the JEWISH VOICE

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HEALTH & WELLNESS



Fire fighters trying to extinguish a wildfire, which broke out at the entrance to Nataf.

10 Israel news storylines that defined 2016

BY JACOB KAMARAS/ JNS.ORG

President Barack Obama sprang his much-anticipated "December surprise" on Israel at the United Nations, capping off 2016 with a bang as it relates to the Gregorian calendar year's major events surrounding the Jewish state.

The following are 10 Israel news storylines that defined this past year:

U.N. woes

The Obama administration chose to abstain from a Dec. 23 vote on a United Nations Security Council resolution condemning Israeli settlement construction beyond the 1967 lines, rather than exercising its veto power to block the resolution. In allowing the passage of the measure – which demands that Israel "immediately and completely cease all settlement activities in the 'occupied' Palestinian territory, including east Jerusalem" – Obama broke with the longstanding American policy of defending Israel against one-sided resolutions criticizing the Jewish state in the world body. America's U.N. abstention came in the waning days of a tenuous and sometimes hostile eight-year relationship between Obama and Israeli Prime Minister Benjamin Netanyahu.

It wasn't the only jarring U.N. resolution for Israel this year. In October, UNESCO, the U.N.'s cultural body, adopted two resolutions ignoring Jewish and Christian ties to Jerusalem. The measures referred to Jerusalem's Temple Mount exclusively by its Muslim names, Al-Aqsa Mosque/Al-Haram Al-Sharif.

STORYLINES | 20



PHOTO | FRAN OSTENDORF

Some of the contestants and winners in the contest.

Creativity is the winner in contest

BY JEWISH VOICE STAFF

Teens had an opportunity to win tickets to Israel in a contest sponsored by El Al Israel Airlines and the Jewish Alliance of Greater Rhode Island. Participants were asked to respond creatively to the prompt "I love Israel because…".

Entries included collage, drawings, videos, music, poetry

CONTEST | 4

Free books, programs and more: PJ Library gives kids their very own book club

BY FRAN OSTENDORF
fostendorf@jewishallianceri.org

Who doesn't love a free book?

Since 2005, PJ Library (PJ stands for pajamas) has provided families around the world with high-quality children's books, music and other resources that foster Jewish learning and create a gateway for deeper engagement in Jewish life.

Thanks to the Harold Grinspoon Foundation, in partnership with the Jewish Alliance of Greater Rhode Island, Jewish children in Rhode Island can participate at no charge – all that's necessary is registration and that the child is between 6 months and 8 years old. The folks at PJ Library (pjlibrary.org) hope the

PJ LIBRARY | 14



PHOTO | PJ LIBRARY



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THIS ISSUE'S QUOTABLE QUOTE

"It's about prioritizing *tikkun olam*, repairing the world."

Lighting the menorah at the Rhode Island State House



PHOTOS | GOVERNOR'S OFFICE/STATE OF RHODE ISLAND

On Dec. 28, the menorah was lighted at the Rhode Island State House with Gov. Gina Raimondo and First Gentleman Andy Moffit in attendance, as well as other dignitaries, including the Consul General of Israel to New England Yehuda Yaakov.

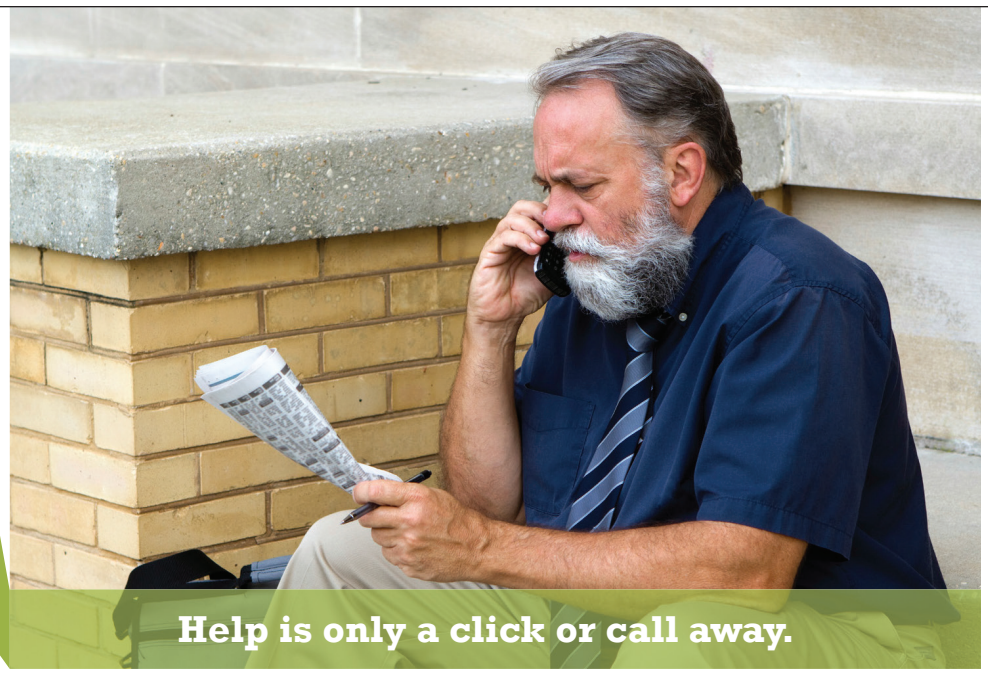


Oh, dreidel, dreidel, dreidel



Gov. Raimondo greeted community members.

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J-Camp reunion brings summer fun to December

BY ALEXIS KUTENPLON



Campers and counselors get together at the recent J-Camp reunion.

During the summer, the Dwares Jewish Community Center in Providence is bustling with J-Camp kids and smiles. On Dec. 18, the fitness lobby was once again full of eager camp kids, ready for fun at the J-Camp reunion.

The event began with an hour of swimming, followed by pizza and dancing. The campers also designed their own camp T-shirts, one of which will be selected as this coming summer's camp shirt.

Then everyone headed to the gallery to show their parents the dances they had learned. Soon their younger siblings and parents, as well as camp counselors, were joining in the fun.

Afterward, the weekly themes for next summer's camp were introduced, including American Ninja Warrior week! Seth Finkle, director of Camp Haverim and teen programming coordinator, also gave each camper a Jewish Alliance of Greater Rhode Island cup with a sneak peek of the new reward system to keep the kids motivated to do the right thing and help others.

The afternoon ended with a Skype call to summer *shaliach* Noam Spector, who told the kids she was coming back this summer.

We can't wait for another amazing summer. See you all in June!

ALEXIS KUTENPLON was the CIT leader at J-Camp in 2016.

Dr. David Kagan speaks on unification theory

Is physics one? That's the topic for discussion when Temple Habonim member, Dr. David Kagan, a physicist and faculty member at the University of Massachusetts-Dartmouth, speaks Jan. 19 at 7 p.m.

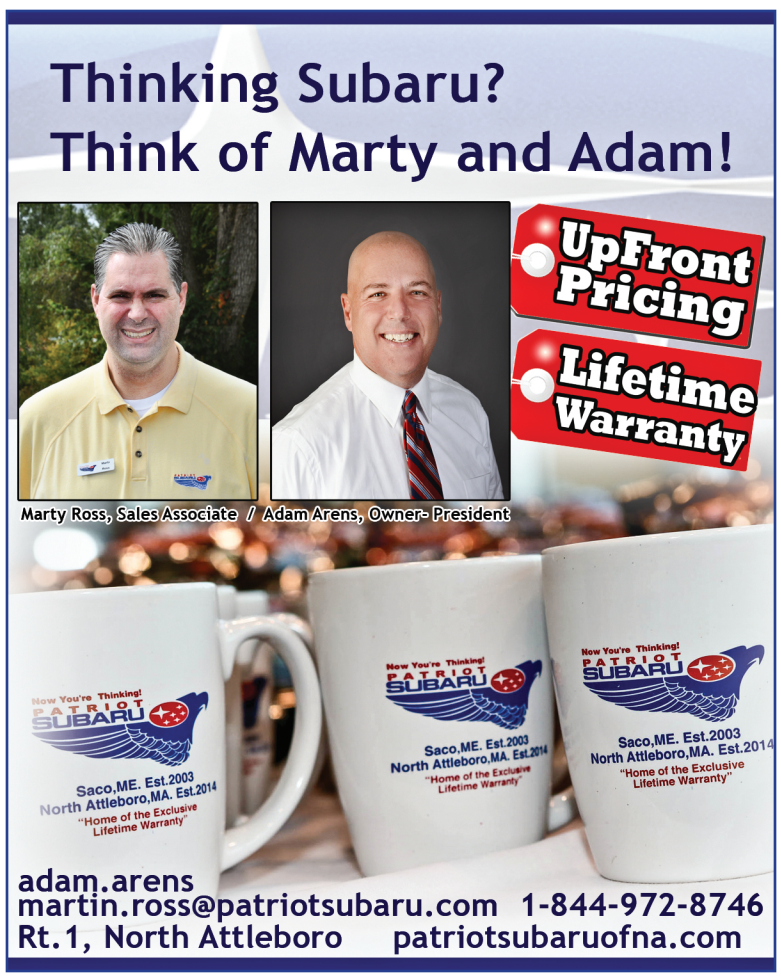
Humanity has long been enamored with the concept of unity. In Judaism, the central prayer during morning and evening services is the *Shema*, a declaration of God's Oneness. Belief in God's oneness is perhaps one of the few unifying features of the diverse threads of Jewish thought, from ancient times to present day.

In physics, the pursuit of unifying descriptions of nature has led to astonishing realizations. The unity of electric and magnetic phenomena, of mass and energy, of space and time, are examples of seemingly different phenomena brought together by a deeper understanding of our physical universe. Both quantum physics and Einstein's theories of relativity have produced such unifying realizations. And yet, bringing these pillars of physics together has proved too difficult so far.

Will our understanding of nature remain fundamentally fractured? It's possible, but many physicists hold fast to a belief in a unified theory. Kagan will describe the history of unification, address the philosophical, logical and aesthetic motivations for seeking a unified theory, and describe aspects of String Theory, an approach that has yielded fascinating insights, but has so far been impossible to bring under the rigorous light of experiment.

This program is free and open to the community. Temple Habonim is located at 165 New Meadow Road, Barrington. For information, contact office@templehabonim.org

– Submitted by Temple Habonim





FROM PAGE 1

CONTEST

and prose. "We got it all," said Jana Brenman, who is in charge of the Israel Desk at the Jewish Alliance. "There was a tremendous diversity of work."

Months ago, El Al Israel Airlines approached the Jewish Alliance to offer a contest to Rhode Island Jewish teens as a means of increasing the teens' identification with Israel. A committee chaired by Avi Nevel, a community member and businessman, chose the prompt.

A panel of four professional artists judged the submissions from students in grades 9 through 12. The winners were announced in a ceremony Dec. 13 at the Alliance's Dwares JCC.

Julia Keizler, a junior at Classical High School in Providence, won first prize for her poem. She received two round-trip tickets to Israel on El Al, as well a week at two hotels, one part of the Isrotel chain and one part of the Prima chain.

Ester Kapilevich, a sophomore at the New England Academy of Torah, won second place for her collage. Penina Satlow, a senior at Classical High School, won third place for her poem. Ester and Penina received autographed books from the office of the Consulate General to New England.

See winning entries below.



PHOTOS | FRAN OSTENDORF

First place winner Julia Keizler and Paul Dell'Isola of El Al Israel Airlines.

I love Israel because ...

How can someone be in love with a place they have never even been to? How can someone confidently stand up against their peers and defend one of the most controversial countries in the world? How can someone make three separate visits to Capitol Hill to lobby senators and congressman to vote on a bill for a country they have never even had the honor of stepping foot in. I love Israel because, it answers all these questions just by existing.

I love Israel because I have fantasized about stepping off the plane at Ben Gurion airport and feeling the warm sun on my face and the heartwarming feeling of finally being in the Jewish homeland.

I love Israel because I can confidently stand up to my ignorant peers who refer to it as a nation of terrorists and explain to them how that is so far from the truth.

I love Israel because of the brave men and women who give two or more years of their lives to defend the Jewish homeland and ensure a Jewish State for generations to come.

I love Israel because it's leading the world in technology development and medical research bringing pride to Jews around the world.

I love Israel because on culture day at my public high school I can proudly wave a flag along with my ethnic peers because I too have a country I call home.

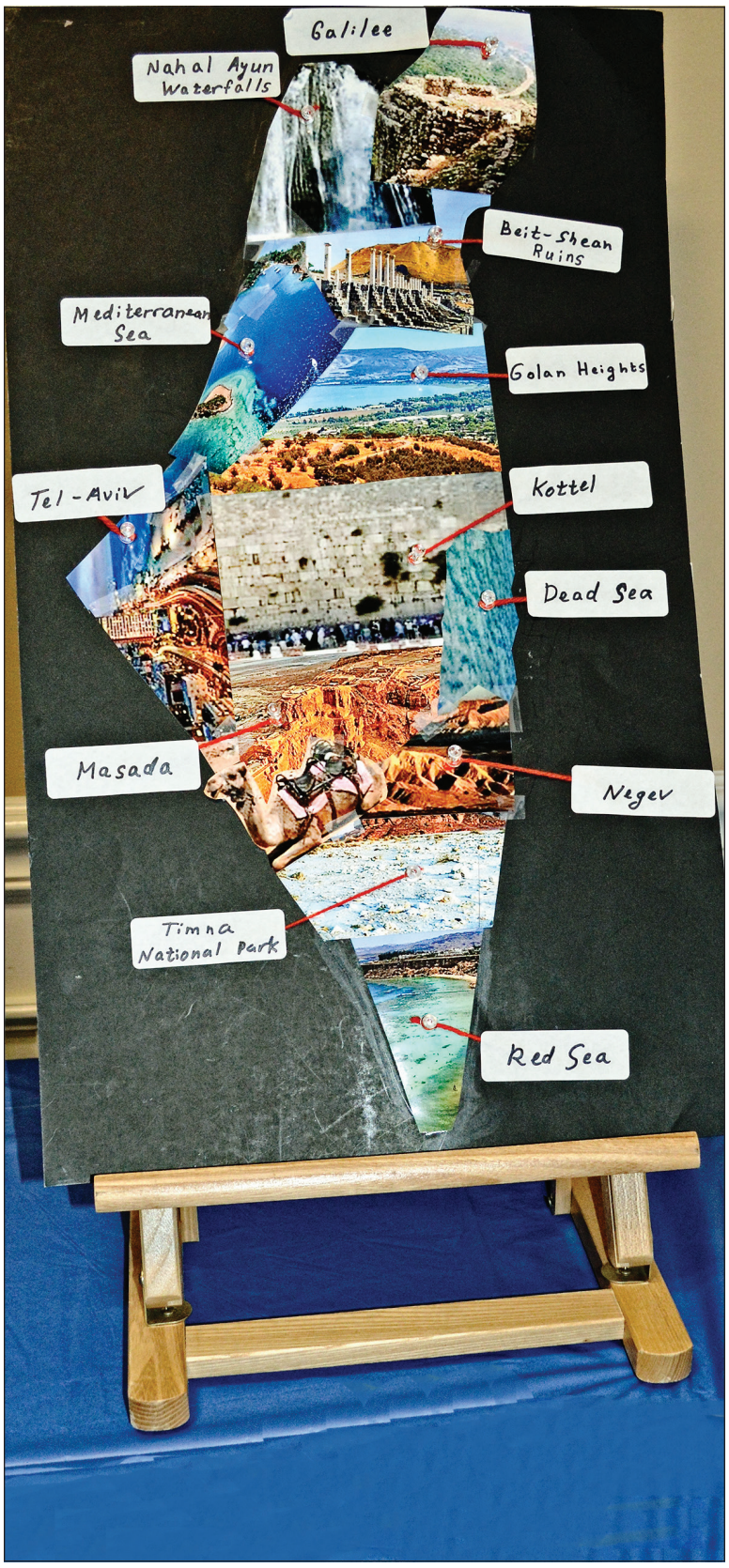
I love Israel because it inspires me every day to be resilient.

I love Israel because after the biggest mass genocide in the history of humanity it gives the Jewish people a place to call home.

I love Israel for the blue and white of the flag that originally was meant to represent a prayer shawl but now serves as colors of courage for Jews around the world.

I love Israel because it gives me the strength to be the proud Jewish person I am!

By Julia Keizler



Ester Kapilevich won second place for her collage.

Jerusalem of Gold

My Jerusalem is not of politics
It is not violence, terrorism, fear, oppression
It is not conflict lines.
My Jerusalem is not of religion
It is not fur hats, *muezzin* calls, knee length skirts, crucifixes
It is not constant battles over women in *tefillin*, Yehuda Glick at Al-Aqsa, a 200-year-old ladder outside of a church
It is not God.
My Jerusalem is not of tourism
It is not sunblock, wide-brimmed hats, groups of three or more
It is not crispy *falafel*, succulent *shawarma*
It is not tiny *tchotchkes* to bring home that will break within weeks
It is not camels, desert, falsified narratives.
My Jerusalem
Is of life
It is fresh, in-season fruits and vegetables
It is 5.90 NIS for Eged
It is harsh words screamed in Hebrew
But lovingly
It is walking to *shul* through the quiet streets
It is "*Nu*?" and "*Tachless*" and "Shabbat Shalom" It is long walks through many shades of brown
It is warm, loving families
Eager to host for a week, a day, a meal
It is friends who will never leave my side
My Jerusalem is not of gold
My Jerusalem is of steel

By Penina Satlow, who won third place for her poem.

the JEWISH VOICE

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Getting to know Rabbi Marc Mandel

BY SAM SERBY

Marc Mandel, rabbi at Newport's historic Touro Synagogue, grew up in New York City and attended Yeshiva University for both his undergraduate studies and rabbinical school, graduating in 1988. He served congregations in Memphis, Tennessee; Portland, Maine; and Beverly Hills, California, before coming to Newport.

While in Maine, Mandel earned a Doctor of Ministry degree at the Bangor Theological Seminary. While working in California, he was a Hebrew translator for Steven Spielberg's Shoah Foundation.

Mandel and his family arrived at Touro Synagogue four years ago. Mandel met his wife, Jackie, at a Kosher pizza shop in New York. The couple have six children.

Following are a few of his favorite things:

Q: Favorite Jewish food?
A: Chicken soup (for the soul).

Q: Favorite Jewish holiday?
A: Hanukkah. Isn't Hanukkah everyone's favorite Jewish holiday?

Q: Favorite Jewish song?
A: "Hatikvah." It gives me the chills every time I hear it.

Q: Favorite Jewish movie?
A: "Fiddler on the Roof."



Rabbi Marc Mandel

Q: Favorite Jewish celebrity?
A: Michael Bloomberg. He's an impressive guy.

Q: Favorite Israeli city to visit?
A: Tel Aviv. It reminds me of New York, where I grew up.

Q: Favorite Israeli city to live?
A: Beit Shemesh. It has beautiful scenery, and it is close to Jerusalem.

Q: Favorite Hebrew word?
A: *Siddur*. It reminds me of the word *shul*, which gives me a good feeling.

Q: Favorite Yiddish word?
A: *Schlep*. I just love the way it sounds.

Q: Best part of keeping Kosher, worst part of keeping Kosher?
A: Best part: It makes you food-conscious. You have to know what is inside everything and how it is cooked. Worst part: The price is not always right.

Q: Favorite part of being Jewish?
A: Trying to figure out the meaning of life. It makes you question the meaning of life and what our purpose is here on this planet. It's a journey.

Q: Favorite part of being a rabbi?
A: Meeting so many inspiring people.

Q: Favorite Jewish memory?
A: Greeting Golda Meir at Kennedy Airport when I was a young boy with my family. It is something that has stayed with me. I still remember the excitement of that day.

Q: Best advice you've ever received?
A: From my wife Jackie: Say what you mean, mean what you say.

Q: If you could have three dinner guests, living or from history, who would they be and why?
A: Isaac Touro, Judah Touro and Abraham Touro. I have many questions about the history of Touro and they were the founders. So, I think they could answer all of my questions about the synagogue. We have some history books and some notes, but there still remains a lot of questions. I always wonder what it was really like here in the 1700s and why did it take so long to build the synagogue if people were here in the 1600s? I'd just love to learn more about the early days here.

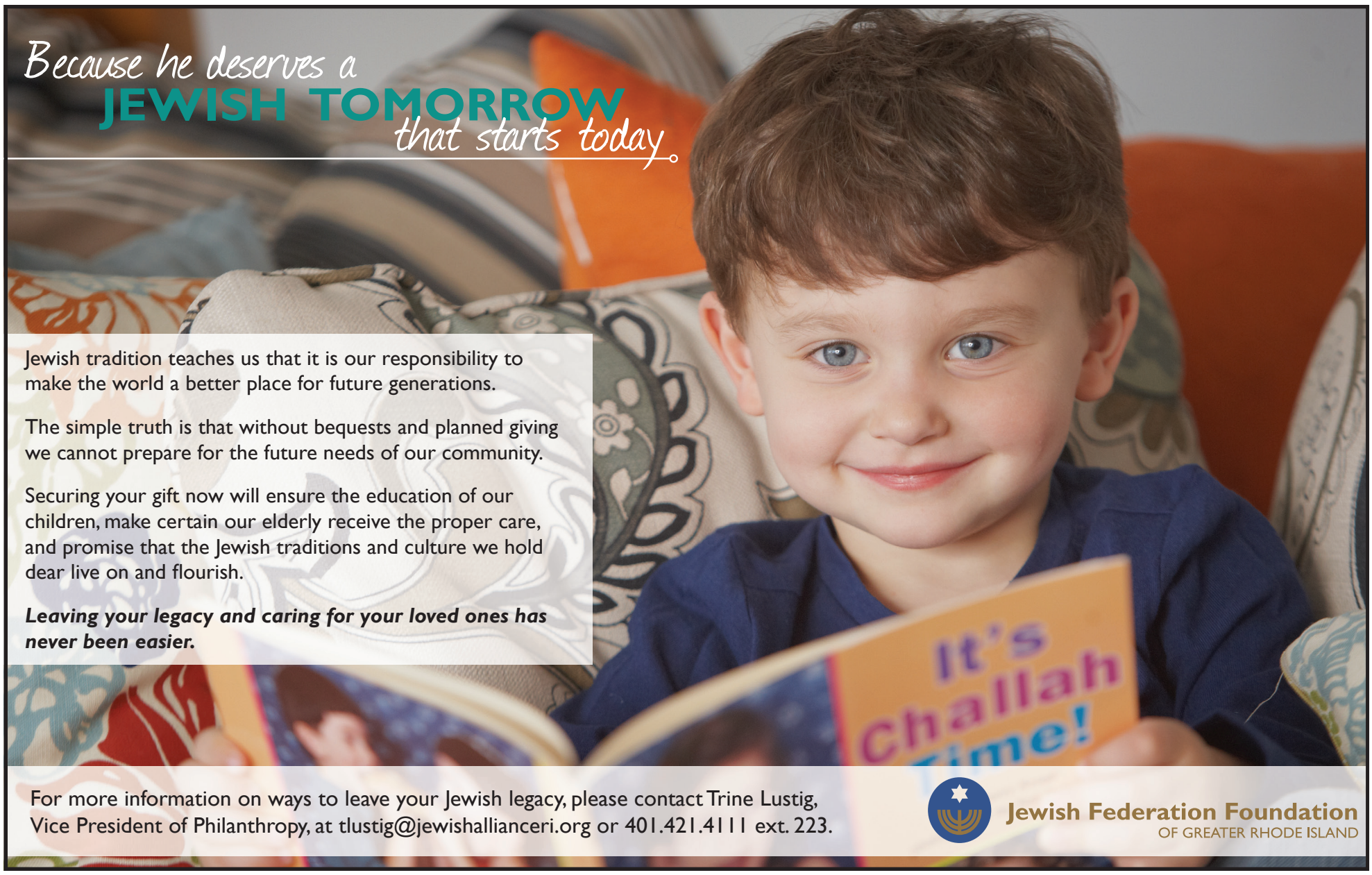
SAM SERBY is a native of East Greenwich and attended Temple Sinai in Cranston for many years. He is a recent graduate of Johnson & Wales University.

Kollel Center moves

The Kollel Center for Jewish Studies is on the move.

According to Rabbi Raphie Schochet, Rosh Kollel, the Kollel Center is moving to the Providence Hebrew Day School. In an email, Schochet said, "We will be taking over the Judaic Library in the new wing of the school. Access will be through the Savoy Street entrance at night and through the main school entrance [on Elmgrove Avenue] by day. We will be able to utilize many of the resources that the school has in place and look forward to this becoming a vibrant center of Jewish study."

All Kollel activities, unless otherwise specified, now take place at PHDS. The center had previously been in space at Congregation Ohawe Shalom in Pawtucket.



Volunteers are crucial to our community

BY STEPHANIE HAGUE
shague@jewishallianceri.org

The Talmud teaches us to "… sustain the non-Jewish poor with the Jewish poor, visit the non-Jewish sick with the Jewish sick, and bury the non-Jewish dead with the Jewish dead …" (Babylonian Talmud, Gittin 61A): The value of supporting Jewish and non-Jewish organizations alike is taken very seriously by our community members and organizations.

While the Jewish Alliance of Greater Rhode Island truly could not function without our community members' charitable giving and immeasurable volunteer hours, many of the Alliance's most dedicated volunteers also know the importance of helping non-Jewish organizations across our small but mighty state.

Barbara Feldstein, a former co-chair of the Women's Alliance Endowment Fund, has been a longtime community volunteer. Feldstein shared that she was always deeply involved in the Jewish community, but after she retired she was looking for an opportunity beyond these experiences.

For the past 12 years, she has volunteered in the post-partum day program at Women & Infants Hospital, in Providence, caring for newborns and infants while their mothers receive therapeutic support for post-partum depression and anxiety. She also volunteers in the Moms for Moms program, as a mentor to new mothers. In this role, Feldstein has helped eight women as they navigate new motherhood and overall wellness.



PHOTO | DAN GAMM

Dan Gamm with volunteers at the Boys and Girls Club of Pawtucket.

One experience that has stayed with her is about a woman she mentored who she "… bonded with immediately."

Feldstein said, "This mom was in great distress. After a year of working together, we parted ways … five years later I received a holiday card that said 'Thank you for helping me through the worst time of my life.' " This is just one of many stories from Feldstein's experiences.

Dan Gamm, Marisa Garber and their three children live on Providence's East Side, and Gamm shares that his life is "mostly in the Jewish community." The couple is actively involved in Jewish institutions locally, though Gamm knows the importance of "bringing our children to different communities and helping others."

For the past eight years, Gamm has organized his employees and clients at Gamm Financial Group to volunteer at the Ronald McDonald House, in Providence, during the holiday season.



Barbara Sokoloff.



Barbara Feldstein

The volunteers cook and clean at the Ronald McDonald House, making things a little easier for the crew that usually cares for the house. Because of this annual tradition, Gamm said that one of his 75-year-old clients shows up every year at the Ronald McDonald House with his own rake and outdoor supplies and heads straight to the yard to do his task.

Gamm, who serves as chair of the Professional Advisory Committee at the Alliance and is co-president at the Jewish Community Day School of Rhode Island, also brings a group of volunteers to the Boys and Girls Club of Pawtucket every year to assemble over 250 Thanksgiving baskets for at-risk families.

Another volunteer crucial to our community is Barbara Sokoloff.

"It's about prioritizing *tikkun olam*, repairing the world," Sokoloff said about her commitment to volunteering both at Jewish organizations and beyond.

Sokoloff is a board member at the Classical High School Alumni Association and the Institute for the Study and Practice of Nonviolence. Some 71 percent of students at Classical live at or below the poverty line, but the school still ranks high in Rhode Island. The alumni association supports a number of projects every year, such as transportation for field trips, athletic team supplies, and musical instruments and equipment.

This past year Sokoloff was honored as a Distinguished Alum of the Year by the Alumni Association.

Sokoloff's commitment to Rhode Island youth also manifests in her role as board member of the Institute for the Study and Practice of Nonviolence, which strives to reduce violent crime in our community.

When asked how she finds the time for her varied involvement, Sokoloff said, "I think that generally the busiest people still find the time to volunteer … it's just the way I look at the world."

The Jewish Alliance is able to enrich life for Jews in Rhode Island and around the world because of these committed individuals and countless others who contribute to our annual campaign, volunteer at the alliance and our partner agencies, and inspire their peers to get further involved – and we cannot do it without you.

To give your time to the Jewish community, or to donate to the Alliance Annual Campaign, contact Stephanie Hague at shague@jewishallianceri.org or 401-421-4111, ext. 127.

STEPHANIE HAGUE is the philanthropy officer at the Jewish Alliance of Greater Rhode Island.



GUIDE BEFORE GOOGLE
Check your Guide to Jewish Living for all things Jewish.

NEWS BRIEFS

American wins International Adult Bible Contest in Jerusalem

JTA – Yair Shahak of New York City was one of two winners of the International Adult Bible Contest in Jerusalem.

Shahak, 28, representing the U.S., shared the honor with Israeli Yafit Silman, according to Ynet News. Shahak's wife, Yaelle Frohlich, was also a finalist in the competition, representing Canada. The contest ended on Dec. 28.

The contest – sort of a spelling bee, but with biblical verses rather than words – has the contestants answer the minutest of details about the most obscure of biblical books. Contestants must locate or complete fragments of biblical verses, identify who said which quotation to whom, or name geographical details of the ancient Land of Israel.

The competition drew 27 finalists from all over the world, ages 24 and up, who took a rigorous written exam. It ended in a final round of 16, where contestants were quizzed orally in front of an audience that included Israeli Education Minister Naftali Bennett.

Shahak, a cantor and graduate student of violin, was one of the international competition's final eight contestants when it was last held in 2014.

"Something that bothers me is how little most Orthodox Jews know about Jewish history, and you can't know Jewish history without knowing Bible," Shahak told JTA. "Biblical history is not in a vacuum, that it maybe happened but we don't really talk about it. I think it was real and it did happen, and we have to understand how it happened and what it means for us."

Over 2 million people visited Auschwitz museum in 2016

WARSAW, Poland (JTA) – More than 2 million people from around the world visited the Auschwitz museum in 2016, setting a record.

The 2,053,000 visitors to the Auschwitz-Birkenau Memorial and Museum were led by the host country, Poland, with 424,000, according to a Jan. 2 statement on the museum's website. The museum this year marks the 70th anniversary of its creation.

Rounding out the top 10 countries were the United Kingdom, with 271,000 visitors; the United States, 215,000; Italy, 146,000; Spain, 115,000; Israel, 97,000; Germany, 92,000; France, 82,000; the Czech Republic, 60,000, and Sweden, 41,000.

The numbers include 61,000 organized tour groups, and individually conducted tours by museum guides for 310,736 people, according to the museum. In addition, some 150 movie crews produced documentaries last year at the museum and memorial.

"In today's world, torn by conflicts, increased feeling of insecurity and strengthening of populist tones in public discourse, it is necessary to re-listen to the darkest warnings from the past," museum director Piotr Cywinski said in a statement announcing the 2016 numbers.

Last week, a Polish organization fighting for fathers' rights compared Auschwitz to the obligation to pay alimony. On its website, the group posted a photo of the entrance gate, where the sign "*Arbeit macht frei*," or "Work makes you free," was changed to "Work on alimony makes you free."

The group is demanding the elimination of the obligation to pay maintenance for fathers fighting for custody of their children.

The museum protested on Facebook and asked for the removal of the doctored photo.

"The use and instrumentalization of the tragedy of Auschwitz is sad and inappropriate, and painful for many people, including those who survived the nightmare of Auschwitz," said the Facebook post.

Modern resources can help us avoid repeating ancient mistakes



RABBI MARC MANDEL

The biblical story of Joseph and his brothers spans four Torah readings – a full month on the yearly calendar. That's a lot of coverage for a single story in the Torah. There must be many important lessons that the Torah is trying to teach us with this story.

For me, one fascinating part is how, after Joseph's brothers had cast him into a dangerous pit, they sat down to have lunch. That to me is shocking. Was there no regret or remorse for this horrendous action? Apparently the Torah is teaching us that, as human beings, we are not necessarily going to make good choices – and that we won't feel guilty for our wrong and harmful choices. That's scary. And that's where the Jewish Alliance of Greater Rhode Island comes in.

The Alliance has set up a system of Jewish values that inspires us to make the right choices and helps us understand some of the core Jewish values we should internalize in our lives.

To access this, go to the Alliance's website, at http://www.jewishallianceri.org, and then click on Jewish Resources. In the drop-down menu you will see a list of great Jewish sources that can educate us on how to be better Jews.

Whether it's charity, or synagogue life, or Jewish education, or remembering the Holocaust, the Alliance is giving us the tools that Joseph's brothers didn't have. We can learn from our Jewish Alliance how not to repeat the grave mistakes that Joseph's brothers made.

MARC MANDEL is the rabbi at Touro Synagogue, in Newport.

Building bridges into a new year

BY GLORIA S. REDLICH

For most of us Hanukkah has come and gone for another year. But in our home tucked away on Block Island, it lingers. I find myself unable to take down my Hanukkah window; it's the one with the blue streamers, dreidel cutouts and our handmade greetings to the world.

As I look ahead to 2017, reflections of our menorah's candles reaching into our island neighborhood linger in my mind's eye. It may have something to do with the metaphorical imperative to "light up the darkness" feeling more critical than ever this new year.

It is an imperative linking us with friends and neighbors – Christians, Muslims and others – all who share dreams that peace and justice may yet spread throughout the world.

Often we define ourselves by the religions in which we have grown up, or by the value systems nurtured by our families. Intertwined, these are among the potent influences that inform our beliefs.

At times, we have derided each other or stood by as others have targeted our neighbors because of faith. Human history is littered with carnage resulting from those kinds of actions, at times of inactions or indifference.

The political framework within the countries where we grow up also fosters our values. Ours is a democracy, which schools us in principles of fairness and inclusion. Being an American teaches us to be vigilant – to make certain that voices of hatred do not whip up our fears and uncertainties so much that they launch us into an era of xenophobia and bigotry.

To direct these at others – neighbors, citizens who are different, victims made homeless by war – is to fly in the face of our shared values.

Ties of "ethical monotheism"

While there are those who cast aspersions on Islam as a terrorist organization masquerading as a religion, we must not be misdirected by lies: Islam is one of three major Abrahamic religions.

Islam is intimately tied to Christianity and Judaism, through acknowledgement of Abraham, the patriarch we credit with establishing what has been referred to as "ethical monotheism," as academic Lynn Kunkle writes. She notes Abraham was "the first to link individual belief and worship in ... one God to social values and responsibilities."

As movements toward exclusivity and prejudice invade our public spaces, it seems more important than ever to establish the common roots of our humanity. Rather than pointing disparaging fingers at groups or individuals, it is time to unite behind those common values.

Whether religious or secular in our outlooks, most of us identify with working for the community, protecting the rights of all to worship freely and promoting equity throughout our society. These have historically been shared principles no matter our political affiliation.

For those of us from the Jewish tradition, Abrahamic values invest our commitments to *tikkun olam* – our individual obligations to heal the world, to effect social justice – to do whatever we can to make the world a better place for all.

If, as the Declaration of Independence bids us, we must promote "the common good," then as part of our vigilance we must hold our leaders to the standard of truthfulness. As Americans and Jews, we must make certain that our personal freedoms do not depend on encroaching on the freedoms of others.

An indispensable opposition

And we need to be part of a responsible and vital opposition that is a requisite to a healthy democracy.

As renowned 20th century American journalist Walter Lippmann reminds us, the voice of an opposition is "indispensable" to a democracy.

He writes, "The compelling reason why, if liberty of opinion did not exist, we should have to invent it, why it will eventually have to be restored in all civilized countries where it is now suppressed, is that we must protect the right of our opponents to speak because we must hear what they have to say."

He enjoins us to make authentic choices.

"This is the virtue of liberty," Lippmann adds, "When men are brought face to face with their opponents, forced to listen and learn and mend their ideas, they cease to be children and savages and begin to live like civilized men. Then only is freedom a reality..."

No dream for one season

So it is, at the entrance to a new year, we join ourselves to mankind's collective dream of peace and justice. We know that this is no dream for one season.

Rather we must build bridges to the future: make round-the–clock commitments to protect each other with all of our differences and our planet with all of its vulnerabilities. We must make every effort in our power to make our voices heard – in order to keep truth and our democracy alive.

GLORIA S. REDLICH, a full-time Block Island resident**,** is secretary of Congregation Sons and Daughters of Ruth. She is a regular contributing writer for The Block Island Times and can be reached at gloryb311@gmail.com.

Candle Lighting Times

Greater Rhode Island

January 6	**4:11**
January 13	**4:19**
January 20	**4:27**
January 27	**4:36**



Give a little thought to making 2017 a good year



EDITOR

FRAN OSTENDORF

This is a goal-driven time of year. With the start of the new year, many people set goals for themselves, their household, their company or organization. A new year can means a new start – even a new you.

Whether it's health and wellness goals, organizational goals, academic goals or life-changing goals, now seems like a good time to start anew. And there's a whole lot of advice out there to help you along.

Have you looked at your email lately? I get notifications from a number of websites, religious and secular. They all have advice on how to be the "best you" in 2017. Here at The Voice, we add to that advice with our special coverage on Health and Wellness in this issue.

Our publisher, Jeffrey Savit, the CEO of the Jewish Alliance of Greater Rhode Island, announced quite publically in his latest Shabbat message that he had a fitness goal. And he tied a measure of *tzedakah* to his workout routine. You can read his message on the Jewish Alliance website (jewishallianceri.org).

Challenges are a good thing for the rest of us, too.

So, how are you feeling about 2017? Are you setting goals? Do you set them high? Does it bother you when you miss them? Do you set some that are easy to achieve so you can be motivated by success? Or do you avoid goals altogether to avoid the failure and frustration of missing them?

I'm not much of a public goal-setter. I never liked the whole "New Year's Resolution" process. Too much pressure. I've always had personal, ongoing goals – and I add to them almost daily, it seems. But once-a-year pronouncements seem a little forced for me. I have a lot of respect for those who do make their goals public, especially if that generates extra motivation for them, but it's not for me.

Whether you set goals or not, now is a good time to think about how this new year can be better than last year. Are you going to make any changes, even small ones? Read a little more? Volunteer a little more? Study a little more? Work a little less?

Give it a thought.

Now is the time.

Happy New Year.

LETTER

Elly Lewis: Editorial powerhouse at Jewish Voice

Elly Lewis did not tolerate bad prose.

As a recent English major and newbie newsy, I felt pretty confidant in my writing and editing skills when I took over as editor of the Jewish Voice & Herald in 2002. That confidence was shaken when I received a copy of the paper we had just put out, each mistake marked with red pencil, from Elly Lewis.

And I was forever grateful.

As editorial board chair, Elly's job was to make sure the paper met the high standards of our thousands of readers. And met her standards, which were no less high than the New York Times, an aspirational goal she brought up frequently.

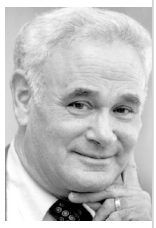
I gained an incredible amount of knowledge during my time as editor of the paper, much of it through fully engaged volunteers like Elly. Despite having a very full calendar, Elly made time for every meeting, policy discussion or brainstorming session. Our meetings were the best type of challenge, where we honed our debating skills and reached new levels of understanding and innovation.

Elly helped make sure the paper did much more than cover the easy stories with cute kids and speakers on book tours. She helped me merge the best of the Rhode Island Jewish Herald with the Jewish Voice & Herald, plan storyboards a year out, launch new sections and fill the board with excellent members from around Rhode Island. She helped make it a paper I was proud of.

Our community, and this institution, owes her a great deal. We'll miss you.

Jonathan Rubin
Arlington, VA
Jonathan Rubin was the editor of the Jewish Voice from 2002 to 2007.

Saying whatever we want whenever we want



IT SEEMS TO ME

RABBI JIM ROSENBERG

Dahlia Rabin Pelossof (b. 1950), daughter of Yitzhak Rabin, is an impressive woman. A lawyer by profession, she served as a liberal member of Israel's Knesset from 1999 to 2003. In recent years, she has been devoting her considerable energy to the Yitzhak Rabin Center in Tel Aviv.

Established about three years ago in memory of the Israeli prime minister assassinated on Nov. 4, 1995, this library and resource center devotes about 20 percent of its museum's exhibit space to the life of Rabin and the other 80 percent to the story of the creation and development of modern Israel.

On a Wednesday afternoon in early December, I drove to Dedham, Massachusetts, to hear Dahlia Rabin speak to the students, faculty and parents of the Rashi School, where my son David is assistant head of school.

Rabin is a dynamic speaker, and she managed to hold the attention of both the middle school students and adults in attendance. I felt privileged to be in the presence of such an accomplished woman, a credit to the State of Israel and to the Jewish community the world over.

But while I was impressed by Rabin, I was even more stirred by the brief talk given by Nisso Bejar, an 18-year-old Israeli born and raised in Haifa. Bejar is one of two Israelis who are spending their "gap year" between high school and induction into the Israel Defense Forces as volunteer emissaries to the greater Boston Jewish community. Rashi is among the area's Jewish day schools and synagogues that are beneficiaries of this *Shinshinim* Young Ambassadors Program, sponsored by Boston's Combined Jewish Philanthropies in partnership with the Jewish Agency of Israel. *Shinshinim* is the Hebrew acronym for *shnat sherut*, year of service.

Bejar and Dor Yohay, the other gap-year volunteer, both spoke at the Israeli Consulate in Boston at an event honoring Dahlia Rabin on the Monday evening prior to her speaking at Rashi. My son, feeling that I would appreciate their brief but powerful addresses, emailed them to me.

> **"Even hate speech is, in most cases, protected by the First Amendment of our Constitution."**

What I find so compelling about Bejar's address is that he has forced me to reconsider my close-to-absolutist position regarding freedom of speech, even when the free speech is hate speech.

Some years ago, expressing my commitment to free speech in a column in the Barrington Times, I defended the rights of members of the Rev. Fred Phelps Sr.'s tiny Westboro Baptist Church, in Topeka, Kansas, to picket the funeral of Marine Lance Cpl. Matthew Snyder, who had been killed in Iraq. This is the same group of contemptible bigots that felt compelled to travel half way across the country to picket several hundred Reform rabbis at our March 2000 annual convention in Greensboro, North Carolina, during which we affirmed the sanctity of same-sex unions.

When I stepped out of the convention facility for a breath of fresh air, I was greeted with large placards stating GOD HATES JEW FAGS.

As despicable as members of the Westboro Baptist church are, they are no worse than the members of the American Nazi Party, who in 1977 won the right, on First Amendment grounds, to march through the center of Skokie, Illinois, home to thousands of Holocaust survivors.

Even hate speech is, in most cases, protected by the First Amendment of our Constitution. The principle of free speech, the liberty to say what we want when we want, lies at the very core of our democracy.

What new perspective did the 18-year-old Israeli offer that is pushing me to reconsider my long-held views on freedom of speech? In Israel, from Bejar's perspective, hate speech has directly led to violent actions: "I remember, in particular, the lessons my teachers shared with us about the signs calling for violence and hateful language that had been used leading up to Rabin's assassination."

Bejar went on to express his surprise that when he and Yohay spoke at Needham High School, "the American teenagers reached a different conclusion from Israeli teenagers even after we taught them about the hateful language that led to Rabin's death .... [They] believed that there should be no limit to freedom of speech in a democracy."

While Bejar admits that in a democracy the issue of limiting free speech, even when it is hate speech, is complicated, he insists that "we need to learn from Rabin's life and death that language has power.... We have to be aware of the consequences of our language and responsible in how we express ourselves."

It seems to me that our elected leaders, men and women who are in the position both to inspire communal good will and to incite violence, need to be held to a higher standard – both legally and morally – than the average citizen.

When our politicians engage in hate speech, when they shout "fire!" in a crowded theater, they are violating the public trust. Should they not be held accountable for the words that they say and the consequences of their words?

As Bejar put it at the conclusion of his talk at Boston's Israel Consulate, "We should learn from this terrible experience [of Rabin's assassination] that the key to living peaceably in a diverse country is using communication to unite and not to divide people."

JAMES B. ROSENBERG is rabbi emeritus at 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 (300 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).

Wearing my 'ugly' Hanukkah sweater is really a symbol of freedom

BY NOEL RUBINTON

On the first night of Hanukkah, my wife gave me a sweater that was definitely the match to any ugly Christmas sweater I'd ever seen or heard about.

In bright royal blue and white, it has on it many Jewish symbols you'd expect for the season (menorahs, Jewish stars, bottles of oil), and others you might not (shofars and Torahs).

I smiled – how could you not? – and started to do what you do with a new gift: wear it out in public. This ugly Hanukkah sweater was an immediate conversation-stopper and hit. People laughed out loud and asked where I had gotten it (I gave full credit to my wife's online shopping skills). When I started wearing it daily at synagogue, people started to debate whether I could keep wearing it beyond Hanukkah. The consensus seemed to be that some other holidays, such as *Simchat Torah*, might present opportunity. Others, such as Yom Kippur, not so much.

We went on a vacation trip to Boston for a couple of days during the holiday, and it seemed normal by then to wear my new sweater all around. Not much happened until one morning when we were standing on the platform of the T in Cambridge.

A husband and wife and their two young sons, about 8 or 9, were standing nearby. One of the boys looked at me and started grinning. "We're Jewish too," he said with the transparent honesty of a child. His mother, with a smile but also some concern, said, they were from Chicago and added, "They've been trained to watch."



All of a sudden, it hit me. Wearing this comically garish Hanukkah sweater, so charming within the Jewish world, could stigmatize me. At a time when the United States has seen an upswing of anti-Semitic incidents and when fears have greatly increased, the distance between proud emblem and dangerous target is uncomfortably small. In Rhode Island, for instance, in recent months, wearing a *kippah* on the street has become less routine as there have been incidents of Jews being subjected to insults.

We live in a fragile moment in time. We can't take our ability to freely express our religions for granted – even wearing an ugly sweater. The need to work for more tolerance and protection is huge, as is the necessity for constant vigilance.

The work done by the Community Relations Council of the Jewish Alliance of Greater Rhode Island is vital and needs more support. The same for the multi-faith work already underway. Police and other layers of government, even if already sensitive to the situation, need to be encouraged to be as involved as possible. It is not a Jewish issue, or a Muslim issue, or that of any other group. It is an issue for everyone.

When I first put on my new Hanukkah sweater, I didn't recognize that I could be stepping into much more. I didn't think about how lucky I am to be able to wear the sweater in public – in other parts of the world, Jews wouldn't even think of making such a display of religion. With the freedom that still exists in the United States comes the obligation to fight for its continuation and strengthening.

NOEL RUBINTON is a writer based in Providence.

In Congress, a new battle emerges: 2 states or not 2 states

BY RON KAMPEAS

WASHINGTON (JTA) – There's a striking difference between competing bids in Congress addressing last month's U.N. Security Council resolution condemning Israeli settlements.

It's not that they differ on the United Nations – the two nonbinding congressional resolutions under consideration condemn the Security Council, as well as the outgoing Obama administration for abstaining and not exercising the U.S. veto.

Here's the difference: Missing from one of the resolutions are the words "two states." In the other resolution, the two-state outcome features prominently.

Sponsors said little on the record about the differences, but what the simultaneous introductions signal is a battle over whether it becomes U.S. policy to regard the two-state solution as dead or alive.

In one corner is the mainstream pro-Israel community, combining leftists and centrists and led by the American Israel Public Affairs Committee (AIPAC), seeking to preserve two states as a viable outcome for Israel and the Palestinians.

In the other is a deeply conservative and often Orthodox minority of the American Jewish community that includes figures who are close to President-elect Donald Trump. They want the two-state solution declared dead in order to pave the way for Israel to annex portions of the West Bank it still controls.

The winner in Round 1: AIPAC.

The Republican leadership of the incoming U.S. House of Representatives has scheduled a vote for Thursday [Jan. 5] on the resolution being backed by the lobby. Reps. Ed Royce, R-Calif., the chairman of the House Foreign Affairs Committee, and the committee's senior Democrat, Rep. Eliot Engel, D-N.Y., are the sponsors.

The other resolution, brought out by Rep. Dennis Ross, R-Fla. – the House deputy majority whip and a member of Trump's transition team – is in limbo awaiting consideration by the Foreign Affairs Committee.

The two-state outcome appears high in the Royce-Engel resolution, in the second paragraph: "Whereas the United States has long supported a negotiated settlement leading to a sustainable two-state solution with the democratic, Jewish state of Israel and a demilitarized, democratic Palestinian state living side-by-side in peace and security."

That resolution calls on the United States to seek the repeal or alteration of the Security Council resolution, so that "it is no longer one-sided and anti-Israel."

But don't count out the other side. Trump has nominated as ambassador to Israel David Friedman, who has been a major donor to the settlement movement, and named as his top official dealing with international relations Jason Greenblatt, who has said that settlements are not an impediment to peace. The family of his son-in-law, Jared Kushner, has donated to settlements.

Additionally, the Republican Party, in a platform revision this summer, removed explicit references to two states. The Republican fundraiser who helped engineer that change, Jeff Ballabon, told BuzzFeed News over the long weekend that now, within the GOP, "you have to justify the notion of a two-state solution."

That might not be true yet, but the list of sponsors of the resolution competing with Royce's is a who's who of the party's anti-establishment right wing. They have scored impressive wins in recent years, not least of which is backing the winning candidate for president.

While the resolution disapproves of the U.N. resolution and the Obama administration's abstention, it does not refer to the two-state solution.

"Two states" was omitted, a Ross spokeswoman said, because the resolution was more narrowly focused.

"The resolution is a very narrow response to the U.N.'s vote, specifically condemning President Obama's instruction to abstain and abandon our closest ally," Joni Shockey told JTA.

Whereas the Royce resolution emphasizes backing Israel in its quest for peace, the Ross resolution stresses the alliance, saying that Congress "affirms its commitment to the State of Israel as our loyal friend and strong ally in the Middle East."

Senate versions of each of the House resolutions are expected to be introduced in the coming days.

Ballabon told JTA that the Ross resolution made more sense, as it focused directly on the U.N. Security Council Resolution 2334.

"Instead of focusing on the real crime of 2334 – its abandonment of Israel and its legitimization of ethnic cleansing of Jews from the Jewish homeland – Royce's resolution laments the damage to the 'Two-State Solution' – the fetishized fantasy of a peaceful PLO state," he wrote JTA in an email.

U.S. administrations, Democratic and Republican, have embraced a two-state outcome since the early 2000s. It was the solution sought by President Bill Clinton at Camp David in 2000, and although President George W. Bush seemed at first skeptical, he embraced the outcome by 2002.

Three rounds of failed peace talks under Clinton, then Bush, then Obama have dampened expectations that the outcome is set to arrive anytime soon.

Whether the "two state is dead" crowd wins the bigger game depends on an overcoming a number of formidable obstacles. Congressional leaders, even in this most polarizing of eras, still seek bipartisanship.

Whatever the tensions between Israeli Prime Minister Benjamin Netanyahu and President Obama in recent years, congressional Democrats have shown they favor pro-Israel resolutions as long as they endorse two states. And Republican leaders like Royce and Rep. Kevin McCarthy, R-Calif., the majority leader who announced Thursday's vote, will always be willing to tweak language to get the overwhelming majorities that show they are bridge builders.

Additionally, AIPAC's role in this signifies the importance that the American Jewish establishment still attaches to a two-state outcome.

"Simply calling for a demilitarized and democratic Palestinian state living side by side in peace and harmony with Israel doesn't necessarily translate into enduring reality," American Jewish Committee CEO David Harris told JTA. "We're talking about the Middle East, after all. But given the weak alternatives, this approach still seems the most feasible, particularly if Israel's Jewish and democratic character are to be preserved for future generations."

Then there's Netanyahu, who still embraces the notion of two states, however much his party and governing coalition have abandoned the policy.

David Makovsky, a fellow at the Washington Institute for Near East Policy, said Netanyahu may encourage the Trump administration to preserve two states as an outcome by reviving President George W. Bush's 2004 approach. In an April 14, 2004 letter to then-Prime Minister Ariel Sharon, Bush essentially recognized settlement blocs bordering the 1967 lines as likely to remain in Israel, and opposed expansion of settlements beyond the security fence now bisecting the West bank.

"A reaffirmation of the Bush letter would help establish U.S. policy at a time when a U.S. administration will be preoccupied with other more urgent priorities," said Makovsky, who was a member of the State Department team that last tried to broker an Israeli-Palestinian peace in 2013-14. "This would be convenient for Netanyahu and Trump and would retain the viability of two states."

Why would Trump defy his closest Jewish advisers and continue to bank on a two-state outcome? Trump has proven unpredictable. He said several times while campaigning that he would like to take a stab at this most knotty of American foreign policy challenges.

And the AJC's Harris and Makovsky, in separate interviews, cited another factor in the president-elect's biography: He can't resist the challenge of a deal that has so far defeated all comers.

"He's a lifelong deal maker," Harris said of the author of the best-selling "The Art of the Deal." "This one may at some point tempt him as the ultimate challenge."

Ongoing

Alliance Kosher Senior Café. Kosher lunch and program every Monday, Wednesday and Friday. Temple Emanu-El, 99 Taft Ave., Providence. Noon lunch; 1 p.m. program. $3 lunch donation from individuals 60+ or under 60 with disabilities. Neal or Elaine, 401-338-3189.

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.

Through March 2

Plein Air Artists. Temple Habonim Gallery, 165 New Meadow Road, Barrington. Features works by members of the summer 2016 Lifelong Learning Collaborative Plein Air class. Gallery is open Wednesday and Thursday, 9 a.m. to 4 p.m., Friday, 9 a.m. to 1 p.m. and by appointment. Information, call 401-245-6536 or email gallery@templehabonim.org.

Friday | January 6

Shabbat Chai. 6-8:30 p.m. Temple Emanu-El, 99 Taft Ave., Providence. Shabbat Chai combines musical instruments with both traditional and spirited Kabbalat Shabbat melodies. After the service, stay for a Shabbat dinner. Shabbat Chai is for all ages, with children's activities available throughout the evening. Free – although contributions are welcome before or after Shabbat. Information, Paul Stouber at pstouber@teprov.org or 401-331-1616.

Saturday | January 7

Saturday Mornings Junior Kiddush Club. 9:30-11:15 a.m. Congregation Beth Sholom, 275 Camp St., Providence. Shabbat morning activities include prayer, parashah, play time and a special Kiddush just for kids. Age groups: Tots, Pre-K-1st grade, 2nd grade and up. No fee. Information, office@bethsholom-ri.org, call 401-621-9393 or see Facebook page @BethSholom-RI.

Sunday | January 8

BDS Presentation. 9-10:30 a.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. Rebecca Schiff, a leader in the fight against BDS, will speak about the Boycott, Divestment & Sanctions movement on college campuses. Free. Information, David Talan at 401-862-7519, or DaveTalan@aol.com.

Sprouts Pre-School Program. 9:30-10:30 a.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. Children ages 3-5 and their families can attend this one-hour, once-a-month program to learn about Bible stories and holiday traditions, sing songs, hear stories, create arts and crafts, eat delicious snacks and dance to Jewish music. $10 per session. Information or to register, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Discover Science. 11 a.m.-12:30 p.m. Striar Hebrew Academy, 100 Ames St., Sharon, Massachusetts. Hands-on science program for families of young children ages 2.5-6 years. Free. Information, Randy Bergel at admissions@striarhebrew.org or 781-784-8724.

Men's Club Breakfast with Guest Speaker Rebecca Schiff. 9-11 a.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. Rebecca Schiff is an international expert on the Boycott, Divestment & Sanctions (BDS) against Israel. Breakfast at 9 a.m; speaker at 9:45 a.m. Open to the community. Cost for breakfast: $10. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Wine & Cheese Reception. 1-3 p.m. Temple Habonim, 165 New Meadow Road, Barrington. The Gallery at Temple Habonim reception with the artists of the annual Plein Air Show. Information, Jodi Sullivan at office@templehabonim.org or 401-245-6536.

Tuesday | January 10

Lunch and Learn with Rabbi Aaron Philmus. Noon-1:30 p.m. T's Restaurant, 5600 Post Road, East Greenwich. Participants order from the menu. All are welcome. January topic: "Olam Habah – The World to Come" – What do Jews believe about the messiah and the world to come? What is the ultimate goal and destiny of humanity according to the Torah? Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Yoga. 6-7 p.m. Temple Torat Yisrael, 1251 Middle Rd., East Greenwich. Led by instructor Jeannine Margolis. Cost: $30 for 3 sessions in advance; $12 per session at the door. Beginner and intermediate. Bring your own mat. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Wednesday | January 11

Jewish Culture through Film: "Mekonen: The Journey of an African Jew." 7 p.m. Dwares JCC. Celebrate Israel's diversity with a mini-documentary from the creators of the Netflix-featured film "Beneath the Helmet" and the PBS-featured film "Israel Inside." See article on page 23. Pre-registration is encouraged. Information, Jana Brenman at israeldesk@jewishallianceri.org, or 401-421-4111, ext. 181.

Mah Jongg. 7 p.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. All are welcome. Free. Bring your card. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Thursday | January 12

Information Session on the JWRP Trip to Israel. 7:30 p.m. Dwares JCC. A free trip to Israel intended for Jewish women who are not Sabbath observant and who have children under age 18 living at home. Momentum is an eight-day journey through Israel sponsored by the Jewish Women's Renaissance Project. Information, Elissa Felder at elissafelder@aol.com. Apply at jwrp.org/apply. Registration deadline is Jan. 20. Momentum trip for men is available.

Friday | January 13

Friday Night Live with a "50s" Theme. 6-9 p.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. Musical Shabbat Service with dinner. Menu: mushroom barley soup, salad, roasted chicken, sweet potatoes and dessert. Cost: Adults and children over 12 years $20 | 12 years and younger free | Family max. $60. RSVP to Torat Yisrael office at 401-885-6600 by Jan. 10. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Saturday | January 14

Saturday Mornings Junior Kiddush Club. 9:30-11:15 a.m. Congregation Beth Sholom, 275 Camp St., Providence. Shabbat morning activities include prayer, parashah, play time and a special Kiddush just for kids. Age groups: Tots, Pre-K-1st grade, 2nd grade and up. No fee. Information, office@bethsholom-ri.org, call 401-621-9393 or see Facebook page @BethSholom-RI.

Sunday | January 15

Project Shoresh Partners in Torah Night. 7:45-8:45 p.m. Center for Jewish Studies, Providence Hebrew Day School, 450 Elmgrove Ave., Providence. Free, lively, informal, partner-based study group, where you study your choice of texts together, English or Hebrew, ancient or modern, with on-site facilitators available to answer questions – and ask them, too. Let us know if you want to be a "study-buddy." There's a lively, positive energy in the room. Information, Noach Karp at rnoachkarp@gmail.com or 401-429-8244.

Tuesday | January 17

Yoga. 6-7 p.m. Temple Torat Yisrael, 1251 Middle Rd., East Greenwich. Led by instructor Jeannine Margolis. Cost: $30 for 3 sessions in advance; $12 per session at the door. Beginner and intermediate. Bring your own mat. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Wednesday | January 18

Mah Jongg. 7 p.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. All are welcome. Free. Bring your card. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Thursday | January 19

Adoption Options Informational Meeting. 6-7 p.m. Jewish Family Service, 959 North Main St., Providence. Information session for those considering adoption and interested in hearing about available options. Licensed adoption workers will be available to provide information and answer questions. Information, Peg Boyle at 401-331-5437.

"Is Physics One?" with Dr. David Kagan. 7-9 p.m. Temple Habonim, 165 New Meadow Road, Barrington. Humanity has long been enamored with the concept of unity. Dr. Kagan will describe the history of unification; address the philosophical, logical and aesthetic motivations for seeking a unified theory; and describe aspects of String Theory, an approach that has yielded fascinating insights but has so far been impossible to bring under the rigorous light of experiment. Free and open to the community. Information, Jodi Sullivan at office@templehabonim.org or 401-245-6536.

Friday | January 20

T.G.I.F. Thank G-D It's Friday. 5:45-7 p.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. Shabbat songs and story with Rabbi Aaron followed by a Kiddush and kid-friendly Shabbat dinner. Donations welcome. Open to all. RSVP, Torat Yisrael office at 401-885-6600 by Jan. 17.

MLK Shabbat Service. 7:30-9 p.m. Temple Sinai, 30 Hagen Ave., Cranston. Temple Sinai clergy, along with Shireinu, the chorus of Temple Sinai, will honor the late Dr. Martin Luther King, Jr. Members of the Woodridge Congregational Church and guest musicians will collaborate. Information, Dottie at Temple Sinai, 401-942-8350.

Saturday | January 21

Saturday Mornings Junior Kiddush Club. 9:30-11:15 a.m. Congregation Beth Sholom, 275 Camp St., Providence. Shabbat morning activities include prayer, parashah, play time and a special Kiddush just for kids. Age groups: Tots, Pre-K-1st grade, 2nd grade and up. No fee. Information, office@bethsholom-ri.org, call 401-621-9393 or see Facebook page @BethSholom-RI.

Kids' Night Out: Outer Space. 5-10 p.m. Dwares JCC. Children participate in a variety of themed activities including sports, crafts, swimming and more. A pizza dinner and snacks are served, and the evening ends with a movie. Price: $35 | Members: $25 | Siblings: $15. Information or to register, Shannon Kochanek at 401-421-4111, ext. 147.

Sunday | January 22

JCDS Sunday Funday presents Music and Rhythm! 10-11 a.m. Jewish Community Day School of RI, 85 Taft Ave., Providence. Spend a musical morning with music teacher Mike Murdock. Practice rhythm and drumming on various instruments and do a craft. Information, Naomi Stein at nstein@jcdsri.org or 401-751-2470.

PJ Library Story Time: Tu B'Shevat. 3-4 p.m. Barrington Books, 184 County Road, Barrington. Story time with the theme "new year of the trees." Children up to age 5 enjoy a special story with friends. Free. Information, Ruth Horton at rhorton@jewishallianceri.org or 401-421-4111, ext. 117.

Project Shoresh Partners in Torah Night. 7:45-8:45 p.m. Center for Jewish Studies, Providence Hebrew Day School, 450 Elmgrove Ave., Providence. Free, lively, informal, partner-based study group, where you study your choice of texts together, English or Hebrew, ancient or modern, with on-site facilitators available to answer questions – and ask them, too. Let us know if you want to be a "study-buddy." There's a lively, positive energy in the room. Information, Noach Karp at rnoachkarp@gmail.com or 401-429-8244.

Tuesday | January 24

Yoga. 6-7 p.m. Temple Torat Yisrael, 1251 Middle Rd., East Greenwich. Led by instructor Jeannine Margolis. Cost: $30 for 3 sessions in advance; $12 per session at the door. Beginner and intermediate. Bring your own mat. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Wednesday | January 25

Mah Jongg. 7 p.m. Temple Torat Yisrael, 1251 Middle Road, East Greenwich. All are welcome. Free. Bring your card. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

Friday | January 27

PJ Library Story Time: Tu B'Shevat. 10-11 a.m. Dwares JCC. Celebrate the "new year of the trees" with Fran Ostendorf, editor of The Jewish Voice. Children up to age 5 enjoy a special story, decorate trees and enjoy snacks with friends. Free. Information, Ruth Horton at rhorton@jewishallianceri.org or 401-421-4111, ext. 117.

URI Hillel Shabbat Services and Dinner. 5:30 p.m. URI Hillel, 6 Fraternity Circle, Kingston. Services begin at 5:30 p.m. and dinner at 6:15 p.m. Free for URI students; $15 Community Members. Information, Yaniv Havusha at yaniv_havusha@uri.edu or 401-874-2740.

Saturday | January 28

Saturday Mornings Junior Kiddush Club. 9:30-11:15 a.m. Congregation Beth Sholom, 275 Camp St., Providence. Shabbat morning activities include prayer, parashah, play time and a special Kiddush just for kids. Age groups: Tots, Pre-K-1st grade, 2nd grade and up. No fee. Information, office@bethsholom-ri.org, call 401-621-9393 or see Facebook page @BethSholom-RI.

PHDS Melave Malke. 7-10 p.m. Providence Hebrew Day School, 450 Elmgrove Ave., Providence. Melave Malke includes delicious food, socializing and a guest speaker. Information, Rabbi Peretz Scheinerman at pscheinerman@phdschool.org or 401-331-5327.

Sunday | January 29

David C. Isenberg Family Early Childhood Center Open House. 10 a.m.-12:30 p.m. See the space, meet the teachers and learn about the curriculum and what makes the Early Childhood Center different. Information, Jo-Anne Petrie at 401-421-4111, ext. 180 or jpetrie@jewishallianceri.org.

Glōga. 1-2 p.m. Dwares JCC. Yoga meets the dazzle and fun of glow sticks in a one-time event. All ages welcome, but children under the age 11 must be accompanied by a parent. Light-filled, fun and relaxing time for all. Information or to sign up, Dori Venditti at 401-421-4111, ext. 210.

Project Shoresh Partners in Torah Night. 7:45-8:45 p.m. Center for Jewish Studies, Providence Hebrew Day School, 450 Elmgrove Ave., Providence. Free, lively, informal, partner-based study group, where you study your choice of texts together, English or Hebrew, ancient or modern, with on-site facilitators available to answer questions – and ask them, too. Let us know if you want to be a "study-buddy." There's a lively, positive energy in the room. Information, Noach Karp at rnoachkarp@gmail.com or 401-429-8244.

Tuesday | January 31

Yoga. 6-7 p.m. Temple Torat Yisrael, 1251 Middle Rd., East Greenwich. Led by instructor Jeannine Margolis. Cost: $30 for 3 sessions in advance; $12 per session at the door. Beginner and intermediate. Bring your own mat. Information, Stephanie Reinsant at stephanie@toratyisrael.org or 401-885-6600.

You can post your community calendar information to **The Voice calendar** online, accessible at jvhri.org or jewishallianceri.org.
It only takes a few minutes to register and fill in the form. Your listing will appear both on The Jewish Voice website and the Alliance website and selected items will also be published in the Voice.
Contact editor@jewishallianceri.org with any questions.

Ramp up breakfast with morning protein

Add milk for simple, high-quality protein to help start your day right



(Family Features) Families across America want to make sure that they're starting the day strong, and getting enough high-quality protein in the morning is a simple way to do so. A breakfast with protein is a great way to energize the morning, and adding it to your family's routine doesn't have to be complicated.

Simply add an 8-ounce glass of milk with 8 grams of natural protein plus other essential nutrients to your favorite breakfast foods for an easy, delicious way to help meet your morning protein goals.

Kids already love milk and it's a naturally nutrient-rich, wholesome food that moms can feel good about pairing with breakfast. Plus, experts recommend 25-30 grams of protein for adults at every meal – so getting a high-protein breakfast, including milk, gives moms the energy they need to cross everything off their to-do lists. Parenting expert, pediatrician and mom of three, Dr. Tanya Altmann, recommends serving milk at breakfast for a source of high-quality protein in the morning.

"Morning is a great time to bring the family together and start the day off with a tasty breakfast. As a mom of three, I need breakfast options that are quick and easy but also nutritious," Dr. Altmann said. "Serving my children whole-grain cereal and milk, healthy oatmeal with fruit or a smoothie made with milk guarantees that my family will get high-quality protein and other essential nutrients to start their day off strong."

Bring a smile to your child's face with this charming twist on a breakfast standard. Simply make instant oats with familiar flavors - cinnamon, vanilla and brown sugar - and top the bowl with a friendly bunny face. For more recipes and ideas, visit MilkLife.com.

Bunny-Faced Microwave Oatmeal

Recipe courtesy of Tiffany Edwards of Creme de la Crumb

1/3 cup instant oats
3/4 cup fat free milk
1/4 teaspoon cinnamon
1/4 teaspoon vanilla
1 teaspoon brown sugar
2/3 small banana
2 fresh blueberries
1/2 small strawberry
Chocolate syrup (optional)

In microwave-safe bowl, stir together oats, milk, cinnamon, vanilla and brown sugar. Microwave on high 30 seconds-1 minute and stir.

Cut banana in half crosswise. Cut 1 1/8-inch thick coin slices from flat end of each banana half. Place slices in upper-third of oatmeal bowl, side-by-side, to make eyes. Top with 1 blueberry on each banana slice.

Place remaining banana halves at the top of the bowl, hanging off edge, to create ears.

Place strawberry in the middle of the bowl to make the nose then drizzle chocolate, if desired, to make mouth and whiskers.

Serve with 8-ounce glass of milk.

Nutritional information per serving: 320 calories; 2 g fat; 0 g saturated fat; 10 mg cholesterol; 18 g protein; 59 g carbohydrates; 5 g fiber; 190 mg sodium; 550 mg calcium (60% of daily value). Nutrition figures based on using fat free milk, and include an 8-ounce glass of milk.



PHOTO | AUNT NELLIE'S

Easy cold-weather cooking

(Family Features) As the chill settles in, comforting, warming, seasonal favorites like stews and soups become top of mind. However, with busy work schedules, there's often not enough time to prepare them during the week.

When Carrot-Lentil Stew is on the menu, time isn't an issue. It's ready in under an hour, plus it's packed with healthy ingredients and robust flavor. Start with quick-cooking lentils, add nutrient-rich vegetables, vegetable broth and the secret ingredient: a jar of glazed sliced carrots. The perfectly cooked carrot slices and their flavorful sauce add texture, flavor and vibrant color to the stew, which needs only 10 minutes to cook.

Serve topped with fresh parsley and Parmesan cheese for another splash of color and an extra layer of flavor.

Carrot-Lentil Vegetable Stew

Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4

Ingredients

1 cup dry lentils
3 cups fat-free, reduced-sodium vegetable broth, divided
1 cup water
3/4 cup chopped onion
3/4 cup sliced celery
3/4 cup chopped bell pepper
1 can (14 1/2 ounces) no-salt-added diced tomatoes
1 jar (15 1/2 ounces) glazed small sliced carrots
1 large clove garlic, minced
1/2 cup chopped fresh parsley
Shaved Parmesan cheese (optional)

Directions

Rinse lentils and drain. Place in Dutch oven or other large saucepan. Add 2 cups broth and water. Bring to boil, reduce heat and simmer 15 minutes (lentils should be slightly undercooked).

Add onion, celery, bell pepper, remaining broth, tomatoes with liquid, carrots with liquid and garlic. Bring to boil, reduce heat and simmer 10-15 minutes, until liquid is reduced as desired and vegetables are just tender. Stir in parsley. Serve topped with Parmesan, if desired.

Nutritional information per serving: 280 calories; 14 g protein; 54 g carbohydrate; <1 g fat; 390 mg sodium; 10 g dietary fiber; 5 mg iron; 0.46 mg thiamin; 5499 IU vitamin A; 36 mg vitamin C.



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PHOTOS | TORAT YISRAEL

Lighting the Hanukkiot.



The Hochhauser Family and Rabbi Philmus enjoy the party.

Hanukkah spirit shines forth at Torat Yisrael's joyous celebration

BY DORI ADLER

The joyful holiday of Hanukkah, also known as the Festival of Lights, inspired Temple Torat Yisrael's Cohen Religious School to host a celebration with the school children and the local Jewish community.

On Dec. 11, to commemorate the Hanukkah miracle of the oil lasting eight nights, many parents volunteered to fry delicious *sufganiyot* (doughnuts) for school snacks, with help from the K-1 class. The excited students enjoyed filling the *sufganiyot* with strawberry jelly, and eating them with the jelly, powdered sugar or plain.

That same morning, the Pre-K Torah Sprouts and their parents, led by Rabbi Aaron Philmus and his assistant, Leah Ross-Coke, learned about Hanukkah's history and traditions. They listened to a story, lit a *hanukkiah*, made a craft and enjoyed *sufganiyot*. There were many adorable powdered-sugar smiles and jellied hands!

On Dec. 18, the hard work of numerous parent volunteers at the East Greenwich temple paid off as many families enjoyed the community Hanukkah party. Activities includes playing dreidels, lighting family menorahs, listening and dancing to Hanukkah music, assembling and eating edible dreidels, making spin art creations with the Rhode Island Museum of Science and Art, Hanukkah bingo, indoor basketball and face painting. Of course, delicious homemade *latkes* were also enjoyed.

In addition, the Caring Committee, in partnership with the school, had a table at the party for students to perform a mitzvah: They made Hanukkah poppers filled with gelt and dreidels, which were wrapped in beautiful paper and were to be presented on Dec. 27 to residents of The Phyllis Siperstein Tamarisk Assisted Living Residence, in Warwick, during a candle-lighting ceremony. This was a wonderful way for students to share some Hanukkah spirit and light with other members of the Jewish community.

DORI ADLER is the education director at Torat Yisrael's Cohen Religious School. For information about the school, contact her at school@toratyisrael.org.



Sufganiyot frying.

PHDS is building students' tomorrow today

BY JEWISH VOICE STAFF

In late November, Providence Hebrew Day School officially launched "Building Tomorrow Today," a campaign to raise $2.3 million to renovate the school's facilities. Current and former parents of the school, alumni and friends are encouraged to support this campaign, which will shape Jewish education at PHDS for many years to come.

Built in 1961, the PHDS building, at 450 Elmgrove Ave., Providence, has never undergone a major renovation. The "Building Tomorrow Today" campaign includes replacing the original – now inefficient – heating system, installing air conditioning, enhancing security, upgrading to energy-efficient lighting, improving handicapped accessibility, expanding technology in classrooms and other educational upgrades. In addition, PHDS will bring its facilities into compliance with the new fire code requirements, as mandated by the Providence Fire Department.

Phase one, which includes installing LED lighting, replacing the heating system and adding air conditioning, is almost complete, according to Rabbi Peretz Scheinerman, dean of the school.

Scheinerman says many people are helping with the fundraising campaign, which is chaired by Frank Halper. Stephen Weiner is chairman of the program and David Schaffer is building facilities chairman. The PHDS executive committee has also been instrumental in the campaign.

To participate or donate, call the school's dean, Rabbi Peretz Scheinerman, at 401-331-5327, or send an email to the dean, at Pscheinerman@phdschool.org, or to Frank Halper, campaign chairman, at halpercpa@cox.net. Campaign pledges may be paid over a five-year period.

PHDS has been educating members of the Providence community since 1946 with an impressive record of success: Its elementary- and middle-school students gain entrance into the best high schools, according to Scheinerman, and graduates of its high school, New England Academy of Torah (NEAT), often gain acceptance into the universities of their choice. Continuing to experience significant growth,

PHDS welcomed 30 new students this year, raising total enrollment to 166 students.

Students celebrate Hanukkah at Providence Hebrew Day School



Student in grades 1-3 perform in the choir at the pre-Hanukkah celebration on Dec. 21. The choir was under the direction of Rabbi Avrohom Jakubowicz and Mrs. Shiffy Yukdowsky.



PHOTOS | PHDS

Leeba Laufer and her mother play at one of the booths at the pre-K Hanukkah program on Dec. 22.



Kindergarten students Ahrela Menchel and Rus Karp perform for their parents on Dec. 22 at the kindergarten Hanukkah celebration.



PHDS band members perform at the pre-Hanukkah celebration on Dec. 21. The band meets after school under the direction of Norman Rosenfield.



Students in grades 3-5 perform in the play at the pre-Hanukkah celebration on Dec. 21. The play taught important lessons about sharing.

They arrived as strangers, left as friends

BY DAVID PEROLMAN

A few months ago, Seth Finkle, director of Camp Haverim and teen programming coordinator for the Jewish Alliance of Greater Rhode Island, approached area youth groups and regional organizations about holding a Hanukkah event that would promote unity in our extended community.

Sundown on Saturday, Dec. 17, saw more than 35 children in grades 6 through 12 attend #HanukkahBash, a pre-Hanukkah party, at Temple Beth-El, in Providence. As we embraced the *middah* (value) of *v'ahavta l'reacha kamocha* (loving your neighbor as yourself), the nine organizations that planned and executed the event strengthened our potential for future Jewish leadership with engaging programming. Our older participants "gambled for *gelt*," played dreidel, and lounged on bean-bag chairs (what, do they think this holiday is Pesach?!). Then our Israel emissary, or *shlicha*, Tslil Reichman, led them in Kahoot, a technology-driven quiz game. The teens also enjoyed a *latke* bar featuring items such as taco *latkes* and dessert *latkes*, as well as all the *gelt* and *sufganiyot* they could handle. We even had a photo booth with several Snapchat filters (ask your kids what that means!).



PHOTOS | DAVID PEROLMAN



Teens enjoyed socializing at the #HanukkahBash,

Younger kids competed in a contest making *hanukkiot* out of recycled materials. The winners of all games received Starbucks gift cards.

The success of the party has sparked interest in future collaborative programming. The pre-Hanukkah party speaks to the power of community. As the African proverb says, "If you want to go fast, go alone. If you want to go far, go together." Together, we have begun a collaboration that is likely to last.

Participating organizations included USY, BBYO, NCSY, NFTY-NE, PROVTY, CRAFTY, BCTY, Camp JORI and Temple Beth-El.

DAVID PEROLMAN is education director and song leader at Temple Habonim, in Barrington.

FROM PAGE 1

PJ LIBRARY

books will foster Jewish literacy and help families start a conversation about Jewish values and traditions.

The program was inspired by Dolly Parton's Imagination Library, which Grinspoon sponsors in Springfield, Massachusetts, according to Ruth Horton, PJ Library program coordinator at the Alliance.

The PJ Library program also organizes monthly story times for children age 5 and under that focus on current Jewish holidays and include a story, craft and snack. These meet at the Dwares Jewish Community Center, in Providence, and are free. This year, Alliance staff members will participate in the program as guest readers.

According to Horton, there are a growing number of families participating in the story times.

Every PJ Library family receives a monthly e-newsletter with ideas, resources and listings of local, family-friendly events. Many are events that PJ Library supports by participating. The program had a presence at Temple Beth-El's program at Dame Farm in September and Temple Torat Yisrael's Apples and Honey program in the fall. It was also at Mitzvahs and Miracles, the Jewish Community Day School of Rhode Island's Hanukkah program in December. And Horton led a story time during the Hope Street Stroll in December.

Parent input is crucial. Said Horton, "We want voices of parents to help us grow a dynamic, parent-driven PJ Library in Rhode Island."



Ruth Horton reads at a story time during the Hope Street Stroll.



Alliance Director of Communications Kara Marziali reads at a PJ Library story time.

Rhode Island families might remember Horton from her tenure as interim director of the David C. Isenberg Family Early Childhood Center in 2015. She says she's excited to be heading PJ Library: "I am an early childhood educator whose greatest love is engaging with families and their children through the magical journey books take us on."

PJ Library has been so successful that "graduates" wanted a program for themselves. So the folks at PJ Library recently announced that children 8½ and older can sign up for PJ Our Way and receive a gift of books geared for ages 9 to 11. In PJ Our Way, children choose the books they want from an online selection, creating an experience tailored to their interests and reading level.

To make the choice easier, the PJ Our Way website (pjourway.org) includes book summaries and author bios, along with ratings, reviews and video trailers created by members. Children can also take polls and quizzes, participate in monthly interviews and challenges, post reviews or videos and comment on blog posts. The PJ Our Way site is moderated and has a parent blog with information about the books offered and family discussion questions for each book.

"We are thrilled with the newest chapter of PJ Library. Children can continue reading about Jewish themes with free high-quality literature. And the fact that children can choose their own book really gives them a sense of ownership," said Michelle Cicchitelli, vice president of programming at the Alliance.

For more information about PJ Library or PJ Our Way, contact Ruth Horton at 401-421-4111 or rhorton@jewishallianceri.org.

FRAN OSTENDORF is the editor of The Jewish Voice.





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Family fitness is child's play

BY KARA MARZIALI
kmarziali@jewishallianceri.org

Adults know exercise is important to reduce the risk of cardiovascular disease, diabetes and some cancers, to control weight, strengthen bones and muscles, and to improve mental health and mood. But don't expect your children to appreciate these things – in fact, I don't know a single kid who's concerned about the risk of hypertension or high cholesterol!

Children don't realize that regular exercise builds healthy habits for life and boosts their academic performance. Children exercise simply because it is fun, and moving lets them burn off some energy.

So how can you get your clan on board with the concept of family fitness?

Dori Venditti, general manager of J-Fitness at the Dwares Jewish Community Center, in Providence, believes that changing our exercise habits has to be a family effort.

"Most of us are not aware of the power we have to model healthy behavior to children," she says. And, she adds, "When exercise feels more like playing, your whole family will enjoy it and stick with it."

"I see well-meaning moms and dads sign up their kids for swimming or other sporting activities, which is great," says Doug Immel, director of aquatics at the JCC. "But parents don't always realize that the children are noticing if exercise is a part of their parents' lives too. When the whole family is active together - not just the kids - it really brings families together."

In other words, exercising together can improve communication, create meaningful bonds, give family members a common sense of purpose and help them strive toward a goal. And the best part is that it doesn't have to cost much time or money.

Here are five easy ideas to get your family moving:

- **These boots are made for walking:** Walking is one of the simplest activities you can do together, and you can do it regardless of the weather or your physical condition. I know one family that puts on snow boots and takes a stroll after an abundant Shabbat dinner. It is an excellent way to help digest and prevent hibernation, as well as a chance for conversation with your children.
- **The family that plays together stays together:** You're never too old (or too young!) to play tag, toss a Frisbee, build a snowman, go sledding, play musical chairs or host a family dance party. The point is to have fun and enjoy each other's company. Channel your inner kid, and let your children see you still enjoy the games you played when you were their age. The more ridiculous, the better, because laughter combined with movement is the best medicine!
- **Membership has its privileges:** Join a gym or recreation center that offers classes where parents and children can exercise together. There are a number of affordable options throughout Rhode Island to help you get fit and stay fit as a family unit, including open swim at community centers, rock climbing and group exercise classes.
- **Add activity everywhere:** Even when there doesn't seem to be time to exercise, you can add physical activity into your day. Bundle up and walk or ride a bike to the store. If you do take the car, park in the farthest spot from the front door so you can walk a bit. Climb the stairs instead of taking the elevator. Lastly, while the kids are doing homework or watching TV, and you're checking your email or washing dishes, make a point to take a break. During commercials, for example, get everybody up to do jumping jacks or jog in place.
- **In every chore, there is an element of fun:** As Mary Poppins said, "You find the fun, and snap! The job's a game." Folding laundry, raking leaves, shoveling snow, weeding a garden and cleaning out the garage - these are all excellent ways to tidy up around the house and incorporate family fitness. And suddenly the chore is manageable because everyone is working together and you've made a game of it.







Once you get started, you'll be amazed at how creative you and your family can be in incorporating fitness into your daily lives. It's about making the commitment as a family unit, not about turning everyone into Olympic athletes. If you just make the effort to do something each week, you'll see changes in your love handles and your loved ones – and you'll enjoy spending this valuable time with your family!

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



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In the new year, resolve to celebrate yourself

BY ALYSSA SILVA

As every New Year approaches, it seems as though we're encouraged to think, "new year, new me!" Sure, it makes sense … to an extent. The first day of the year marks the first page of a 365-day book filled with endless opportunities and possibilities. However, what about all those other 365-page books you've filled over the years? Don't those count for something?

It's easy to feed into what the media tells society - "new year, new you!" – and even easier to convince yourself that the only way this year is going to be better than the last is if you become someone new.

However, as the year progresses, you find that you begin to fall short on your resolutions. You become discouraged that your seemingly foolproof plan to transform into a "new you" isn't working as you hoped. You start to feel disheartened by your inability to follow through.

Although this type of behavior is common, it isn't healthy. So, instead, fill 2017's 365 unwritten pages with positive statements. Fill them by doing things that will feed the soul. Fill them with intentions rather than resolutions.

The best way to live this life is to be your most authentic self. To do this, you must remember to appreciate who you are every single day.

The more we learn to appreciate our mind, body and soul, and all that we've accomplished in our lifetime, the sooner we can discover an even better version of ourselves.

And the sooner you discover a better you, the sooner you can live a better life.

As this year ends and the new one begins, we should celebrate ourselves: The hard work we did during the year to be the best we can be and the challenges we are prepared to meet in the new year. Believe that you can conquer even the toughest obstacles, and, most importantly, love the person you've become over the years.

ALYSSA SILVA is social media manager of Body Soul Inspired Personal Training.

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PHOTOS | JEANNINE MARGOLIS

'Jewish Yoga' at Torat Yisrael

BY SAM SERBY

Temple Torat Yisrael and yoga instructor Jeannine Margolis welcome all to "Jewish Yoga" classes at the East Greenwich synagogue Tuesday evenings at 6.

Margolis says people from their 20s to 60s join in the classes, which take place in an intimate setting with small numbers, providing participants with an opportunity to practice their skills in a tranquil environment.

Margolis is a trained and experienced practitioner of Prana Flow yoga, which she describes as "a rhythmic, moving style of yoga where the class will experience flowing from one pose to another."

But, Margolis adds, in her classes, "there is also time to pause in the poses, to feel the energetic alignment, slow down the breath, release and let go. You do what you can, and modify as needed."

Margolis offers a variety of options in her classes, and wants the students to know that they have the freedom to make their own choices and move at their own pace. She hopes that when each class is finished, her students feel complete and at ease, ready to face life's challenges.

"Yoga is all about mindfulness and being in the poses, feeling the sensations, and being in that present moment," she said.

Margolis said she loves sharing her passion for yoga with others.

"I just enjoy bringing yoga to anyone and everyone and seeing how it helps to transform them both physically and spiritually. It helps people relieve tension and feel more content and happy in their lives," she said.

The cost is $20 for a single "Jewish Yoga" class at Torat Yisrael, 1251 Middle Road, East Greenwich, with a three-class pass costing $30. For more information, call 401-885-6600.

SAM SERBY is a native of East Greenwich and attended Temple Sinai, in Cranston, for many years. He is a recent graduate of Johnson & Wales University.



Simple ways to de-stress for a healthier 2017

Stress is a large factor in creating disease, but, fortunately, it is also something we can work toward reducing in our lives.



PATRICIA RASKIN

In their article, "Prevention: Torah Perspectives on Preserving Health," at Jewishveg.org, Yosef Ben Shlomo Hakohen and Richard H. Schwartz quote Maimonides as saying: "Since maintaining a healthy and sound body is among the ways of God – for one cannot understand or have any knowledge of the Creator if he is ill – therefore he must avoid that which harms the body and accustom himself to that which is helpful and helps the body become stronger."

The authors continue, "It should not be assumed that the Torah places the entire responsibility of maintaining good health on physicians. In fact, our Sages have stated that the major responsibility falls on the individual. To take care of one's health is a mitzvah, and the Sages find this mandate implied in the words, 'take heed to thyself and take care of your lives' (Deuteronomy 4:9) and, again, 'be extremely protective of your lives' (Deuteronomy 4:15)."

Here are some ways that I have found to reduce stress and rejuvenate:

Enjoy nature: Go outside. Exposure to nature makes you feel better emotionally and contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension and the production of stress hormones.

Watch the simple beauty of nature around you. Observe it using all five senses – see, hear, smell, touch and taste. Watch the birds, hear and smell the sounds of the ocean or woods, touch what nature easily allows, taste an herb.

Pamper yourself: A massage or a facial can restore and rejuvenate you. Other ways to pamper and restore are hot baths, long walks outdoors, sitting on the beach, reading a good book, curling up under a blanket to watch a feel-good movie, taking yourself out to dinner when others are not available and creating a healthy gourmet meal. Any or all of these can "fill up your cup."

Breathe for vitality: Breath is a vital sign of life, yet few people think about the importance of breathing. The oxygen that breathing brings to your lungs is your life force. When you are aware of your breathing, you are focusing your mind.

Walking, running, aerobic exercise, yoga, dancing, singing and meditation are among the physical activities that strengthen breath. Laughter also stimulates deep breathing, as well as strengthening the immune system and massaging your internal organs.

A simple breathing exercise is to take in a large breath to a count of three, hold it for another count of three and then release it to a count of three.

Breathing deeply and fully with great focus can energize and invigorate you. Using your breath fully helps to add joy, years and vitality to your life.

A few more ideas:

- **Move**. Walk, dance, play a sport, do something that rids the body of tension.
- **Laugh more.** Laughter suppresses the stress-related hormones in the brain and activates the immune system.
- **Share with friends.** Cultivate strong networks, which has been demonstrated to help us live longer, healthier and more fulfilling lives.
- **See yourself rooted.** Envision roots growing from your feet deep into the ground.
- **Count your blessings.** Think of everything that is working in your life.
- **Seek peace of mind.** Peace of mind translates into good health because so much of our disease is caused by stress and burnout.

Here's to a great and joyous 2017!

PATRICIA RASKIN hosts "The Patricia Raskin Show" on Saturdays at 3 p.m. on WPRO, 630 AM/99.7 FM and on Mondays at 2 p.m. on voiceamerica.com. Raskin is a board member of Providence's Temple Emanu-El.

Stifle the sniffles with these winter tips

BY FRAN OSTENDORF
fostendorf@jewishallianceri.org

Have the sneezes and snifles from winter allergies got you down? Pollen isn't the only cause of allergies. When the cold weather arrives and the heat comes on, a whole new set of allergies can appear. Forced air furnaces blow around the dust which can contain animal dander, food and bacteria.



Common symptoms of indoor allergies are sneezing, runny nose, postnasal drip, coughing and itchy eyes, nose and throat. According to information from the Mayo Clinic, roughly 5 to 20 percent of American suffer some sort of winter allergy.

Providence allergist Dr. John Zwetchkenbaum points out that the chief sources of allergies in the winter are mold, dust and pets. Here are some tips to get you through the winter months. To help prevent problems with mold, Zwetchkenbaum suggests:

- Inspect the home regularly, especially damp areas such as the basement.
- Clean stored holiday decorations thoroughly before displaying them.
- Run a humidifier or dehumidifier to keep home humidity levels between 30 and 40 percent.

To fight off the dust issues:

- Clean carpets with a HEPA-filter vacuum.
- Mop uncarpeted areas frequently.
- Wash bed linens and pajamas in hot water.

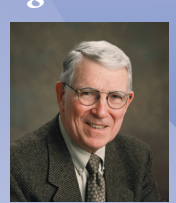
Zwetchkenbaum also suggests that the kitchen exhaust fan be used during cooking. Furnace filters should be high-efficiency. Bedrooms should be free of carpets, pets and plants.

And finally, he reminds us to "moisturize, moisturize, moisturize."

FRAN OSTENDORF is the editor of The Jewish Voice.





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5 Tips to stop waking up exhausted



(Family Features) It's no secret that finding time for the recommended eight hours of sleep is easier said than done. More often than not, your time asleep is limited by your busy schedule. If you are lucky enough to squeeze in a full eight hours of shuteye, you are still not guaranteed to wake up feeling refreshed.

While some responsibilities are hard to shake, setting yourself up with the right routine can vastly improve your quality of sleep and combat the issues keeping you up at night:

1. Lighten up: If it's never light in your bedroom, you may be confusing your body's circadian clock. The circadian clock regulates how alert you are due to the light and darkness in an environment. If you keep your bedroom dark during the day or use black-out curtains, this can act as a signal to your body that it should be asleep. Swap out your curtains for a lighter color or keep your shades partially open – natural sunlight in your room can help you wake up in the morning.

2. Out with the old: Approximately half (49 percent) of Americans have had their mattress for five years or more and while people struggle with sleep for a variety of reasons, your mattress could be keeping you from getting a good night's sleep. A quality mattress can give you the support you need to wake up feeling refreshed.

3. Tune out: Everyone's guilty of binge-watching their favorite TV shows from time to time. While you may satisfy your curiosity by catching the ending of your favorite series, you may not be so happy when you wake up groggy after staying up too late. Set an alarm for 30 minutes before you want to go to sleep and when the alarm goes off turn off your TV and get ready for bed. Limiting screen time before you fall asleep can also avoid disrupting your body's level of melatonin, which controls sleep cycles.

4. If you snooze, you lose: Hitting the snooze button even once in the morning can make you feel groggy throughout the day. By hitting snooze, you are prompting your body to start another stage in your sleep cycle without giving it enough time to fully recover. Try downloading an app with a smart alarm to make sure that you are waking up during a lighter stage of your sleep cycle.

5. Cut the caffeine: While there is nothing quite like coffee for an afternoon pick-me-up, having caffeine after 2 p.m. can impact both your sleep quality and quantity. Instead of having a cup after lunch, take your coffee break earlier in the day or consider switching to decaf.

For more tips to wake up feeling refreshed, visit beautyrest.com.

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A few easy ways to take better care of your health

(StatePoint) A new year is an excellent opportunity to assess your health and resolve to make positive lifestyle changes.

"Many people work hard to establish healthy habits at the beginning of the year. But for those with busy schedules and tight budgets, maintaining these habits over time can be a challenge," says Jill Turner-Mitchael, senior vice president of Sam's Club, Consumables and Health and Wellness.

To help people prioritize and maintain their health in 2017, Turner-Mitchael and Sam's Club pharmacists are offering these tips.



• **Ask Questions:** Don't be afraid to ask questions and seek out advice for improving your health. One easily accessible professional resource that is often overlooked is your local pharmacist. Before visiting the pharmacy, consider whether you have any health questions and jot them down. Pharmacists are eager to help people understand their medications and health, and you don't need to go through the hassle of making an appointment.

• **Focus on Fresh Foods:** Incorporating fresh fruits, vegetables, whole grains, lean protein and legumes into your meals can help you maintain a healthy weight, while also building your immunity and muscles. Smoothies, leafy green salads, vegetable stews and grilled fish are all great choices. You can also boost flavor with low-calorie ingredients that offer nutritional benefits, such as garlic, onion, spices and herbs.

• **Select Supplements:** Even the best diet can fall short of nutritional guidelines. Consider consulting with your healthcare professional about boosting your diet with a daily multivitamin or supplement tailored to your individual health needs.

• **Verify Your Vaccinations:** Immunizations can help prevent illness and save lives. Make sure you are current on all necessary vaccinations. Talk to your pharmacist about what vaccines you might need, which varies by age.

• **Secure Regular Screenings:** It is important to get regular health screenings to keep track of the state of your health. Routine tests are often the first to get postponed when people get busy, but they are crucial for ensuring any potential medical issues are identified and addressed as early as possible. Resist the urge to let cost or time constraints prevent you from getting regular check-ups. Don't forget regular vision and hearing tests, as well.

• **Enjoy Winter Workouts:** You don't have to become a world-class body builder or competitive triathlete to reap the health benefits of exercise. Exercise can help everyone boost immunity, improve cardiovascular fitness and speed up metabolism.

Just committing to a midday walk or opting to take the stairs can make a big difference.

Some people find they are more likely to stick to a workout plan if they enlist friends or coworkers to join them. Many people also find it helpful to track their fitness goals and progress using wearable technology and smart scales, which can provide information on everything from your heart rate to your body mass index.

Start 2017 off right by committing to better health.



get healthy
stay fit
live better



Coming this Winter to J-Fitness:

Pickleball: One of the fastest growing recreational sports in America. Created to be easy to learn and play, Pickleball is a racquet sport that combines elements of tennis, badminton, and ping-pong. This is an all-ages league, so don't miss out on getting in on the action!

YouFit CHALLENGE: This 6 week program uses activities that switch between bursts of H.I.I.T. (high intensity interval training) and recovery periods to burn fat for hours after your workout. Co-led by 2 coaches, sessions include pre- and post- measurements, a nutrition plan and ongoing weekly check-ins for your success — with the added benefit of feeling supported within a group setting!

Ageless Grace: A cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination - and simultaneously addresses all 21 physical skills needed for lifelong optimal function.

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Jewish Alliance OF GREATER RHODE ISLAND

FROM PAGE 1

STORYLINES

The rise of Trump

The anti-settlement U.N. resolution provided an opportunity for President-elect Donald Trump to prove his pro-Israel credentials. Egypt initially withdrew the resolution under pressure from Trump and Israel, before the measure was put forward again by New Zealand, Malaysia, Venezuela and Senegal.

In November, Trump's election victory over Hillary Clinton ushered in the countdown to a new era in U.S.-Israel relations. Netanyahu and Trump will agree on at least one major issue: opposition to the Iran nuclear deal.

While Trump has enjoyed warm relations with pro-Israel activists, many American Jews expressed concern over what they described as anti-Semitic undertones that surrounded his campaign, and similar criticism accompanied his appointment of chief strategist Steve Bannon. The Anti-Defamation League (ADL) initially went after the Bannon pick because he "presided over the premier website of the 'alt-right' – a loose-knit group of white nationalists and unabashed anti-Semites and racists," referring to the Breitbart News website. But the ADL later softened its stance, acknowledging, "We are not aware of any anti-Semitic statements made by Bannon."

Non-traditional allies

Despite tension with Obama, Israel forged new ties and deepened bilateral relationships elsewhere.

"With President Obama and the left wing of the Democratic Party turning against Israel, Prime Minister Netanyahu has made a great effort to build better relationships with Russia, India, African countries and others," said Dr. Ariel Cohen, director of the Center for Energy, Natural Resources and Geopolitics.

In December, Netanyahu visited Azerbaijan and Kazakhstan, two Muslim-majority nations in Central Asia. He also visited several countries in East Africa during the summer and plans to return to that continent for visits to West African nations.

Reconciliation with Turkey

In June, Israel and Turkey agreed to normalize diplomatic ties following a six-year rift in their relationship.

The former allies continue to take steps toward a full restoration of ties, including December's exchanging of ambassadors, but their improving relationship may be more of an acknowledgement of regional reality than an expression of mutual admiration. Turkish President Recep Tayyip Erdogan, who once said the actions of the Israeli military constituted "barbarism that surpasses Hitler," did not walk back that remark in an Israeli television interview in November, saying, "I don't approve of what Hitler did, and neither do I approve of what Israel has done."

A tale of two party platforms

Israel-related controversies surrounded the Democratic Party's platform process in July as well as its ongoing party chairmanship race. Sen. Bernie Sanders (I-Vt.) appointed Israel critics James Zogby and Cornel West to the party's platform committee. West is an activist in the anti-Israel Boycott, Divestment and Sanctions movement.

U.S. Rep. Keith Ellison (D-Minn.) emerged as and remains a candidate for chairman of the Democratic National Committee. Ellison's bid has been met with significant Jewish opposition – including from some Democrats – due to his vocal congressional support for the Palestinian cause, his urging of increased U.S. pressure on Israel and his past ties with anti-Semitic activist Louis Farrakhan.

The Republican Party, meanwhile, in July reinstated language endorsing an "undivided" Jerusalem into the party's platform, a tone that could be reinforced by the incoming Trump administration's stated intention of moving America's Israeli embassy from Tel Aviv to Jerusalem.

Action at the northern border

Israeli forces killed four fighters from the Islamic State-affiliated Yarmouk Martyrs Brigade in November after the terrorists had fired at Israeli soldiers in the Golan Heights border region. The exchange drew significant attention because it was the first report of an Islamic State attack on Israel from Syria during the nearly six-year-old Syrian civil war.

Earlier in the year, Israel moved to assert its sovereignty over the Golan Heights, a region the Jewish state has controlled for 50 years but which is still considered disputed territory by the international community. In April, in response to the circulation of draft talking points in U.N.-sponsored Syria peace talks that featured a call on Israel to return the Golan to Syria, the Israeli government's ministerial cabinet chose to hold its weekly meeting in the Golan in order to affirm Israel's sovereignty in the area.

All the while, Israel kept a watchful eye on the activity of the Iranian-funded Lebanese terror group Hezbollah, which has been increasing its military presence near the Syrian border with Israel in order to support Syrian President Bashar al-Assad's regime in the civil war. The Israel Defense Forces estimates that about 120,000 Hezbollah rockets are aimed at Israel, but the terror group is still reportedly preoccupied with the conflict in Syria.

Massive aid package

The U.S. and Israel made history in September with the signing of the largest-ever military assistance package between the two allies, a 10-year pact granting Israel a total of $38 billion in defense aid.

Yet the aid package did not come without controversy both before and after its approval. In July, the Obama administration said it opposed Congress's proposed "addition of $455 million above the FY 2017 budget request for Israeli missile defense procurement and cooperative development programs." The Senate Appropriations Committee had recommended an appropriation of more than $600 million for Israeli missile defense in the 2017 fiscal year – $455 million above the Obama administration's request.

September's eventual agreement stated that if Congress increases defense aid above what it guaranteed in the package, Israel must return the extra funds. At a New York event in November, several members of Congress called that stipulation unconstitutional because it would interfere with the ability of Congress to fulfill its mandate as a co-equal branch of the federal government.

Assessing Iran deal's fallout

One year later, the fallout of the nuclear agreement signed in July 2015 between Iran and the P5+1 powers – including the U.S., with the Obama administration brokering the deal – was met with mixed reactions.

"In terms of compliance with the deal itself, I think it is going very well," Dalia Dassa Kaye, director of the Center for Middle East Public Policy at the Rand Corporation, told JNS.org in July 2016. "Basically, the bargain was Iran rolling back of key elements of the nuclear program in exchange for sanctions relief – those two key aspects of the deal have been met."

Ilan Berman – vice president of the American Foreign Policy Council think tank – said that while the deal is "holding for now," the agreement has "not fundamentally changed Iranian behavior," alluding to Iran's continued military buildup, support for terrorist organizations and hostility toward Israel and the U.S.

In August, Iranian state television broadcast live images of Russian-made, highly advance S-300 surface-to-air missiles being transported by trucks to the Fordo nuclear facility south of Tehran. The move by Iran to further fortify one of its most secretive nuclear sites raised doubts about the country's commitment to the nuclear deal.

Also in August, it was revealed that the Obama administration had sent an airplane with $400 million in cash to Iran in January, on the same day that Iran released four American hostages. The money was just one installment of the $1.7 billion settlement – contested since the 1979 Iranian revolution – that Obama agreed to pay Iran under the nuclear deal.

Palestinian terror wave abates

The months-long wave of Palestinian terrorism that began in September 2015 in Israel – commonly known as the "knife intifada" because many of the attacks were stabbings—began to wane in March and April 2016. But the relative silence was shattered April 18 when a bomb detonated on a bus in Jerusalem injured 21 people.

In June, four Israelis were killed and an additional seven were wounded in a Palestinian terrorist shooting at the popular Sarona food and retail market in Tel Aviv.

The wave of fires

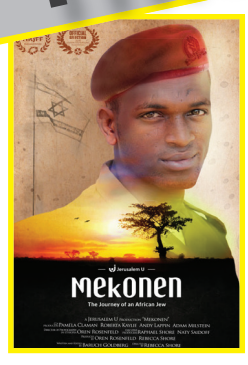
In November, a massive wave of wildfires in Israel caused an estimated $520 million in damage. For eight days, firefighters battled 90 fires in 1,773 locations, with the largest blazes occurring in Haifa. Eight-hundred of that city's apartments were rendered uninhabitable, leaving 1,700 people homeless. More than 32,000 acres of land across Israel were destroyed.

Israeli Public Security Minister Gilad Erdan said between 40 and 50 percent of the fires were the result of arson, marking the emergence of a new form of Palestinian terrorism.

The international community – including several of Israel's Arab and Muslim allies – was instrumental in helping the Jewish state combat the flames. Egypt, Jordan, Azerbaijan and Turkey all sent firefighting equipment to Israel. The Palestinian Authority also pitched in by sending fire trucks to Israel, representing a rare moment of Israeli-Palestinian solidarity.

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Special Guest: Following the film, Dr. Yarden Fanta-Vagenshtein will lead a discussion about the challenges that Ethiopians face in Israel, as well as the support that is provided to them. She emigrated from Ethiopia to Israel in 1985 and is now the Assistant Director of the Jewish National Fund in New England.

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

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Uruguay opens $20 million security center fueled by Israeli technology

RIO DE JANEIRO (JTA) – Uruguay opened a $20 million video surveillance monitoring center near the tourism capital of Punta del Este with major support from Israeli technology.

Those on hand for the Dec. 27 launch in the city of Maldonado included the defense minister of Uruguay, the mayor of Maldonado, the Israeli ambassador to Uruguay, and representatives of the Israeli companies Elbit and Noa.

The center, which will be fully operational next year, comprises 1,200 cameras in 375 spots. The Israeli technology consists of hardware and software equipment, including the high definition cameras with License Plate Recognition (LPR) technology.



Uruguay's $20 million video surveillance monitoring center near the tourism capital of Punta del Este, Uruguay.

"I am very happy to see that the dream of bringing the best of Israeli technology and knowledge to Uruguay is already a reality," the ambassador, Nina Ben-Ami, told the AJN news agency.

The executive director of the Punta del Este Jewish community, Fabian Schamis, said he was proud to be a member of the "core team from whom this dream was conceived, cared for and materialized."

"From today nothing will ever be the same regarding the level of security in the city. This is a benefit to the entire local community, for the ordinary citizen, for the tourist, for everyone," he said.

Maldonado, which has nearly 85,000 residents, has a strong hotel and business industry as an extension of neighboring Punta del Este, a leading tourism and gambling destination for South Americans. Punta, which has a Jewish mayor, will also receive some of the surveillance cameras.

At the launch, Ben-Ami took a moment to criticize Uruguay's vote in favor of the U.N. Security Council's resolution condemning Israeli settlements.

Uruguay is home to some 12,000 Jews out of a population of 3.4 million.

Last week in the capital city Montevideo, a non-Jewish woman was physically attacked by a man who allegedly yelled anti-Semitic slurs at her.

On March 8, a Jewish businessman was killed near his store in the small town of Paysandu. The killer reportedly yelled "God is great" in Arabic while stabbing David Fremd, 55, in the back 10 times, and later declared that he "followed Allah's order."

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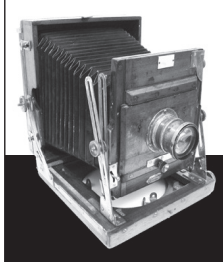
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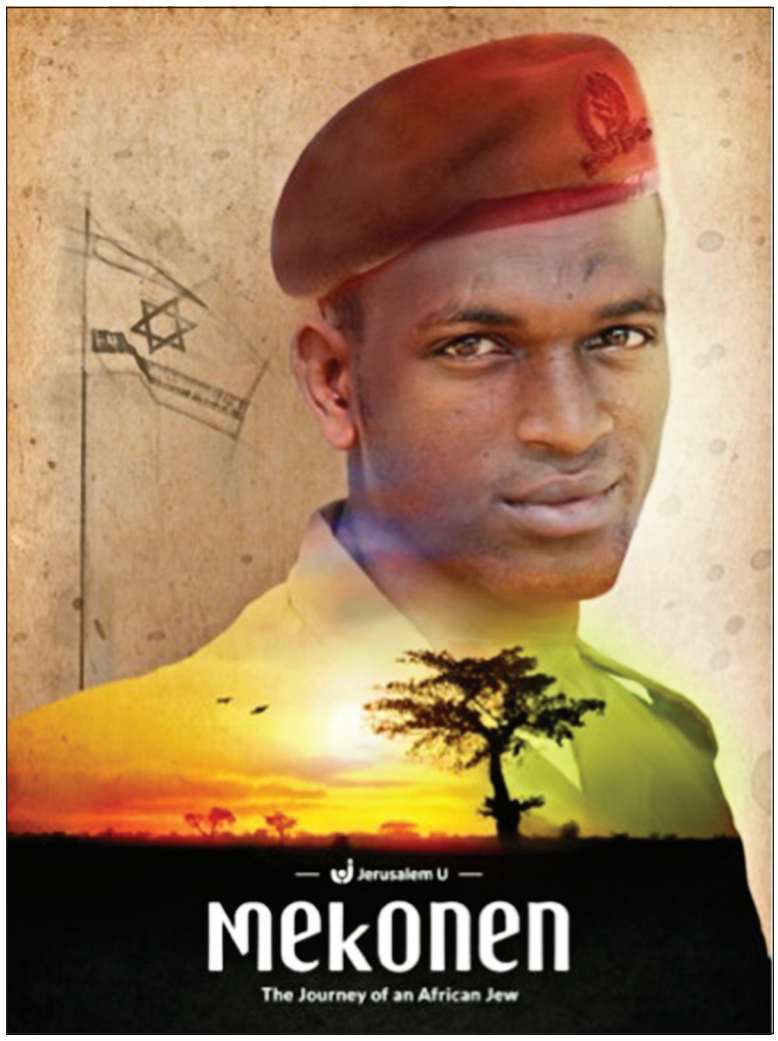
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New Ethiopian-Israeli soldier film at Dwares JCC

BY LARRY KATZ
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"Mekonen: The Journey of an African Jew" will be screened on Jan. 11, at the Dwares JCC,

"Mekonen: The Journey of an African Jew" is a new mini-documentary that will be screened on Jan. 11, at the Dwares JCC, beginning at 7 p.m. An Ethiopian-Israeli will lead a discussion of the film and of the challenges faced by Ethiopian immigrants to Israel.

The film traces the story of Mekonen Abebe, a young African-Israeli Jew, once a shepherd in Africa and now a commander in the Israeli Defense Forces (IDF). In the film, Mekonen returns to Ethiopia to seek his roots. He was 12 when his father died less than a day before his family was to move to Israel. The film sees him explore his roots, make peace with his past and embrace his future in Israel.

Mekonen was among the paratroopers in basic training who were in the Netflix-featured "Beneath the Helmet." In that film, he almost dropped out of the army due to social-economic pressures felt by many Ethiopians in Israel. Rebecca Shore, the film's producer, said, "When we heard Mekonen was becoming an IDF officer, we couldn't resist! We grabbed our cameras and starting filming his graduation. We even followed him back to his childhood home in Ethiopia, learned about his challenges along the way and met the people who helped him get to where he is today."

Mekonen has successfully integrated into Israeli society and yet stayed true to his Ethiopian roots and culture. "Mekonen is an inspiring film that will move audiences. It shows anything is possible with the right attitude, tools and support."

Following the film, Dr. Yarden Fanta-Vagenshtein will lead a discussion about the film and about the challenges that Ethiopians face in Israel, as well as the supports that are provided to them. She is currently a postdoctoral fellow at Harvard University's Graduate School of Education. She is also the assistant director of the Jewish National Fund in New England.

In 1985, when she emigrated from Ethiopia to Israel, she did not know how to read or write. In 2005, she completed a Ph.D. in education, becoming the first Ethiopian woman to earn a doctorate in Israel. Her field of research examines how illiterate immigrants adapt to modern societies, specifically Ethiopian assimilation in Israel.



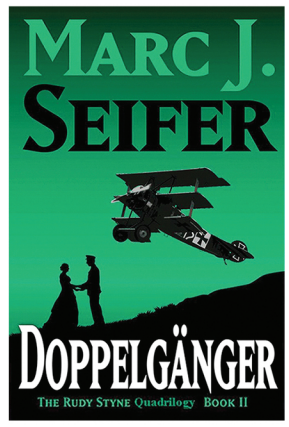
Left, Dr. Yarden Fanta-Vagenshtein who will lead a discussion about the film.

The film was produced by Jerusalem U, creators of "Beneath the Helmet" and PBS-featured "Israel Inside: How a Small Nation Makes a Big Difference." This program is co-sponsored by the Community Relations Council and the Israel Desk of the Jewish Alliance of Greater Rhode Island.

For more information, contact Jana Brenman at israeldesk@jewishallianceri.org or 401-421-4111, ext. 181.

LARRY KATZ is director of Jewish Life and Learning at the Jewish Alliance.

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‘Was Elvis Jewish?’: A remarkable book by a remarkable survivor



SKETCHBOOK

MIKE FINK

“Was Elvis Jewish?” is the title of a new book of fun facts by an amazing author named Paulette Cooper. I met her decades ago, when she was a senior at Brandeis University, at a soiree on a Boston rooftop. She was wearing a pleated white skirt. She drove a crimson convertible coupe she had bought with reparation money for the murder of her entire family. You can access the incredible saga of her survival online ... if you know how.

Cooper’s portrait in the book may astonish you, if you care to order this witty, surprising, colorful and charming paperback. I’ll let you know how to get the book after I sketch out the story of Paulette Cooper Noble’s life.

Her mother gave birth and then was promptly deported and killed. Her father, grandparents and other relatives all vanished, but through a series of coincidences, Paulette was taken from the interim detention camp just before her own turn in the cattle car bound for Auschwitz - and extinction in the ovens - and brought to



an orphanage. From there, she was adopted by a Jewish family in New York.

Cooper writes in the preface to this most recent of the more than 20 tomes she has published: “I wanted nothing to do with what had caused the loss of my people, my kin ... but writing this book has made me much more interested in my heritage and proud to be a Jew. I hope it has the same effect on you and inspires friendship.” She dedicates this playful but also poignant mini-masterpiece to her editor-husband, Paul Noble.

I found many virtues among these “amusing anecdotes,” as she puts it in the book’s subtitle. And I wonder, how did she find the facts, the details, like that Prince Charles was circumcised, and by a proper Jewish *mohel*. That Walt Disney never paid a dime to Felix Salten for the rights to “Bambi.” That Christopher Walken ran away with a traveling circus at age 15 to become a lion tamer!



This cheerfully eccentric book of oddities has, however, a serious side and a sort of tidal movement: She lists the celebrities who have passionately embraced Zionism and the survival of Israel, and also lists famous folks who have done the opposite. Suddenly, the book has depth ... and so does Cooper! If her name sounds familiar, it may be because she sued the Church of Scientology for the theft of the money sent to her by the German government and, beyond that, for a plot against her freedom of the pen.

Today, Cooper lives, contentedly and creatively, in Palm Beach, Florida, with her husband and pets. She dotes on those pets, both canine and feline, and writes about them in columns in area newspapers and magazines.

From time to time I hear from Cooper, and on one marvelous occasion, I invited Paulette and Paul to join us for dinner at the Frenchman’s Creek Beach and Country Club, a most hospitable haven in Palm Beach County and a welcome retreat from the troubles of the world. It was an unforgettable reunion for me, a chance to deepen my understanding of the courage and complexity of Cooper’s pursuits.

I have read some of Cooper’s memoirs and research reports. This new contribution to her *oeuvre*, “Was Elvis Jewish?,” will give you a thoughtful laugh or smile, and, into the bargain, insight into the wonders of those who have survived and flourished and brought both humor and humanity into our post-Shoah civilization.

You can order Cooper’s books at waselvisjewish.com or paulettecooper.com, or go to Books on the Square, in Providence, and they’ll do it for you.

MIKE FINK (mfink33@aol.com) teaches at the Rhode Island School of Design.

Ex-POW featured in Hillary Clinton campaign dies

JTA – Joel Sollender, a World War II prisoner of war who appeared in television ads for Hillary Clinton’s presidential campaign, has died.

The cause of his Dec. 27 death was congestive heart failure, the San Diego Union-Tribune reported Dec. 29. Sollender, who was Jewish, was 92.

“He had a great patriotic feeling about this country and the war affected him in many profound ways,” his widow, Dorothy, told the Union-Tribune in a phone interview from the couple’s home in Poway, California. “Here was this smart-ass Jewish intellectual from New York City who became friends in the Army with a Missouri farmer, an Indian bootlegger. He just got along with everyone because he was a person for every man and he truly loved America.”

Sollender told the Union-Tribune in November that he was irked by presidential candidate Donald Trump’s remarks during a Republican primary event last year in Ames, Iowa, mocking John McCain, a U.S. senator from Arizona and a POW during the Vietnam War, as a Navy pilot who wasn’t “a war hero because he was captured.”

Reports of Sollender’s anger reached Clinton election headquarters in Brooklyn, and a camera team taped him soon afterward for two ads. A 30-second spot showed Sollender and other veterans reacting strongly to a string of Trump comments about the military. An 80-second ad featured Sollender alone, crying in his home as he reflected on his POW experience that was “70 years ago, and yesterday.”

Both ads debuted on Sept. 16 — National Prisoners of War Remembrance Day — and played in heavy rotation in Ohio, Pennsylvania and other battleground states.

“He was devastated that Trump won and worried about the future of the country,” Dorothy Sollender said.

Born in Manhattan, Sollender quit his studies at City College of New York and was recruited into the 346th Regiment of the Army’s 87th Infantry Division.

POW | 25

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ASK THE DIRECTOR

BY MICHAEL D. SMITH F.D./R.E.
Shalom Memorial Chapel

Question: I was told that I can’t sit *shiva* on Shabbat. Why is this?

L.G., Warwick

Dear L.G.,
Shiva is the week of deepest mourning after an immediate family member passes away. It is Jewish law that holidays (like Shabbat) and festivals (Passover, Rosh Hashanah, *Shavuot*, *Sukkot* and Yom Kippur) should be celebrated and filled with joy, so, regarding the Sabbath, the general rule is that public displays of mourning are forbidden (such as wearing the *K’riah* ribbon), while private displays of mourning are observed.

QUESTIONS ARE WELCOMED AND ENCOURAGED. Please send questions to: ShalomChapel@aol.com or by mail to Ask the Director, c/o Shalom Memorial Chapel, 1100 New London Ave., Cranston, R.I. 02920.

Shirley Chernick

CANTON, MASS. – Shirley (Markowitz) Chernick, of Canton, formerly of Providence and Hull, Massachusetts, passed away after a period of declining health on Dec. 22, 2016. She was the beloved wife of the late Melvin Chernick.

She was the dear daughter of the late Daniel and Esther (Soskin) Markowitz. She was the loving mother of Michael Chernick, and Seth Chernick and his wife Randee Cassel. She was the dear grandmother of Matthew and Rebecca. She was the cherished sister of Ellen Rosalind Moss and her late husband Harold, and sister-in-law of Dr. Warren and Marsha Chernick. Shirley is also survived by many loving nieces and nephews.

Donations in her memory may be made to the Chernick Family Fund at Brown University, c/o Gift Cashier, P.O. Box 1877, Providence, RI 02912.

Edith E. Grant, 93

RIVERDALE, N.Y. – Edith E. Grant, of Riverdale, previously of Cranston, died peacefully Dec. 25, 2016, at the Atria of Riverdale. Born in New York City, a daughter of the late Isidore and Sonia (Kittas) Engelson, she was a 50-year resident of Cranston. She was predeceased by her husband of 64 years, Harold, and her son, Donald. She is survived by her son, Michael, daughter-in-law, Joan, and grandchildren, Steven and Allison.

Donations in Edith's memory may be made to the Donald R. Grant Library Fund at Temple Sinai in Cranston.

Myer Jarcho, 94

WARWICK, R.I. – Myer Jarcho, of Greenwich Farms, died Dec. 30, 2016, at Riverview Healthcare Community. He was the beloved husband of Rosella "Cookie" Schwartz and the late Sylvia (Goodin) Jarcho. Born in Providence, a son of the late Robert and Sarah (Russian) Jarcho, he was a longtime resident of Warwick.

He was a certified public accountant and founding member of Jarcho, Schwartz, Yarlas & Santilli. Myer was a former member of Temple Am David and Temple Sinai and Crestwood and Ledgemont Country Clubs. He was also a member of Touro Fraternal Association. He was the devoted father of Harold Jarcho (Donna) of Hamilton, New York; Audrey Hirsch (Steven) of Narragansett and Carol-Ann Magid (Richard) of Wayne, New Jersey. He was the dear brother of Sam Jarcho (Gloria) of Providence and the late Harold Jarcho and Harriet Herskowitz. He was the loving grandfather of Michael (Annemarie), Daniel (Leah), Simon, David (Fallon), Alex, Jessica (Max), and Risa (Bobby). He was the cherished great-grandfather of Levi, Callie, Collin and Evan.

Contributions in his memory may be made to Temple Sinai.

Eleanor Lewis, 79

PROVIDENCE, R.I. – Eleanor Levinson Lewis, of Providence, died on Dec. 24, 2016. She was the wife of David C. Lewis, M.D. for 57 years and the daughter of Hannah Aronson Levinson Quint and Dr. Tobias Levinson.

Her family includes her children Deborah Lewis (Martin Myers), Rabbi Steven Lewis (Laura Wiessen); grandchildren, Frieda Myers, Levi Myers, Noa Lewis and Rose Lewis; brother Eliot Levinson (Bryna Brennan); nephews Andrew Tobias Levinson (Stephanie Avila) and Jesse Levinson (Emanuelle "Manu" Silva).

A graduate of Brown University and the Harvard Graduate School of Education, Eleanor taught elementary school music in the Newton Public Schools and English as a Second Language to adults.

Eleanor was actively engaged in both music and the Jewish community throughout her life. She served as a lay leader at Temple Sinai, Brookline, and Temple Emanu-El, Providence, and taught music in both communities. She was chair of the editorial board of the Jewish Voice & Herald, the community newspaper in Providence. She sang in the alto section of the Providence Singers for 25 years.

Donations may be sent to New Israel Fund; Temple Emanu-El, Providence; or Temple Ahavat Achim, Gloucester, Massachusetts.

Aimee Lichaa, 87

PROVIDENCE, R.I. – Aimee Lichaa passed away Dec. 26, 2016. She was the wife of the late Abraham Lichaa. She was born in Cairo, Egypt, and moved to Providence in 1963. She was a daughter of the late Dr. Jacob and Clara Massouda.

She is survived by her son Jacob Lichaa and her daughter-in-law Maybeth; grandchildren Zachary and Olivia Lichaa; and siblings Tito Massouda, Vivian Anhang, and Hosna Gelfand. She was the sister of the late Dr. Daniel Massouda, Nellie Lichaa, Suzanne Levy and Dr. Benjamin Massouda.

Contributions in her memory may be made to RISPCA, 186 Amaral St., Riverside, RI 02915.

Michael McKeown, 63

BARRINGTON, R.I. – Michael B. McKeown passed away Dec. 21, 2016, from complications of Alzheimer's disease. He was the husband of Erica (Heikoff) McKeown; they were married for 36 years. He was born in Fort Hood, Texas. He was the son of the late John H. and Donna (Mayne) McKeown.



Michael was a molecular biology professor at Brown University.

Besides his wife, he is survived by his children Charles, Rebecca and Eugene McKeown.

Contributions in his memory may be made to the Cure Alzheimer's Fund, www.curealz.org.

Barry Novek

SOUTH DARTMOUTH, MASS. – Barry Novek, passed away Dec. 22, 2016. He was the husband of Meryl Novek. He was born in Providence, the son of the late Charles and Ruth (Sundlun) Novek Rodman.

Besides his wife, he is survived by his daughter Karen Novek Reynolds (Lawrence); son Keith Novek (Bonnie); and grandchildren Charles Novek and Ethan Novek.

Contributions in his memory may be made to the U.S. Coast Guard Mutual Assistance, www.cgmahq.org or Temple Beth-El Discretionary Fund, 385 High St., Fall River, MA 02720.

Anita Stein, 95

PROVIDENCE, R.I. – Anita Stein, of Wingate on the Eastside, died Dec. 27, 2016, at home. She was the beloved wife of the late Samuel Stein. Born in Brighton, Massachusetts, a daughter of the late Louis and Annie Bernstein, she was a longtime resident of Providence.

She was a salesperson at Susan's Children's Shop in Providence for 14 years. Anita was a member of the first graduating class of Hope High School, Class of '39, and served on most of the class reunion committees. She was a member of Temple Emanu-El and its Leisure Club, a life member of Hadassah, the former Jewish Home for the Aged Women's Association and JSA Women's Association. Anita was also a member of the Miriam Hospital Women's Auxiliary, Hebrew Free Loan Association and the Cranston Senior Guild.

She was the devoted mother of Donna Stein Robinson and her husband, Andrew, of Keene, New Hampshire; Eric Stein and his wife, Dyann, of Fairfield, Connecticut; and Bradley Stein and his wife, Deborah, of Norfolk, England. She was the dear sister of Robert Bernstein of Tamarac, Florida; and the late Samuel, Jack and George Bernstein and sister-in-law of Colleen Bernstein of Manville. She was the loving grandmother of Daniel, Adam, April, Benjamin, and Heather. She was the cherished great-grandmother of Emelia, Sidney, Elise, Levi and Shoshana.

Contributions in her memory may be made to Temple Emanu-El Leisure Club, 99 Taft Ave., Providence, RI 02906 or the charity of your choice.

FROM PAGE 24 | POW

He was captured on Dec. 11, 1944, in France and imprisoned in Stalag 3A near Luckenwalde, Germany, according to military records kept by the National Archives.

His decorations included a Bronze Star for valor, the Combat Infantryman Badge and a Purple Heart with Oak Leaf Cluster.

After the war, Sollender finished his studies at New York University, majoring in business administration. He became an executive in the textile industry before retiring in 1992. The Sollenders had two children, one of whom died in a car accident in 2002.

Besides his wife, Sollender is survived by a son, Dr. Jonathan Lee Sollender, and six grandchildren, two of whom serve in the military.

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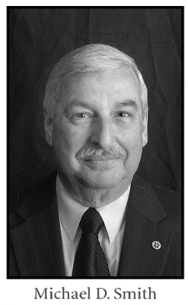
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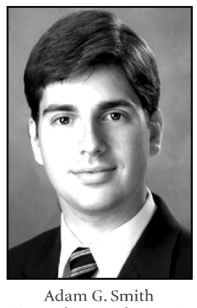
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A visit to Jewish Spain

BY KAREN ASHER

My husband Ira and I very much enjoyed our recent trip to Spain. It's amazing how three religions – Judaism, Islam and Christianity – overlap in this nation. A building may have been originally constructed as a temple, and then become a mosque, and then, many years later, a church.

We were lucky enough to visit Toledo and Cordoba to see the three oldest synagogues in Spain.

In Toledo, we visited the Sinagoga del Transito, which was built in 1361 and is now a Sephardic museum. It displays Jewish artifacts, including books, menorahs and costumes. It was built by Muslim craftsmen with Christian approval. It has intricate geometric carvings in stucco of leaves, vines, flowers and Hebrew writing.

We also visited the Sinagoga de Santa Maria la Blanca in Toledo. It has very Moorish-looking arches and wall carvings that truly make it resemble a mosque. The synagogue was built around 1200 and became a church in 1492, the year King Ferdinand and Queen Isabella expelled the Jews.

As you walk around Toledo and Cordoba, you see signs on the walls and streets designating the area as the Jewish Quarter. Some of the street signs point out key sites in the Spanish Inquisition.

Cordoba has a large Jewish Quarter with narrow streets, thick whitewashed walls and beautiful patios. The Sinagoga de Córdoba, built around 1314, is small but beautifully preserved. It is decorated with Jewish stars and quotes in Hebrew from the Psalms, as well as translations. On the east wall is the niche for the ark, which held the Torahs.

We feel privileged to have had the opportunity to connect with our Jewish heritage in such a visceral way.





PHOTOS | IRA ASHER

Rhode Island shoppers support a cause and give back to the community

From Dec. 15-18, StandWithUs Rhode Island participated in the third annual IsrAction Day 2016. During this global grassroots campaign, shoppers buy Israeli goods in local supermarkets and donate the purchases to the needy in their community. IsrAction accomplishes three major goals: people stand up for Israel with their purchases, fight back against discriminatory boycotts and support their local community.

"It's fun for the entire family and a perfect way to engage in a positive action," said Bracha Stuart, executive director, StandWithUs Rhode Island. "Everyone loved sampling the delicious products, and well, who doesn't like to shop? We enjoyed dropping off the goods and were so appreciative of the opportunity to support Israel and help the less fortunate in the community. It was gratifying to realize how many partners we have and more so, that everyone wants to be counted in for IsrAction Day 2017."

Collections of Israeli goods took place at Eastside Marketplace, Congregation Beth Sholom, and Wingate Residences in Providence, and Tamarisk Assisted Living in Warwick. Everything collected was donated to the local Kosher food bank.



PHOTO | RON STUART

Bracha Stuart and Judi Dill collect donated goods at Eastside Marketplace, one of the collection points for IsrAction Day.

"It was great to see the Rhode Island community come together to feed the less fortunate Jews," said Ken Schneider, chairperson of The Louis & Goldie Chester Full Plate Kosher Food Pantry. "We are always grateful to receive food."

IsrAction Day is the brainchild of Sussex Friends of Israel and Northwest Friends of Israel, two British-based pro-Israel groups. It quickly won the support of London's Jewish Chronicle and Jewish communal organizations across Great Britain.

StandWithUs is a 15-year-old international Israel education organization that supports people around the world who want to educate their campuses and communities about Israel. SWU has chapters throughout the U.S. including the Midwest, Israel, the UK, Canada and Australia.

– Submitted by StandWithUs Rhode Island



PHOTO | ROBERTA SCHNEIDER

Regina Schild displays the variety of Israeli products collected in the campaign on Dec. 18 which sought to benefit both Israel as well as those less fortunate in Rhode Island.

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