



Shalom02|22

The Journal of the Reading Jewish Community published by the Jewish Federation of Reading/Berks

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What a special day!

Monday, Jan. 17 was the convergence of two very important days, Martin Luther King Day and Tu B'Shevat. Martin Luther King fought for social and economic justice with every fiber of his being. He spoke so eloquently, passionately and effectively that 54 years after his death we still act in his name toward these goals. Tu B'Shevat is the celebration of

trees, and with that celebration comes the reminder that our natural world needs care, protection and support. Tu B'Shevat is such a delightful holiday that 2,500 years later we still celebrate it and work toward the goal of environmental "justice." Although the actual convergence of these days rarely occurs, the health of the social world is organically entwined

with the health of the natural world. Both define the challenges of our day. Both call on us to be partners in healing our world. Both fell on Monday, Jan. 17, 2022. May our efforts towards these goals be blessed. Inspired by an article by state Sen. Judy Schwank and an op-ed piece by Matthew Driben. Our thanks to them.

MOMentum trip to Israel planned for July: Apply now

By Amanda J. Hornberger
Jewish Federation of Reading/Berks is launching the MOMentum Year-Long Journey this summer and invites moms to apply! The MOMentum Year-Long Journey empowers women to connect to Jewish values, engage with Israel, take action, and foster unity, without uniformity. It includes a profound, personal eight-day experience in Israel, during which women explore the Jewish homeland, take in inspiring Jewish wisdom and join a global Jewish sisterhood. Back home, women channel their energy and passion personally, professionally and communally and continue their journey through educational and leadership programs. JFR has been accepted for the MOMentum Trip for July 4-11. Our group will include 15 participants including two

community leaders, Amanda Hornberger & Jennifer Koosed.
Qualifications to go on the trip

- Raising Jewish children at home under the age of 18
- Physically and emotionally healthy
- Live within 30 minutes of Jewish Federation of Reading/Berks
- Must be fully vaccinated 14 days prior to the trip as required by Israeli government

How to apply
We invite women to officially apply to join our MOMentum Trip to Israel! The application is now live on the website.

- Go to <https://momentumunlimited.org/> and click APPLY on the far right. Make sure to select Momentum Year-Long Journey and Apply Now.
- On the Find Your Trip page please

select USA for Country, Pennsylvania for State and then click Start My Application a. Under Choose Your Trip please select Reading, PA - Jewish Federation of Reading : A July 4 - 11, 2022 You will need to fill out the form completely to submit and enter our system. No passport or payment information is needed. Please answer the questions truthfully; there are no right or wrong answers. It should take you approximately 10 minutes to complete. Once we receive your application, you will receive an email confirmation and then work to schedule your interview. Participants will be selected after the interviews are completed in February. If you have questions or would like more information, please call Federation at 610-921-0624 or email Amanda Hornberger at amandah@jfreading.org

JFS delivers for community



Jewish Family Service continues its work serving the people of our community. Mariette Jacobson, left, with the boxed lunch she received, and Meryl Marks enjoys Tu B'Shevat goodies. The efforts of JFS benefit many people in the Jewish community and beyond.

The Federation Honor Roll of giving

By Laurie Waxler
Development Director

For this *Shalom* edition, while putting together the Honor Roll of Giving, I had the pleasure of reviewing all the wonderful donations we've received throughout the year.

It's always amazing to see the generosity of this community and on behalf of the Federation, I want to send a huge THANK YOU to everyone who donates and supports our mission. Regardless of whether your donation is toward the Annual Campaign, as a Literatour



Sponsor or toward Jewish Family Service, every dollar gifted to us is important and appreciated, and the Honor Roll gives us the opportunity to acknowledge your generosity.

My next task will be sending out the tax letters. By law, we are required to send them to everyone who donates \$250 or more, but our Federation typically sends them to anyone who has donated throughout the year as another opportunity to say thank you. Most gifts to the Federation are tax-deductible, however, if you receive goods or services in return, it is not considered a tax exemption.

An example of what is not tax-deductible would be

Friendship Circle where lunch is served, or a cooking class where your registration fee helps cover the costs of the ingredients of the meal you learn to prepare, as well as enjoy, the night of the event. While these non-deductible fees are paid to the Federation, they will not be reflected in the Honor Roll or tax letter because they are not considered a donation, but more a fee for service.

As you find your name on the Honor Roll, or review your tax letter when you get it, please contact me if you have any questions or concerns. My goal is always to "bat a thousand," but I am also a realist and still learning this new

Donor Management System we have, so mistakes are certainly possible.

Please also note that any mistakes are unintentional and shouldn't be a reflection on the Federation, just me, the individual trying to get it right.

As always, many thanks to all of you for supporting the Federation and the many programs we offer. Without you and your support, it would be much more difficult to bring our community together, and in these trying times, it's nice to know there is an organization working to meet the needs of everyone out there in our Jewish community and beyond.

The Maimonides Society is back

By Laurie Waxler

The Maimonides Society, a fellowship of Jewish healthcare professionals, has been part of the Jewish Federation of Reading/Berks for many years. After the Society was put on hold through the pandemic, a core group of local physicians has been working behind the scenes to resuscitate it (pun intended.)

To kick off our reorganization, the Maimonides Society will be hosting a discussion on "Health Care Provider Burnout" led by Jeff Sternlieb,



PhD, ABPP, on March 6 at 10:00 am at the Federation Office. Dr. Sternlieb is an Organizational Consultant at MetaWorks, P.C. and previously worked with

Family Medicine Residents at the Lehigh Valley Health Network, helping them better understand their patients as well as develop better self-awareness, use reflection skills and balance their own needs with their patient needs.

Being part of the Maimonides Society offers a unique opportunity for socializing and networking in a time when many providers feel as though they work in "silos" and are unable to forge those important relationships during the work day. All Jewish health care

providers are invited to become part of this Society including, but not limited to, physicians, physician assistants, nurse practitioners, therapists, nurses, pharmacists, dieticians, etc... If you haven't been involved before, please contact Laurie Waxler at lauriew@jfreading.org to join and be placed on our mailing list for all future events.

Along with the presentation by Dr. Sternlieb, there will be a light breakfast and free time for networking. Registration is available on the Federation website at www.readingjewishcommunity.org.

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Maimonides Society



"Health Care Provider Burnout"

Jeff Sternlieb, PhD, ABPP
MetaWorks, P.C.

Sunday, March 6
10:00 am
Jewish Community Center

All health care providers are invited to join us for a light breakfast, the presentation and free time for networking.

Registration required at
readingjewishcommunity.org

All attendees must be vaccinated

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From the President’s Desk

Three key ideas about Jewish communities

By William D. Franklin
President

I recently read Dara Horn’s book “People Love Dead Jews.” This is a wonderful book, but difficult and disturbing. However, her very meaningful insights provide an important guide for our future planning.

There are three ideas that I will discuss. First, Ms. Horn asks what is the point of caring so much about how people died if we care so little about how they lived? Second, what principle do Jews embody that is so threatening to others. And third, what is the source — not of our deaths — but of our continuing life?

With respect to the first question, Ms. Horn points out that people can easily name three concentration camps but cannot name (let alone have read) three murdered Jewish authors nor even three living Yiddish or Israeli authors. We need to tell stories of how Jews



lived, what they lived for, and what they accomplished rather than merely listing the number of Jews slaughtered or where they died. Just as we remember our past by observing Yom HaShoah and Kristallnacht, we must honor that past by acclaiming the contributions Jews and Israel have made to our world by celebrating Yom Haatzmaut (Israel Independence Day), Israeli Nobel Prize laureates (10), and Israeli technological innovations (solar, water saving, biotechnology, cybersecurity, computer, and agricultural engineering). In order to truly appreciate the world’s loss, we need to know and tell what was lost.

Second, since ancient times and every place we have lived, Jews represented a unique and threatening concept of freedom. As long as Jews exist in a given society, we are proof that it isn’t necessary to completely conform to what everyone else believes. We show that it is possible to disagree in some ways with our neighbors and we can all still survive and flourish. Jews have invested enormous efforts to cultivate the

freedom to maintain our distinctiveness, despite overwhelming pressure to become like everyone else. We have a responsibility and are absolutely obsessed with transmitting the value of this great freedom between generations. We use our deep literacy in law and story to do this. We should be proud of this and recognize our ongoing responsibility to fight for this freedom for all people.

The third idea is the one that struck me most powerfully. Our sages insist on the importance of remembering every detail of our past and our connection to God. As the process of memory continues, the details do not fade but rather accrue. Memory becomes a living thing, enriched by every subsequent generation that brings new meaning to it. Our reading of the Torah, our prayers and rituals passed down through the ages have survived for over 2,500 years and result in our communal memory. This connective memory to each other in our own communities, to Jews around the world and to Israel is why we exist today. And how we will exist tomorrow.

Your Jewish Federation (JFR) will

address the first question with appropriate remembrances and celebrations of our key holidays. We will enhance our book, film, and speaker series to learn more of how we lived, and the significant contributions Jews have made to the world.

The Jewish Community Relations Committee (JCRC) will continue to work with our distinctive ethnic and community groups to ensure that they too have the great freedom to thrive and embody their unique cultures.

As the Jewish community’s ‘umbrella’ organization, JFR will continue to work with everyone to strengthen our connections to each other, Judaism, and Israel with programs such as PJ Library, Let’s Talk Judaism, Israeli cooking classes, youth group meetings and Friendship Circle. In addition, we are planning a special mission (Momentum Mission) to Israel for young mothers with at-home children. The program uses an eight-day trip to Israel to kick off a year of study together.

L’CHAIM- TO OUR LIFE.

Israel Book Club — ‘Jabotinsky: A Life’ by Hillel Halkin

By Moisey Schneider
and Andi Franklin

In 1904, after viewing the ruins of the Kishinev pogrom, the poet Bialik wrote “In the City of Slaughter”. An excerpt follows:

And now go down to their dark cellar holes!

There, on each daughter of your people amid junk and tools,

Seven uncircumcised savages piled,

Despoiling child in front of mother,

mother in front of child,

Before and as and after their throats were slit,

Touch the red stained pillow and the gory sheet,

The satyr’s cesspit and wild pigsty;

See the bloodied ax and then espy,

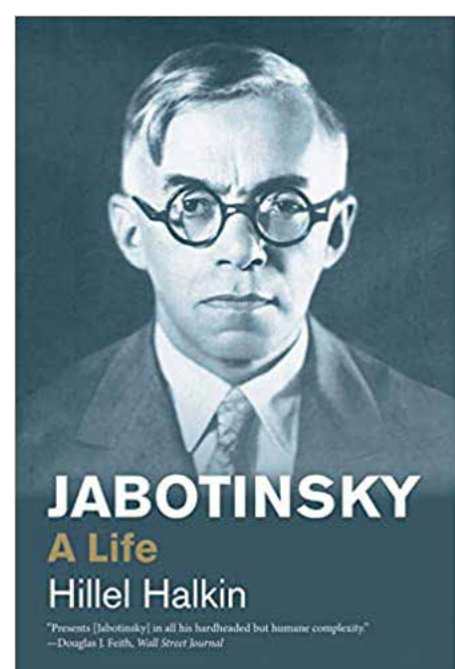
Crouched behind barrels and moldy hides,

The husbands, the brothers, the betrothed of young brides.

Peering through peepholes at bodies that writhe.

This poem had an electrifying effect on Russian Jewry and made Ze’ev Jabotinsky a Zionist. He was a first-rate novelist, a celebrated journalist, and founder of a political party. He had the reputation of being a zealot but was the least ideological of all Zionism’s founders. In 1903, as tension mounted in Odessa, Jabotinsky wrote letters to Jewish leaders urging them to form a Jewish self-defense force. Although the Jewish community remained passive, he threw himself into self-defense activities. He raised money, distributed arms and taught volunteers to shoot, and patrolled Jewish neighborhoods checking for signs of trouble. It was his nature to fight back when attacked and if attacked as a Jew to fight back as a Jew. He embodied Zionism’s principle of calling on Jews to take their destiny into their own hands.

Modern Zionism made its earliest appearance in Eastern Europe when Jabotinsky was a child in Odessa. He called on Jewish intellectuals to reject slavish anti-Semitic stereotypes and in 1923 founded Beitar, a Zionist youth movement. As Zionism grew, its critics multiplied. Critics on the left argued that Zionism was a bourgeois movement distracting the Jewish masses from the revolutionary struggle against European



autocracies. Critics on the right argued that it was a subversive force fostering disloyalty to the host countries in which Jews lived. Jabotinsky believed to his core that Jews either had to forget about Palestine or fight a war for it. Although a rising star in the literary world, he abandoned all this to work full time for Zionism, from which he never turned back.

As part of his work, Jabotinsky spent over six months in the United States. He was not enamored with what he saw. The Americans, he conceded, were a friendly people but they were isolationists and ignorant of Judaism and the international threats against Jews.

Jabotinsky and Ben Gurion stood out among the Zionist leaders of their age. Jabotinsky was the more captivating speaker and personality, but Ben Gurion was the superior political tactician.

Zionists preferred Ben Gurion’s optimistic message of progress toward the establishment of a socialist state in Palestine and a united front with Europe against fascism to Jabotinsky’s darker vision that Jews had no reliable allies and could only depend on themselves.

For Jabotinsky, Palestine was not a sacred land. However, it was the only land where it would be possible for Jewish people to unite and survive. Only in their own land could they heal from the cruel effects of the Diaspora.

Eventually, Ben Gurion reached the same conclusion. Socialism would have to wait because the immediate priority was to create a Jewish state to save as many Jews as possible. Unfortunately, his realization came too late.

In their differing visions of a Jewish state, Herzl would have settled for Uganda; Ben Gurion supported partition and worked to establish a strong socialist state, while Jabotinsky was the territorial maximalist and political democrat. He alone, believed passionately in the Jewish right to all of Palestine, both sides of the Jordan River, and the human and civil rights of all who lived there. He spoke and lobbied for this around the world.

While Jabotinsky was in Johannesburg working with local Zionists, he was notified that the British High Commissioner of Palestine had issued an edict banning his return there. The British decided he was a danger to them in Palestine. The man who demanded the right of every Jew to live in Palestine was not allowed to return.

Ben Gurion’s political success and his acrimony towards Jabotinsky and the Revisionist Party resulted in Jabotinsky

being deemed a political failure and known as the leader of the Zionist opposition. The author points out that Jabotinsky is remembered as a fiery nationalist, an unyielding Jewish patriot, and the man of both sides of the Jordan River, who dedicated himself to a people and their land. Now, his name is on a street in every city and town in Israel.

The author wrote that Jabotinsky was a man who could be made to grit his teeth but not to go down on his knees. He demanded the right of every Jew to live in Palestine and called on Jews to exercise that right. Ben Gurion and Jabotinsky had a complex relationship. Both shared the goal of a Jewish state. However, when Jabotinsky died, Ben Gurion refused to let him be buried in Israel. Only when Ben Gurion retired was it possible. In 1964, Jabotinsky and his wife, Anna, were reburied together on Mount Herzl in Jerusalem.

Our next book to be discussed is “The Lemon Tree” by Sandy Tolan on Tuesday, Feb. 1, at 7 p.m. Meeting details will be announced near the end of January.

Shalom

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The opinions expressed in Shalom are of the writers and not the Jewish Federation of Reading/Berks



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- 92nd St. Y Programs
- Game Nights
- Community Shabbat
- Reading Jewish Film Series
- Great Decisions
- Interfaith Mitzvah Day
- Yom Ha'atzmaut
- PJ Library
- PJ Our Way
- Leo Camp Lecture
- Tech Tuesday
- Yom Hazikaron
- Art Exhibits
- Yom Hashoah
- Annual Meeting and Picnic
- Purim Carnival
- Richard J. Yashek
- Memorial Lecture
- Kristallnacht Remembrance
- Youth Events
- Purim Masquerade Party
- Bridge
- Chevra
- Mahjong
- Trips to NYC/Philadelphia
- Lakin Holocaust Library
- & Resource Center
- Shabbat B'yachad
- Community Calendar

Virtual events in February for Literatour Berks

By Amanda J. Hornberger

Join us virtually on Monday, Feb. 7 at 7 p.m. for a conversation with Mark T. Sullivan, author of “The Last Green Valley”. Sullivan is the acclaimed author of eighteen novels, including “Beneath a Scarlet Sky,” which has sold millions of copies to date. A former investigative journalist and avid skier and adventurer, he lives with his wife in Bozeman, Montana.

In late March 1944, as Stalin’s forces push into Ukraine, young Emil and Adeline Martel must make a terrible decision: Do they wait for the Soviet bear’s intrusion and risk being sent to Siberia? Or do they reluctantly follow the wolves murderous Nazi officers who have pledged to protect “pure-blood” Germans?

The Martels are one of many families of German heritage whose ancestors have farmed in



Ukraine for more than a century. But after already living under Stalin’s horrifying regime, Emil and Adeline decide they must run in retreat from their land with the wolves they despise to escape the Soviets and go in search of freedom. Caught between two warring forces and overcoming horrific trials to pursue their hope of immigrating to the West, the Martels’ story is a brutal, complex, and ultimately triumphant tale that illuminates the extraordinary power of love, faith, and one family’s incredible will to survive and see their dreams realized.

Rosenwald schools
In honor of Black History

Month learn about Rosenwald schools with photographer and author Andrew Feiler. Join us virtually on Tuesday, Feb. 22, at 7 p.m. to hear Feiler speak about his photobook, “A Better Life for Their Children: Julius Rosenwald, Booker T. Washington, and the 4,978 Schools that Changed America”.

Born to Jewish immigrants, Julius Rosenwald rose to lead Sears, Roebuck & Company and turn it into the world’s largest retailer. Born into slavery, Booker T. Washington became the founding principal of Tuskegee Institute. In 1912, the two men launched an ambitious program to partner with Black communities across the segregated South to build public schools for African American children.

One of the earliest collaborations between Jews and African Americans, this initiative

drove dramatic improvement in African American educational attainment and fostered the generation of people who became the foot soldiers of the civil rights movement.

Of the original 4,978 Rosenwald schools built between 1912 and 1937 across 15 states, only about 500 survive. To tell this story visually, Andrew Feiler drove 25,000 miles, photographed 105 schools, and interviewed dozens of former students, teachers, and preservationists.

The book includes 85 photographs capturing interiors and exteriors, schools restored and yet-to-be-restored, and portraits of people with compelling connections to these schools. Brief narratives written by Feiler accompany each photograph. The book’s foreword is by the late U.S. Rep. John Lewis, a Rosenwald school alum.

SAVE THE DATE

READING JEWISH FILM SERIES 2022

Wednesday, March 9
7 p.m. Fox Berkshire Theatre

\$6 JCC member, \$8 all others

Sponsored by Rubin Fund of Jewish Federation of Reading/Berks

Sunday Morning Conversations about the pandemic's impact on our lives

By Laurie Waxler

Just when we thought we were coming out of the pandemic; the omicron strain has reared its ugly head, and the psychological toll it's taking on our community is palpable. It feels like we can't have a conversation without the topic of COVID becoming the primary topic. Thankfully, on behalf of the Maimonides Society and Jewish Family Service, we have a handful of local health care professionals willing to come to

our rescue! While we don't expect they can fix everything, they are opening up "Sunday Morning Conversations" to help families and individuals, and offering some practical tips to alleviate some of the current stressors we are all feeling.

Many thanks to Rick Small for his help in organizing this event, and to additional speakers Scott Davis, Jeff Sternlieb, Catherine Schultz and Jessie Kessler for their efforts in bringing this idea to fruition. All are local mental health professionals

who see many of these issues in their daily practice, and we are so lucky to have them share their expertise with us! The series will be free of charge and take place on Sundays from 11 a.m.-noon throughout February. All talks will be virtual. Each speaker will offer 15-25 minutes of lecture type material and then open into a question and answer session to allow the conversation to flow based on the audience.

These focus groups include Parents with Young Children; Parents and their

Teens and College students; Adults; and Seniors. We encourage you to invite your friends to join in, you don't have to be Jewish to participate as no one out there has escaped the perils of the pandemic and this is truly an outreach to our entire community, we are all in this together!

You can register for the event(s) on the Federation website... www.readingjewishcommunity.org. If you have any questions, please contact Laurie Waxler at lauriew@jfreeding.org.



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ARE YOU OK?

Join us for a series of

Sunday Morning 11am Conversations: The Impact of the Pandemic on our Lives

Designed to offer some practical tips and help you overcome some of the stress you and your loved ones may be experiencing. Join our local speakers for a short lecture, followed by a Question and Answer session. Bring your questions, or come and listen....no doubt we are all feeling a little defeated these days but together, we can be stronger.

Sunday, February 6 - Focus on Parents of Young Children

- Catherine Schultz, Psy.D and Jessie Kessler, Psy.D., NCSP, LBS
- Springfield Psychological

Sunday, February 13 - Focus on Parents, Teens and College students

- Scott Davis, LCSW, CAADC, Springfield Psychological

Sunday, February 20 - Focus on Adults

- Jeff Sternlieb, PhD, ABPP, MetaWorks, P.C.

Sunday, February 27 - Focus on Seniors

- Richard Small, PhD, ABPP, Springfield Psychological
- Virtual lectures are FREE and open to the entire community
- Register on the Federation website: www.readingjewishcommunity.org
- All lectures will be virtual and begin at 11:00 am and end at 12:00 pm.
- Zoom links will be sent to all who register two days prior to the lecture.



This program is presented by the Jewish Federation of Reading's
Maimonides Society and Jewish Family Service

The power of language in our rituals and prayers

By Rabbi Brian Michelson

Reform Congregation Oheb Shalom

Princeton University has a very unusual practice at its graduation ceremony.

The salutatorian (the student with the second-highest rank) delivers a speech in either Greek or Latin.

While the speech is printed in the graduation booklet, it was not translated.

I wonder how this practice came about and why they continue to do something that seems like a waste of everyone's time. Imagine having to write a speech that most people cannot understand. Then I wondered, "Well is



it any different than our reading of the Torah and multiple prayers in Hebrew and Aramaic that nobody understands?" My first thought was, "it's not the same thing," but as I thought about it more, I started to wonder.

One example, the Kaddish prayer is in Aramaic, which no Jew has spoken in 1,500 years. It was originally the spoken language of the time and written so the majority understood the meaning of the prayer. Now that it's not the vernacular, are we just perpetuating this essential prayer in a dead language for the sake of tradition? Is this antithetical to its original purpose? Does it make sense?

Over the past few weeks, I have raised this question in several different groups. Most people commented

that there is a difference between a speech and a ritual. They argued the salutatorian's speech should have been in English or at least translated, for what's the purpose of a speech if not to educate or inspire? If no one understands the language, and there's no translation, then speech does not achieve its goal.

On the other hand, the reading of the Torah and the recitation of prayers in Hebrew fall into the ritual category. Hebrew, Aramaic, Yiddish, and Ladino prayers and rituals help define and characterize Judaism. Imagine if we said Mourner's Kaddish only in English; would it have the same feel? Would we feel that we had fulfilled our obligation to remember? The language ties us to generations long ago who

said the same prayers in the same words.

Most Jews do not understand Hebrew or Aramaic, but we value the emotional and nostalgic connection to the languages and our history. Our siddurim, prayerbooks, contain translations, so most people feel they get the gist of the prayers even if they cannot translate it exactly. In addition, something is awe-inspiring when we recite prayers that have, for the most part, stayed the same over thousands of years and in synagogues throughout the world.

It is important to feel connected to the prayers for them to be meaningful, but sometimes that connection doesn't come from understanding every word but knowing we are part of a long chain of tradition.

All Around the Town

Mazel tov to Susan and Bill Weiser on the birth of their great granddaughter Mia Rodriguez to their granddaughter Jenna and her husband Jonathan Rodriguez

We love good news about members of our community! Please share it by emailing Marknem@aol.com or calling 610-921-0624.

Until next time: Shalom!

Obituary

Richard Hamburger, 70, of Owings Mills, Md., and formerly of Reading. He is survived by his wife, Lisa, his son Andrew and his daughter Carly and her husband Dr. Joseph Ornstein, his two grandchildren and his sister Judy Pollack and her family of Wyomissing.



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* Tot Shabbat will be in person with masks and proper spacing.

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Yeshiva University, the Jewish basketball powerhouse

By Ari Berman
President, Yeshiva University

The Jewish people can take pride in collective accomplishments across a range of human endeavors. I never imagined that basketball would be one of them, but it's not the only thing that's taken me by surprise since I became president of Yeshiva University four years ago.

As 2021 came to an end, so did our Division III basketball team's remarkable 50-game winning streak. The Yeshiva University Maccabees had not lost a game since Nov. 9, 2019, when they fell to Illinois Wesleyan on Dec. 30. The accomplishment still was notable enough for the National Basketball Association to tweet congratulations, and I've spent some time reflecting on what it all means.

When I took this job, I anticipated celebrating student success in rabbinics, law, the humanities, business, tech and science. I never expected the energy and excitement of presiding over a sports

powerhouse. For the past few years, I have watched game after game in which young men with great Jewish pride score basket after basket. It is beautiful and breathtaking to see their graceful play and teamwork in action.

Many have asked me if I think these wins are an act of divine intervention. This is the wrong question. As a rabbi — as a Jew, for that matter — I believe that everything in life involves divine intervention coupled with human agency. Even losing. The right question is: How could a small research university produce such a team?

Yeshiva University's motto and curriculum are based on the integration of the best of Jewish studies, prayer, and piety with the best of general studies. Because our graduates are secure in their faith, and their particularism, we hope that they will leave here confident in their universalism. Our tradition drives us to become leaders who make significant contributions to the world at large.



The Yeshiva University Maccabees huddle before a game against the U.S. Merchant Marine Academy

In that tradition, we are told to ask questions, to be curious, to experience wonder, to strive for truth. We believe from the first chapter in Genesis in the infinite worth of every human life and in the value of life itself. Our aspiration is to advance a more just and moral society with compassion and kindness. In the spirit of the prophets, we teach our children that faith shapes their character, helps them endure hardships, and galvanizes them to redeem the world. We try to live up to these ideals, which continue to guide us daily.

Throughout history, the Jewish people have always been small in number. We're often put on the defensive but find the ingenuity and inner strength to view setbacks as springboards. And we tend to set the bar high to drive future success.

That is why this team, the Maccabees, inspires so many. It's not only that they win but how they win. They play with sportsmanship and selflessness. They rise early in the morning and practice late at night, fitting basketball into a daily regimen that includes a dual curriculum

of academic and Torah studies. Against seemingly all odds, they set as their goal to win the National College Athletic Association championship. And they know that by playing for Yeshiva University, they represent not just a school but a people.

In these days filled with rapid change, confusion and uncertainty, our students fill me with confidence in the next generation. To have spent this past season cheering for our team has been an unexpected gift and a respite from the swirling news cycle. It also has confirmed why Jews have stayed relevant from Sinai to today. We are strong on the court because we are strong off the court.

Our history has taught us a lot about resilience and adaptability. It has infused us with a set of values that gives us an enduring mission and purpose. In Hebrew, the root of the word for victory is the same as the word for eternity. By playing for eternity, we always walk off the court as champions.

(This article was first published in the Jan. 14 Wall Street Journal.)



NOONTIME KNOWLEDGE:

The Art of Wayne Thiebaud

*Tuesday, Feb. 15
at noon, JCC*

Wayne Thiebaud, the late painter known for his colorful works and delectable desserts, is more than a pop artist. According to the New York Times, his “lush dreamy landscapes and luminous pictures of hot dog, deli counters, marching band majorettes and other charmed relics of midcentury Americana were complex meditations on life and painting.” Sara Louise Howells, art historian and co-founder of the arts nonprofit Triptych Federation, will introduce us to his work and “the magic of what happens when you put one piece of paint next to another.”

Noontime Knowledge, a program designed to educate on a variety of topics, will be held on the third Tuesday of each month at noon. Programs are designed to educate on a variety of topics. Everyone is invited to attend at no cost to participants. Please make a reservation if you would like to attend the lecture by calling Carole at 610-921-0624 or email CaroleR@jfreeding.org.

Please note, in-person programs may be rescheduled due to concerns about the rising rates of COVID. Please check with the JCC to make sure the program will be held.



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LITERATOUR BERKS
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JENNA BLUM

SUNDAY, MARCH 20 AT 9 AM
DOUBLETREE BY HILTON READING



Woodrow
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*Life Lessons
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Jenna Blum

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annual
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with NY Times
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Jenna Blum!

Ticket information
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Report disputes apartheid label for Israel

From online news sources

Attempts to tar Israel as an apartheid state under international law, twist legal tools for political ends, a new NGO Monitor report argues.

Authored by British Barrister Joshua Kern and NGO Monitor Legal Advisor Anne Herzberg, the report delves deep into legal sources to identify what “apartheid” means as a crime in concrete legal terms as opposed to its colloquial and political uses. The report comes following non-governmental organizations (NGOs) increasing campaign to apply the “apartheid” label to Israel not only in political discourse but lobbying the International Criminal Court (ICC) to charge Israelis with this crime and bolstering related campaigns at the UN, the *Jerusalem Post* reported.

“Apartheid is a grave accusation, but claims of apartheid have been made imprecisely and casually by many NGOs... the definition of apartheid is untested in international law as no court has yet examined the crime, and there is comparatively little legal writing available,” says the report. NGO Monitor views the report as an opportunity to address “this legal vacuum and provides a full analysis grounded in international law of the elements of apartheid as a crime against humanity.”

According to the report, “the elements of the crime have been broadened by Human Rights Watch [HRW] and others in a manner that is inconsistent with both the principle of legality (under international human rights law) and the presumption that the definition of crimes shall be strictly construed (under international criminal law).”

In addition, “The legal elements suggested by HRW are arguably inconsistent with the definition of the crime of apartheid under the Rome Statute and the Apartheid Convention, and their application is inapposite to the Israeli-Palestinian situation,” the report states. Getting more specific, the report says that under the ICC’s Rome Statute, “to constitute a crime against humanity, a person’s criminal acts must have a nexus with a widespread or systematic attack directed against a civilian population, pursuant to a State or organizational policy.” This is based on the idea “that crimes against humanity so shock the conscience of mankind and warrant intervention by the international community” because they are “not

isolated, random acts of individuals, but rather result from a deliberate attempt to target a civilian population.”

In contrast, the report’s authors would view acts of extremist Jewish violence, which NGOs then cite as proof of Israeli apartheid, as random individual acts which the state not only does not facilitate but acts against. Another key concept would be that according to some international judicial decisions, “discrimination by an occupying power between the treatment of its own nationals and protected persons would not constitute oppression per se. Where discriminatory measures are not arbitrary, for example, because they reflect” unique aspects of the laws of war. Further, NGO Monitor writes, “A situation of belligerent occupation is not inherently oppressive. A situation of belligerent occupation is ‘inherently unbalanced’ and coercive, and a collision between human rights almost inevitably transpires in an occupied territory.”

Quoting legal scholars, the report states, “the crux of belligerent occupation is that, at odds with pacific occupation, it is coercive by nature.” This is partially because “the occupied population is not part of the political community that rules it.” Put simply, this means that if Israel sometimes treats Palestinians differently because of valid security concerns under the laws of war as part of the conflict between the peoples, that is not illegal discrimination, and certainly not the crime of apartheid.

Moreover, some differences in treatment are inherent in the conflict. In this line of thinking, the focus would be debating whether a specific legal difference is justified. Along a similar vein, the report states that “The law of occupation contemplates separate legal regimes for protected persons and for nationals of an Occupying Power... it is foreseeable that the characterization of such separate systems as giving rise to a breach of the principle of equality will be contested.” In plain speak, this means that the frequent criticism that Israel has two legal systems with some different laws for Israeli and Palestinian persons is inherently unequal misses the point: that occupation as the aftermath of war is inherently likely to lead to different legal systems. (Though in mere border infiltration or theft cases not involving security — the laws are more similar). Herzberg added that even the substantive law that Israeli military courts apply to Palestinians must inherently be

different given that the system is obligated to apply certain preexisting Jordanian and other foreign laws.

In addition, HRW argues that the definition of “racial group” under the Rome Statute is “broader” than “a narrower interpretation focused on divisions based on skin color.” It grounds its analysis on the International Convention on the Elimination of All Forms of Racial Discrimination’s definition of racial discrimination.

But NGO Monitor says global criminal tribunals have taken a much narrower view of defining “racial discrimination” in the context of a criminal case.

One legal scholar quoted in the report observes that “the application of human rights law in the interpretation of an international crime is problematic for a number of reasons,” not least that international criminal law “is governed by the principles of strict legality, foreseeability, and specificity.”

The report adds that this means that international criminal law “must always be interpreted strictly, while respecting the procedural rights of the accused,” while international human rights law “will generally be interpreted broadly.”

NGO Monitor is to issue a follow-up report more directly connecting the general legal analysis to Israel and territories under its administration. Some issues expected to be treated in that report include the charge that none of 2021’s alleged Israeli apartheid actions detail whether a widespread or systematic attack directed against the Palestinian civilian population is occurring.

HRW alleges “inhuman acts” include denial of rights to free movement, rights of residency and nationality, and the right to free expression. Yet, Herzberg states that “If these allegations cannot be relied

upon to establish proof of an ‘attack,’ because they are not” similar to other crimes against humanity, any criminal case would fall short.

Turning to the “domination” element of apartheid, NGO Monitor will examine Israel’s 1950 Law of Return, its 2018 Nation-State Law and its constitutional nature as a Jewish and democratic state to examine whether its legislative and constitutional framework establishes a regime of “domination.”

As for systematic “oppression”, the upcoming report will find that Israeli practices and policies are not comparable to those of apartheid South Africa. Moreover, it will criticize HRW for disregarding the significance of the Israeli Supreme Court’s jurisprudence and call on it to focus on “the fact of discriminatory measures rather than on detailed assessments of reasonableness.”

Next, the report evaluates the apartheid label as applied to Israel, which began with antisemitic Soviet and Arab propaganda in the 1950s and continued through the Cold War and the 1975 “Zionism is racism” resolution. In 2001, the UN Durban Conference embraced this delegitimization campaign by promoting a new and unique definition of apartheid reserved exclusively for Israel — which has recently escalated. Herzberg commented, “The charge of ‘apartheid’ has been used for decades as a means to delegitimize the right of Jews to sovereign equality in their historic homeland and to characterize Jewish self-determination as a violation of the international legal order.” “In recent years, NGOs have joined this campaign, inventing a legal definition of the crime of apartheid aimed at Israel alone. This report exposes and corrects the false NGO claims,” she concludes



Israeli COOKING CLASS

FALAFEL

Join Adi, our Shlichah, for in-person cooking and learn to make Falafel

Thursday, February 24th at 5:30pm
\$18 - JCC members | \$27 - all others.



*Vaccination required
*Class in private home (location sent after RSVP)
*Limited space
*Masks recommended

RSVP - ADIS@JFREADING.ORG
OR CHECK JFR WEEKLY EMAIL / WEBSITE

ADULTS NIGHT OUT PRESENTS...

PAINT & SIP NIGHT

PAINT | WINE | MUSIC

3.10
6:30 PM

Lead by:
Bernadette Bresnahan, Creative Spirit Painting

Thursday, March 10 at 6:30 pm | JCC members \$25, all others \$35
Jewish Federation of Reading | 1100 Berkshire Blvd., Suite 125
Wine, snacks, and paint supply included
RSVP by March 7th at ADIS@JFREADING.ORG or check JFR weekly emails.



Muslim and Jewish EMTs join forces to save lives

From online news sources

A 50-year-old woman collapsed and was lying unresponsive in her front yard in the Arab village, Ein Nakuba, west of Jerusalem. Jewish and Muslim United Hatzalah EMT volunteers worked together to resuscitate the woman.

Muslim EMT volunteer Samr Salama was the first responder on the scene who arrived as soon as he got notified of the incident and connected his defibrillator to the woman and performed chest compressions. The woman did not have a pulse at that time.

Soon more EMTs arrived including, Dovi Bash, a Jewish volunteer who was at synagogue at the time of the incident and came as fast as he could to help.

The woman’s heart rate was undetected by a defibrillator for around ten minutes while volunteers performed compressions and ventilated a bag valve mask.

Once the intense care ambulance arrived and the patient had been administered medications and fluid via an IV, the heart monitor showed the patient’s pulse had “returned to a steady rhythm of 140 bpm”. The woman was taken to

the hospital for further care and recovery.

Bash pointed out the extraordinary teamwork of everyone at the scene. “In general, I am always pleased that the United Hatzalah volunteers, and the patients that we treat, come from all different races and religions and that we work together as a team with no discrimination. It always feels good to go home for the night after saving a life.”

Speaking about the experience, Salma said: “This was one of the hardest resuscitations I’ve been a part of, but I’m just happy that the resuscitation went smoothly and that the woman is okay and I thank my fellow responders for joining me in saving the woman’s life.” “The team was relieved and excited that they had just witnessed a miracle” after some members were losing hope that they could successfully resuscitate her, according to the press release.

This past July Jewish and Muslim EMTs similarly came together to save a woman’s life in Pisgat Zeev in Jerusalem. One of the volunteers on the scene said, “I help everyone in need regardless of who they are.” In October, United Hatzalah held a mass casualty incident



Three women EMT volunteers of United Hatzalah after finishing an ambulance shift in Jerusalem, one haredi, one religious Muslim, and one secular. (Credit: UNITED HATZALAH)

training exercise for its women’s unit which has 150 Jewish and Muslim volunteers who serve their religious communities throughout Israel where

an extra level of sensitivity is requested. These efforts have brought together Jewish and Muslim volunteers to save lives despite race and religion.

2022

RELIGION AND FILM

a 9-week course led by

Dr. Robert Seesengood (Prof. of Religious Studies, Albright College)
and Dr. John Incledon (Prof. Emeritus, Albright College)

Would you like to catch a movie? Join us February and March for a movie discussion series on Religion and Film with Dr's Rob Seesengood and John Incledon. Rob and John, both faculty at Albright College, have each written and taught extensively (and sometimes in collaboration) on the themes of Religion and Movies. For this series (designed for a general-interest, non-specialist, adult audience) they have selected nine movies that foreground some aspect of Judaism and Christianity. In addition to recommending movies to watch through our cold late-winter, they will be hosting a weekly (online) discussion about the films (and ranging into topics of Religion and Movies more broadly). The class also features access to a website with links to readings, trivia and other content; participants can “dig in” for a full course, or just watch, listen and enjoy.

We will cover one film a week during this 9-week course. Participants will watch the film on their own. (All but one of the films are available free of charge on YouTube or for rent for \$3.99 or less from Amazon.com. There is no other cost to participants for the course.) Class will meet via Zoom, on Thursday evenings, 6:00-7:00 pm, beginning February 3 and continuing to March 31. Covid and schedule permitting, we may screen some of the films for the community on occasional Tuesday evenings, prior to the scheduled Thursday conversation.

For Zoom link, email your request to: keshertzionoffice@gmail.com

Tentative Schedule:

- Thurs, Feb 3 - THE TRUMAN SHOW (1998)
- Thurs, Feb 10 - BLACK NARCISSUS (1947)
- Thurs, Feb 17 - HESTER STREET (1975)
- Thurs, Feb 24 - GENTLEMAN’S AGREEMENT (1947)
- Thurs, March 3 - THE ROBE (1953)
- Thurs, March 10 - HAIL, CAESAR! (2016)
- Thurs, March 17 - THE GOSPEL ACCORDING TO ST. MATTHEW (1964)
- Thurs, March 24 - SLING BLADE (1996)
- Thurs, March 31 - USHPIZIN (2004)



Keshher Zion Synagogue



Kick off the New Year with a realistic resolution

By Carole Robinson

I'm writing this in January, the time of year many Americans reflect on the past year and make an effort to improve themselves. They select new goals for the New Year. More than half of our resolutions fail because they are unrealistic. The people who achieve their resolutions often make a plan to ensure accountability; when a goal feels overwhelming, they break their goal into manageable steps to stay on track.

Most people want to lose weight, eat healthier, exercise more, cut back on spending, or get organized as part of their New Year's resolution, but have you thought about getting your affairs in order? I know it's a morbid topic, but it's an important one. I would like to recommend an easy-to-follow plan to organize your life, proposed by Abby Schneiderman and Adam Seifer, cofounders of Everplans, and Gene Newman, in their book "In Case You Get Hit By a Bus — How to Organize Your Life Now for When You're Not Around Later."

"The odds of getting hit by a bus are 495,000 to 1. But the odds that you're going to die some day? Exactly." Schneiderman, Seifer, and Newman offer a step-by-step guide to prepare for the "unexpected." Their book encourages even the most disorganized people to get their lives in order, so their loved ones won't have the stress of making decisions later. They tackle this difficult subject on three levels and provide a plan of attack for each section.

Level 1: Start With Your Stuff – Passwords, People, Money, and Your Abode

- A system for managing all your passwords and secret codes
- Your money and assets organized so that you don't have a panic attack
- An instruction manual for your home and vehicles
- A decluttered address book where your most useful contacts rise to the top

Level 2: Assemble the Pieces – Trusts, Wills, Health Care, and Your Digital Matrix

- You'll know how to get a Will and Power of Attorney in place, plus trusts
- You'll have organized all your bills, debts, and money you owe in a neat, non-depressing pile
- You'll have composed a Personal



Jewish Family Service volunteers at another successful food distribution

Medical Journal and learned about Advance Directives.

- You'll have brought order to every digital account and service you use.

Level 3: The Finishing Touches – Memorabilia, Funeral Planning, and Obituaries

- An organizational plan for all your meaningful photos, recipes, and family heirlooms.
- A record of your personal history, interests, beliefs, and life lessons so everyone remembers you the way you want to be remembered.
- A model for writing letters to your family and friends they will cherish for the rest of their lives.
- A complete understanding of everything you need to know about planning a funeral.
- Your own obituary, (if you're up for

it).

Tackling this entire book will feel daunting to most of you, but that's why it's broken into steps. Begin with the most urgent task, assembling and giving access to your passwords. Even the least technologically capable of us has multiple passwords. We have passwords to bank accounts, emails, health care portals, credit cards, computers, phones, and even garage doors. The most common method used to keep track of all these passwords, according to the Pew Research Center, is "memorize them in your head." Schneiderman, Seifer, and Newman offer practical suggestions for storing passwords and sharing them after you're gone.

The topics in this book are perfect for multi-generational conversations and a good way to approach sensitive issues.

Continued on Page 13

Friendship Circle February programs

Friendship Circle is held on the first and third Thursdays of each month at 1 p.m. at the JCC. An optional lunch is served, followed by an entertaining or educational program or holiday celebration. Programs are free; optional lunch is \$7. Contact Carole at 610-921-0624 to make lunch reservations.



Thursday, Feb. 3 - Birds of a Feather

Join the Friendship Circle "flock" for an afternoon of avian fun – bird idioms, bird trivia game, and even bird bingo!

Thursday, Feb. 17 - American female spies

When you think about American spies, you probably don't think about women, or even one woman. However, there have always been women who could not fight as soldiers but found ways to secretly help our American men. Hallie Vaughan brings history alive in her depiction of three spies – Lydia Darragh, who helped save the life of George Washington during the Revolutionary War; Sarah Emma Edmond, who had many disguises during the Civil War and wrote a book about it; Virginia Hall, who was nicknamed "the limping lady" during WWII and whom the Nazis said had to be "hunted down and eliminated."

**Please note, in-person programs may be rescheduled due to concerns about the rising rates of COVID. Check with the JCC a few days prior to the program to see if there is a cancellation.*

RESOLUTION

Continued from Page 12

Using the “plan of attack” outlined in each section will remove the anxiety of putting your life in order and ensure that “you’re leaving the best parting gift imaginable.” In the words of our Founding Father Benjamin Franklin, “By failing to prepare, you are preparing to fail.”

After facing our mortality, I would like to end on a more upbeat note. Jewish Family Service is bringing cheer to older adults throughout the community. We delivered 45 boxed lunches and 100 Tu B'Shevat gift bags to our seniors. We provided food for 519 people at our Olivet Food Pantry and 203 people at our SDA pantry. We would not be able to bring smiles to so many faces without the help of our many volunteers.

Thank you to the hardworking January Olivet food pantry volunteers: Ellen and Paul Schwartz, Raymond Gehring, Mary Neville, Jenn Reilly, Debra Montenino, Margo Levin, Cindy Balchunas, Annette Peppard, Sid Lempiner, Pete Jacobson, and Myron Kabakoff. And a special thank you to John Incledon for braving the frigid weather and helping at the SDA pantry!

We also appreciate all the volunteers who delivered meals and gift bags: Eddie Kazin, Lin Langlois, Robert Schneier, Anzie Golden, Sharon Syret, Cindy Balchunas, and Mike Robinson. We would also like to thank Mike Robinson for donating his car through CARS (<https://careasy.org/nonprofit/JFS-Reading>), with the proceeds going to JFS to allow us to continue our outreach programs.



Volunteers at the Olivet Food Pantry on Jan. 5

JFS TRANSPORTATION SYSTEM

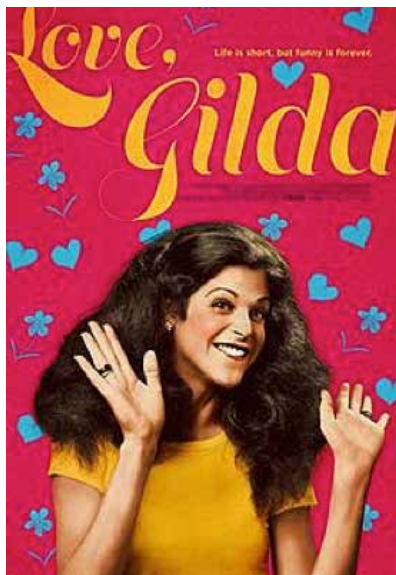
The purpose of this program is to provide transportation to members of the Jewish community, age 60 and over or those with disabilities, who have no other way of getting around. It allows participants to retain their independence and keeps them from becoming homebound and isolated. This service can be used for medical appointments, synagogue attendance, shopping and other errands.

It is easy to participate in the taxi program. Purchase a book of 25 taxi tickets from the Jewish Federation at a cost of \$25. Each coupon is worth \$3. The phone number for Reading Metro Taxi is printed on the taxi ticket book. Call the taxi company and arrange your ride. At the end of the ride, sign your coupon(s) before giving them to the driver. Tipping is left to the discretion of the passenger. The coupon does not include the cost of tipping.

This program is subsidized by the Jewish Federation.

JFS MOVIE MONDAY

Join us for a movie of Jewish interest and popcorn on the 4th Monday of the month at 2 p.m. at the JCC. Call Brenda at 610-921-0624 to reserve your seat; walk-ins are welcome if seating is available.



LOVE, GILDA
Monday, Feb. 28, at 2 p.m.

“Love, Gilda” opens a unique window into the honest and whimsical world of beloved performer Gilda Radner, whose greatest role was sharing her story. Gilda’s diaries and videotapes form the narrative spine of the documentary, allowing her to tell her own story through laughter and tears. 86 min.

10 easy ways to reduce your carbon footprint in 2022

Israel21c.org

How much do our everyday actions impact the environment? One measure is the carbon footprint, the total amount of harmful greenhouse gases — including carbon dioxide and methane — generated by our actions. According to the Nature Conservancy, the average global carbon footprint per person is about 4 tons, or 16 tons per person in the United States. Experts believe we all must reduce that footprint to less than 2 tons by 2050 for the best chance of heading off global warming.

We can each make a big difference with small steps and shifts in thinking in our everyday lives. In the wake of Tu B'shevat — the New Year for trees, this is a perfect time for a New Year's resolution to consider the suggestions below from Maya Jacobs, CEO of Israeli environmental organization Zalul (Hebrew for "clear") and Carmel Horowitz, head of the Israeli grassroots advocacy campaign Climate-Ecological Emergency Headquarters.

Jacobs says if we all view our actions through "50 shades of green" glasses, and aim to be as "dark green" as possible in everything we do, we can make a huge impact. "As with sports and eating a healthy diet, even if we don't like taking care of our bodies, we know we must in order to stay healthy. Same goes for protecting Planet Earth. Therefore, new habits should become part of our lives," she says.

Here's to a sustainable 2022!

1. Put more plant-based foods on your plate

According to the latest research, the five foods whose production causes the highest greenhouse gas emissions are beef, mutton, cheese, pork and poultry. Researchers at the University of Oxford say cutting meat and dairy products from your diet could reduce your carbon footprint from food up to 73%. Even a "meatless Monday" diet makes a big difference. Horowitz recommends the Blue Zones diet for sustainability: avoid processed food and eat more legumes, plant-based protein and organic foods. "Eat slower, eat less and enjoy more!"

2. Choose food that traveled shorter distances

The more "food miles" traveled, the bigger the carbon footprint. Before putting items in your grocery cart, take a minute to check the label to see where

they began their journey.

3. Choose products with less plastic packaging

According to the "Plastics & Climate" report from the Center for International Environmental Law, nearly every plastic begins as a fossil fuel, and greenhouse gases are emitted at each stage of its lifecycle, from the extraction and transport of the fuel to the time it reaches waterways and landfills as trash. In 2019, the production and incineration of plastic produced more than 850 million metric tons of greenhouse gases.

4. Stop using, or at least cut down on, disposable items

"Our consumption is creating unbelievable amounts of trash, which is mostly shipped away to weaker countries where it harms vulnerable people, or is burned," says Jacobs. "Our massive consumption exploits natural resources and creates heavy pollution during production and shipping."

5. Change your celebration decorations

"Although they are very colorful and happy-looking, balloons, confetti, glitter, party decorations and props are mostly made of plastic and rubber," says Jacobs. "Make environmentally friendly decorations instead and reuse them again and again."

6. Ditch your car for public transportation at least once a week

All the better if you can get around by public transport (or biking or walking) exclusively, but just like with eating fewer animal products, you can reduce your carbon footprint significantly by leaving your car at home once a week. The Environmental Protection Agency estimates the average passenger car generates 77 pounds of hydrocarbons, 575 pounds of carbon monoxide and 11,450 pounds of carbon dioxide annually. The Environmental Literacy Council estimates public transportation keeps 1.5 million tons of carbon dioxide emissions out of the air every year.

7. Treat electricity as a tangible resource

"Electricity production demands a lot of energy, so until we reach a miraculous utopia, we'll need to consume it with care," says Horowitz. "Favor reasonable room temperatures both in winter and summer, the fan over the AC, and of

course good house insulation. Try to cook in bigger quantities, which will also save you time. "Think twice if you really need that third TV in your bedroom. And of course, take shorter and colder showers to reduce water heating."

8. Practice the 5 Rs

Reuse, reduce, recycle, repair and regift as much as possible. Today's sharing economy makes it easier than ever to buy less and instead share items with friends and neighbors — everything from baby furniture to vehicles. This tip also applies to apparel; consider secondhand and consignment shops for your purchases.

9. Invest green and vote green

Use the power of your money and your vote, says Jacobs. "Invest

your savings only in companies that divest from fossil fuels and make real environmental efforts. Elect politicians who promote environmental policy change. Only public pressure will make governments change their ways."

10. Work together

"When individuals make efforts to reduce their own carbon footprint, it must always be connected to the bigger picture," says Horowitz. "Talk about the change, educate, inspire, and most importantly — join others to demand these changes to come from policymakers. Carbon footprint reduction must come from everyone, according to their share and responsibility."



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invite you to join us with Rabbi Avraham E. Plotkin

**Remembering
Our Loved Ones**

Thursday, February 17th
7:30 PM



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Do you remember?

By Tootie Moyer

- No shopping malls; we bought everything on Penn Street and at Boscov's.
- Penn Street was fun to walk down and look at all the store windows.
- Banks had Christmas clubs where you paid a certain amount each week and we got a check before Christmas.
- Movies cost 25 cents and were only black and white; today most movies are \$10.
- A dip of Hershey's ice cream

was 5 cents.

- We went to our family doctor for everything.
- Doctors did not wear plastic gloves.
- We only had a cane to help us walk; no walkers.
- We drank water from the spigot; no water bottles.
- We had no freezers, microwaves or air conditioners in our homes.
- We only had telephones with a dial.
- Families only had one car.

- Cars did not have seat belts or automatic windows; we had to crank the windows up and down.
- Only Jewish people ate brisket; now even fast-food restaurants sell brisket sandwiches.
- On Thanksgiving we ate and listened to the Pottsville and Reading High School football games.
- We got dressed up to go out to dinner; no jeans and flip-flops.
- Funeral services were held in family homes.
- We would always write

thank-you notes; no phone calls or texting.

- Do you remember these celebrities; George Gobel, Bert Lahr, (best known for playing the Cowardly Lion in "The Wizard of Oz"), Harold Lloyd, Ida Lupino, Mary Pickford, Walter Pidgeon, Paul Muni and Jane Powell.

My mind has now shut down. We are not senior citizens, we are "ageless youngsters". Stay happy and well. Hope to see you soon.

Help us support our hospitalized

By Carole Robinson and Sari Incledon

For many years, Jewish Family Service has been able to get the names of all Jewish hospital patients, both affiliated with congregations and non-affiliated from Reading Hospital and St. Joseph's. This allowed us to visit as many patients

and families as possible and provide social service and friendly supportive visits. Fortunately, we continue to receive daily emails from Reading Hospital of all Jewish patients, unless they request that their names not be shared.

Unfortunately, after the merger of Penn State Health and St. Joseph's Hospital,

this information is no longer available from them. Despite several conversations with St. Joseph executives, they claim HIPAA and security concerns prevent them from proactively sharing this information. In addition, because so many Jewish patients are unaffiliated, the information is not made available to our rabbis.

If you, family members or your friends are hospitalized at Penn State Health- St. Joseph's Hospital, please be aware of the need to contact us and/or your congregation to receive supportive services and a personal visit.

Please call 610-921-0624 if you have any questions.

Israeli Parkinson's treatment shows positive results

From online news sources

An Israeli therapeutics company has announced that its Phase III trial of a drug to treat early Parkinson's disease (PD) has met its primary and key secondary endpoints and can prepare for regulatory approval by the U.S. Food and Drug Administration, the Jerusalem Post reported.

"We are thrilled with the positive outcome of this rigorous Phase III study," said Dr. Sheila Oren, CEO of Pharma Two B, which produces the drug known as P2B001. "There is a clear unmet medical need for an early PD treatment that can significantly improve motor symptoms and daily function while avoiding side effects. The data from this Phase III study support our view that P2B001 can provide clinical benefits comparable to higher doses of commercially available dopamine agonists [that mimic the actions of dopamine] while mitigating the side effects typically associated with this class of medicine, such

as somnolence [drowsiness], orthostatic hypotension and hallucinations. This is important for PD patients of all ages and is critical for the elderly, who typically do not tolerate side effects of dopamine agonists."

People with early-stage PD usually suffer from tremors, slowness of movement and challenges with agility. The disease generally starts on one side of the body and travels to the other side. Over time, PD affects balance and posture. PD is relatively prevalent. According to Oren, about 1% of people over the age of 60 suffer from the disease worldwide — and even more in Israel, where there is a high rate of genetic PD.

Pharma Two B was founded in 2007 with the goal of combining two existing compounds already being used for the treatment of early PD — pramipexole and rasagiline — in lower doses to reduce side effects and reach greater efficacy.

"We were able to reach that goal," Oren said. "The results of the trial proved the idea



we came up with many years ago: that the two compounds, when reformulated with lower doses, work together."

Specifically, P2B001 is a fixed-dose combination of extended-release formulations of pramipexole (0.6mg) and rasagiline (0.75mg). Dr. Robert A. Hauser, a professor of neurology and director of the Parkinson's Disease and Movement Disorders Center at the University of South Florida, said it "provides good symptomatic control and a favorable safety profile and may reduce or delay levodopa-associated motor complications. If approved, this

product will be an important new option when considering a long-term care plan for people with early-stage Parkinson's disease," he said.

Pharma Two B plans to file a New Drug Application with the FDA, Oren said, adding that approval would likely take between nine and 12 months. The aim is to have the drug on the market by 2023, she said.

Board chairman Jeffrey Berkowitz said: "We believe these results are transformative for Pharma Two B, and we are excited to complete the regulatory submissions and prepare for a commercial launch."



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How to use the mind to improve physical performance

Israel21c.org

Most of us can conjure up a vivid mental image of our favorite food. Just thinking about it can make our mouths water. Israeli physical therapist Amit Abraham heads a lab at Ariel University that's translating this phenomenon into innovative training protocols to enhance dancers' and gymnasts' performance and improve rehab results for people with Parkinson's disease. Over the past year, he worked with Israel's Olympic rhythmic gymnastics team. "Mental

imagery by itself has been extensively used and researched. Even ancient Egypt used mental imagery. Our lab is one of very few in the world studying the neurocognitive aspects and integrating it into training and rehabilitation. Some of the things we are doing in this field for the very first time internationally."

Following his postdoc research at Emory University School of Medicine in Atlanta with movement scientist Madeleine Hackney, Abraham returned to Israel in 2020 and

established the Mental Imagery & Human Embodied Potential Lab at Ariel University.

The goal is to provide scientific evidence for the motor and cognitive benefits of creating experiences in the mind. "We do group and one-on-one sessions in a specific process of bringing to life the mind-body connection," he explains. "A lot of athletes visualize before competing. But they are not trained in how to use this efficiently as a tool to its fullest potential. That is my goal."

He often needs to overcome participants' hesitancy. "People think mental imagery is childish and feel embarrassed to use it, especially in a group setting," Abraham says. "So, we start from scratch by explaining how to use it, what are its possibilities and limitations, the science behind it, and how to address lack of belief in it. Once people get excited about it, they can step out of their comfort zone and then it's easier."

Imagine motion without moving. Abraham explains that just as it's possible to imagine the taste of coffee without drinking it, you can imagine moving your arm without moving it.

"If you want to improve your quality of movement, you can imagine your arm as light as a feather. That's called 'metaphorical imagery' and it's a core component of the Franklin Method, developed by my mentor and colleague, Eric Franklin, for teaching body alignment." This is not always simple. For someone with lower back issues, for example, it is challenging to image the spine moving fluidly without pain. "We are confronting a reality that doesn't always match the imaging," Abraham says. "However, this is exactly the huge potential of mental imagery — to overcome the reality with the goal of changing it."

The final step is individualized interventions or training protocols. "My training as a musculoskeletal physical therapist helps because we can address a problem mechanically as well as with mental imagery," says Abraham. "We're trying to be less dependent on the therapist or on technology and more focused on the individual's potential for self-empowerment."

Abraham finds that if the team trainer or coach is open to trying this evidence-based approach it's more likely to catch on with the athletes. In the case of the rhythmic gymnastics team, head coach Ira Vigdorichik was quite enthusiastic to try this approach. Abraham did group training in collaboration with the coaching team, individual training to address specific issues, and an assessment of how the trainings impacted performance. "We started with traditional motor imagery: They lie on their back and mentally image

the entire sequence of an exercise. We made it more codified, feeling the sensations and perspectives of first and third person," he says.

Abraham also does metaphorical imagery. For example, while balancing on one leg the gymnast visualizes that leg as a tree rooted in the mat.

Team member Bar Shapochnikov stated; "The mental imagery works with the Franklin Method and Dr. Abraham helped me enhance my performance. My range of motion increased, my confidence in performing increased, and the training became more efficient."

Abraham admits that achieving further improvements at this high level of expertise is extremely difficult. "Therefore, we're constantly looking for novel approaches that can help the gymnasts and athletes without putting them under even greater physical stress." At Emory, Abraham did the first research on integrating dynamic neurocognitive imagery into Parkinson's disease rehab. He tailored a pilot intervention, based on the Franklin Method, to correct distorted mental representations of the body that can worsen motor and cognitive functioning. "Parkinson is a multifaceted condition, mostly known for slowness of movement, rigidity, balance dysfunctions and resting tremor. But about 60 percent of individuals also have sensory and cognitive deficits that are less talked about. We thought mental imagery could address these deficits," he explains.

This unique embodiment approach taught people to connect imagery with physical sensations. This intervention eased motor and non-motor symptoms of the disease, as described in a paper Abraham and colleagues published this year in Brain Science exploring novel therapies for movement disorders. "We have to develop protocols in this and other neurological and orthopedic populations," says Abraham. "It's kind of out of the box to focus on different populations but I see mental imagery as connecting them all."

Abraham aims to become an international leader in the field of mental imagery for rehabilitation and performance. "We collaborate with various researchers in the U.S. and Europe, but this is more than just research. We are looking to really make an impact on dance and gymnastics performance. We are constantly looking for teams and dance companies worldwide willing to try it to enhance performance and well-being," he says. "Shoot me an email amitab@ariel.ac.il if our research intrigues you."

Author appears at Zoom event



Chabad and Exeter Community Library hosted a Zoom event for over 50 participants with author Michal Oshman based on her book "What Would You Do If You Weren't Afraid". Join us for another Zoom on Thurs Feb 17 @7.30pm to meet the author of "Seven Conversations with Jerry", an engaging book about grief, bereavement and the journey of the soul.

LEARN MORE ABOUT JEWISH COMMUNITIES AROUND THE WORLD AND THEIR IMMIGRATION TO ISRAEL

Tuesdays, at 7:00 pm via zoom.



January 4, Iraq

Adi S. Lev, Community Shlichah, Reading & Lancaster



January 25, USSR (Ukraine)

Patrik Topman, Community Shlichah at "Kings Bay Y" JCC in Brooklyn, NY



February 15, Ethiopia

Avezu Fanta, Israeli Fellow, Philadelphia



March 1, Tunisia

Ethan Souffir, Israeli Fellow, Montreal



March 22, Israel

Hanna Bloch, Community Shlichah, Madison

JCC members are free, all others \$5.

For more information about each lecture and registration, check JFR weekly email or visit <https://www.readingjewishcommunity.org>

For questions, email AdiS@JFRReading.org



Tikkun Olam & youth group presents.....



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JCC / Jewish Federation of Reading

Lunch will be provided



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Tu B'Shevat at CHS was a fun tour through cities in Israel with many fun activities



CHS rented VR glasses to give our students a real life experience of the Holy Temple in Jerusalem. It was a fascinating, exciting and fun activity and really brought the lesson to life.

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MEMORIES THAT LAST A LIFETIME!

Israel eyes Gaza economic relief to put heat on Hamas

From online news sources

Israel is planning on taking a series of steps to ease the deteriorating economy in the Gaza Strip, in an effort to pressure Hamas to maintain the relative quiet that has prevailed there since a round of fighting in May. Defense officials have said it makes more sense to improve Gazans' economic situation on a more routine basis, rather than just after a round of fighting or as compensation to Hamas for maintaining calm in the Strip.

Putting these steps into practice — which are unrelated to large-scale reconstruction proposals to rehabilitate the Strip — will proceed without coordination with Hamas.

So far, the amount of cross-border traffic at the Kerem Shalom border crossing has been increased; new and used motor vehicles have been allowed into the coastal enclave; and thousands of laborers from Gaza have been issued permits to work in Israel at higher wages than they could earn at home.

One security official expressed the hope that economic concessions, most importantly the monthly wages of 5,000 shekels (\$1,600) that Gazans earn in Israel — several times the comparable wage in Gaza — will lead the public there to pressure Hamas to avoid escalation with Israel, which would in turn freeze the measures.

"Let Hamas explain to 10,000 merchants and laborers why it was important for them to heat up the security situation," the source quipped.

Israeli work permits are a prized commodity in Gaza, where many jobs pay only between 20 and 60 shekels a day — meaning residents would be able to rely on their income rather than

economic aid from Qatar and other countries.

The pivot in Israel's approach contradicts the country's earlier declarations that assistance for wide scale infrastructure work in Gaza would be conditioned on the return of two Israeli civilians and the bodies of two Israeli soldiers held there.

In addition, Israel has expanded the zone in which Gazan fisherman can operate off the coast of the Strip, which is subject to a partial blockade imposed by Israel and Egypt. Israel also recently entered discussions with the United Nations on a deal to permit the fisherman to repair their boats, following an extended period in which the necessary materials for repairs were not allowed into the Strip. The UN deal to permit the repair of fishing boats, some of which were damaged in Israeli attacks, includes allowing fiberglass into the enclave — despite its potential military use against Israel in the construction of rockets and drones. The agreement outlines the UN's responsibility for repairing the boats as well as Israeli oversight, stipulating advanced coordination with Israel and assurances that the materials have only been used for repairs. Similar arrangements would also be made for the repair of communications infrastructure that until now has been unauthorized. Israel is further considering permitting Gazans to travel to Jerusalem to pray at the Temple Mount — for the first time since the outbreak of the coronavirus pandemic nearly two years ago.

Beyond economic concessions, Israel has in recent months been attempting to prevent Hamas from strengthening its influence in the West Bank, where

the militant group has been working to boost its position against the backdrop of what it views as the weakness of the Palestinian Authority.

In December, dozens of Hamas activists whom Israel accused of planning terrorist attacks — including attacks within Israel's 1967 borders — were arrested.

The Palestinian Authority recently suffered losses in local elections in rural areas of the West Bank — elections in

which Hamas did not officially participate. Most of the winning candidates were independents, though some are affiliated with Hamas.

At the same time, the Palestinian Authority replaced several members of their security personnel, following incidents that were perceived as demonstrations by Hamas, including during funerals of those killed in clashes with the Israeli army and at marches calling for the release of prisoners.

ISRAEL'S YOM HAZIKARON & YOM HA'ATZMAUT

Memorial Day & Independence Day

MAY 2022

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The Last Green Valley

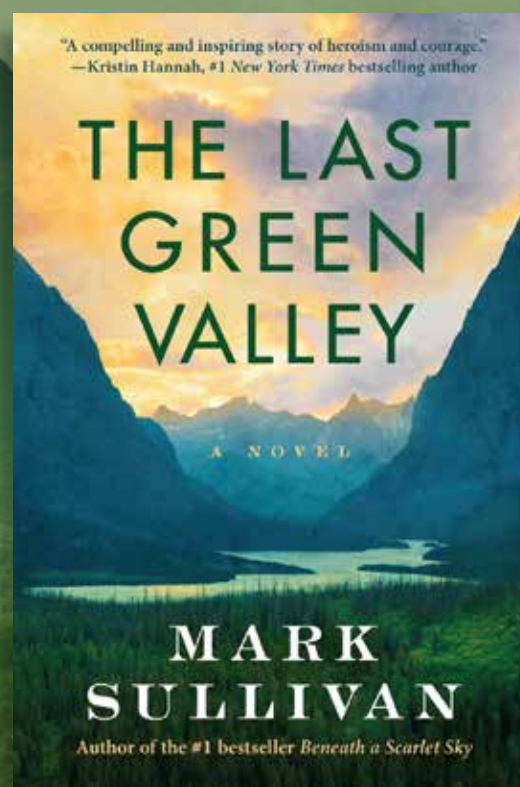
by Mark T. Sullivan

**Monday
February 7th
7 p.m.
via Zoom**

To register, visit:

www.ReadingJewishCommunity.org/home/literatour

Literatour Berks is a program of Jewish Federation of Reading/Berks in partnership with Exeter Community Library.



Israelis provide assistance, solidarity after December tornadoes in Kentucky

From online news sources

Israel's Counsel General to Atlanta Anat Sultan-Dadon got a firsthand look at the destruction left in the wake of December's deadly tornadoes in Kentucky, calling the devastation "honestly heartbreaking."

"It is honestly heartbreaking to see really the tragic effects of what swept through here a week ago," she told JNS shortly after her visit. "But on the locations at both the elementary school and church we visited," which are being used as either shelters or distribution sites, "it was heartwarming and moving to see so many who came to help those in need currently. That is a testament to the strength of the community here and the American people."

Sultan-Dadon, whose consulate post includes Kentucky and the Southeast, said she wanted to convey Israel's support for the people of Kentucky, and "our love and friendship during these difficult days."

During the visit, she delivered some 400 backpacks filled with toys, toiletries, school supplies and other essentials to the Hopkins County School administration for distribution. Among the towns serviced by the school district are Dawson Springs and Earlington, both sites of significant damage.

Joining in the visit were Rep. James Comer (R-Ky.), first responders, local politicians and others. This

was the second donation the Israeli government has made to people in the area.

Previously, the Israeli Consulate in Atlanta sent pallets of water to the hard-hit region. That donation was delivered by Rabbis Chaim and Shlomo Litvin of Chabad of Kentucky, who accompanied her on one of the tours.

Chaim Litvin is the director of Project Friendship, a social-service arm of Chabad of Kentucky. Through his organization, tens of thousands of dollars worth of winter clothes and shoes were delivered to residents in western Kentucky thus far.

"We are in this for the long haul," pledged Rabbi Shlomo Litvin, co-director of Chabad of the Bluegrass. "The Jewish community, like Israel, stand with Kentucky."

Also aiding in the efforts is the relief fund started by the Jewish Federation of Louisville, which raised more than \$100,000 for the American Red Cross; that's double their initial goal of \$50,000.

"We continue to be overwhelmed by the generosity and kindness of our worldwide community with more than 600 gifts received from East to West will feel privileged to be able to help," said Stacy Gordon-Funk, senior vice president of philanthropy and chief development officer at the Jewish Federation of Louisville.

Meanwhile, Israel was ready to



Items ready to be sent to families after tornadoes devastated Kentucky and nearby states in December.

offer even more assistance. A group of Israeli veterans who are members of IsraAID, a nongovernmental agency, were sent to Kentucky. They were on the ground for two weeks working with American veterans from Team Rubicon to clean up debris, assist families whose homes were destroyed and help with rebuilding.

Additional teams from IsraAID were ready to assist after that, as well, as there is a need for "longer-term" assistance, according to Sultan-Dadon, who called the vets from both

Israel and America working together to help those in need "a beautiful expression of our strong relationship." "Also, "we've been in touch with Israel Trauma Coalition, and there is an interest and willingness to assist in that regard as well," she continued.

She added that "included in the backpacks was a letter for parents with tips and guidance in addressing trauma and crisis with their children, and that's another area we are hoping Israel can do a little bit to contribute to the efforts on the ground."

A Better Life for Their Children:

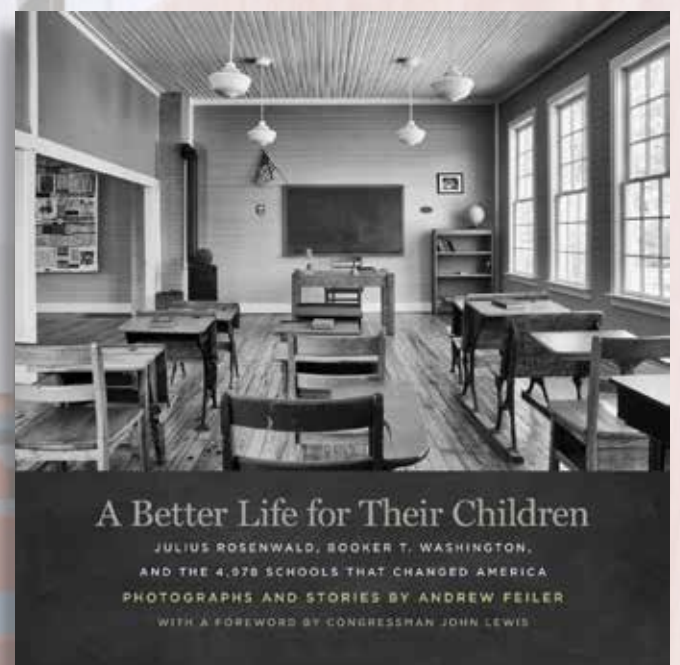
Julius Rosenwald, Booker T. Washington and the 4,978 Schools that Changed America
by Andrew Feiler

**Tuesday
February 22nd
7 p.m.
via Zoom**

To register, visit:

www.ReadingJewishCommunity.org/home/literatour

Literatour Berks is a program of Jewish Federation of Reading/Berks in partnership with Exeter Community Library.



U.S. Jewish groups seek more security aid

From online news sources

Following the horrific attack at Congregation Beth Israel in Colleyville, Texas, Jewish organizations have urged Congress to double the funds for the Federal Emergency Management Agency’s Nonprofit Security Grant Program (NSGP), the *Jerusalem Post* reported.

A man took four hostages during Shabbat services at the Texas synagogue on Jan. 15. One of the hostages was freed and three others escaped after an hours-long ordeal. The hostage-taker was killed by authorities.

The security grant project’s current budget is \$180 million annually, and Jewish organizations are asking to increase it to \$360 million. The program allows houses of worship and other nonprofits at risk to apply

for grants of up to \$100,000 each. The money can be used for security measures such as fences, cameras, stronger doors and the hiring of personnel.

In recent years, the program’s budget was increased several times due to the rise in antisemitism across the U.S. In 2019, Several Jewish organizations, including the Jewish Federations of North America and the Secure Community Network (SCN), said the current funding level was insufficient in light of the high level of threat against Jewish institutions.

“In the last 24 hours, we saw an individual reportedly armed who alleged to have explosives breached the sanctity of one of our houses of worship,” said Michael Masters, CEO and national director of the SCN.

“We should act now to protect our

sacred spaces,” he said. “We are thankful to Congress for their support in protecting our community, and we look forward to working with them to increase the investment as we work to increase the security of our institutions.”

“The program is a vital resource for faith-based institutions, and the Jewish community, specifically,” Masters said. “In the last several years, the Jewish community has endured historic rates of vandalism, property damage and targeted violence that show no signs of diminishing. The SCN supports an increasing number of applicants every year, and these life-saving grant funds requested continually outpace the amount allocated by Congress. To continue to protect our community, we know more must be done.”

Nathan Diamant, executive director for the Orthodox Union Advocacy Center, said: “This Shabbat’s crisis in Colleyville, Texas, shows, sadly, that Pittsburgh and Poway were not ‘one-off’ events.”

“The need for greater security resources for shuls across the United States is immediate and real,” he said. “This is not only for the sake of the physical safety of the community but for the essential purpose of not letting the antisemites prevail and stop us from exercising our freedom to worship with peace of mind.”

“The Orthodox Union is engaged with the highest levels of the Biden administration and congressional leaders to deliver these resources – including the boost to NSGP we have called for,” Diamant said.

Anti-Defamation League CEO Jonathan Greenblatt said: “With threats

against synagogues and other Jewish institutions arguably at an all-time high, it is imperative that the federal government provides appropriate levels of funding to mitigate the threat.”

“As we saw in Texas, it is urgently critical for Congress to increase funding to protect these nonprofit organizations from future acts of terrorism or hate-motivated violence,” he said in a statement.

The ADL has long supported an increase in funding for the NSGP to protect soft targets from potential acts of terrorism, Greenblatt said.

“AJC has long supported a robust Nonprofit Security Grant Program — and favored the \$360 million annual allotment the House had initially favored, a figure that was reduced in the 2021 budget compromise with the Senate,” said Jason Isaacson, chief policy and political affairs officer at the American Jewish Committee.

“A range of religiously based institutions have been scenes of violence and destruction,” he said. “The need is great — and, regrettably, it’s growing. Additional federal assistance would convert to additional security at synagogues, other houses of worship, and other vulnerable institutions.”

Eric Fingerhut, CEO of the Jewish Federations of North America, said: “If the events in Colleyville do not reinforce how crucial nonprofit security grants are in securing our communities, I don’t know what will.”

“This is just the latest, stark example of why Federations are working to expand communal security services to every Jewish community across the nation through our LiveSecure initiative,” he said.

February ✨ Shevat-Adar	
 Shabbat Candle Lightings	 Torah Portions
February 4 5:08 p.m.	February 5/4 Adar Terumah (Exodus 25:1-27:19)
February 11 5:17 p.m.	February 12/11 Adar Tetzaveh (Exodus 27:20-30:10)
February 18 5:25 p.m.	February 19/18 Adar Ki Tisa (Exodus 30:11-35:35)
February 25 5:33 pm	February 26/25 Adar Vayak’ Hel (Exodus 35:1-38:20)

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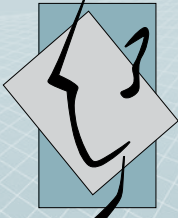


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Contributions as of Jan. 13

Federation Jewish Community Campaign

In honor of:
Birth of Jan and Jonathan Simon’s new grandson Grant Benjamin Simon – Debbie Goodman and John Moyer
Birth of Beth and Bob Caster’s grandson Everett Shai Caster – Debbie Goodman and John Moyer

In memory of:
Richard Hamburger (Judy Pollack’s brother) – Debbie Goodman and John Moyer

Jewish Family Service

In memory of:
Jacob “Jack” Gernsheimer – Cheryl and Eric Farber

Get well/speedy recovery:
Judy Jacobs – Sue and Mel Blum

Sue B. Viener Memorial Fund - PJ Library

In honor of:
Michael Fromm receiving the Tikkun Olam Award from JCPA – George Viener

Honorials and Memorials

Contributions may be made to the following Funds:
Federation Jewish Community Campaign
Jewish Family Service
Leo Camp Lecture Fund
JFS Food Bank
JFS Taxi Transportation Program
Holocaust Library & Resource Center
Doris Levin Fund
PJ Library Fund
Harry & Rose Sack Fund
Evelyn Thompson Fund

In memory of:
Jacob “Jack” Gernsheimer – George Viener
Nelson “Nic” Cohen – George Viener

Harry & Rose Sack Fund (Adult Programming)

In memory of:
Rose and Harry Sack – Rena Schklowsky

Edwin and Alma N. Lakin Holocaust Library & Resource Center

In memory of:
Jacob “Jack” Gernsheimer – Dena and Vic Hammel

Evelyn Thompson Fund (Lakin Preschool)

In honor of:
Birth of Sue and Mike Farrara’s grandson Landon James Farrara – Beth and Bob Caster
Birth of Sue Wilson’s grandson Paxton James Chabin – Beth and Bob Caster

Eight outstanding young Israelis to watch in 2022

From online news sources

Israel, you may have noticed, is a young and energetic country, with about a fifth of its population aged between 18 and 34. It’s also a country with incredibly entrepreneurial young people, which might have to do with the fact that kids are entrusted with huge responsibilities at a very young age (think 12-year-old babysitters, 16-year-old youth group leaders and 19-year-old army commanders).

So it comes as no surprise that by the time they’re in their late teens or early 20s they’re absolutely owning it, whether in business, sports or culture. Take a look at some of our most promising young people to watch this upcoming year – they’re certain to leave us with our jaws dropped. For your convenience and amazement, we’ve listed them here in age order.



1. Maor Romem
When Maor Romem’s dad died in a work accident when she was a little girl, she discovered that volunteering and helping others brought her great comfort. Now 16, she’s channeled her do-good attitude to inspire other teens with her popular talks.
At the end of each talk, she asks her audience to think of ways in which they can volunteer and has already backed more than 40 groups volunteering in various fields such as beach clean-ups, visiting the elderly, blood and hair donations and hospital visits. With a growing network of likeminded young people, she is set out to make 2022 a whole lot better.



2. Nevo Abutbul
Perhaps the person with the coolest title on this list, 17-year-old Nevo Abutbul is the self-proclaimed youngest mentalist in the world. Following in the footsteps of other Israeli mentalist masters such as Uri Geller and Lior Suchard, Abutbul has already wowed TV audiences, carried out a Miami and LA tour and successfully recreated a drawing made by the Israeli prime minister in front of the cameras. As befitting his young age, he is currently focused on completing his matriculation exams, and his next stop will be military service. Canteen spoons, beware!



3. Anastasia Gorbenko
For 18-year-old swimmer Anastasia Gorbenko, 2021 was a truly golden year: she won seven gold medals at the European Championships and the Swimming World Cup, the most recent of which was presented to her in Abu Dhabi. The young swimmer also represented

Israel at the Tokyo Olympics as part of the national swimming team, from which she unfortunately came back empty-handed. But at the rate she’s going, she’s going to have to get herself a new cabinet for all those medals this upcoming year.

4. Asaf Yasur
Asaf Yasur, 19, made headlines in Israel when he brought home Israel’s first-ever para taekwondo gold medal that he won in the under-58 kg category at last year’s World Para Takwondo Championships. Yasur had both his arms amputated as a young boy after he touched a high-voltage cable, an accident which did not prevent him from branching out into a career as a professional athlete. While he didn’t make it to the Tokyo Paralympics last year, we have no doubt we’ll still be seeing him gracing podiums across the world in years to come.



5. Aline Cohen
Makeup mogul Aline Cohen is one sharp young businesswoman with an inspiring story. Now 20, Cohen underwent a life-threatening bicycle accident as a young girl that left her in need of long rehabilitation and a big scar on her head, the latter prompting her interest in makeup and, later on, also in YouTube makeup and lifestyle tutorials.
Fast-forward to the grand old age

of 15, and Cohen established her own makeup company whose lipsticks were sold out across the country. She has since become a household name in Israel and plans to branch out into the international cosmetics market. Kylie Jenner, watch out.

6. Noa Kirel
Noa Kirel is one of our absolute favorite superstars, and there’s a good chance that this year she’ll become one of yours, too.

The Israeli pop sensation, 20, recently signed with American record label Atlantic Records and has already released three international songs – “Please Don’t Suck,” “Bad Little Thing” and “Thought About That” – meaning that she’s likely going to hit a radio station or headphones near you.

In Israel, Kirel has masses of fans of all ages, who all admire her kick-ass attitude, body positivity and empowerment messages. As well as her incredibly catchy tunes, obviously.

7. Dorit Revelis
If Dorit Revelis looks familiar, it might be because you’ve seen her on a billboard near you. The international model, 20, has already led campaigns and walked the runways for Calvin Klein and Miu Miu and has rubbed shoulders with the modeling world’s elite.

Looking forward, Revelis reportedly is interested in branching out into acting, as well as to completing what most young women her age in Israel are eager to do — going traveling on their post-army trip. With a few modeling stopovers in between, of course.

8. Deni Avdija
The oldest person on this list — having just celebrated his 21st birthday — basketball player Deni Avdija is one of Israel’s proudest exports. Avdija started out his professional career with local club Maccabi Tel Aviv and now regularly stars in the NBA with the Washington Wizards, where each point he scores receives extensive national media coverage back home. Covid and injuries permitting, we foresee some more wonderful seasons for him ahead.



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