

Chronicle

THE VOICE OF THE JEWISH COMMUNITY
PUBLISHED SINCE 1947 BY JEWISH LONG BEACH



JEWISH FEDERATION
GREATER LONG BEACH & WEST ORANGE COUNTY



JEWISH COMMUNITY FOUNDATION
GREATER LONG BEACH & WEST ORANGE COUNTY



JEWISH FEDERATION
JEWISH COMMUNITY FOUNDATION

GREATER LONG BEACH & WEST ORANGE COUNTY

HARRY & JEANETTE WEINBERG JEWISH FEDERATION CAMPUS
3801 EAST WILLOW STREET, LONG BEACH, CALIFORNIA 90815

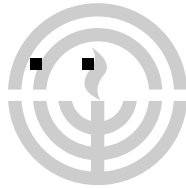


Jewish Federation
of Greater Long Beach and West Orange County

Jewish Federation

GREATER LONG BEACH WEST ORANGE COUNTY

Introducing



Jewish Federation
Jewish Community Foundation
OF GREATER LONG BEACH & WEST ORANGE COUNTY



JEWISH long beach

empowering
Greater Long Beach/West Orange County since 1948

**Jewish Long Beach
Welcomes New CEO**

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Jewish Long Beach Welcomes New CEO



Zachary Benjamin
CEO
Jewish Long Beach

Friends,

It is with immense joy that I begin my service to you as CEO of Jewish Long Beach, formerly the Jewish Federation and Jewish Community Foundation of Greater Long Beach and West Orange County. After four years based in Albuquerque, where I helped lead the Jewish Federation of New Mexico as its executive director, my wife, Taina, and I—along with our daughter, Zoe—are delighted and honored to be joining this remarkable community.

As I begin my tenure here, I am also pleased to announce that the federation and foundation have joined together to become a single entity, Jewish Long Beach, representing a renewed focus on strategic grant-making, collaborative resource development, and attention to the ever-evolving needs of the Long Beach and West Orange County Jewish and broader communities.

My predecessor Deborah Goldfarb's impact will continue to ripple throughout the Jewish world for generations to come. Not only has she been a transformative leader, but she has also served as a tremendous partner and example for me as I have transitioned into my new position. One

does not fill the shoes of a leader like Deborah. Rather, I pledge, to the best of my ability, to stand on her shoulders and fully leverage the opportunities that she and our immensely talented lay leadership and professional team have created at this critical but exciting juncture in our community's history. Indeed, Deborah, along with Jewish Long Beach President Laurie Raykoff, immediate past foundation president Jan Stein, our staff, and scores of dedicated leaders, spent years re-imagining our organization in order to secure its future and that of Jewish life in and around Long Beach. By any measure, they have laid a strong foundation for success. Not only am I cognizant of the gravity of the responsibility that falls on my shoulders to operationalize their vision, but I am grateful for and humbled by the trust they have placed in me to assume this role.

I am eager to interact with as many of you as possible in the coming weeks and months. It is important for you to know that I am motivated by a sense of yiddishkeit that drives my deep and unabiding commitment to the welfare of the Jewish people and to Israel. To be Jewish is a privilege that carries with it a responsibility to serve our fellow Jews, an obligation to be a light unto the broader communities of which we are a part, and a duty to ensure that Judaism thrives across the life cycle, from generation to generation.

I believe that every Jewish person, regardless of level of observance or political

persuasion, is indelibly and undeniably connected to Israel. That connection should be cultivated, celebrated, and shared.

It is also an unfortunate reality that the tide of anti-Semitism is rising, not only on our own shores, but around the globe. Thus, it is imperative that we build bridges through service and strategic outreach in an effort to stem this troubling phenomenon. At the same time, we must make clear to all that prejudice against Jews is a vicious, insidious, and potentially lethal form of bias that must be identified, isolated, and opposed with the utmost fervor.

I am committed to a collaborative approach to Jewish community through which Jewish Long Beach will be a "big tent": a convener of Jewish institutions that works with all to foster and facilitate the advancement of Jewish life for generations to come. Together, I have every confidence that we will honor and advance the over 70-year legacy of tzedakah that lies at the core of Jewish Long Beach. My door is open, and I am excited to work with you to help bring our community from strength to strength.

B'shalom,

Zach Benjamin
Chief Executive Officer
Jewish Long Beach
zbenjamin@jewishlongbeach.org

The Story Behind our Future



Why: We are adopting a new approach to support Jewish causes in the community.

This structural evolution fits a changing giving landscape that allows us to serve more nimbly, have more agency, and maximize our impact in service to our mission.

Through a new grant-making process, we are re-focused on empowering our fellow Jews and institutions and challenging them to go further in service to our common goals—local and global Jewish welfare. The grant process will amplify our reach and focus on outcomes.

Not only will we add a level of accountability

as a requirement of receiving a Jewish Long Beach grant, we will be more efficient. We now have one united board. Raised funds will align toward both community and donor priorities, and we will have more opportunities for Jewish Long Beach to reach a broader community instead of a narrow segment.

Campaign: We will continue to conduct an annual campaign, which we hope to grow through better, more consistent communication with the community regarding our mission and how we serve the local and global Jewish welfare. At the same time, we are redoubling our focus on legacy giving and planned giving, which will secure our organization's future and allow us

to sustain and grow our impact from generation to generation.

Support for Partner Agencies: Support for our partner agencies will continue. Gradually, we will be changing the criteria and methods through which funding assistance is granted. This new funding model will also allow us to identify new organizations, projects, and programs that serve areas of imminent community need, and to serve our mission by establishing funding and programming partnerships with a wider variety of organizations and causes within our mission.

Questions?

Reach out to new CEO Zach Benjamin, who is eager to meet community members and help communicate our exciting, community-focused new vision.



The Jewish Community
Chronicle

Published since 1947
by Jewish Long Beach

Laurie Raykoff
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CHIEF EXECUTIVE OFFICER

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Long Beach Area Chamber
of Commerce Member

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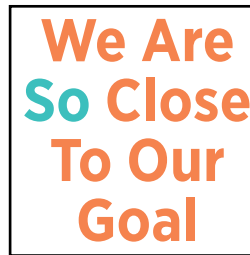
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Big Success**
Thank you for an
incredible evening



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2019 Campaign Closing**
Please Give Today

Jewish Long Beach Corporate Partners



5+



6+



6+



5+



5+



5+



5+



5+



2



3+

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Become a Corporate Partner Today. Contact 562-426-7601 ext. 1007.
For more information about our Corporate Partners, visit jewishlongbeach.org/sponsors

Shabbat

Candlelighting

August 2	7:34 pm
August 9	7:27 pm
August 16	7:20 pm
August 23	7:11 pm
August 30	7:02 pm

Cover Image
*Different logo's
throughout our history.*

 The appearance of product or establishment advertising in the Jewish Community Chronicle does not constitute an endorsement of kashruth. Opinions printed in the Jewish Community Chronicle do not necessarily reflect those of the Jewish Federation. The publication of a paid political advertisement does not constitute endorsement of any candidate, political party or political position by Jewish Long Beach or any employee.



JEWISH
long beach

empowering
Greater Long Beach/West Orange County since 1948



A Big

Thank You!

for those who attended and supported our

SUMMER

Celebration



**WE RAISED
\$105,000**

towards our goal of \$450,000 for Security Enhancements on the



**Harry & Jeanette Weinberg
Jewish Federation Campus**



We celebrated our community, our campus, and those who strengthen it!

Nearly two hundred community members gathered for the Summer Celebration presented by past presidents of the Jewish Federation and the Jewish Community Foundation on Sunday, June 23 at the Alpert Jewish Community Center on the Weinberg Jewish Federation Campus.

This special event raised funds to support security enhancements on our Weinberg Jewish Federation Campus. The evening raised just over \$105,000, together with a \$150,000 federal grant secured from Homeland Security, puts us at a little more than half our goal of \$450,000.

We also honored Deborah K. Goldfarb, outgoing CEO, to whom we wish a happy and fulfilling retirement.



L to R: Deborah Goldfarb, Rabbi Mark Goldfarb, Stuart Goldfarb, Marilyn Goldfarb



Reception in the Lentzner Family Promenade



L to R: Rob Feldman, Debbie Feldman, Norma Stein, Jan Stein

photo credits: Scott Smetzer

THE **STRENGTH** OF A PEOPLE.
THE **POWER** OF COMMUNITY.

Visit jewishlongbeach.org/summer for more pictures, beautiful tribute ads and a short dedication video.



L to R: Lisa Paretsky, Richard Marcus, Yael Marcus



Alan Brawer, Jewish Long Beach VP Fund Development leading the charge on fun-raising for Campus Security



L to R: Britney Krugman, Aaron B. Krugman, Daryl Phillips, Sandy Phillips



L to R: Romy Temkin, Barbara Alpert, Jessie Butler, Cookie Sieger



L to R: Shari Nemirow, Alrene Freeman



L to R: Laurie Raykoff, Jewish Long Beach President, Jan Stein, Jewish Long Beach Immediate Past President

photo credits: Scott Smeltzer

You Can Still **Help** Make Our Weinberg Jewish Federation Campus **SAFE!**

Any amount helps.
Your gift could be the difference.

jewishlongbeach.org/campus-security
562.426.7601 ext. 1007 dlevy@jewishlongbeach.org



RABBINIC REFLECTIONS

The Forbidden Fruit and The Jewish Origins of the Caduceus

By Rabbi Shmuel Marcus



In the Garden of Eden life was good and with no mortgage or medical bills Adam and Eve had the perfect marriage. Sadly, Paradise was lost for them when they encountered a challenge in the form of a snake. When confronted by the forbidden fruit they were (for the very first time) given the opportunity to show their loyalty and overcome a challenge. But we all know how that story ended.

Much discussion has been given to what Adam and Eve were thinking while eating from that forbidden fruit, but I'd like to focus on what the snake was thinking.

The Zohar provides a parable to explain the

snake's point of view. "A king once wanted to confirm the moral fiber of his son so he hired a harlot to seduce the young prince." The Zohar explains that in the harlot's heart she hoped to be ignored or turned down. The loyal harlot was torn between her obligation to the king's command and her hopes that the prince would rise to the challenge and become the next king.

In Jewish thought the snake is the loyal harlot. The annoying resistance that allows us to build spiritual muscle. The snake is seen as the danger that allows heroes to be born and the very challenge that allows us to rise to the occasion.

The Torah relates another story about a snake, but this time Moses is holding a copper snake on a pole to cure those who were bitten by venomous desert snakes. The dying were miraculously healed just by looking up at

this copper snake.

Of course, by looking up the infected Jews were raising their hearts to Heaven and being cured by the Divine, yet there was also a powerful message in seeing a copper snake.

The key word here is "copper." G-d had only told Moses to put a snake on a pole so why did Moses choose copper instead of gold or silver?

Moses understood that a message was being sent to us all: The force that once caused us to fail could be transformed into the symbol of our healing. To demonstrate that this idea wasn't a luxury item, Moses chooses a metal used for building rather than a precious decorative metal. When we begin to view our unwanted challenges that bite at our heels as functional "copper" parts of growth then we can transform a deadly snake into a source

healing.

This idea is apparent in the Hebrew letters for snake "NaChaSh" and the Hebrew letters for copper "NeChoShet." Very similar in sound and in ultimate purpose.

The prince needs a crisis to prove his character and our personal forbidden fruit might just be the opportunity for us to awaken our inner strength to heal the world.

So, the next time you see the medical emblem with a snake on a pole, let it remind you that the challenges in your life are hoping you rise to the occasion.

Rabbi Shmuel is the director of Chabad of Los Alamitos where he runs the Hebrew High and Chai Society. You can reach him at shmuelmarcus@yahoo.com

National Council of Jewish Women (NCJW) Long Beach event: Support Foster Youth with NCJW's HugPacks!

Calling for volunteers to help fill "HUGPACKS" for High School Students in the foster care system on Tuesday, August 27 from 6pm to 8pm at the Alpert

JCC on the Weingberg Jewish Federation Campus. We fill backpacks for this community service activity. RSVP to info@ncjwlongbeach.org or call Lydia Pinto @ 657.235.2511

We are also partnering with LB Suffrage 100 to celebrate the 19th

amendment's centennial with events throughout the year. On Monday August 5, there will be an open house at MOLAA from 5-7pm. To find out how to get involved and about the Inaugural free event on August 24, at Cesar Chavez Park at 7:30 pm: "Tea with Alice Paul and Zoe Nicholson,"

Contact Lisa Raufman via info@ncjwlongbeach.org for more information.

SAVE THE DATE: Fun Membership Event, September 22 at the Alpert JCC on the Weinberg Jewish Federation Campus.



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Thank You

Sharon Kenigsberg

20 years

of service to Jewish Long Beach

Synagogue Directory

Beit HaLev (I)
P.O. Box 2279
Seal Beach, CA 90740
Contact: Rabbi Galit Levy-Slater
Phone: 562-493-2680
Email: duets@icloud.com
Website: www.galityomtov.com

Beth David (R)
6100 Hefley St.
Westminster, CA 92683
Contact: Rabbi Nancy Myers
Phone: 714-892-6623
Email: tbdauid@templebethdavid.org
Website: www.templebethdavid.org

Chabad of Los Alamitos & Cypress (O)
12340 Seal Beach Blvd. Suite B-219
Seal Beach, CA 90740
Contact: Rabbi Shmuel Marcus
Phone: 714-828-1851
Email: smarcus@jewishcypress.com
Website: www.chabadlosal.com

Chabad of West Orange County/ Congregation Adat Israel (O)
5052 Warner Ave.
Huntington Beach, CA 92649
Contact: Rabbi Aron David Berkowitz
Phone: 714-846-2285
Email: info@chabadhb.com
Website: www.chabadhb.com

Congregation Lubavitch (O)
3981 Atlantic Ave.
Long Beach, CA 90807
Contact: Rabbi Yitzchok Newman
Phone: 562-426-5480
Email: yitzyg@aol.com

Congregation Shir Chadash (I)
6440 Del Amo Blvd.
Lakewood, CA 90713
Contact: Rabbi Mariana Gindlin
Phone: 562-429-0715
Email: csclakewood@dslextreme.com
Website: www.CongregationShirChadash.org

Congregation Shalom of Leisure World, Seal Beach (C)
Mail to:
PO Box 2901
Seal Beach, CA 90740
Meet at:
Clubhouse 3, Room 9
1421 Northwood Road
Seal Beach, CA 90740
Fridays 7:00 PM, and Saturdays 9:30 AM
Contact: President Carol A. Stern Levine
Phone: Direct - 562-505-3622
Phone: Membership - 562-430-7040
Email: congsholomlwsb@gmail.com

P'nai Or (I)
3955 N. Studebaker Road
Long Beach, CA 90808
Email: info@pnaior.org
Website: www.pnaior.org

Shul By The Shore (O)
3801 E. Willow Street
Long Beach, California 90815
Contact: Rabbi Abba Perelmutter
Phone: 562-621-9828
Email: rabbi@shulbytheshore.org
Website: www.shulbytheshore.org

Surf City Synagogue (C)
Services held at the HB Central Library
7111 Talbert Ave.
Huntington Beach
Phone: 714-596-2220
E-Mail: info@surfcitysynagogue.org

Temple Beth Ohr (R)
15721 E. Rosecrans Ave.
La Mirada, CA 90638
Contact: Rabbi Mark Goldfarb
Phone: 714-521-6765
Email: office@tbolm.org
Website: www.tbolm.org

Temple Beth Shalom (C)
3635 Elm Avenue
Long Beach, CA 90807
Contact: Rabbi David Cantor
Phone: 562-426-6413
Fax: 562-426-7824
Email: office@tbslb.org
Website: www.tbslb.org

Temple Israel (R)
269 Loma Ave.
Long Beach, CA 90803
Contact: Interim Rabbi James Simon
Phone: 562-434-0996
Email: info@tilb.org
Website: www.tilb.org

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

(C)=Conservative (I)=Independent
(O)=Orthodox (R)=Reform



BARBARA AND RAY ALPERT
JEWISH COMMUNITY CENTER
OF LONG BEACH



Save the Date!

The Alpert Jewish Community Center is Proud to Host

beJeweled

Saturday, November 2
At the Alpert JCC



Turn to page 2 for more information

Around the J

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Message from the Executive Director

L'Dor V'Dor...From Generation to Generation. Here at the Alpert Jewish Community Center, we believe that everything we do and every program we have strengthens our community and works toward building our future. We believe that access to a thriving and supportive community is the key to a full life for everyone, and the AJCC plays a unique role at the heart of our community because our doors are open wide to welcome everyone.

The Alpert JCC is a place where people come together, celebrate significant events, and enrich their lives through a broad range of programs and services for each of life's many stages. Every program you attend, every friend you make, and every time you come into our J brings the concept of L'Dor V'Dor (From Generation to Generation), to life. From our senior social events to our special holiday programs for preschool children, and everything in between - your participation gives L'Dor V'Dor a special meaning to our J.

Rooted in our history, guided by our mission, and inspired by Jewish tradition, the concept of L'Dor V'Dor allows the Alpert Jewish Community Center to continue being Your Center for Life in the following ways:

- We provide a thriving Jewish environment for our children through our highly rated Early Childhood Education, Kids University, and Camp Komaroff programs.
- We offer a safe and welcoming place where people of all ages and Faiths gather to hear a lecture, enjoy a senior lunch, come to volunteer, take a group Zumba class, study Kabbalah with the Rabbi, take a family Martial Arts class, or enjoy Shabbat at the Pool.
- We offer free and low-cost classes, group fitness, enrichment activities, gathering places, and the opportunity to be part of a larger community.
- We provide monthly Shabbat dinners for young professionals in GesherCity.
- Our Promenade and rooms are filled with Bridge and Mah Jong players as they gather for their weekly games.
- We focus on wellness—of mind, body and spirit—especially important during stressful times. Interacting and being a part of the AJCC is a great antidote for loneliness and the desire to make friends and be part of a community.

L'Dor V'Dor...Strengthening our Community, Building our Future. Thank you for being part of our community and for continuing to make the Alpert Jewish Community Center Your Center For Life!

L'Shalom

Jeffrey Rips
AJCC Executive Director

Summer Camp!

CAMP KOMAROFF
Runs through August 16
Perfect for kids 5-17

Swim Everyday • Field Trips • Sports • Art Projects
Fun Science Experiments • Youth Theatre Program

3801 E. WILLOW ST., LONG BEACH, CA 90815 • (562) 426-7601

REGISTER FOR THE FINAL WEEKS OF CAMP AT ALPERTJCC.ORG

Mark Your Calendars For
The Alpert Jewish Community Center's 2019 Gala

beJeweled
Saturday, November 2, 2019
At the Alpert JCC

A Sparkling Celebration of more than Seven Decades of Our Vibrant Jewish Community Center in Long Beach

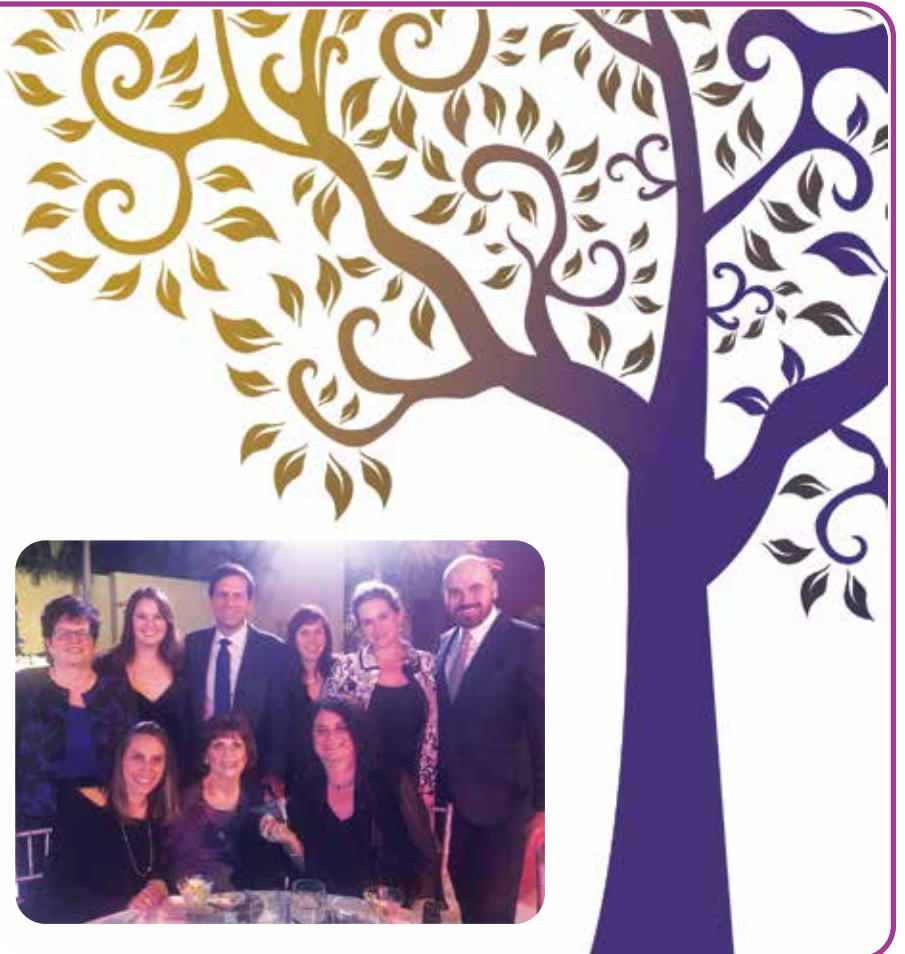
Honoring Barbara Alpert & The Alpert Family
Jewels of Philanthropy In Our Community

Celebrating The 20th Anniversary of the Opening of the Alpert Jewish Community Center
A Jewel of the Greater Long Beach Community

Featuring Special Guest Artist: Sarah Uriarte Berry
Star of Five Broadway Shows, Headliner at the New York City Opera and Soloist at Carnegie Hall

TICKETS AVAILABLE IN SEPTEMBER!

Get involved in the biggest event of the year as a sponsor!
Contact Susan Paletz at (562) 426-7601, ext. 1012 or spaletz@alpertjcc.org



JEWISH LIFE & CULTURE

Dana Schneider-Chanzit, dschneider@alpertjcc.org • (562) 426-7601 x1067



The Zena & Pauline Gatov Gallery
at the Alpert JCC Presents

LIGHT, LOVE, HOPE

Darlene Jaman Art Show

July 31- August 28

Darlene Jaman (1934 - 2015) was a Jewish-American artist born in Chicago, raised in Los Angeles, and who spent many years living in Mexico and Europe. There is a strong existential element in Ms. Jaman's work, depicting themes of light, love, and hope, which are illustrated by her use of broad, bold strokes and bright colors mixed with shades of white.

Artist Reception: Sunday, August 18, 2-4pm

Free Admission; Open to the Community!

Big Swingin' Nights with the "Beach City Big Band"

Monday, August 19, 7:30-9:30pm

Swing by the J for a night of music, dancing, refreshments, and fun.

Held on the third Monday of every month.

FREE to the community

Wrap N Snack Jewelry Class

Tuesday, August 20, 6:30pm

Learn to make your own piece of wire wrapped semi-precious stone jewelry.

All supplies provided. Snacks and Beverages served.

\$50 per person in advance, \$65 at the door.

Dana Schneider-Chanzit at (562) 426-7601 x 1067

Israeli Cooking Class

Tuesday, August 27, 6pm

In this hands on learning class you'll learn to make some of your favorite Israeli foods. Including Hummus, Baba Ganoush, Shakshuka, Mediterranean Salad and Rugalach. Try all the foods we make and go home with printed recipes.

Advanced Tickets: \$25/MVP; \$30/Public • Door Price: \$36/MVP; \$40/Public

Advance Tickets sales end August 23

Dana Schneider-Chanzit at (562) 426-7601 x 1067

SENIOR ADULTS

Dr. Susan Mathieu, smathieu@alpertjcc.org • (562) 426-7601 x1721

Happiness & Humor Group

Friday, August 2, 11:30am

Did you know that humor helps us connect with others and reduces depression? All senior adults are invited to this FREE ongoing monthly group, led by Dr. Susan Mathieu. Light refreshments will be served.

"My grandmother was a very tough woman. She buried three husbands and two of them were just napping!!" -Rita Rudner

Senior Luncheon

Featuring Jamie Shaheen,

Performer Extraordinaire with The Walt Disney Company

Wednesday, August 21, 12pm

Jamie Shaheen, has been delighting fans at Disney properties in Southern California and Disney tours across the United States and Canada – singing favorite songs, playing enchanting piano melodies and leading her wildly popular sing-a-long shows. Lunch will be Chicken Chop Suey, roasted tofu with veggies and brown rice followed by Almond Cookies and Assorted Desserts

For more info, call Dr. Susan Mathieu

Tu B' Av, Senior Shabbat Lunch

Friday, August 30, 12pm

Tu B' Av, is celebrated in Israel, much like Valentine's Day in the United States. We will have a beautiful Musical luncheon and short service celebrating love. You are welcome to bring fresh flowers and we will provide the chocolate kisses. Service Lead by Cantorial Student Kelly Cooper. **RSVP to Dr. Susan Mathieu.**

FITNESS & WELLNESS

Elsie Bennett, ebennett@alpertjcc.org • (562) 426-7601 x1056



Aqua Strength

Every Saturday in August, 8-9am

This class is geared towards those who are athletes, tri-athletes, police, swat, fire, military, those who are training for long endurance events and anyone who needs to be challenged within their peak performance and personal best.

- Increased strength, power and endurance
- Explosive speed and agility
- Building lung capacity and perfecting form
- Resistance training

Instructor: Elizabeth • \$25/MVP; \$32/Public

Cycling Clinic

Every Wednesday, 5-7pm

Bike ride, 15-20 miles, on the San Gabriel and El Dorado park trail. Learn bike safety, traffic rules, and etiquette. Water and snacks will be included. Start location: Marina Dr and Second Street. This class will be continuing throughout the year. Instructor: Daniel Rojas

Single class: \$20/MVP; \$25/Public • Monthly Price: \$72/MVP; \$90/Public

HIIT- High Intensity Interval Training

Saturday, August 10, 9:30-10:30am

HIIT the deck, HIIT the bike, HIIT the pool! Join us by the pool for high intensity on the deck for 20 minutes, on a stationary bike for 20 minutes, and in the pool for 20 minutes. Instructor: Scott Saegesser • \$25/MVP; \$32/Public

ZUMBA® Party

Sunday, August 4, 11am-1pm

Take the work out of your workout! Join our fabulous Zumba® instructors as they lead you on a 2-hour long dancing extravaganza. Once the music takes over, you'll see why Zumba® is often called exercise in disguise. Refreshments will be served.

Instructor: Ace, Sabrina, and Patty • \$15/MVP; \$20/Public

Tabata Bootcamp™

Saturday, August 17, 9-10am

Maximize your results in minimal time using 4-minute high intensity intervals. These microburst intervals are performed at high intensity for 20 seconds, followed by 10 seconds of rest. This makes intervals highly doable and effective, and helps the body continue burning calories for the next 24-48 hours.

Instructor: Tami Santy • \$25/MVP; \$32/Public

Line Dance - Beginner Basics

Saturday, August 24, 10am-12pm

Learn basic steps and a few classic dances no more than 32 steps in length. After some time to practice, we'll end with an hour-long dance party! Great for newcomers or those who want to come back to dance after taking time off, this class requires no partner or previous experience. Instructor: Cindi Massengale

\$25/MVP; \$32/Public

Meditation Series

Every Monday in August, 7:15-8:30pm

Your Meditation classes are in several parts: Discussion, Movement, Breath Work, and Meditation Practice. Learn about different types of meditation and how to incorporate it into your daily life. Please bring a pen or pencil, notebook, and something soft but firm (pillow, thick towel, or blanket) to elevate your hips should you choose to sit on the floor instead of a chair for the meditation. Instructor: Del Leon • \$25/MVP; \$27/Public



Summer of Fun!

Enjoy our remaining dates of Fun!

Tuesday Nights at the Pool: 5:30-8pm
Kosher dinner available for purchase.
August 6: Back to the 90's • **August 13:** Free Member Appreciation BBQ

Appreciation Wednesdays: 4-5:30pm
August 14: FREE Ice Cream

Thursday Nights at the J: 5:30-8pm
Dinner available for purchase.
August 15: Tu B'Av Dinner and Dance

For more information, visit us at alpertjcc.org or contact Jeremiah Brubaker at (562) 426-7601 x1321
FOLLOW THE FUN ALL SUMMER LONG!

Facebook.com/alpertjcc | @alpert_jcc | #ajccsummeroffun

EARLY CHILDHOOD EDUCATION
Emily Gould, egould@alpertjcc.org • (562) 426-7601 x1091



Alpert JCC Early Childhood Education

Spaces still available for the 2019-2020 school year. Register Now!

Alpert JCC Rental Dept.
Irene Velasquez, ivelasquez@alpertjcc.org • (562) 426-7601 x1421



Are you looking for a place to host a Bar or Bat Mitzvah, Wedding, Meeting, Swim Party or a Playground Birthday?

The Alpert JCC is the perfect place to have your event. Choose from a variety of room sizes for every social gathering need! For more info, call Irene Velasquez, our Special Events & Rental Manager

AQUATICS
Ignacio Berumen, iberumen@alpertjcc.org • (562) 426-7601 x1020



Summer Swim Sessions

Perfect for kids ages 5 and up

Session: August, 5-15 • August 19-30

2 Weeks: \$50/MVP; \$75/Non-Member

1 Month: \$100/MVP; \$130/Non-Member

Summer Season Pass: \$280/MVP; \$370/Non-member

Visit the AJCC Member Relations courtesy desk for available dates & times.

Year-Round Swim Team at the Alpert JCC!

Tues & Thurs: 4:30-5:30pm

Kids ages 6-12 are encouraged to Join the BlueFin Swim team any time of the year! Freestyle, backstroke, butterfly and breaststroke are all taught and refined. The last 15 minutes of each class are dedicated to a sport activity! This swim team is the

perfect stepping stone to get kids ready for the more advanced competitive youth swim team but more importantly, it builds their endurance and stamina! Participants must be able to swim 25 yards freestyle with side breathing to qualify for Prep Team. \$70/MVP; \$85/Non-Member; per month

To get info. on swim team, visit alpertjcc.org or call (562) 426-7601 x1051 today

Water polo

Monday & Wednesday or Sundays

Kids Ages 7-13

Coached by a American red cross water safety instructor. Participants in this class will learn the fundamentals of water polo, and team building.

Requirements: 25 yard swim test

Mon. & Wed., 3-345pm: \$100/MVP; \$130/Public

Sun, 3-345pm: \$50/MVP; \$65/Public

JCC Junior Lifeguards

Monthly Summer Class, Join Anytime!

Tuesday & Thursday, 12-12:45pm

Kids Ages 7-15

Throughout this course, participants will learn a new sense of teamwork and communication while developing their work ethic and leadership skills. By training in, and implementing, advanced swim techniques and basic water rescues, youths will gain experience and skills which are applicable and relevant in many aspects of life. Additionally, this course is a great way to prepare participants for one of the open water Junior Lifeguard programs.

Week 1: Water rescue skills, assists, water entry techniques, and swimming

Week 2: CPR, first aid, emergency action plans, sudden illness response

Week 3: Snorkeling, backboarding, lifeguarding/ instructing skills

Week 4: Rescue relays, putting everything together

\$100/MVP; \$130/Public



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COMMUNITY

Understanding Trauma

By Lisa Honsberger, MSW, JFCS Manager of Community-Based Services

Our recent sequence of earthquakes has put most of us on edge, but for some, it has been an unwelcome reminder of past trauma. The experience of trauma from earthquakes or other causes is very common. In the US, it's estimated that 70% of adults have experienced some type of traumatic event at least once in their lives.

In recent years "trauma" has been a word that we often hear thrown around without much thought, but what does it really mean? Trauma occurs when events or circumstances cause one to feel that their life or safety is threatened, leading to overwhelming distress that is beyond one's ability to cope with or manage. It

may occur as the result of one event, multiple events, or an ongoing situation. What is traumatic to one person may not be traumatic to another, and how it affects each individual may vary greatly. While many people who experience trauma are resilient and find healthy ways to cope, some may not have sufficient coping skills and supports to manage the trauma they have experienced. As a result, they may face significant disruptions in their life that challenge their ability to work, attend school, and maintain interpersonal relationships. In addition, trauma has been directly correlated with medical conditions including cancer,

heart disease, COPD, diabetes, and high blood pressure, and is a risk factor for many mental health conditions.

If you or someone you know is impacted by trauma, acknowledging the traumatic event is the first step. By finding ways to connect, whether informally in a support group, or with a therapist, as well as focusing on physical and emotional health, you or your loved one can begin the process of healing and move towards a resilient future.



RUNWAY is going green this year with E-invitations!

E-invitations were sent on July 28

Check your inbox for yours!

**Do we have your current email address?
Send it to us at invitation@jfcslongbeach.org.**

Admission tickets and sponsorships may be purchased online at jfcsrunway.com or by calling the JFCS office at (562) 427-7916.



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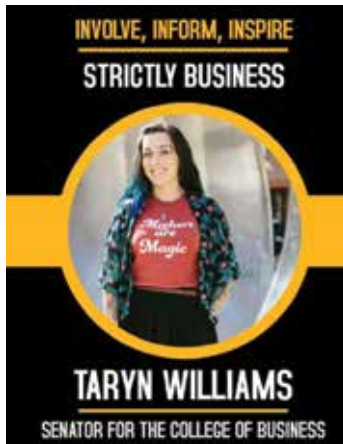
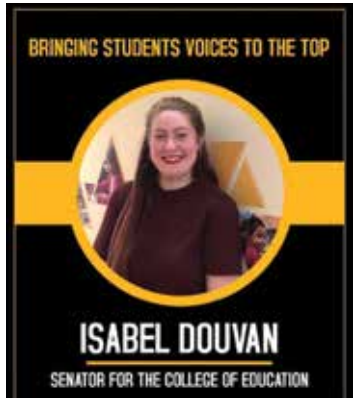




HILLEL AT CSULB

FOR MORE INFORMATION:
 WEB: www.beachhillel.org
 EMAIL: info@beachhillel.org
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Two Beach Hillel Students Elected Student Government Senators



Congratulations go out to Beach Hillel students Taryn Williams and Isabel Douvan for being elected as senators representing their colleges in student government. We are so proud of their hard work and dedication to making Long Beach State the best it can be! Mazel Tov!

Shabbat Sponsorship Opportunities Available!

35 times over the course of the 2018-2019 school year Long Beach college students gathered together to celebrate Shabbat! As the premiere, and most popular, event of the week students love spending Shabbat together as a community. Delicious food, soul stirring songs, and meaningful conversations help end a hectic week in a positive way.

If you would like to sponsor a Shabbat dinner for Beach Hillel students please reach out to ChayaLeah at clsufrin@beachhillel.org.



Beach Hillel student Anna Monette is eagerly awaiting the start of the FALL semester so that she can be reunified with her Beach Hillel Family.



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Receiving the Jewish Federation Robert Baldwin Community Service Award
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From Bob & Phyllis Wallis

- Zachary Benjamin
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From Michele Cohen

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to Harvey Labko
From Gary Jackson
- David Feldman
Beloved Husband
to Joanne Feldman
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From Linda & Sanford Simmons

- David Feldman
Beloved Father
to Daniel Feldman
From Linda & Sanford Simmons

MAZEL TOV ON NEW BIRTH

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If you know of someone who has recently passed and would like them to be recognized in our publication, email chronicle@jewishlongbeach.org

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Upcoming Events:

Tish'a B'Av Schedule of Services

August 9th @ 6:30pm

August 10th @ 9:00am

A Rabbi Reads The New Testament

With Rabbi David Klatzker, PhD, August 4th @ 10:00-11:30 am

What is the NT? What kind of Jew was Jesus? Was the last supper a Seder? How did Christians get from the Messiah son of David to the Messiah son of God? Why are Jesus' enemies so conspicuously termed "the Jews"? And other questions you were probably always afraid to ask. There is no charge. All are welcome. Recommended text: Amy-Jill Levine and Marc Zvi Brettler, eds., The Jewish Annotated New Testament (the 2nd edition of 2017 is best). Or just bring a copy of the New Revised Standard Version (NRSV), as in the New Oxford Annotated Bible: An Ecumenical Study Bible (2018) or Harper Collins Study Bible (many editions). For complete details please contact Rabbi Klatzker at d.klatzker@verizon.net.

Sisterhood's Pan Tournament, August 7th @ 10:00am

Do you enjoy playing *Pan*? If so, please come and join our dedicated Sisterhood on August 7th here at TBS! RSVP directly to Ann Millman at annmillman@yahoo.com by August 2nd. Donation of \$45 to participate. Breakfast begins at 10am and followed by Game Time at 10:30am. We hope that you can play *Pan* with us!

Shabbat Dinner at 6pm and Service at 7:15pm on Friday, August 16th

We are kicking this Friday evening with a delicious dinner and fun service for all to attend. Bring the whole family and friends, and we hope to see you all here at TBS! Requested donation of \$5/individual and \$15/family, and we thank you in advance. To RSVP please email office@tbslb.org and memo line "Shabbat Dinner" no later than Tuesday, August 13th.

**Torah School is now enrolling
For school year 2019-2020**

**Amanda Rudman, Director of Education
at education@tbslb.org**

School is around the corner and TBS is now accepting applications for the upcoming school year. New families are all welcome to check out our Torah School. Please contact our Education Director, Amanda Rudman immediately for complete details.

Join us for Weekly Services:

Morning Minyan: Thursdays @ 8:00am

*Monthly Coffee & Conversation, first Thursdays of the month @9am

Shabbat Services: Fridays @ 7:45pm & Saturdays @ 10:00am

*Monthly Family Shabbat Dinners @ 6pm & Evening Services @ 7:15pm

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SUMMER OPPORTUNITIES TO MEET OUR COMMUNITY



SHABBAT IN THE PARK

with Cantor Sara Hass

Friday, August 16 at 5:30 p.m.
at El Dorado Park - Willow at Studebaker
(under the trees by the soccer field)

Join us as we light candles, share kiddush and challah and joyfully welcome Shabbat together in the beautiful outdoors! **Bring your own dinner, drinks, chairs and blankets and look for the Temple Israel banner!**



OUR ANNUAL SHABBABAQUE

Friday, August 30 at 5:30 p.m.
at the Alpert JCC

Join us for a wonderful Shabbat Service, followed by
BBQ Dinner, Music, Socializing and Swimming
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RSVP to the Temple Office requested by Wednesday, August 29



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