a quick jaunt on the treadmill is a tried and true remedy for overcoming melancholy.

If your motivation is still lacking, consult with a fitness professional. The Dwares JCC has partnered with Body Soul to bring you personal training that is designed to make a positive personal and physical difference in your life. The team of trainers can consult with you to customize a fitness regimen that fits your lifestyle and budget, and to ensure that you achieve your exercise goals.

Routine exercise will make you feel invigorated, alert and ready to stave off the winter doldrums. Try it out for yourself. The only thing you have to lose is some gloom and a few inches off your waist.

KARA MARZIALI is the director of communications for the Jewish Alliance of Greater Rhode Island.

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Dwares JCC Rhode Island



10 ways to keep fit without freezing off your toes

BY ARIEL BROTHMAN



1: Run outside anyway! You can't go without the great outdoors? We might think you're a bit crazy, but athletic companies understand your plight. There are running shoes and running apparel that are designed specifically for this weather; clothes that insulate your body will make the low temperatures easier to withstand, and sneakers with spikes and better tread-grip will make it easier to run on wintery terrains.

2: Embrace the snow! There are many winter sports that attract snow bunnies and summer lovers alike. Maridel Reyes writes in an article for Fitness magazine that skiing, skating, snowshoeing and sledding are all fabulous calorie burners – even simply walking on snow burns more calories than walking on dry pavement. Not into winter sports? Build a snowman or snow fort, or have a snowball fight! Just because it doesn't require athletic equipment doesn't mean you won't break a sweat.

3: Join a gym! Not into being in the freezing outdoors? No problem. A gym is a popular option, especially after the holidays. It provides a variety of options for your workout; between pools, weight training, personal fitness training and more, you're bound to find something! And you might even make some friends along the way, especially through group classes. And there are specials now to entice you to join. For example, the Dwares JCC is offering a discount for new members now through Feb. 5.

4: Workout tutorials on YouTube! YouTube has plenty of workout tutorials that you can do from the comfort of your living room, ranging from a few minutes to more than an hour. Pilates, yoga, aerobics … YouTube has it. Just make sure you've moved the coffee table at least an arm's length away from where you'll be working out – there are already enough ways to break a limb outside in the freezing cold.

5: Search coupon sites! Websites like Groupon often have discounted prices for specialized classes. For example, right now there are Groupons not only for general fitness, but also for indoor rock climbing, yoga, Crossfit, and kickboxing classes. This gives you a chance to try something new without a big financial investment!

6: Specialized fitness centers! If you already know what you want to try and don't see a coupon for it, there are plenty of places that specialize in one kind of exercise. There are studios for yoga, Pilates, cycling … the list is endless, but websites like Yelp can help you find well-reviewed studios. If you know of a studio and want to look up reviews, simply entering the name and location of a studio followed by the word "reviews" often turns up reviews from someone.

7: Get your vitamin D! Less sunlight leads to less vitamin D. Less vitamin D leads to less happiness. Less happiness leads to comfort food, which as we all know, leads to an expanded waistline. Vitamin D comes naturally from the sun, but there are ways around exposing your skin to the sun in sub-zero temperatures. According to a fact sheet published on the website of the Office of Dietary Supplements, vitamin D can be obtained through vitamin supplements, light therapy (which you can talk about with a doctor), and certain foods including fish and vitamin D-fortified milk and orange juice.

8: Grab a healthier snack! Speaking of comfort food, why not try cutting down on it? I can't say eliminate completely because let's be honest: I can't go an entire winter without a hot cocoa, so I wouldn't ask the same of anyone else. According to an article on WebMD written by medical journalist Colette Bouchez, one of the reasons we term certain warm foods "winter comfort foods" is because they give an immediate "warm-you-up" feeling that we crave in the cold winter. She also suggests that although we don't typically think of fresh fruits and veggies as winter foods, biochemically they will warm you up just as well without the worry of weight gain.

9: Drink water! Your doctor tells you to, and now I am, too. Not only is it simply a rule of being a living, breathing organism, but hot lemon water is a super-drink. It suppresses appetite, and bonus! It makes you more alert throughout the day. Double bonus! It'll warm you up!

10: Oatmeal for breakfast! Not the sugary, flavored ones, but plain-Jane boring oatmeal. It keeps you full for longer than many other breakfasts due to its high fiber and protein content, and has the added benefit of that "warm-me-up" feeling previously mentioned. Still want some flavor? No fear – adding fruits like bananas, raisins or prunes is a fabulous way to add some sweetness without suffering the detriments of added sugars.

ARIEL BROTHMAN is a freelancer writer who lives in Wrentham, Mass.



Falls are not inevitable as we age

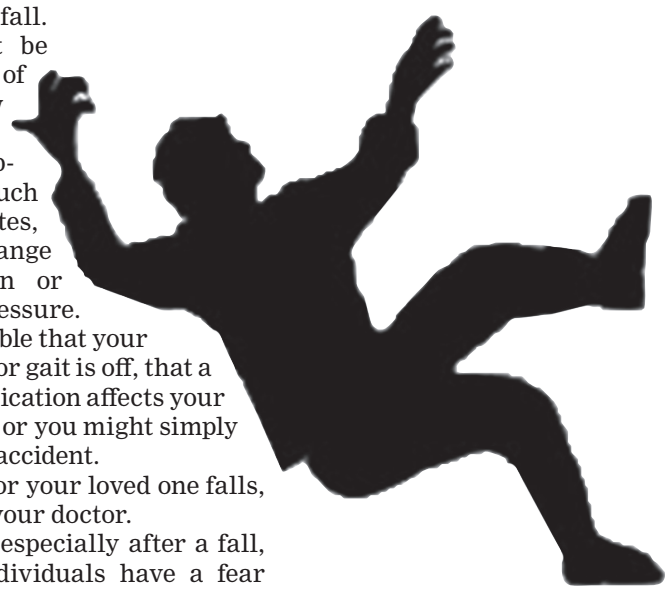
BY BONNIE RYVICKER

This issue of The Jewish Voice has many articles dedicated to health and wellness. All of us wish to live healthy, full lives. If we are to accomplish this goal, we must be mindful of all components necessary to remain as healthy as possible. Clearly, exercise, diet, sleep, meaningful relationships, work (paid or otherwise), a spiritual component and purpose are a few areas that contribute to our quality of life.

One health hazard that detracts from quality of life is falls. Did you know that each year, more than 1.6 million older Americans go to emergency rooms for fall-related injuries?

Among older adults, falls are the number-one cause of fractures, loss of independence, hospital admissions for trauma, and death. More than one in three people age 65 years or older falls each year.

There are many reasons why people fall. It might be a sign of a new medical problem, such as diabetes, or a change in vision or blood pressure. It's possible that your balance or gait is off, that a new medication affects your balance, or you might simply have an accident.



If you or your loved one falls, contact your doctor.

Often, especially after a fall, older individuals have a fear of falling. If so, he or she might curtail activities such as walking, shopping or taking part in social events.

If you are worried about falling, talk with your doctor. Physical therapy can help improve your balance and walking, and help build your walking confidence. Ridding yourself of this fear of falling can help you stay active, maintain your physical health and prevent future falls.

Falls are not an inevitable part of life as we age – you can take action to prevent falling.

Lifeline RI, a personal emergency response system, is one of Jewish Family Service's core programs. With the new auto-alert button, if a fall is detected, you can be assured that help is on the way.

BONNIE RYVICKER is a Jewish Family Service volunteer columnist. To learn more about Lifeline RI or other JFS programs, call 401-331-1244.

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Janice and Pacho at the event.

'Age of Love' coming to JCC

"The Age of Love," an alternately poignant and funny look at the search for love among the senior set, follows 70- to 90-year-old speed daters – recently widowed, long divorced, or never-married—prepare for the big day, endure a rush of encounters, then anxiously receive their results.

Fearlessly candid about themselves and what they're seeking, these WWII babies are forced to take stock of life-worn bodies and still-hopeful hearts. Then, as they head out on the dates that result, comic and bittersweet moments reveal how worries over physical appearance, romance and rejection, loss, and new beginnings change – or don't change – from first love to the far reaches of life. It is a story of the universality of love and desire regardless of age. "The Age of Love" screens Jan. 24 at 2 p.m. at the Dwares JCC, 401 Elmgrove Ave., Providence. Admission is $3 for members and $5 for nonmembers. For more information, contact Erin Moseley, director of arts & culture at emoseley@jewishallianceri.org or 401-421-4111, ext. 108.

8 dating tips for seniors from 'The Age of Love'

Emotional growth and socialization are hot topics in today's 'healthy aging' world.

While filming "The Age of Love," his eye-opening documentary on seniors who go speed dating, director Steven Loring spent months observing the ins and outs of the dating scene through the adventures of his 70-and-older subjects.

And he discovered that, while bodies and times have changed, emotions have not. "Once we were past the jokes and stereotypes," Loring says, "it's clear that speed dating brought out the same hopes and same butterflies most had felt the first time around.

"The truth is, there's an active, booming older generation eager to seek new companionship. But while that desire has not dimmed with age, it can be daunting to get back in the game."

And so, Loring shares eight tips on dating again when you're older:

1) Health issues are not a topic for conversation. You don't want to give someone new the impression you're seeking a caregiver – you can discuss your prostate later on.

2) Show you're happy with who you are now, no matter your situation. One speed dater with a portable oxygen tank got several dates because he made it clear that it didn't define him.

3) Don't focus on past relationships. Former partners will be mentioned, but don't go into detail. No matter how wronged you feel by an ex, your date will see you as a complainer. And if you extol the virtues of a former spouse, your date may fear never living up to the competition. Acknowledge your situation, but don't seem stuck in the past.



4) Review your wardrobe. Single men who once left clothes-shopping and laundry to their wives should seek advice on their outfit. It may be your favorite sweater, but the stain will not score you points on a date. Be your best with someone new – looking good means you care about others.

5) Be confident, curious, lively. You can't erase wrinkles or have a teenage figure, but you can make eye contact, ask engaging questions and exude vitality. As one speed dater put it, "At this age, beauty is about being open and adventurous."

6) Don't involve your children right away. Wait until it gets serious. Your parents showed love by worrying about your future. Your kids will show love by supporting what makes you happy now.

7) Take your time before getting physical. The years ahead are fewer, yet most older daters say they're in no rush. In your 20s, it was about hormones and social expectations. Now you're looking to share values and ideas with someone who sees you for who you are. It's no longer about 'happily ever after' but about comfort and understanding, so slow and easy is best.

8) Be willing to step outside your comfort zone. If your approach is outdated, shake things up. Both women and men should feel free to start a conversation, to make the first move. Plan a date that takes you somewhere you've never been. Taking a chance makes you more interesting and sets you apart from the crowd.

FROM PAGE 1

SHALANSKY

of the Rhode Island Fencing Academy & Club, in East Providence, place personal development above winning. According to Julia, that is what makes RIFAC different from other fencing clubs.

"Alex is very into mental awareness and understanding yourself, which is essential for fencing and for life," she says. "This is what's different about this club; other clubs are a lot more athletically-oriented."

"It's about who you're going to be as a person, not a fencer," says Ripa. "When you switch the focus from winning to learning … fencing reveals our character very well."

One example is in choosing your sword. There are three kinds of swords in the fencing world – foil, epee and saber – and, according to both Ripa and Julia, the kind of sword a fencer is drawn to reveals something about his or her personality.

"Each individual group [of fencers] is drastically different," Julia observes. "Foil is focused, epee is whimsical and free, and the saber is very intense."

Fencing with the foil – the sword Julia uses – requires focus in part because of the size of the striking area. Foil fencers must strike within a smaller area to gain a point.

In addition to striving for students' personal development, Ripa also works to ensure that the students have fun while learning to fence. Students are "given permission to laugh at themselves" for their quirks, or what are known at RIFAC as "foibles," and play games to help improve their technique.

"I love games, so everything I do, I try to fit into the concept of a game," says Ripa. "If it's not fun, why do it?"

Another aspect of fencing at RIFAC is that it broadens students' horizons. Julia says that once fencers have registered for a tournament, other registered fencers across the country can see their names on an online list. Tournaments are an opportunity to fence and compete, but also an opportunity to catch up with friends made at previous tournaments around the country.

"You get different perspectives from different people from different clubs," says Julia. "It's great!"

Students can learn from fencers outside the U.S. as well; hanging from the ceiling on one side of the club are about 25 flags representing the countries of students who have come to study at RIFAC. Both Julia and Ripa said that each country has its own strengths and style of fencing.

Julia's favorite fencers tend to be Italian, including veteran fencer Valentina Vezzali. Ripa often analyzes the technique of famous fencers to help his students learn. He queues up a video clip of Vezzali narrowly winning against a French fencer, and Julia is immediately captivated.



Julia fences her former mentor in order to demonstrate the rules of fencing, scoring and generally how matches go.



Head Coach Alex Ripa explains how scoring works in fencing.

"She's so fast!" Julia exclaims as other student fencers crowd around the TV to watch.

Even though the sport of fencing dates back to the 15th century, and the art of swordplay has a history that is even older than the original Olympics, Ripa says fencers still debate passionately about the best way to hold a sword.

"I love that there's always more to learn. No one can ever say they're the best," says Julia. "Even Vezzali!"



PHOTOS | ARIEL BROTHMAN

The three swords used in fencing: (from left) foil, saber, épée.

For this reason, RIFAC has a mentorship program that matches more experienced fencers with younger fencers. When Julia's former mentor leaves RIFAC this spring for college, Julia will be the oldest mentor at RIFAC.

When Ripa reminded her of this, she smiled and said, "I know! It's going to be great, but definitely an adjustment."

Julia will travel to Cleveland to compete in the Junior Olympics in February.

ARIEL BROTHMAN is a freelance writer who lives in Wrentham, Mass.

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In search of happiness

BY BONNIE RYVICKER

As we begin a new year, we all wish for ourselves, and others, a year filled with good health, financial stability and happiness.

But what is happiness? It is often thought of as the good life, freedom from suffering, flourishing, well-being, joy, prosperity and pleasure. Its pursuit is enshrined as a fundamental right in the Declaration of Independence. But what do we really know about happiness? Can we study it? Can we make ourselves happier? Who is happy and who is not?

Researchers are learning more about these things.

Originally, psychology only studied disorders, but that gave us only one component of our mental health. Over the last 50 years, positive psychology has developed as the scientific study of strengths and virtues that enable individuals and communities to thrive. Research in the field includes studying strengths, positive emotions, resilience and happiness to learn more about our well-being.

Martin Seligman, one of the leading researchers in positive psychology and the author of "Authentic Happiness," describes happiness as having three parts: pleasure, engagement and meaning. Pleasure is the "feel good" part of happiness. Engagement refers to living a "good life" of work, family, friends and hobbies. Meaning refers to using our strengths to contribute to a larger purpose.

Seligman says all three are important, but of the three, engagement and meaning make the most difference to living a happy life. Your satisfaction with life also affects your level of happiness, as do genetics and environment. If you grew up in a happy family, you may lean more toward being a happy person. But, you might be able to change your outlook on life even if you didn't.

Think of it like you think about weight. If you eat what you want and exercise, your body will settle down to a certain weight. If you begin to eat less and exercise more, you should lose weight. If this new diet or exercise regime becomes part of your everyday life, you will stay at this new weight. If you go back to eating and exercising the way you used to, your weight will return to where it started. So it is with happiness. You have the ability to control how you feel, and, with consistent practice, you can form lifelong habits for a more satisfying, fulfilling and happy life.

There are many misconceptions about happiness, including that it is about feeling good all the time. An even-keeled mood is more psychologically healthy than a mood in which you achieve great heights of happiness regularly, because what goes up must come down. Furthermore, when you ask people what makes their lives worth living, they rarely say anything about their mood.

They are more likely to discuss what is meaningful to them, such as their work or relationships.

Recent research even suggests that if you focus too much on trying to feel good all the time, you will actually undermine your ability to feel good at all. In other words, no amount of feeling good will be satisfying to you since what you expect all the time is not possible for most people.

Happiness is also not about being rich or able to afford everything you want. It's true that money does not buy happiness. Let's say that you got an extra $10,000, what would you do with it? After one year, would you even notice that you had gotten this windfall? Somehow, budgets get adjusted and the previous numbers get forgotten. The only exception is if you do something special with that money that creates a new experience for you or your family, such as traveling somewhere that helps you all bond.

Other things may make us happy in the short run, but they tend to fade over time as we adapt to them. An exciting, shared experience will linger much longer than the purchase of a big-ticket item.

Happiness is not a problem-free life, but rather the strength to overcome the problems that come our way.

There is no such thing as a problem-free life: difficulties are unavoidable. But, how we experience and react to our problems depends on us. We are responsible for our own happiness or unhappiness. Our vitality - the amount of energy or "life-force" we have - is in fact the single most important factor in determining whether we are happy.

True happiness is to be found in the state of our hearts – it is not something that exists on the far side of some distant mountain. It is within you. Happiness is found in the dynamism and energy of your own life as you overcome one obstacle after another.

The tall challenges we face in life can be compared to a tall mountain rising before a mountain climber. For someone who has not trained properly, whose muscles and reflexes are weak and slow, every inch of the climb will be filled with terror and pain. But the exact same climb will be a thrilling journey for someone who is prepared, whose legs and arms have been strengthened by constant training. With each step forward and up, beautiful new views will come into sight.

May you "climb your mountains," and meet any other of life's challenges, in this new year. Wishing you a happy, healthy 2016.

EDITOR'S NOTE: Should you feel overwhelmed or sad in this new year, know that you can always turn to the Counseling Center at Jewish Family Service. For more information, call 401-331-1244.

BONNIE RYVICKER is secretary of the board of Jewish Family Service. She is volunteer JFS columnist.



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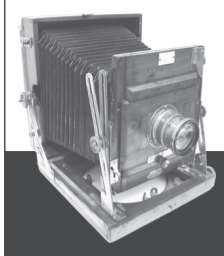
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Record number visit Anne Frank House

JTA – The Anne Frank House had a record number of visitors for the sixth consecutive year.

In 2015, some 1,268,095 people visited the Anne Frank House, located at the site in Amsterdam where the young diarist hid from the Nazis with her family. That is 40,633 more than the previous record of 1,227,462 set the previous year.

"It's impressive that so many people from all parts of the world visit this place and learn about this chapter of history," Ronald Leopold, executive director of the Anne Frank House, said in a statement.

The Anne Frank house also organizes educational projects worldwide, exposing millions more people, most of them young, to the life story of the teenage diarist.

"The life story of Anne Frank encourages young people to reflect on the social developments of then and now, and inspires them to combat prejudice and discrimination in their own surroundings," Leopold said.

On Friday, a French lawmaker and a French scholar each published the "Diary of Anne Frank" online in a challenge to the Swiss foundation established by the teen's father, Otto, to allocate the book's royalties to charity. European copyrights generally expire 70 years after an author's death, thus the copyright was expected to expire at the end of 2015.

The diary, which chronicles two years of hiding from the Nazis in an Amsterdam attic, may be the most famous Holocaust-era document and has inspired several play and film adaptations. Anne died in 1945 at the Bergen-Belsen extermination camp.

Auschwitz memorial sees more than 1.72 million visitors

WARSAW, Poland (JTA) – A record number of more than 1.72 million visitors came to the Auschwitz memorial in 2015.

The new mark breaks the standard of 1.534 million visitors set last year, the Auschwitz-Birkenau Memorial and Museum in Poland reported Jan. 4.

In 2015, Poland had the most visitors with 425,000. Rounding out the top five were the United Kingdom (220,000), the United States (141,000), Germany (93,000) and Italy (76,000). Next were Spain (68,000), Israel (61,000), France (57,000), the Czech Republic (47,000) and the Netherlands (43,000).

August saw the most visitors with over 210,000.

"Going through the remnants of the former camp does not constitute only a history lesson," Piotr Cywinski, director of the Auschwitz-Birkenau Memorial and Museum, said in a statement. "It is also the moment of unique reflection on our own responsibility for the shape of our world nowadays. That is why systematic tools supporting educational visits of young people at the Memorial have been created in so many democratic countries."

Nearly 80 percent of the visitors are guided by museum educators in one of 20 languages.

"The appropriate preparation and training of nearly 300 educators constitutes a challenge taking into account dynamically changing attendance of visitors from different language areas," said Andrzej Kacorzyk, director of the International Center for Education about Auschwitz and the Holocaust.

The Voice Classified

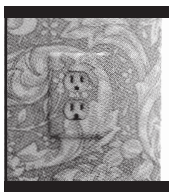
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Norma L. Alexander, 83

CRANSTON, R.I. – Norma L. Alexander died Dec. 26, 2015, at Philip Hulitar Inpatient Center. She was the beloved wife of the late Dr. Reuben Alexander. Born in Providence, a daughter of the late Harry and Alice (Yoken) Kastal, she had lived in Cranston for several years before moving to Providence.



Norma was a member of Temple Beth-El. She attended the University of Rhode Island. She was active in the Girl Scouts of America. For many years she was an avid square dancer, was a member and sat on the board of directors for the Square and Round Dance Foundation of Rhode Island. She also owned her own clothing business in Cranston for many years.

Devoted mother of Judith Ferry of Warwick and Richard Alexander and his wife, Leslie, of Cranston. Loving grandmother of Sarah and Jacob.

Contributions in her memory may be made to Home and Hospice Care of R.I., 1085 North Main St., Providence, R.I. 02904 or The Square & Round Dance Foundation of R.I., P.O. Box 20011, Cranston, R.I. 02920.

Alexander Flikier, 99

PEMBROKE PINES, FLA. – Alexander Flikier died at his home in Pembroke Pines, Fla. on Dec. 28, 2015. He was married to the late Renee (Lenczewska) Flikier for 40 years, surviving her by 20 years. He was the son of the late Hershel and Feige Leah (Kornblit) Flikier.

Alex was the devoted and cherished father of Henri Flikier of Barrington and his wife Ann Miller, and of Cecile Goldfarb of Brooklyn, N.Y. He was the loving and adored grandfather of Liana and Rebecca and beloved uncle of Bernard Flikier of Düsseldorf and Dr. Henri Flikier of Paris. He was the brother of the late Lova Flikier of Paris and of several other siblings who perished during the Shoah. He is also survived by his friend Celia Behnke.

Alex was born outside of Warsaw, Poland, and survived the Holocaust through ingenuity and daring: walking to the Eastern Front from Warsaw, then serving in the Soviet army. He lived in Germany and then the United States, becoming an American citizen before moving to France to marry his beloved Renee. He moved his family to New York in 1970, where he lived until he retired to Florida in 1982. Alex spoke six languages despite having limited formal education.

He worked as a clothing designer in Paris and New York. In his retirement he volunteered at Memorial Hospital in Pembroke Pines, logging over 10,000 hours and receiving numerous recognitions for his service. He was well-loved in his community in Florida as well as in his son's in Rhode Island for his warm and friendly personality. He found his way into the hearts of all who knew him, including his devoted caretakers: Maccia, Rose and Janice.

Contributions in his memory can be made to the Goodman Jewish Family Services in Plantation, Fla., the Louis and Goldie Chester Full Plate Kosher Food Pantry, or the charity of your choice.

Murray M. Goldberg, 86

LONGBOAT KEY, FLA. – Murray M. Goldberg died peacefully at his home in Longboat Key, Fla. on Dec. 31, 2015, surrounded by his family.

Born in Hartford, Conn. and raised in Providence, he was the son of the late Harry and Rose (Lipson) Goldberg. He graduated from Hope High School and Lowell Technological Institute. After college, Goldberg attended the Coast Guard Academy and served in the Coast Guard during the Korean War, and was honorably discharged as a Lieutenant. After his military service he had a long career as a textile engineer and retired as the CEO of Karew, Inc. of Barrington.



He moved to Longboat Key in 1988 with his wife and was very active in civic governance, golf, cultural activities and the arts.

He is survived by his wife of 36 years Grace (Shuster) Goldberg; his daughter Jill Goldberg of Seattle, Wash.; his sons Peter (Tracy) Goldberg of Sandwich, Mass., Michael (Kristin) Goldberg of Scituate, Mass., Alan (Bari) Harlam of Cranston and Gary (Susan) Harlam of East Greenwich; his loving grandchildren Molly, Samuel, Alex, Sarah and Noah Goldberg, Corey (Kelly) Perez, Jeremy, Gregory, Sophie, Julie and Jason Harlam; and his sister Barbara (Marvin) Rubin of Toledo, Ohio.

Contributions in his memory may be made to The Louis & Goldie Chester Full Plate Kosher Pantry, 100 Niantic Ave., Providence, R.I. 02907 or to the charity of your choice.

Lester H. Goldstein, 98

PROVIDENCE, R.I. – Dr. Lester H. Goldstein died Dec. 19, 2015. He was the husband of the late Betty (LaPaix) Goldstein for 61 years. Born in the Bronx, he was the son of the late William and Ethel (Edlis) Goldstein.

A graduate of the University of Pittsburgh Dental School, Goldstein was a prominent dentist and dental surgeon in Manhattan and Jericho, N.Y., retiring in 1991. He served as a dental officer and dental surgeon during WWII in the European Theatre of Operations.



He is survived by his children, Lori Polacek of Providence and Elise LaPaix of San Francisco; and his grandchildren, Brett and Matthew Polacek and Marisa and Ariana Breall. He was the brother of the late Matilda Spunt and Lillian Weidenbaum.

Contributions in his memory may be made to Temple Emanu-El, 99 Taft Ave., Providence, R.I. or The Jewish War Veterans, Department of R.I., P.O. Box 100064, Cranston, R.I. 02910.

Marc Gorfine

MARINA DEL REY, CALIF. – Marc Gorfine died Dec. 31, 2015, at home. Growing up in Edgewood, R.I., a son of the late Dr. H. Lewis and Harriet (Shulkin) Gorfine, he had lived in Marina del Rey, Calif. for 17 years, previously living in River Vale, N.J.

He was the devoted father of Amanda Gorfine of Fort Lee, N.J. and Ashley Gorfine and her wife, Jessica, of Staten Island, N.Y. Brother of Bethany Gorfine and her husband, Ken Stirbl. He was the former husband of Linda Gorfine Del Gaizo. He owned the Stop Slipping Company.

Contributions in his memory may be made to the Gotta Have Sole Fdn., P.O. Box 8379, Cranston, R.I. 02920.

Susan A. Koerner, 59

SOUTH KINGSTOWN, R.I. – Susan A. Koerner died Jan. 1, 2016, at Rhode Island Hospital. She was the beloved wife of Charles F. Koerner for 26 years. Born in Providence, a daughter of the late Edwin and Harriet (Rogin) Greenfield, she lived in South Kingstown for 23 years.

Susan was a teacher's assistant with special needs children in the Transition Center at University of Rhode Island. She was a former member of Congregation Beth David in Narragansett. The devoted mother of Christopher and Sara Koerner, both of South Kingstown. Sister of Marc Greenfield (wife, Susan) and loving aunt to Joshua, Benjamin and Samuel Greenfield.

Contributions in her memory may be made to Congregation Beth David.

Howard S. Lampal

PROVIDENCE, R.I. – Dr. Howard S. Lampal died Dec. 26, 2015. Loving husband, father, grandfather, he is survived by his wife Dorothy Bennett Lampal; daughter Loren Gale (Lampal) Goldman and husband Rick Goldman; son Gary Bennett Lampal and wife Robin Madison; grandchildren Seth Goldman, Jared, Adam and Livia Lampal, Reid and Cory Madison.



He was the son of the late Anne and Eugene Lampal of Brooklyn N.Y., and brother of the late William E. Lampal of Las Vegas, Nevada.

Dr. Lampal was a graduate of Tufts College and Chicago Medical School. He did his internship and residency at Rhode Island Hospital. He practiced pediatrics for over 50 years.

Loved by his patients and their families (some third generation), upon his impending retirement one parent wrote to the Providence Journal. "A Doctor Who Cares: Dr. Howard Lampal will be retiring at the end of this year. My children (now grown) loved Dr. Lampal. As young parents, my husband and I had a wonderful friend in Dr. Lampal. He answered his own telephone when we called in the middle of the night. He opened his office on Sundays. He dispensed great advice with wit and humor. His retirement from the medical profession will leave a hole that simply cannot be filled."

Contributions in his memory can be made to the Herman L. Bennett Chapel Fund at Temple Beth-El.

Sylvia Myrow, 93

RIVERSIDE, R.I. – Sylvia Myrow died Jan. 1 at home. She was the beloved wife of the late Wolf Myrow. Born in Providence, a daughter of the late Louis and Rose (Greenberg) Cohen, she was a lifelong Rhode Island resident. She was an office manager at the Stones and Finding Co. and Wolf E. Myrow for over 20 years. Sylvia was a former member of Temple Beth Shalom. Devoted mother of Louis Myrow and his wife, Michelle, of Riverside, Carol Neimark and her husband, Lawrence, of Elmhurst, Ill., and the late Allan J. Myrow and his surviving wife, Marilyn of Lincoln. Dear sister of the late Herbert M. Cohen, Max Cohen, Blanche Litowitz, and Florence Bellis. Loving grandmother of Ronald and Cheryl. Cherished great-grandmother of Brandon. Cherished companion and best friend of her greyhound, Cleo. Contributions in her memory may be made to your favorite charity.

OBITUARIES

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REMEMBER THE PAST

From the Rhode Island Jewish Historical Association

The treasure in the dull gray box

BY GERALDINE S. FOSTER

Archival boxes come in many sizes – large or small, rectangular or cylindrical, wide or narrow. They all have one thing in common – their dull gray color. Lined up as they are in the Rhode Island Jewish Historical Association's archives, they present a professional, no-nonsense aspect commensurate with the information and photos stored within.

Tucked away on a top shelf is a tall archival box, the right size to hold a business ledger. It does indeed hold a ledger, but it has nothing to do with commerce or industry. It is a *pinkas*, a record book in Hebrew and Yiddish from a Providence synagogue named Kesher Israel. What distinguishes our *pinkas* from other minutes or record books is the tradition it represents and the beauty found on its pages.

According to an article in the Rhode Island Jewish Historical Notes, written by Beryl Segal,



as far back as the Middle Ages, Jewish communities, charitable and religious organizations, craft guilds and even families kept *pinkasim*. A community *pinkas* might contain details of major events, such as a plague or great fire or deliverance from a calamity. An organization's *pinkas* followed a specific order that included its purpose and bylaws.

Eastern European Jewish communities continued the tradition that began so long ago. The *pinkasim* preserved in historical archives have proven invaluable resources for the study of Jewish life in Spain, Italy, France and Germany, and in communities erased by persecution and war.

The title page of our *pinkas* reads:

RECORD BOOK
OF THE SOCIETY
Mishnayes and *Ain Yacov*
of the Synagogue
"Kesher Israel"
of Providence
The year
"And in his Law doth he
meditate day and night"
1907 (5667)

What follows is the purpose and mission statement of the society, and the duties and responsibilities of membership in the society, and to each other, written in Hebrew and then in Yiddish. Included as well are the names of those serving as leaders, donors and donations, and a list of male members. A separate list names the female members. Memorials, once again in separate lists for men and women, are also included. Passages from Scripture are interspersed among the various sections.

The calligraphy of the Hebrew and most of the Yiddish sections was obviously the work of a scribe, identity unknown, as was customary. Each letter is carefully shaped, the lines of text carefully spaced. Unknown as well, is the artist whose talent graced the pages prefacing each new section in the *pinkas*. The colors of these decorations remain rich and bold even after the passage of time and despite the quality (or lack thereof) of the paper. The scribe and the artist worked not for renown, but for the greater good.

Although David Adelman searched public records and city directories for the years 1907-1923, he could find no mention of Kesher Israel Synagogue. We can surmise its location was in the North End since people named on the various lists in the *pinkas* were residents of that section of Providence. How long Kesher Israel existed, we do not know, but at some point it merged with another congregation.

The *pinkas* was gifted to RIJHA in 1954 through the good offices of Henry Brill, president of the former Temple Beth David, in Providence, and was translated by their Rabbi George Schwartz.

We are grateful for the beautiful *pinkas*, this wonderful window into a bygone era and a tradition frozen in time.

GERALDINE S. FOSTER is a past president of the Rhode Island Jewish Historical Association. To comment about this or any Rhode Island Jewish Historical Association article, email info@rijha.org.

The power of positive thinking

Growing old is not for the faint of heart; you need a positive attitude, says the Association of Mature American Citizens.

A new, one-of-a-kind study led by Becca Levy, associate professor of epidemiology and psychology at the Yale School of Public Health suggests that the way we think about growing old may have an impact on the incidence of Alzheimer's disease.

"We believe it is the stress generated by the negative beliefs about aging that individuals sometimes internalize from society that can result in pathological brain changes. Although the findings are concerning, it is encouraging to realize that these negative beliefs about aging can be mitigated and positive beliefs about aging can be reinforced, so that the adverse impact is not inevitable," she said.

Playing mind games can be healthy

The fact that you experience a "senior moment" now and again doesn't mean you're losing it, reports the Association of Mature American Citizens. Forgetfulness is part of the aging process. "It's normal to forget some things, and to become a bit more forgetful as you age. It's also normal to worry about forgetting.

What isn't normal is forgetting too much," according to Dr. Kirk Daffner, chief of the division of cognitive and behavioral neurology at Brigham and Women's Hospital in Boston.

If you forget the name of an actor in a movie, he says, there is no need for alarm. But, if you forget that you ever saw the movie, it may be concerning. If that kind of thing happens, Daffner suggests you see your primary care physician. He may be able to determine if your memory loss is due to a physical condition or medications you may be taking.

Meanwhile, remember that your brain is aging along with the rest of you and that your body, including your brain, needs as much exercise as it can get in order to stay fit. So, in addition to taking a daily walk or going to the gym, consider playing mind games that give your brain a workout. Crossword puzzles, reading books or taking up a new hobby might suit you.

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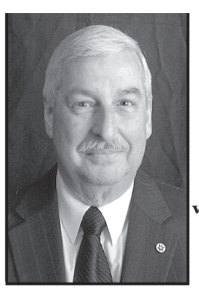
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Do your homework before opting to collect SS at age 62

If you start collecting Social Security benefits at age 62, keep in mind that you still won't be eligible for Medicare until you reach age 65. So unless you're eligible for retiree health benefits through your former employer or your spouse's health plan at work, you may need to pay for a private health policy until you reach age 65.



BARBARA KENERSON

Social Security: What should you do at age 62?

Is 62 your lucky number? That's the earliest age you can start receiving Social Security retirement benefits. If you decide to start collecting benefits before your full retirement age, you'll have company. According to the Social Security Administration (SSA), approximately 73 percent of Americans elect to receive their Social Security benefits early.

Although collecting retirement benefits early makes sense for some people, there's a major drawback to consider: If you start collecting benefits early, your monthly retirement benefit will be permanently reduced. So before you put down the tools of your trade and pick up your first Social Security check, there are some factors you'll want to weigh.

What will your retirement benefit be?

Your Social Security retirement benefit is based on the number of years you've worked and the amount you've earned. Your benefit is calculated using a formula that takes into account your 35 highest earnings years. If you earned little or nothing in several of those years (if you left the workforce to raise a family, for instance), it may be to your advantage to work as long as possible, because you'll have the opportunity to replace a year of lower earnings with a higher one, potentially resulting in a higher retirement benefit.

If you begin collecting retirement benefits at age 62, each monthly benefit check will be 25 to 30 percent less than it would be at full retirement age. The exact amount of the reduction will depend on the year you were born. Conversely, you can get a higher payout by delaying retirement past your full retirement age - the government increases your payout every month that you delay collecting, up to age 70.

However, even though your monthly benefit will be less if you begin collecting retirement benefits at age 62, you might receive the same or more total lifetime Social Security benefits as you would have had you waited: even though you'll receive less money per month, you might receive more benefit checks.

The following chart shows how much an estimated $1,000 monthly benefit at full retirement age would be worth if you opted to take a reduced benefit at age 62.

Birth Year	Full Retirement Age	Benefit
1943-1954	66 years	$750
1955	66 years, 2 mo.	$741
1956	66 years, 4 mo.	$733
1957	66 years, 6 mo.	$725
1958	66 years, 8 mo.	$716
1959	66 years, 10 mo.	$708
1960/later	67 years	$700

Source: Social Security Administration

If you want to estimate the amount of Social Security benefits you will be eligible to receive in the future under current law (based on your earnings record), you can use the SSA's Retirement Estimator. It's available at the SSA website at socialsecurity.gov. You can also sign up for a my Social Security account to view your online Social Security Statement at the SSA website.

Your statement contains a detailed record of your earnings, as well as estimates of retirement, survivor's, and disability benefits, and other information about Social Security. If you're not registered for an online account and are not yet receiving benefits, you'll receive a statement in the mail every five years from age 25 to age 60, and then annually thereafter.

Have you thought about your longevity?

Is it better to take reduced benefits at age 62 or full benefits later? The answer depends, in part, on how long you live. If you live longer than your "break-even age," the overall value of your retirement benefits taken at full retirement age will begin to outweigh the value of reduced benefits taken at age 62.

You'll generally reach your break-even age about 12 years after your full retirement age. For example, if your full retirement age is 66, you should reach your break-even age at 78. If you live past this age, you'll end up with higher total lifetime benefits by waiting until full retirement age to start collecting. However, unless you're able to invest your benefits rather than using them for living expenses, your break-even age is probably not the most important part of the equation. For many people, what really counts is how much they'll receive each month, rather than how much they'll accumulate over many years.

Of course, no one knows how long they'll live. But by taking into account your current health, diet, exercise level, access to quality medical care, and family health history, you might be able to make a reasonable assumption.

How much income will you need?

Another important piece of the puzzle is to look at how much retirement income you'll need, based partly on an estimate of your retirement expenses. If there is a large gap between your projected expenses and your anticipated income, waiting a few years to retire and to start collecting larger Social Security benefits may improve your financial outlook.

What's more, the longer you stay in the workforce, the greater the amount of money you will earn and have available to put into your overall retirement savings. Another plus is that Social Security's annual cost-of-living increases are calculated using your initial year's benefits as a base - the higher the base, the greater your annual increase.

Will your spouse be affected?

When to begin receiving Social Security is more complicated when you're married. The age at which you begin receiving benefits may significantly affect the amount of lifetime income you and your spouse receive, as well as the benefit the surviving spouse will be entitled to, so you'll need to consider how your decision will affect your joint retirement plan.

Do you plan on working after age 62?

Another key factor in your decision is whether you plan to continue working after you start collecting Social Security benefits at age 62. That's because income you earn before full retirement age may reduce your Social Security retirement benefit. Specifically, if you are under full retirement age for the entire year, $1 in benefits will be withheld for every $2 you earn over the annual earnings limit ($15,720 in 2016).

For example: You start collecting Social Security benefits at age 62. You continue working, and your job pays $30,000 in 2016. Your annual benefit would be reduced by $7,140 ($30,000 minus $15,720, divided by 2).

Note: If your monthly benefit is reduced in the short term due to your earnings, you'll receive a higher monthly benefit later. That's because the SSA recalculates your benefit when you reach full retirement age, and omits the months in which your benefit was reduced.

Social Security rules are complex. For more information about Social Security benefits, visit the SSA website at socialsecurity.gov, or call 800-772-1213 to speak with a representative. You may also call or visit your local Social Security office.

BARBARA KENERSON is First Vice President/Investments at Janney Montgomery Scott LLC and can be reached at BarbaraKenerson.com.

FROM PAGE 1

TEL AVIV

On New Year's Day, however, the so-called Tel Aviv bubble was definitively punctured when a gunman opened fire on Dizengoff Street, one of the busiest arteries in the city and a popular hangout for both locals and tourists. The shooting spree began at the crowded Simta bar, where young Israelis were gathered for a birthday party, then continued at a restaurant next door before ending at the bustling Sidewalk Cafe.

The suspected gunman, a 31-year-old Arab-Israeli citizen named Nashat Milhem, killed two people – Alon Bakal, 26, and Shimon Ruimi, 30 – and wounded seven others before fleeing the scene. On Jan. 3, Israeli media reported that police now believe Milhem was also responsible for the murder of Amin Shaaban, an Arab-Israeli taxi driver whose body was discovered an hour after the Dizengoff shooting.

Since the shooting, Tel Aviv has been cloaked in a gloomy silence. Milhem's escape has triggered an unprecedented manhunt, with thousands of security personnel combing the city looking for him. On the night of Jan. 1, normally packed cafes and bars were eerily empty, and the usual lines outside popular nightclubs were missing. Police patrols were on nearly every street, and many residents stayed home with their doors locked, fearful of the gunman on the loose.

When schools reopened Jan. 3, many parents chose to keep their kids at home, despite an increase in security across the city.

"Something definitely changed in the Tel Aviv bubble," said Arik Rudnitszky of Tel Aviv University's Konrad Adenauer Program for Jewish-Arab Cooperation. "Maybe now we're in the reality that Jerusalem has lived in since October."

Maya Dratwa was having lunch at the Sidewalk Cafe with her husband and two young children when the shooter began firing on patrons there. With her 3-year-old son in his stroller and her 5-year-old daughter in her arms, Dratwa crouched under the table as chaos erupted.

"Everyone was screaming, and everything fell on top of us – our food, our tea," Dratwa recalled Jan.3, saying she was still in shock.

Jan. 2 was her 31st birthday, but instead of celebrating as planned, she stayed home with her family.

"I was too afraid," Dratwa said. "I never expected this would happen here."

While Israel has faced constant terror attacks since October, nearly everything about the Dizengoff shooting was unique. The seemingly random targeting of bar patrons hearkened back to earlier waves of terrorism that aimed to inflict mass casualties on buses and other places of public gathering. Mira Marcus, the Tel Aviv municipality spokeswoman, said there has never been a manhunt for a terrorist in Tel Aviv.

The fact that Milhem escaped, rather than embracing martyrdom as many terrorists do, was a surprise to security experts, who note that terrorists often seek to inflict as much damage as possible until they are stopped by force. Police believe that after Milhem fled on foot, he hailed a cab to northern Tel Aviv driven by Shaaban. He is then believed to have driven the taxi to Namir Road, a major thoroughfare in the area, and left it near a bus stop.

Milhem's sophistication also sets him apart. In security footage released hours after the attack, he was seen entering a health food store and using a plastic bag to pick up some nuts. He placed the nuts back but kept the bag, apparently to protect his hand from leaving fingerprints on his gun.

A former Shin Bet official who spoke on condition of anonymity said it was possible the attacker was inspired by ISIS.

"There are a few dozen Arab citizens of Israel who've joined ISIS in Iraq and Syria, and there are dozens of others who support these ideas," the official told JTA. "These ideas cross borders. We see it in Europe and can see it anywhere, and there's no doubt we'll see it in Israel, too."

Israeli media reported that the gun was stolen from Milhem's father, a volunteer with the Israeli police, who identified Milhem as the gunman after seeing the health food store footage on television. Over the weekend, security officials seized the family's computers, arrested the suspect's brother on suspicion of aiding and abetting, and have maintained a heavy presence in Arara, the northern Israeli Arab village where Milhem lived.

According to news reports, Milhem was arrested in 2007 for stabbing a soldier with a screwdriver and served five years in jail. His cousin was killed in an Israeli police raid in 2006. Several family members told Israeli news outlets that he exhibited signs of mental illness.



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FROM PAGE 7

FRANKLIN

how successful bigots have been in misappropriating the American Founding Father's good name and fame for their purposes.

However, as Lopez points out, despite his famous liberality in matters of religious opinions, Franklin actually did use anti-Jewish language twice on paper in 1781. That was in private letters, and the language used there, though offensive, does not come near the vitriol Franklin is purported to have publicly uttered in the "Prophecy." Indeed, Franklin, who owned slaves and featured slaves for sale in his newspaper prior to becoming an abolitionist, was not always a man free of prejudice, including toward blacks and Jews.

Nonetheless, Franklin did eventually free his slaves and become an anti-slavery activist. In 1788, he also contributed money to Congregation Mikveh Israel, the oldest formal Jewish congregation in Philadelphia. This occurred during a time when the small congregation was burdened with debt incurred from constructing its synagogue and had turned to its neighbors, "worthy fellow Citizens of every religious Denomination," for assistance.

Among those stepping forward to help was Franklin, who gave five pounds to Congregation Mikveh Israel – not a huge sum of money, perhaps, but an atypical donation for an antisemite and a donation very much in line with what is known of Franklin's approach to religion.

In his article "Benjamin Franklin: Champion of Generic Religion" (2000), historian David T. Morgan argues that "no one to this very day is quite sure of Franklin's religious beliefs," but concludes that Franklin "can best be described as a Deist." His personal creed notwithstanding, "all religions were essentially the same" to Franklin. Viewing any religion as potentially useful, he was "a proponent of all religions and sects" and "treated all religions alike," Morgan wrote.

With Morgan's description in mind, it is not surprising that Franklin would assist in alleviating Congregation Mikveh Israel's debt and ensuring a Jewish presence in Philadelphia.

None of this history is likely to dissuade antisemites from claiming that "Franklin's Prophecy" contains the words of Benjamin Franklin as recorded in "Charles Pinckney's Diary." Antisemites, whatever other shadowy matters consume them, are not much concerned with what is true or false, or what is real or unreal. That should not, however, allow for Franklin's reputation to be unnecessarily tarnished among those who do concern themselves with such questions.

SHAI AFSAI (ggbi@juno.com) lives in Providence. He will speak on a Franklin-related topic, "Benjamin Franklin's Influence on Judaism," on Jan. 22, at Congregation Beth Sholom, 275 Camp St., Providence, 401-621-9393, as part of its "CBS Speaks" dinner and lecture series. All "CBS Speaks" dinners and talks are open to the public. The dairy dinner will begin at 5:30 p.m., following services. To make reservations, or for more information, contact Office@BethSholom-RI.org.



MAZAL TOV

THE VOICE WAS THERE – Newlyweds Caren Trachtenberg and Art Goldstein honeymooned in Cabo San Lucas, Mexico. They were married Dec. 6, 2015, at Temple Emanu-El in Providence. The ceremony was officiated by Rabbi Wayne Franklin.



ON DUTY IN ISRAEL – Howie Bromberg on his second "tour of duty" with Sar-El, volunteered on an IDF base near Netanya in mid-October. He reports that most of his time was spent preparing meals for the hungry soldiers. On his days off, he had a chance to visit Providence's former young emissaries Zohar Bromberg, Shlomi Yehiav and Anna Esilovich.

FROM PAGE 1

HERCRI

Education and Resource Center of RI is to teach the history of the Holocaust in order to promote human dignity and justice, and to serve as a memorial to its victims. Richard Bornstein's generous donation will help it move closer to realizing that goal. This most recent gift represents the culmination of years of support for the center, and the gratitude of everyone involved in this organization cannot be overstated.

JUDITH JAMIESON is president of the Holocaust Education and Resource Center of Rhode Island.

ISRAEL MISSION: PERSONAL REFLECTIONS & IMPRESSIONS

SUNDAY, JANUARY 31 | 10:00 - 11:30AM

DWARES JCC SOCIAL HALL

In November the CRC and the Jewish Alliance of Greater Rhode Island hosted a mission that included more than a dozen high-profile Rhode Islanders.

The purpose of the mission was to provide an opportunity for the participants to have a wide-ranging Israel experience so they could develop their own opinions about the country and return home to share their impressions.



"My takeaway from the mission was that the people of Israel look forward to the day when everyone — Jew, Christian and Muslim alike — can live in peace."
—Marty Cooper, Community Relations Director for the Jewish Alliance

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Toby Ayers
Chris Boyle
Janet Coit
Barbara Cottam
Mayor James Diossa
Richard Glucksman
Adam Greenman
Speaker Nicholas Mattiello
Linda & Charles Newton
James Sanzi
Margaret Van Bree
Senate President M. Teresa Paiva Weed

The panelists will share their stories and lasting impressions of Israel with members of the Rhode Island community. All are welcome to share in discourse and dialogue.

The program will be dedicated to the memory of Elizabeth "Liz" Hollander and Jonathan Stanzler who were active members of the CRC, especially issues relating to Israel and the Middle East. Therefore, donations in their name are graciously accepted and will be used to fund programs on Israel, advocacy, and social justice.

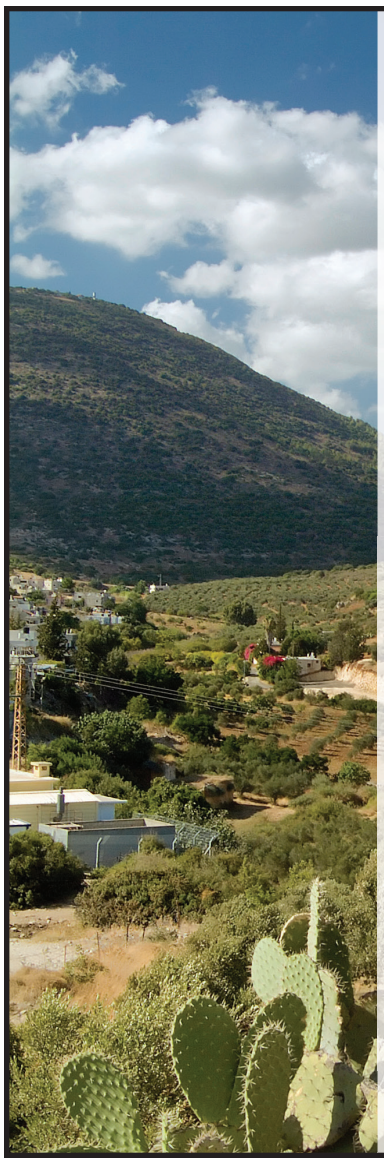
Kindly RSVP online by January 21 to let us know you will be attending.
http://www.jewishallianceri.org/israel-mission-impressions

For more information about the program, contact
Marty Cooper at mcooper@jewishallianceri.org or 401.421.4111 ext. 171

CRC Community Relations Council of The Jewish Alliance of Greater Rhode Island

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Find resources to meet your basic needs such as transportation, childcare, tax assistance, and more.

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