

Chronicle

THE VOICE OF THE JEWISH COMMUNITY
PUBLISHED SINCE 1947 BY THE JEWISH FEDERATION OF GREATER LONG BEACH AND WEST ORANGE COUNTY



THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.



**Federation Tower
Sale to Benefit All**

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Around the J

Federation Tower Sale To Benefit All



Deborah K. Goldfarb
Chief Executive Officer,
Jewish Federation &
Jewish Community
Foundation

A momentous occasion happened in the community this month when the sale of the Federation Tower closed. Thanks to the foresight of the Long Beach Senior Housing Board of Directors, and the work of Federation leadership, the facility was purchased by MRK Partners who took over management of the facility in May.

Many people have asked how the sale of the property will impact both the residents and the Long Beach Jewish Community. The sale, resulting in net proceeds of over \$12M, is a win-win for both groups. As a result of the sale, the residents will continue to live in a quality facility, the entire facility will be remodeled, and a large fund will be held at the Jewish Community Foundation to fund programs and services benefiting seniors on the Harry & Jeanette Weinberg Jewish Federation Campus. With careful planning, this fund will meet many community needs for generations to come.

The 50 unit senior facility was developed over 20 years ago as a partnership between a young leadership group at the Federation, and caring professionals and community volunteers who were concerned about the welfare of the elderly in Long Beach. The Federation deeded the land and created the Long Beach Senior Housing Corporation to oversee the property and to sign an agreement with the U.S. federal government to establish the facility as a section 202 HUD project. This allowed the community to garner government funding in order to provide housing to low-income seniors. As a government project, however, the Jewish community did not benefit from any income from the project, as the grant was given on a break-even basis only.

The Jewish Community Foundation was also privileged to receive a gift from Jack and Rena Jacobs in the 1990s to benefit the activities of the residents. Subsequently the building was named in their honor. This allowed the residents to participate in weekly activities and holiday celebrations in the building, and to participate fully in the Alpert Jewish Community Center's programs. Now that the facility has been sold, the Jacobs Fund will continue to fund senior activities through the Alpert Jewish Community Center, and its partners, thus continuing to serve the residents of the Federation Tower, as well as other community seniors.

The Jewish Federation & Jewish Community Foundation, Alpert Jewish Community Center, and Jewish Family & Children's Service are excited to collaborate with the new owners, and to grow services to seniors as a result.

SUMMER
Celebration
Sunday, June 23, 2019 @ 5 p.m.
at the Alpert Jewish Community Center on the Weinberg Jewish Federation Campus

Cocktails, Jazz & Jubilation
Cocktails, Jazz & Jubilation

Benefiting the
 Harry & Jeanette Weinberg Jewish Federation Campus

Please
 join the presidents and past presidents of the **Jewish Federation & Jewish Community Foundation, as we honor Deborah Goldfarb**, retiring CEO, for her many years of service to our community.

Entertainment



Denean Dyson
and
The Soul Foundation

A free spirited Mezzo-Soprano with a genuine passion for music, this Vegas-born Chanteuse is a true artist fervently driven to share the beauty and influence music holds. Denean is classically trained yet accomplished in many genres including R&B, soul, and jazz. She has also ventured into stage & musical theater, Opera, and Cabaret. Locally Denean is a regular performer at Tantalum, Shenanigan's Irish Pub, and with the Pacific Symphony.



*Barry
Cogert
Duo*

The duo - with Mark Barnes on keyboard and Barry Cogert on bass - have been playing jazz together for over 20 years.

In addition to performing at Jewish community events, the duo have performed at Roscoe's Jazz Lounge, French 75, and several other venues throughout greater Long Beach and Orange County.

Cocktails, Jazz & Jubilation

- 5:00 pm Cocktails, Hors d'oeuvres & Jazz by Barry Cogert *in the Lentzner Promenade*
- 5:45 pm Sumptuous Dinner Buffet *in the Lipeles Courtyard*
Soothing sounds of Denean Dyson and the Soul Foundation *in the Lipeles Auditorium*
- 7:00 pm Delectable Desserts and Program supporting the Weinberg Federation Campus & Honoring Deborah Goldfarb

RSVP by Friday, June 14, 2019

jewishlongbeach.org/summer • 562.426.7601 ext. 1314 • events@jewishlongbeach.org

The Jewish Community
Chronicle

Published since 1947
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& West Orange County

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of Commerce Member

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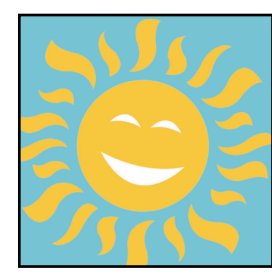
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By Sharon Kenigsberg,
Director of Endowments
& Community Development



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Celebrating
Our Leadership
Thursday, June 13, 2019



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Help Us Close
the 2019 Campaign!
jewishlongbeach.org/donate



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Around the J
June Events at the
Alpert Jewish Community Center
on the Weinberg
Jewish Federation Campus

Jewish Community Partnership Corporate Partners

2nd Street
BEAUTY
BOUTIQUE **5+**

Los Alamitos
CARDIOVASCULAR **6+**

Performance
Vein
Institute **6+**
OF LOS ALAMITOS

LASER SKIN CARE CENTER
DERMATOLOGY ASSOCIATES **5+**

Gelson's **5+**

"Locally World Famous"
performance plus **5+**
TIRE & AUTOMOTIVE SUPERSTORE

PS
Phillips Steel
Experience the Strength
Since 1915 **5+**

KEESAL
YOUNG
LOGAN **5+**

P2S INC **2**

Donald J. Kaiser
Investment Management
A Registered Investment Advisor **3+**

Denotes Number of Years as a Corporate Partner

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

Shabbat
Candlelighting

June 7	7:44 pm
June 14	7:47 pm
June 21	7:49 pm
June 28	7:50 pm

Cover Image
Highlights
from the
Community

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 the Jewish Federation or any employee.



Every Gift Has an Impact - 2019 Community Grants

By Sharon Kenigsberg, Director of Endowments & Community Development



Youth taking part in the cooking program that was part of the Maccabi ArtsFest last summer- the program also included drama, dance and visual arts. The Alpert JCC received a grant last year from the Foundation to provide scholarships for local Jewish teens to attend this national arts program for Jewish youth, which the Alpert JCC hosted in our community.

Thank you to all of you who support Jewish life by your gift to our Annual Community Campaign Fund which support our local agencies, by the distributions you make through your Donor Advised Philanthropic Funds, by the Endowment Funds you established for our future, and/or by the promise to leave a Legacy Gift through your will or trust.

Every way that each of you gives allows our community to continue to provide programs and services that make a difference. Each year, the Jewish Federation & Jewish Community Foundation distribute funds that have an impact in the areas of Jewish education, teen and young adult programs, senior programs, leadership

development, counseling services, and much more.

This year in addition to core funding to support the programs of the Alpert JCC, Jewish Family & Children's Service, Long Beach Hillel, and The Hebrew Academy, the combined Planning and Grants Committee of the Jewish Federation & Jewish Community Foundation is pleased to announce the distribution of impact grants to local agencies and synagogues.

The goal is to fund projects that enhance Jewish life and support projects which will foster growth in three areas:

Engagement in Jewish Life: These will include programs that provide Jewish educational experiences; programs that strengthen

and enrich Jewish families, teens, and/or young adults; and programs that promote leadership development.

Caring for Those in Need: Examples include services and programs that provide counseling and assistance to older adults or Jews in need; and programs/services which enhance community security.

Advocacy: Which includes programs that support education and advocacy surrounding Israel and other Jewish communities around the world.

The Planning and Grants Committee Co-Chairs, Matt Paretsky and Sherri Selmanson, are pleased to announce the recipients of the 2019 Grant Awards.

2019 Grant Award Recipients

Alpert Jewish Community Center (AJCC)

The AJCC will provide funding for a Family Jewish Film Series and supplemental programming, geared toward families with preschool, grade school and middle school children.

Beach Hillel

Hillel will enhance Jewish Programming and engagement at Cal State University Long Beach (CSULB) in order to increase Jewish student participation.

Beth David

Beth David is the recipient of a grant to allow teens to participate in the Union of Reform Judaism Audre Rapoport L'Taken Social Justice Seminar in Washington, DC. The seminar allows temple youth the opportunity to learn about, share, and formulate perspectives on social action and justice.

Chabad of Los Alamitos

Chabad of Los Alamitos' Ethel's Chicken Soup program will continue to bring hot meals and warm visits to local seniors and families in crisis. The program engages high school students who create a bridge to isolated older adults. Volunteers personally deliver kosher chicken soup five days a week.

Jewish Family & Children's Service (JFCS)

JFCS will receive two grants which will support mental health and emotional well-being of the students of The Hebrew Academy by providing Individual & Small Group Counseling, as well as provide classroom workshops; and match funds from the Conference on Jewish Material Claims Against Germany (Claims Conference) in order to support vulnerable, low-income survivors of the Holocaust who are living at home.

Shul By The Shore

The 2019 Grand Chanukah Menorah Lighting on 2nd Street is a public celebration that engages the Jewish community in a Jewish educational experience, as well as educating the non-Jewish community at-large.

Temple Israel

Temple Israel will receive a grant to develop plans to engage young, post-college adults (ages 22-26) in Jewish life through programs that help these individuals maintain their relationship with the Temple Israel community during this transitional time in their lives.

The Hebrew Academy

Hebrew Academy was chosen for a grant to facilitate greater success, provide individualized learning for all students, and to remove obstacles in kindergarten through 8th grade students at the Hebrew Academy, by using principles of Universal Design for Learning, more inclusive classrooms, and support services.

(Please see the sidebar above for the list of recipients for a 2019 Grant Award). For more information, please call Sharon Kenigsberg at 562.426.7601 x1008.

The Jewish Federation & Jewish Community Foundation is here to assist you with all of your philanthropic needs.



THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

Celebrating Our Leadership

The Jewish Federation & Jewish Community Foundation will hold our last Combined Annual Meeting as two separate agencies before merging into one new entity starting July 1, 2019.

This special evening will take place on Thursday, June 13, 2019 and will highlight the successes our organizations have made this past year, as well as the election and installation of our new entity's board members who will provide their support and lending hands to support our vision of continuing to benefit our Jewish community in the upcoming 5779/2019 year.

We will also honor local leaders who have contributed to the furtherance of our mission, along with the graduates of this year's Alpert New Leaders Forum.

In addition, we will also recognize Jan Stein, the outgoing Jewish Community Foundation Board President, for his tenure. Jan's wisdom and leadership have been tremendous assets to helping re-shape and reorganize the Foundation in its merger with the Federation.

Robert Baldwin Community Service Award

This year's recipient is Lea Gerber. Lea was born in Poland to Holocaust survivors and moved to Israel when she was three. She experienced firsthand the jubilant feeling of unity and happiness in the new Jewish homeland. Her love and support of Israel is strong and constant.

Lea and her husband Dennis, a Long Beach native, are proud members of the Legacy Society and have established a generous

Legacy gift through the Foundation.

Lea is a past President of the Jewish Community Foundation's Board of Trustees. In addition, Lea served as Vice President of Business and Finance for JFCS, as well as various committees for the agencies, including chairing the Insurance Committee for the Federation, Foundation, Alpert JCC and JFCS for nine years.

Fred Neuburger Young Leadership Award

The Fred Neuburger Young Leadership Award recognizes local emerging leaders who have a vision for strengthening our community, the desire and ability to motivate others to become active in the community.

This year's recipients are Rachel Suojanen & Lauren Friedman. Rachel, a teacher at Poly High School and Lauren, a residential real estate consultant, are both active in Jewish Federation's Women's Philanthropy.

This past April, under their amazing leadership, Women's Philanthropy hosted a Prom Dress Boutique which helped make prom dreams come true for over 150 deserving students from high schools throughout the Long Beach Unified School District.

Generous women from all over the Greater Long Beach Community collected dresses, purses, shoes and other accessories for several months and there were over 600 dresses to choose from. Rachel and Lauren were able to reach out to all segments of the community and involve other volunteers in making this amazing day possible.

2019 Combined Annual Meeting



Thursday, June 13, 2019

6:30 pm Hors d'oeuvres

7:00 pm Annual Meeting

Please **RSVP** by **Monday, June 10**

events@jewishlongbeach.org or 562-426-7601 ext. 1314

Election & Installation of New Board Members & Presentation of Community Awards

Robert Baldwin
Community Service Award
Lea Gerber



Fred Neuburger
Young Leadership Award
Lauren Friedman
and Rachel Suojanen

Recognition of Alpert New Leaders Forum Graduates

Alpert
NEW LEADERS FORUM

2018-2019 Graduates

Florence "Flo" Bornstein

Jill Fisher Granek

Jody Green

Dana Porter

Mulu Skinner-Harrison

Tamra Smalewitz

Allison Witherspoon

Lena Shupper

Generously
Sponsored by



R A B B I N I C R E F L E C T I O N S

7 “Stolen” Ideas for Success

By Rabbi Shmuel Marcus; based on a saying from Reb Zushe of Anipoli



If you are trying to have success at life, family, and of course, being Jewish, there is a surprising

Chaisidic teaching that says when it comes to getting ahead you can find the best tips from a thief! Here are 7 tips Reb Zushe said we could learn from a thief:

1. Work quietly. Surely, letting your close friends and family know about your resolution will allow for accountability and reinforcement, but too much talk can have an adverse effect. Studies show that that excessive chit chat about your plans and

resolutions trigger a sense of accomplishment within the brain while in actuality there isn't any. The thief knows this rule and with sealed lips keeps all his energy focused on the task at hand.

2. Take Risks. How far will you go to accomplish your goals? Most people will stop short of winning the prize as soon as a minor obstacle gets in the way. Your competitor is willing to take some risk, how about you? We all have many obstacles that prevent us from becoming better Jews, but like the thief, we need to be willing to take a little risk for the sake of our Judaism.

3. Details, Details, Details. “The mistake with the whole

idea around New Year's resolutions is that people aren't picking specific behaviors, they're picking abstractions,” says BJ Fogg from Stanford University. The abstract idea that we want to be better Jews must be anchored to small specific mitzvah details. Like the thief of Anipoli, you'll need to realize that the small details are of great importance.

4. Work hard. It's hard work to lose weight or to start a new business, and when it comes to your commitment to being a better Jew, don't expect it to be any different. There is a rule in life that hard work pays off and even the thief of Anipoli knows that.

5. Work fast. The difference between success or failure is sometimes the matter of seconds. Like the thief, we need to always work fast.

6. Be optimistic. You know you're the right person for the job. There is no one else in the world that can be a better Jew for you. The Torah is your inheritance. Be confident and act on it.

7. Try again and again. The final trait that Reb Zushe “stole” from the thief is perseverance. No one expects you to hit a home-run every time, but Reb Zushe does expect you to keep trying.

Stolen by Rabbi Shmuel Marcus, co-director of Chabad of Los Alamitos, Hebrew High, and Chai Society. He can be reached at www.ChabadLosAl.com

Area Synagogue Upcoming Events

Please contact the synagogue directly with any questions using the Synagogue Directory (right).

Also, see our online Community Calendar at jewishlongbeach.org for more community event listings.

BETH DAVID

Saturday, 6/8, 7:00 pm: Confirmation and Shavuot Service.

Thursday, 6/13, 12:00pm: Lunch & Learn with Rabbi Myers.

Saturday, 6/22, 9:00 am: Body, Mind & Spirit Shabbat. Starts with Breakfast. After, participate in one of two physical activities.

CONGREGATION SHIR CHADASH

Monday, 6/10, Time TBA: Shavuot Service with Yizkor. Passover represents bare, unbridled freedom. Shavuot, seven weeks later, represents relationship, covenant and commitment - the gift of the Torah. Please join us.

Wednesdays, 6/5 & 6/12, 1:00 pm: Meditation. 1:30 pm: Torah Text Studies.

Thursdays, 6/6 & 6/20, 10:00 am: Free Kundalini Yoga & Meditation. Saturday, 6/8, 9:30 am: Torat Nashim: A Shabbat Torah Study Circle for Women... By Women.

Friday, 6/14, 7:00 pm: Shabbat with Torah & Interactive Discussion.

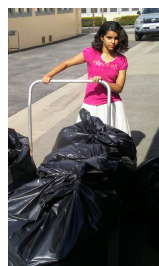
SHUL BY THE SHORE

Sunday, 6/2, 6:00 pm: SBTS Gala: Celebrating 25 Years of Community Building. Located at the Rosenberg Home. Please RSVP online at ShulByTheShore.org/Gala

TEMPLE BETH SHALOM

Thursday, 6/6, 9:00 am: Coffee and Conversation.

B'nai Mitzvahs



Gabriella Anne Clark-Igoudin of Temple Beth Shalom will be called to the Torah as Bat Mitzvah on Saturday, June 8, 2019.



Over the last two years, for her mitzvah project, Gaby volunteers to collect school uniforms and other items for the children and their families at two downtown Long Beach shelters: Lydia House

of the LB Rescue Mission, and New Life Beginnings. These shelters house dozens and dozens of children any given day.

Gaby first got involved with the shelters in 2017 when she decided to give away the 4-foot stuffed bear she won in a library reading contest to New Life Beginnings. Two years later, the bear is still there! Since then, she has made 6 donation trips, bringing in clothes, toys, children's books and movies to the shelters. Last spring, with the help of PTA at Longfellow Elementary School in Long

Beach, she collected five 39-lb bags of uniforms left over by Longfellow students and delivered them to Lydia House in time before the start of the school year. Lydia House staff was most grateful. Gaby is now working with Longfellow PTA on arranging the collection and delivery of the uniforms, right before her Bat Mitzvah.



Lukas Weiss of Beth David will be called to the Torah at Beth David as a Bar Mitzvah on June 29,

2019. Lukas is in 7th grade and attends Oak Middle School. A graduate of the Beth David Preschool, he has played the violin since the age of 7 and is in the Advanced band and honors classes. Lukas has already visited 15 foreign countries and 22 different states, including a two week tour of Israel and Jordan, a two week visit to Europe, and traveled to Las Vegas, Seattle, Miami, and New York. He enjoys eating Thai food and sushi and loves to cook food with his own recipes. He currently lives in Seal Beach with his family.

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 Heffley St.
Westminster, CA 92683
Contact: Rabbi Nancy Myers
Phone: 714-892-6623
Email: tdavid@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: 714-846-2285
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@dslextrime.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: rabbishulbytheshore.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: Rabbi Steven Moskowitz
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@downeytemplerneramid.org
Website: www.downeytemplerneramid.org

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



BARBARA AND RAY ALPERT
JEWISH COMMUNITY CENTER
OF LONG BEACH



Summer of Fun!

June 18–August 15



Get ready for a summer jam-packed with events
planned especially for YOU, our members!

2019 SUMMER OF FUN EVENTS

Tuesday Nights at the Pool: 5:30-8pm

Kosher BBQ dinner available for purchase.

- | | |
|---------------------------|--------------------------|
| June 18: Superheros | July 23: Disney |
| June 25: Earth Spirit Day | July 30: Magic & Wizards |
| July 2: America | Aug 6: Back to the 90's |
| July 9: Luau | Aug 13: Free Member |
| July 16: Sports Night | Appreciation BBQ |

Appreciation Wednesdays: 4-5:30pm

Join us for a free snack!

- June 19: Fruits and Veggies
- July 17: Otter Pops
- Aug. 14: Ice Cream

Thursday Nights at the J: 5:30-8pm

Dinner available for purchase.

- June 20: Water Safety Night
- July 18: Pizza Night at the Pool
- Aug 15: Tu B'Av Dinner and Dance

Friday and Saturday Events

Dinner available for purchase.

- June 29: Family Havdalah Dinner and Film
- July 19: PJ Library Shabbat Dinner at the Pool

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](https://instagram.com/alpert_jcc) · [#ajccsummeroffun](https://twitter.com/ajccsummeroffun)

Around the J

inside

Open House	2a	Family Havdalah Dinner	3a	FREE Baby & Me Class	4a
Summer Camp	2a	Father's Day Lunch	3a	Ride for Living	4a
Cooking Class	2a	Qigong/Tai Chi Workshop.....	3a	Summer Swim Pass.....	4a



Message from the Executive Director

Many of my favorite memories come from my times at summer camp. Whether it was here at our JCC's day camp—then named Camp Kadima—or at our community's sleep-away camp, called Camp Komaroff, camp was the time of year I looked forward to the most when I was growing up. Much of my Jewish identity and many of my life-long friends are from my summers at camp. It was also the place where I learned photography, Israeli dancing, how to swim, how to tie-dye shirts, cooking, and much, much more!

The Alpert JCC is so fortunate to have our very own Camp Komaroff (June 17-August 16), so that this generation of children has the same opportunities I had growing up. Jamare Harris, our Camp Director, has worked hard to take all the great aspects of last summer's camp and add some fun new twists to make summer 2019 one to remember.

There will be exciting weekly themes, fun-filled field trips, park days, beach days, mitzvah days, late nights, and special Shabbat activities. It's times like this that I wish I was young again; going to Camp Komaroff for a week or two—or the entire summer—sounds amazing!!!

To me, all the programs and trips are great, but one of the most important aspects of summer camp is that it gives kids a chance to explore, learn, and try new things in a safe and secure environment. Camp Komaroff is a fully accredited camp, and provides a wonderful environment due to our exceptional, well-trained camp staff, our top-notch camp leadership, and the beautiful and safe Alpert JCC facilities.

Sending your child to Camp Komaroff is a gift that extends past this summer. Your child will learn and grow, make new friends, and be part of a nurturing environment that is full of excitement, good values, and adventure. Most important, your child will have the time of their life! Who knows, by going to Camp Komaroff, they might grow up like me, to become an Executive Director of a JCC. Whatever the future brings, I do know Camp Komaroff is another way the AJCC is **Your Center for Life!**

L'Shalom
Jeffrey Rips
 AJCC Executive Director

Alpert JCC
OPEN HOUSE
 SUNDAY, JUNE 2 • 11am-3pm

Showcasing Our Fitness, Aquatics, Camp and Early Childhood Education Programs

Not a Member?

NEW MEMBER PROMOTION
50% OFF
 Regular membership price
 & No Registration Fee
 With Annual Contract

PLUS: Sign up for a program that day and spin the wheel for more prizes!

Already a Member? Share the Love!

BRING A FRIEND!
Get \$25 Credit
 Towards a JCC program

YOUR FRIEND SIGNS UP!
Get July FREE
 With Annual Contract

FREE Fitness & Aquatics Classes

- Spinning • Zumba • Mat Fitness
- Qigong/Tai-Chi
- Country Western Dancing
- Learn-to-Swim • Jr. Water Polo
- Pre-School Aquatics • Adult Swim

Demos & Activities

- Art Pavilion at the ECE
- Kids Fun Zone
- Cooking Demos • PlaySports
- Musical Performances
- Martial Arts • Webby Dance



The Alpert Jewish Community Center
 3801 East Willow Street • Long Beach, CA 90815
 (562) 426-7601 • alpertjcc.org

f alpertjcc @ alpert_jcc

Summer Camp!

Perfect for kids 5-17

CAMP KOMAROFF

Spring into Summer:
 June 3-13

Summer of Fun Camp:
 June 17-Aug. 16



Come check off your summer bucket list with us!

JEWISH LIFE & CULTURE

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

Cooking Class with Eileen Gelso

Wednesday, June 12, 6pm

Join us as we learn how to prepare an authentic, 4 course meal with wine pairing by Annie Greenfeld. Featuring cuisine from Northern Italian cities like Venice, Milan and Bologna.

\$25 per person for early registration, \$36 at the door.

Wrap n Snack Jewelry Class

Wednesday, June 19, 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.

Schindler's Listed

Thursday, June 27, 7pm

Dr. Mark Biederman will share his extraordinary 20 year journey to discover his family history and find the gold coins his father's family buried in Poland.

\$15/MVP; \$18/Non-Member in advance; \$25/At the door.

Gesher Shabbat Dinner

Friday, June 14, 7pm

Join our Jewish Young adult community for a traditional Shabbat Dinner. RSVP for the address.

For more info, call Dana Schneider-Chanzit at (562) 426-7601 x 1067

Family Havdalah Dinner and Movie at the AJCC

Saturday, June 29, 5:30pm

Two Films to choose from: *American Tale* and *The Chosen*.

This is the first of a series of 4 Family Film events at the AJCC.

This program was made possible by a grant from the Jewish Federation & Jewish Community Foundation of Greater Long Beach. \$10 per family!

For more info, call Dana Schneider-Chanzit at (562) 426-7601 x 1067

SENIOR ADULTS

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

The Barbara Alpert Chorus

Every Wednesday, 10:30am

Strong singing voice NOT required. We have Frank McIlquham from, "The Rock Club Music is the Remedy," as our director along with a Pianist.

Happiness & Humor Group

Friday, June 7, 11:30am

This FREE ongoing monthly group, led by Dr. Susan Mathieu will help you find the positive side of life, learn how to deal with difficult people and situations, and learn steps to increase happiness in your own life. Come have some laughs with us and chase away the blues! All senior adults are invited.

Thank You to the Berro Family for Sponsoring!

Father's Day Luncheon

Wednesday, June 12, 12pm

Let's get together and celebrate Father's! Lunch will consist of Roasted chicken, seasonal vegetables, Sweet Potato Fries, and Assorted Fruit Pies

For more info, call Dr. Susan Mathieu at (562) 426-7601 x 1721

Senior Movie Screening

"On the Basis of Sex"

Thursday, July 4, 1pm

"Basis of Sex" is an American biographical legal drama film based on the life and early cases of Supreme Court Justice Ruth Bader Ginsburg.

\$5 includes movie, popcorn, plus ice cream sundaes.

For more info, call Dr. Susan Mathieu at (562) 426-7601 x 1721

WELLNESS & FITNESS

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

Qigong/Tai Chi Workshop

Sunday, June 30, 11:30am-1:30pm

Tai Chi/Qigong are beneficial to anyone who desires greater balance, control and awareness of his/her own body-mind, and a deeper connection to the flow of energy (Chi) within and without.

\$25/MVP; \$27/Non-Member

Qigong/Tai Chi: Private/Semi-Private/Group Lessons

Available after June 30 Workshop!

6 - 30 min. Private lessons: \$257 • 6 - 30 min. Semi-Private lessons: \$193
Single session \$57

Register at alpertjcc.org

Meditation Summer Series

First Class: July 28, 4:30-6pm

Series: Mondays, 7:15-8:30pm: August 5, 12, 19, 26

This series is in several parts—Discussion, Movement, Breath Work, and Meditation Practice. Instructor Del Leon.

First Day Class cost: \$25/MVP; \$27/Non-Member

Series cost: \$80/MVP; \$97/Non-Member

Register at alpertjcc.org

Country Western Line Dancing

Mon, 5:30pm, 6:30pm, 7:30pm • June 3, 10, 17, 24, July 1, 8

Thurs, 1pm • June 6, 13, 20, 27, July 11, 18

Line dancing is a great exercise that burns calories while you have a good time! No partner necessary. Instructor: Cindi Massengale.

Per person: \$50/MVP; \$65/Non-Member • Drop-In Rate: \$10/MVP; \$13/Non-Member

Register at the AJCC, (562) 426-7601 x1051 or online at alpertjcc.org

Country Western Partner Dance

Wed, 7pm, • June 5, 12, 19, 26, July 3, 10

Each week we will learn a new pattern for the Two-Step and one choreographed dance. You do not have to bring your own partner.

Per person: \$50/MVP; \$65/Non-Member • Drop-In Rate: \$10/MVP; \$13/Non-Member

Register at the AJCC, (562) 426-7601 x1051 or online at alpertjcc.org



Save the Date

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Over 7 decades of the JCC in Long Beach

Saturday, October 26
At the Alpert JCC

WELLNESS & FITNESS

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



Join the Alpert JCC for the 2019 Satellite Ride for the Living Thursday, June 27, 9:30am & 6pm

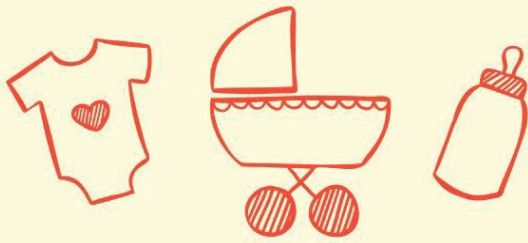
Ride for the living is a unique event where participants cycle over 50 miles from the iconic Auschwitz-Birkenau gate to the Jewish Community Center of Krakow. As not everyone can make it to the Ride for the Living in Poland, and others just want a way to donate and get involved, we will be hosting a Satellite Ride here at the Alpert JCC. Limited to 20 riders per session.

\$18/MVP; \$20/Non-Member

Contact Elsie Bennett, at ebennett@alpertjcc.org or (562) 426-7601 x1056

EARLY CHILDHOOD EDUCATION

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



FREE BABY & ME CLASS

From The Beginning

Wednesday Morning 9:30-10:30 @ the JCC
Saturday Morning 8:45-9:45 @ the JCC

For more information contact -Rachel Gordon at rgordon@alpertjcc.org

PARENT & ME

Yad B'Yad

Together you and your child will participate in activities including music, art, literacy, and more! One of the better parts of being a new parent is enjoying new experiences alongside your child—while also meeting new friends and having social interaction with other moms and dads who relate exactly to what you're going through.

Tuesdays & Thursdays 9-10:30
6/18-8/10
Member - \$244
Non Member-\$306

Saturday Morning 10-11:30
Member \$130/Non-Member: \$164

For more information contact
Rachel Gordon at rgordon@alpertjcc.org

AQUATICS

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



Summer Swim Pass

Learn to Swim this Summer and SAVE \$20!

Perfect for kids ages 5 and up

June 3-August 30

Get your kids swim safe while having fun this summer at the Alpert JCC's Swim For Life Aquatics Center. Our trained and certified American Red Cross Water Safety instructors teach each student to swim with confidence using a 9-step swim program created by the American Red Cross. Whether the student chooses to learn in a group or private setting, our instructors teach swimmers the skills they need to keep them safe in and around the water

\$280/MVP; \$370/Non-Member

Two days a week & 30 minutes each day!

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

Summer Swim Sessions

Perfect for kids ages 5 and up

June Session: 3-27

July Session: 1-25 • August Session: 5-30

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: 4:30-5:15pm

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

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

Race With A View Moves for Mental Health Awareness Month

As a kick-off to National Mental Health Awareness month, Race With A View 5K/10K walk/run was held on Sunday, May 5th, 2019.

Over 400 participants, sponsors, donors, and volunteers teamed up to support access to mental health services for all in the greater Long Beach area, without regard for religion, ethnicity, national origin, or socioeconomic status. Over \$120,000 was raised in support of Jewish Family & Children's Service of Long Beach & West Orange County, Long Beach's only non-profit provider of counseling and social services for ages 4 to 104 on a sliding fee payment scale.



(l): Wilson High School cheerleaders inspiring the participants at the starting line.

(r): The event participants got a beautiful view of the Queen Mary and the Carnival Imagination Cruise Ship as they followed the course along the Shoreline Village Drive jetty.



Members of the Lazy Acres Natural Market staff surround JFCS Executive Director Kathryn Miles (second to left), Dr. Marvin Zamost and Linda Haley (center), Title Sponsors of Race With A View (RWAV), and Gail Levy (second to right), JFCS Board President. Lazy Acres Natural Market provided refreshments of fresh fruit and bottled water for all race participants.



(l-r): JFCS Clinical Director Debbie Freeman, Race With A View Committee Chair Gael Libby, JFCS Executive Director Kathryn Miles, and JFCS President Gail Levy join members of the Zamost family Dr. Marvin Zamost, cousin Marian Stern, Linda Haley, Rita Zamost, Dr. Barry Zamost, and Kristin Newman with daughter Finley to cut the ribbon at the 31st annual Race With A View on Sunday, May 5.

Sharon-Carmel Hadassah Presents: Healthy Aging with Dr. Larry Waldman

On Monday, June 17th at 1:00 pm, Sharon-Carmel Hadassah will be bringing an important health seminar to the community. The event will be located at the Alpert JCC on the Weinberg Jewish

Federation Campus.

As a leading Phoenix, AZ therapist, Dr. Larry Waldman works with parents, children, adolescents, adults, couples, and families. He has written five books and numerous

published articles.

For additional information, please contact: Shirley Ross, 562.498.7965.

This program is brought to you in part by a grant from the Barbara Alpert

Sharon-Carmel Hadassah Endowment of the Jewish Community Foundation of Greater Long Beach & West Orange County.

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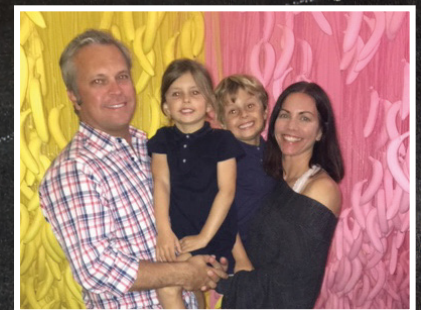
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Ages 5-13

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- Carrie Small, Owner of The Small Cafe



HILLEL AT CSULB

FOR MORE INFORMATION:

WEB: www.beachhillel.org

EMAIL: info@beachhillel.org

PHONE: 562-426-7601 ext 1424

Beach Hillel: Event Highlights



Beach Hillel students enjoyed the last Cold Brews and Conversations of the 2018-2019 academic year! Beach Hillel believes that relationships are at the core of all of the work we do. A great way to build these relationships at the beginning of the school year were through one-on-one, as well as large group conversations that we often referred to as "coffee dates". These conversations were a great way for Hillel leaders to reach out to their local Jewish peers on campus on a monthly basis to hear what they each might have looked for in our Jewish student life.

Two Long Beach Locals Hired by Hillel!



Maya Cohen

Congratulations to our Beach Hillel Seniors on graduation. We are so proud of you!

In addition, we have some even more amazing news. Two young adults from the Long Beach area will be working for Hillel International next year in different capacities!



Ellie Rips

Ellie Rips, who just graduated from our very own Cal State University - Long Beach (CSULB), will be working at Houston Hillel as their new Springboard Innovation Fellow and Maya Cohen, a recent graduate of IDC Herzliya in Israel, will be working at the University of Kansas Hillel as

their incoming Springboard Ezra Fellow.

Fellowships through Hillel International are amazing pathway opportunities for graduates to gain invaluable skills, cultivate creativity, and make an impact on Jewish communities across the country. The Springboard Fellowship is a prestigious, paid, two-year fellowship that brings together the best, brightest and most diverse Jewish talent through a transformative early career experience in the Hillel movement.

We are so proud to be spreading our Beach Hillel wings and sharing our wonderful students with the greater Hillel world.



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Everybody is a Winner at the Hebrew Academy's Golf Classic



Our annual Golf Tournament brings mensch from our local Jewish community together to raise funds for our school's learning programs.

The Hebrew Academy hosted its Annual Golf Tournament in Rancho Palos Verdes, CA on Monday, May 6th to a sellout field.

Joseph Konowiecki was this year's event chair and Jeff Pheffer was sponsor for this year's golf outing. Guests received thank you

gifts at each hole, including Adidas bags, Amazon Fire Tablets, golf clothing, and much more. All of the donors and company sponsors had a fun time while supporting the mission of The Hebrew Academy in providing top notch general and Jewish education to so many youth in our community.

Hebrew Academy is celebrating 50 years with over 10,000 young people benefiting from its successful curriculum program.

Plans are already in place for the 2020 Golf Tournament. Save the date for Monday, May 4th, 2020. Come join!

They Believed They Can, So They Did



The entire community is invited to attend The Hebrew Academy's student graduation ceremony on June 17th at 7:30 pm on the Alevy Campus in Huntington Beach, CA.

Twenty-two high school and middle school students will be marching down the aisle to their parents' delight

at this special occasion. Students at our academy make lifelong friends and that is certainly true with this group. They will all graduate as one big happy family. Whether the students attend university or a post-high school program in Israel, all graduates will continue the school record of moving on to a program of higher learning in a prestigious field.

Administration and staff of the Hebrew Academy wish the students great success in their future to pursue their dreams and goals, and become proud Jewish leaders in their communities.



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VIA EMAIL
 Helaine & Peter Heydemann

This list is compiled
 as of 5/23/19.

We sincerely apologize if any names were inadvertently omitted.

IT ALL STARTS WITH YOU

You make everything we do — possible.



How do we picture the Jewish future? **Varied.** **Vibrant.** Maybe reinvented in some ways. But as long as Federation and Foundation keeps working here at home and worldwide - engaging kids, teens and young adults (like us) - we think Judaism has a good chance of becoming stronger than it is today.

You — are at the heart of all this, and countless other efforts that invigorate and sustain our community.

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A Tale of Two Émigrés with James Conlon and members of the LA OPERA ORCHESTRA



Saturday, June 15 at 3pm

Zipper Hall, Colburn School
200 S. Grand Ave, Los Angeles

PROGRAM

E.W. Korngold: Sextet, Op. 10

A. Schoenberg: Chamber Symphony No. 1

LA Opera Music Director **James Conlon** will speak and conduct late romantic works by Jewish composers E.W. Korngold and Arnold Schoenberg, who emigrated to the U.S. to escape the Nazi regime.

Tickets \$10 at
PittanceChamberMusic.org

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NCJW's Annual Retreat

All NCJW members are encouraged to bring their input and ideas to help plan for the 2019-2020 year. The retreat will be held on Thursday, June 13th from 9:00 am-3:00 pm at the Compton YouthBuild, 1108 N. Oleander Ave., Compton, CA, 90222.

Students from the Culinary Arts Program will prepare a continental breakfast and lunch, which will be served at

no charge to the attendees. Members please RSVP at info@ncjwlongbeach.org or call 657.235.2511 so that we will know how much food and how many folders to prepare.

NCJW Long Beach is proud to be a co-sponsor of the OC Jewish Coalition for Refugees' World Refugee Day which will be held at Temple Bat Yahm in Newport Beach on June 30th from

3:30 pm-5:30 pm. Come taste cuisine catered by local refugees, meet local agency representatives who provide humanitarian aid, hear from experts on global refugee crises, listen to a musical performance and view hand-crafted art. On-site donation collection: please bring new unwrapped toys (0-5 years).

Register for free tickets online at <http://tinyurl.com/OCJCRWRD>



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Upcoming Events

Coffee and Conversation on Thursday, June 6th @ 9:00am
Preceded by Minyan Service @ 8:00am

Coffee and Conversation: The First Thursday of every month after Minyan Morning Services. We will have a lively & respectful conversation and share coffee & cookies!
For special coffee or desired breakfast, please bring your own.

You may also bring something to nosh and share with the group. All are welcome!
**Friendly reminder that food must be Kosher.*

Tikkun Leil Shavuot on Saturday, June 8th @ 8:00pm-10:00pm
"A Night of Study, Story Slam, and Sweets"

Come and join us as we gather here at TBS and celebrate Festival of Shavuot. Please RSVP (So we know how much cheesecake to bake) at: office@tbslb.org or (562) 426-6413. We look forward to sharing this Festival with you!

Shavuot Festival Morning Services
on Sunday, June 9th & Monday, June 10th @ 10:00am

Shabbat Dinner @ 6:00pm & Service @ 7:15pm on Friday, June 14th

We are kicking off this Friday evening with a delicious dinner & musical service for all to attend!

Bring 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, June 11th

TBS Book Club on Wednesday, June 19th @ 6:30pm

An Empire of Their Own: How the Jews Invented Hollywood by Neal Gabler

Our June Book Club is coming up and we would like you to come and join us.

RSVP to Deborah Chankin at (562) 494-0907 to find out location details.

The book is available online in hard copy and e-book from Amazon and Barnes & Nobles, and in hard copy from the Los Angeles County Library system. We hope to see you there!

Join us for Weekly Services:

Morning Minyan: THURSDAYS @ 8:00 am

Monthly Coffee & Conversation, first THURSDAYS of the month @ 9:00 am

Shabbat Services: FRIDAYS @ 7:45 pm & SATURDAYS @ 10:00 am

*Monthly Family Shabbat Dinners @ 6:00pm & Evening Services @ 7:15 pm

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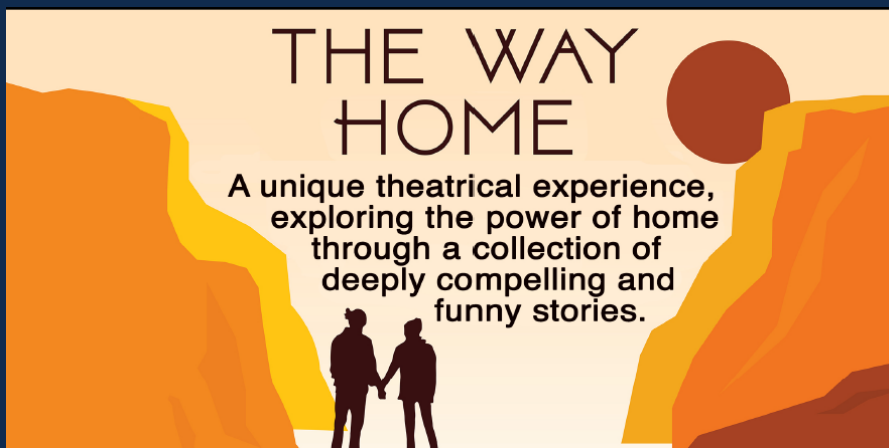
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Saturday, June 8 at 6:45 pm



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funny stories.



JEWISH WOMEN'S THEATER

TEMPLE ISRAEL'S JWL AND SISTERHOOD
IN PARTNERSHIP

WELCOME JWT'S PERFORMANCE OF
The Way Home

Sunday, June 30 at 2:00 pm



NO COST TO ATTEND
PLEASE RSVP TO INFO@TILB.ORG



WE ARE A DIVERSE AND INCLUSIVE REFORM CONGREGATION INSPIRING JEWISH LIFE IN LONG BEACH FOR OVER 90 YEARS!

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