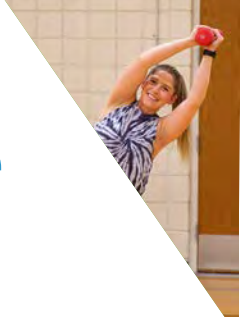


TULSA *Jewish Review*

Shevat/Adar 5782
February 2022



Health and Wellness Issue



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SHEVAT/ADAR 5782
VOLUME 93 • NUMBER 2

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President's Corner

by ED SHERMAN, PRESIDENT, JEWISH FEDERATION OF TULSA

Lots of changes and improvements are coming to our facilities. The facilities committee and staff have spent many hours developing a list of repairs and improvements that were needed to our facilities. As a result, the Board of Directors approved an extensive list of capital improvements for 2022.

New lighting has already been installed in the gym, and we have received 10 new spin bikes. The gym floors and bleachers have been refinished. Cost saving LED lighting throughout the building is scheduled, and the flooring and baseboards in the fitness rooms will be completed in the next few months. When the pool opens for the season, there will be a new diving board, slide and Kooldeck. The baby pool and locker rooms will also be updated. That's the schedule for the first part of the year.

Some of the facilities will be closed while the work is being done. We will try to keep those disruptions as short as possible. Our apologies for any inconvenience. Watch for other projects as the year goes on. The Board of Directors and staff are working hard to keep our excellent facility up to date for the enjoyment of our community. ■



Ed Sherman

The Power of Unity

by ISABELLA SILBERG, DIRECTOR OF PROGRAMS

The Jewish Federation of Tulsa's theme for 2022 is Unity. Our goal is to create greater unity by collaborating with Jewish and non-Jewish groups in Tulsa for deeper and better programming, events and opportunities. This was displayed during the season of Chanukah, when we joined forces with Congregation B'nai Emunah, Chabad and Temple Israel and building on to their already successfully planned events. In December, all Jewish Sisterhood's came together to present Sips and Sisterhood, a wildly, successful event on the outdoor patio of Mother Road Market. In January, all Jewish organizations walked behind the banner of One Jewish Tulsa during the annual Martin Luther King Jr. Parade. Next up, the programmers from Congregation B'nai Emunah, Temple Israel and the Jewish Federation are busy planning a Young Jewish Professional Purim Party. Creating unity through collaboration makes each program stronger and the impact greater.

The last two years have been tough. As individuals and as a community, we have succeeded in overcoming many new obstacles, however the goal has always been the same—ensuring a bright and vibrant Jewish Tulsa. This goal is not the job of one person or one organization, but through the power of collaboration, can be reached by deepening our community engagement to secure a flourishing Jewish Tulsa. ■



Isabella Silberg



Charles Schusterman JCC photo montage with "Heath and Wellness Issue" Displayed prominently

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JFT Upcoming Events



CRC- American Jewish Committee's State Of Antisemitism In America 2021 | Sunday, February 6 | 2:00pm | Hybrid Event

Join us in-person or via Zoom as Regional Director of AJC Dallas, Joel Schwitzer presents the 2021 State of Antisemitism in America report.

Download a Copy of the Report and Register at: www.jewishtulsa.org/ajc2021



Men's Club | Wednesday, February 9 | 12:00pm | Hybrid Event

Anthony D. Payne Sr. from the Tulsa Fire Department presents on recruitment and training.

- This event is hybrid both in-person at the CSJCC and via Zoom.
- Please select your attendance choice in the RSVP.
- If you are attending in-person, please select if you will be purchasing a lunch for \$10.

Register at: www.jewishtulsa.org/mensclub-feb9



Israel 101 – A Basic Knowledge Course | Wednesday, February 9 | 7:00pm | Hybrid Event

Join us for our last class of the series: Zionism and Antisemitism. Investigate different perceptions of Israel around the world and in the media. Discuss how antisemitism often is associated with anti-Israel and what can we do about it.

Register at: www.jewishtulsa.org/israel101/



J Moms Glassblowing Workshop | Thursday, February 10 | 6:00pm | Tulsa Glassblowing School

We will learn the technique of glassblowing, learn why this profession is mostly occupied by men, and create a glass piece to take home.

More info at: www.jewishtulsa.org/jmom-tgs



Jewish Genealogical Society Meeting | Sunday, February 13 | 2:00pm | CSJCC Dan Room

See description on page 11



OK Jewish Film Festival advance screening | *Breaking Bread* | Thursday, February 17 | 6:00pm reception, 7:00pm screening | Circle Cinema

Dr. Nof Atamna-Ismaeel – the first Muslim Arab to win Israel's "MasterChef" – is on a quest to make social change through food. Mouthwatering documentary #BreakingBreadMovie.

More info at: www.circlecinema.org

JFT Upcoming Events Continued



Feeding the Soul | Pita Place | Tuesday, February 22 | 6:00 pm | CSJCC Barbara and Dave Sylan Auditorium

Feeding the Soul: Using food as a vehicle to explore identity, culture, and tradition, participants enjoy food from Tulsa's restaurants and hear from local chefs about their culinary journey.

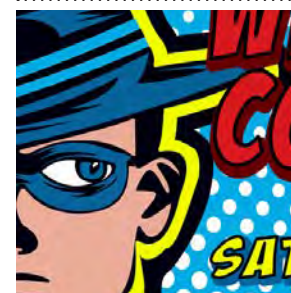
Register at: www.jewishtulsa.org/fts-pitaplace



Men's Club | Wednesday, February 23 | 12:00 pm | Hybrid Event

Lunch and learn with Mickel Yantz, Director of Collections & Exhibitions at the SMMJA. Mickel has been with the SMMJA for the past six years and has worked in the museum world for 20 years. Along with his curatorial duties he is also an adjunct professor at the University of Oklahoma teaching graduate level museum studies courses for 13 years.

Register at: www.jewishtulsa.org/mensclub-feb23



SMMJA | Will Eisner Comic Fest | Saturday, March 5 | 12:00pm | Free admission to the festival and museum

The Sherwin Miller Museum of Jewish Art will be hosting the 5th annual Will Eisner Comic Fest. The event will showcase an exhibit of Jewish Graphic Novels, local artists' table, and a cosplay contest. Both the event and museum admission are free.

See description on page 8 and article on page 10



The Council for Holocaust Education | Panel Discussion – *Doctors From Hell* | Thursday, March 24 | 7:00pm | Hybrid Event

See description on page 27

Register at: www.jewishtulsa.org/che-doctorsfromhell



SAVE THE DATE | Oklahoma Jewish Film Festival | Sunday, March 27- Thursday, March 31 | Circle Cinema

Features several films from all over the world that explore common themes of Jewish identity and culture in a variety of genres. Comedy, drama, documentary and narrative cinema will all be represented at this year's festival.

More Information at: www.jewishtulsa.org/OKJFF2022

As part of the Jewish Federation of Tulsa's ongoing commitment to provide a safe and healthy facility, we are requiring all individuals attending events within the JFT campus to be fully vaccinated for COVID-19 (with the exception of children under the age of 12).

Thank you for your continued tikkun olam!

Please contact Director of Programs Isabella Silberg with any questions. isilberg@jewishtulsa.org 918.495.1100

Go to www.JewishTulsa.org/events to view a full calendar of events.

The Maccabiah Games

by CHEN SHOVAL, ISRAELI EMISSARY

Every four years thousands of Jews from all over the world unite in Israel. Not because of the high holidays, Pesach or Shavuot as the Israelites used to ascend on Jerusalem, but Jews come to Israel to compete and watch the Maccabiah Games, the Jewish version of the Olympics.

The Idea of a Jewish athletic competition was the brainchild of 15-year old Yosef Yekutiel before the First World War when he saw Jewish athletes representing different countries, succeed and win medals. He wanted the athletes in the Land of Israel to participate in the Olympic games, but the Olympic Committee rejected his proposal because, at the time, Israel was not recognized as a state.

One goal of holding the Maccabiah Games in the Land of Israel was to connect diaspora Jewry with the homeland and change the image of the Jewish people from weak “exiled Jews” to “muscular Jews”, like 2000 years ago, when the Maccabees defeated the Hellenistic/Greeks and purified the Temple from the pagan rule. Some also saw this changing image of the Jews as a response to the humiliation of European Jews and antisemitism.

Yosef pursued his vision and after his speech at the Maccabi World Congress, his idea was accepted, and the first Maccabiah Games in the Land of Israel began in 1932. The first Maccabiah Games attracted almost 400 athletes from 18 different countries while the most recent games in 2017 broke all records with 10,000 athletes from 80 different countries participating.

It is not surprising that the number of participants increases every year. Especially in the 21st century, when more emphasis is now placed on health and wellness of the human mind, body and spirit. This Jewish value appears in Judaism as “Pikuach Nefesh” (saving lives) and “unishmartem lenafsutiechem” (keeping yourself safe). Perhaps the most well-known Jewish figure that is most identified with the health of body and soul is Moses ben Maimon referred to as “Maimonides.” Maimonides * was a respected philosopher and physician in Egypt in the 12th Century. He wrote numerous books that have influenced the shape of Judaism as a whole, but in particular, he wrote medical books in which he recommended that the body, as the home of the mind, should receive daily maintenance, not just when there is an illness. Maimonides’ principles included proper nutrition, exercise and sleep, essential for the health of both the body and the mind, standards for good health today.

I had the honor of attending the 20th Maccabiah Games in 2017 when I was a tour guide for the BBYO Leadership Youth Program. Despite the competition among the athletes I was surprised to see the brotherhood between

the different players, the curiosity they had learning about each other’s countries, cultures and the traditions. This July, the 21st Maccabiah Games take place in Jerusalem, Haifa and Netanya and include a wide variety of games from chess to surfing to wheelchair basketball. For more information visit: <https://maccabiah.com/en/>

* Maimonides is also the name of the Jewish Federation of Tulsa’s affinity group for health care professionals. The Maimonides Society provides a unique opportunity for health care and medical professionals to serve the Jewish community through philanthropy and to connect with each other through guest lectures, social gatherings and volunteer opportunities. Jewish Federations across the country name their health care related affinity group after this legendary scholar. ■



Chen Shoval

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The Importance of Student Wellness

by AMANDA ANDERSON, EXECUTIVE DIRECTOR OF MIZEL JEWISH COMMUNITY DAYSCHOOL

Information is taken from iamkidstulsa.com

Studies have shown when students explore physical, nutritional, and mental health in the early grades it improves student engagement and productivity. Mental health is an important component of a student’s overall health and success in school. Many schools are shifting a focus to social and emotional learning (SEL) as well. SEL can help students better understand and identify their emotions. Often it can help build an understanding of empathy, increase self-control, and manage emotions resulting in skills to help them better succeed as adults. Not only is physical education important to students’ success, but also focusing on their mental health as well.

Now mental health is not all about breathing techniques or meditation. In actuality, it can be a very physical experience. This year at Mizel JCDS, we implemented a yoga program to our weekly activities to help students understand and deal with social-emotional learning, mental and physical health, and more! In the class, students learn mindful movements, breathing and relaxation techniques to handle every day stressors. The program, I AM KIDS, is committed to educating the WHOLE child, allowing every individual to succeed and feel empowered. I have participated in a few of these classes with our students. Our three-year-olds feel successful while being active, but also concentrating on their breathing. Our second graders love to explore movements and relate them to literacy and active learning experiences, even though they are not in their classroom. Learning is still occurring outside of the walls of the classroom.

I AM KIDS Tulsa yoga classes are a fusion of yoga and conscious play, sprinkled with storytelling, song, and dance! Students learn yoga poses, breathing, and relaxation techniques.

The benefits of the yoga program:

- Encourages community and connectedness with a classroom and beyond
- Provides healthy ways to express emotions by encouraging self-expression and confidence
- Eases anxiety, tension, and stress
- Improves listening skills
- Increases body awareness
- Promotes a healthy and happy lifestyle
- Brings students into the present moment, which is a basic requirement for learning!
- Supports social and emotional learning
- Teaches self-regulation and relaxation
- Improves gross and fine motor skills
- It’s FUN!!

At Mizel JCDS, we offer aftercare activities. On one of the days, it is yoga with Ms. Dana. It is our most popular program. We have students sign up just to attend an extra day of yoga!

Our students need relaxation techniques more than ever! ■



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Society's Cage Photo Retrospective Exhibit | January-March

Photographs by Jamie Glisson - *Society's Cage* experiential installation was exhibited in Tulsa, Oklahoma to coincide with the centennial of the Tulsa Race Massacre from Sunday, May 30, through Juneteenth on Saturday, June 19, 2021. The pavilion was exhibited on the grounds of the historic Vernon A.M.E. Church at 311 N. Greenwood Avenue.

Society's Cage has previously been exhibited in Washington, DC, on the National Mall and in Baltimore, Maryland, on War Memorial Plaza.

"The intent of *Society's Cage* is to educate about racialized state violence through an immersive experience," says lead designer Dayton Schroeter, a principal at SmithGroup. "The installation complements the commemoration, remembrance, and reconciliation in spirit with the centennial of the Massacre, the most egregious and least-recognized instance of racial injustice in our nation's history."



Will Eisner Traveling Exhibit January 13 - March 27

This exhibition of giclées is from scanned or photographed original art by Will Eisner. The Giclées are very high-resolution fine art digital prints.



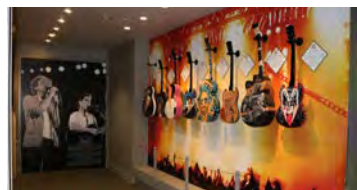
White on Black, Linoprints by A. Raymond Katz, 1933 January - December

Following his studies at the American Institute of Chicago and the Chicago Academy of Arts, Raymond Katz was employed by Balaban and Katz Theater Corporation to decorate movie palaces. His mural commission, *Ten Commandments* at Chicago's Century of Progress exhibition in 1933 was based on the Hebrew alphabet. Subsequent murals and stained-glass window designs throughout America display symbolic images interpretive of Jewish traditions.



Next Year in Jerusalem (L'Shana Haba'ah B'Yerushalayim). The Western Wall Through Art Exhibit January - December

Take a look through the museum's collection to find artistic impressions of the Western Wall through mediums including wood, paint, photography, metal, and more.



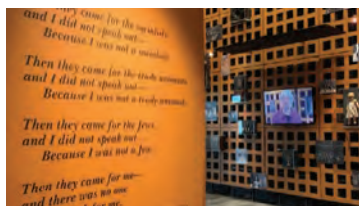
Jews Rock

This permanent exhibit is now open featuring photographs of music's Jewish icons through the lens of photojournalist Janet Macoska. Also featured are hand-painted guitars by Oklahoma artists showcasing Jewish musicians.



Oklahoma WWII Veterans Memorial

The Memorial is now open to the public and honors the men and women who served in World War II.



Sanditen/Kaiser Holocaust Center The Sherwin Miller Museum of Jewish Art

Sanditen/Kaiser Holocaust Center doubled the size of the Museum's Holocaust Center space and provided for new state-of-the-art displays, greatly enhancing the Museum's Holocaust education capacity. The new Holocaust Center is the cornerstone of what goes on at The Sherwin Miller Museum of Jewish Art and will continue to bring in new visitors every day to learn why and how the Holocaust occurred and how to ensure it never happens again. The center showcases over 250 artifacts from soldiers and survivors never before seen by the public. The horrifying events are told through the experiences of five Holocaust survivors who made Oklahoma their home. Their first-hand accounts, along with the artifacts and documents, will help you walk into the history and lessons learned during the Holocaust. Also featured in the only Holocaust Center in the region is a one-of-a-kind art installation from local Oklahoma artists. The Museum's Sanditen/Kaiser Holocaust Center honoring Mildred and Julius Sanditen & Herman and Kate Kaiser showcases the effects of hate locally and worldwide.

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The Spirit character was created by Will Eisner.

Will Eisner Exhibit Showcases Comic Art

by MICKEL YANTZ, SMMJA DIRECTOR OF COLLECTIONS AND EXHIBITIONS

My Dad gave me my first comic book when I was twelve. It would change portions of my life that I couldn't imagine. I would save money and beg my Dad to drive to a local comic shop each month to get the newest and exciting issues. Comics today have become so mainstream it seems impossible not to see something online about the new Spider-Man movie, a Batman shirt at the mall or hear about a local comic convention. But it wasn't always this way.

Will Eisner was born in 1917 in Brooklyn, the son of Jewish immigrants. Eisner had his father's interest in art, and his father encouraged him by buying him art supplies. He started young by illustrating for his high school newspaper. In 1936, high-school friend and fellow cartoonist Bob Kane, who went on to create Batman, suggested that the 19-year-old Eisner try selling cartoons to the new comic book, *Wow, What A Magazine!* They hired him and he began a studio, Eisner & Iger, supplying original stories to early comic book publishers and syndication to Sunday papers. It featured "The Spirit," a masked crime fighter, whose stories were by turns tragic, ironic, and humorous. "The Spirit" ran with the initial backup features "Mr. Mystic" and "Lady Luck" in a 16-page Sunday supplement, called "The Spirit Section," that was eventually distributed in 20 newspapers with a combined circulation of five million copies. It premiered June 2, 1940 and continued through 1952.

Eisner observed that children who had read comics in the 1940s would be in their thirties in the mid-1970s. Those people hadn't given up on comics,

but the comic field had given up on them. So he responded by writing and drawing "A Contract with God and Other Tenement Stories", a thematically related collection told in the voices of several characters. Not only was the subject matter new to comic book readers, the presentation was fresh as well. Rather than crowding the pages with panels detailing character movements, the drawings were large, focusing on facial expression, and the panels opened outward, almost beyond the page.

Eisner created a new genre: graphic novels. Will Eisner went on to produce nearly twenty celebrated examples including *A Life Force*, *Dropsie Avenue*, *To the Heart of the Storm*, *Family Matter*, and *The Name of the Game*.

One of the comics industry's most prestigious awards, The Eisner, is named after him and presented annually at America's largest comics convention. Will Eisner won several Eisner Awards, and in 2002 *Wizard Magazine* named Will Eisner "the most influential comic artist of all time." Will Eisner died in December, 2004.

The Sherwin Miller Museum of Jewish Art in partnership with the Will Eisner Studio, Inc. is hosting the Will Eisner Exhibit featuring 83 giclée's of original Eisner comic artwork now on display through March 27, 2022. The museum will also be hosting the 5th annual Will Eisner Comic Fest Saturday, March 5 from 12-5PM. The event will showcase an exhibit of Jewish Graphic Novels, local artists' table, and a cosplay contest. This family friendly event and admission to the museum are free. ■



Jewish Genealogy Society sets meeting date

The next meeting of the Jewish Genealogy Society of Tulsa will be live (unless policy at the JCC changes due to COVID) on Sunday, February 13 from 2:00-3:00 in the Dan Room of the CSJCC. The topic will be: "How to Utilize the JewishGen Discussion Group (JGDG) Effectively." The JGDG is THE online forum for researchers of all levels from beginners to experts. Learn how to effectively utilize the discussion group to share information, receive answers to questions, ideas, methods, tips, techniques, resources, and translations. With over 19,800 JGDG Members who will help YOU, it is the place to go for help with a genealogy problem, issue, or question. There are over 15,000 messages posted per year with over 665,000 archived messages since 1998 on almost every Jewish Genealogy subject one can think of that can be searched by family names or locations. New members are always welcome! For questions contact Phil Goldfarb, President of the JGS of Tulsa at: phil.goldfarb@cox.net ■



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Music and Wellness

by REBEKAH GEISELMAN, TULSA SYMPHONY EDUCATION AND COMMUNITY ENRICHMENT DIRECTOR

It is hard to recall a day where I haven't heard music. At some point, from the time I wake up to when I fall asleep. Even in the moments where music isn't playing, there is frequently some melody singing in my head - and this isn't just because I work for the Tulsa Symphony Orchestra (TSO). However, we often forget the enormous power that music has to heal and touch the soul. Numerous scientific studies have proven over and over again that music has the ability to reduce stress from trauma, heal pain, and enhance health. And we may not think about it, but this is why we use music to celebrate, grieve, heal, and build community.

The Tulsa Symphony's vision is to enrich lives everywhere, and central to our mission is to heal through musical excellence, innovation, and collaboration. While I have only been in Tulsa for 6 months, I have been keeping up with the TSO for the past few years while living on the east coast. One of the first things that struck me was when the orchestra was one of the first to perform for a live audience in September of 2020 amid the pandemic. This proved not only how important the vision was to the TSO, but how important the TSO was to the community.

During the first few months of the pandemic, music streaming platforms found an increase of classical music streaming by 17% among those aged 17-35.



Further research learned that listeners under 35 felt that listening to orchestra music during lockdown helped them relax and maintain a sense of calmness and wellbeing. While medical doctors work to heal physical wounds, creative arts therapists and music work to heal and assist patients with emotional trauma and their mental health. Through our Heart Strings program, TSO musicians offer the comfort of music to individuals in assisted living homes, the VA Hospital, food kitchens, and other healthcare facilities. These intimate experiences offer the comfort and healing power of music for patient healing and as respite for the doctors, caregivers, and hospital staff.

So often in advocacy for music education, we hear that music class leads to better test scores and higher attendance and graduation rates—but we aren't frequently told why. The Brain and Creativity Institute at USC found that music training changes the parts of the brain that carry signals through the brain as well as the neurons responsible for processing information. Music instruction also boosts engagement of the networks of the brain responsible for decision making, focusing attention, and inhibiting impulses. This is not only why it is so important for music to be a part of a child's education, but why it is even more critical for it to begin in early childhood—at a time when a child's brain is beginning to develop.



For that reason, our earliest music education programs start with 3- and 4-years old at Rosa Parks Early Childhood Education Center. One aspect of this collaboration are Carpool Concerts that bring a classical music experience to children and their parents or caretakers while they are being picked up after school. Frequently families will pause their day for just a few moments to take in and appreciate the performance in the hallway, taking advantage of a moment of calmness in their busy day. Children continue with their music instruction in the classroom, and between 3rd and 5th grade, students across the Tulsa Metropolitan Area have another opportunity to work with the Tulsa Symphony through the Carnegie Hall Link Up program. Every year, over 20,000 students learn repertoire in their classroom throughout the year culminating in a live concert with students singing and playing along with the orchestra. This performance often serves as students' first concert experience, and provides them with the opportunity to apply the musical concepts they have studied.

Music is central not only to a child's well-rounded education but an individual's lifelong wellbeing. ■



Rebekah Geiselman is the Education and Community Enrichment Director with the Tulsa Symphony. She moved to Tulsa 6 months ago and is from New York. In her free time, Rebekah enjoys hiking, camping, and kayaking with her cat.

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Whats New in 2022

We are thrilled to announce improvements to our facility this year.

Sharna and Irvin Frank Aquatics Center Updates

- Baby pool repairs
- Locker room updates
- New diving board
- New slide
- New Kool Deck walk surface
- Work to be completed by Pool Season; Memorial Day Weekend thru Labor Day Weekend

JCC Fitness Center Facility Updates

- LED lights in the gymnasium
- New spin bikes
- Gym bleachers sanded, re-stained and sealed
- New Fitness Center flooring and baseboards
- Gymnasium flooring refinished
- Fitness entrance repaved
- Sidewalk lighting from fitness entrance to parking lot

Upcoming Events:

- March 14-18
Schools Out Spring Break Camp
- May 31-August 5
Camp Shalom
- June 11
Soccer Magic 30 Year Celebration
- August 6
End of Summer Bash

Hours of Operation:

- Monday-Thursday 6:00AM-9:00PM
- Friday 6:00AM-5:00PM
- Saturday 12:00PM-9:00PM
- Sunday 9:00AM-5:00PM



Making Fitness YOUR Essential Business

By Hannah Bakewell Fitness Instructor

The fitness industry is not considered an essential business.

The majority of this outstanding issue is the fitness industry's fault. Media has shaped us to think that fitness is only a necessity for those that already look like they have had years of training. What about the rest of us that want to feel encouraged to work on our health and not feel the body shaming that seems to come along with every quick workout post or blog?

Your heart and health are essential, and fitness is a key factor to reaching your health goals. We know the health industry is essential, but we do not always put the fitness industry on the same level. That is why it is so important for me and other fitness professionals to start inserting ourselves into the conversation. The health industry stresses staying active for at least thirty minutes a day. The fitness industry can easily align itself with this rule. Fitness can help improve your health, make your life longer and improve the overall quality.

When fitness decides to stop making it all about how much one can lift or how much weight one has lost, and start aligning their goals with the health industry, that is when people will start seeing fitness as a necessity instead of a hobby. It shouldn't just be trendy to workout, instead you can statistically start an upward trend by making fitness an essential part of your life. How can you start? Try joining that gym you have always wanted to join, play some ultimate frisbee, or take a walk every day. Set goals for yourself and try having an accountability partner. You can start small. Surround yourself with people with similar goals and share your success with others. Making fitness your essential business can rub off on others and help start the momentum for fitness to become one of the world's necessities.

Hannah's go-to cashew chicken lettuce wraps

Directions:

1. Combine olive & sesame oils and heat in large skillet. Add chicken and cook over medium-high heat until chicken is cooked through, about 8 minutes, or until internal temperature reaches 165°F.
2. Add diced onions, stir to combine, and cook for about 5 minutes or until onion is soft and translucent. Stir occasionally.
3. Add Soyaki, soy sauce, rice vinegar, ginger, cashews, chives, salt and pepper. Cook for another 5 minutes or until fragrant.
4. Remove from heat and let cool slightly.
5. Rinse head of lettuce, pat dry, and pull off desired leaves.
6. Spoon about 1/4 cup of the mixture into each of the lettuce leaves to serve. Enjoy!

You can also add a side of rice or replace the chicken with your favorite plant based entrée.



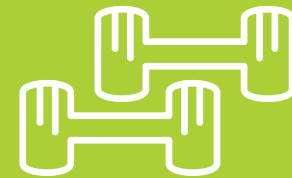
Ingredients:

- | | |
|---|--|
| 1 Tablespoon Olive Oil | 1 Tablespoon Grated Ginger |
| 1 Tablespoon Toasted Sesame Oil | 1 Package of Cashews
(I suggest the Chile and Garlic Cashews from Trader Joe's) |
| 1 Pound Ground Chicken | 1 Tablespoon Chopped Chives |
| 2 Medium Onions, Diced | 1/2 Teaspoon Salt |
| 1/3 Cup Island Soyaki Sauce
(Can be found at Trader Joe's) | 1/2 Teaspoon Pepper |
| 2 Tablespoons Soy Sauce | 1 Head Iceberg Lettuce |
| 2 Tablespoons Rice Vinegar | |

Hannah Bakewell Fitness Instructor and Personal Trainer



Hannah is a graduate of Oral Roberts University with a BA in Dance Performance. She has always gravitated toward the athleticism and artistry that is dance, but loved the idea of merging her passion for dance with fitness. She wanted to uncover more about the human body, why it can do the things it does, and how to move properly so it can be done for a lifetime. After joining the CSJCC as the Jukebox Jams fitness class instructor in 2019, she was offered the Fitness Manager position in early 2020. After joining the CSJCC full time, Hannah became an American Council on Exercise (ACE) certified personal trainer and a Zumba certified instructor. Within her first year she was chosen as one of the top three personal trainers in Tulsa in Tulsa World's "Best in the World" Contest. She now personally trains multiple clients and teaches ten fitness classes a week at the CSJCC. The most rewarding part is seeing her students' and clients' progress through the classes and individualized circuits. Her approach to fitness emphasizes correct form and understanding a client's goals so they may systematically and safely reach those goals and even move beyond what they thought possible.



FIVE FITNESS TIPS FROM HANNAH:

01 //

You just have to take that first step. Pick something that gets you active and positively affects you. If you are enjoying what you're doing, it most likely will not feel like a workout.

02 //

Study and learn good form. Good form is the base for everything, especially within your core.

03 //

Find an uplifting community and place to obtain your fitness goals. Accountability partners are a great way to stay encouraged.

04 //

Practice connecting your mind, body and breath. You will progress more and do more when you correctly breathe through your movement.

05 //

You are already enough. Showing up and being present is already enough to start reaching your goals. You can do more than you think.

Kendo



"We, 新壮風館 "Shin Sou Fu Kan" Strive to provide a safe and accessible outlet for any and all individuals wishing to study Japanese swordsmanship in Greater Northeastern Oklahoma. We adhere to the ideal of 交剣知愛 "Ko Ken Chi Ai," meaning that crossed swords build friendship." All members of the dojo retain the same respect for each other in and outside of practice, constantly striving to improve themselves in the art of Kendo. With this focus, our members may expect to build strong friendships, improve themselves through hard practice, and learn how to apply the principles of Kendo to their own lives through continued experience."

Richard Hughes is a licensed massage therapist. He is a lifelong Tulsan and has been practicing massage for 30 years. Richard has been located at the Charles Schusterman JCC for over six years.

Massage is a great way to help relax and rejuvenate your body, whether you have an injury or are just interested in self-care.

Richard offers a variety of massage types that can be customized to fit your needs.

- Swedish massage - soothing strokes and kneading muscles to relax muscles and alleviate stress
 - Deep-tissue massage - deep strokes and firm pressure to work out the knots in stressed, overworked muscles and connective tissue (fascia), to alleviate immediate pain, as well as chronic joint and muscle pain. It also promotes faster healing by increasing blood flow and reducing inflammation.
 - Hot Stone massage - application of heated, smooth stones to loosen muscles and tension
- Each type of massage can include relaxing music, soft lights, moist heat, cold therapy, and other modalities when appropriate.

Richard can be reached via call or text at 918-519-5014.

Massage Therapy With Therapist Richard Hughes



Isometric Exercise With Personal Trainer Tricia Cadenhead



Tricia Cadenhead is a Personal Trainer specializing in static contraction weight training. Static contraction exercises, also known as isometric strength training, are contractions of a particular muscle for an extended period of time. Simply put, an isometric exercise is one that involves muscle engagement without movement. Tricia takes her clients through several of the weight machines at JCC while they perform a static hold for 30 seconds.

In static positions like these, the muscle fibers are activated, but since there are equal forces against each other, there is no movement.

How can you benefit from isometric exercises?

As you get older, you lose muscle tone and flexibility, but regular isometric exercises can allow you to maintain your muscle strength. In fact, isometric exercises are a necessary kind of strength training for an older person who would like to stay healthy and mobile and for everyone else who would want to avoid muscular decline.

Including isometric exercise in your training routine has the dual benefit of injury prevention and strength building. If you have or have had damaged muscles in your lifetime, this method can help you to rehabilitate your injury and reduce recovery time of your muscles.

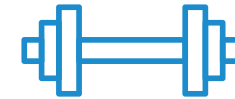
Tricia holds ACE Personal Trainers Certification, USAT Level 1 Triathlon Coach and a Precision Nutrition Level 1 certification.

Tricia can be contacted at: 918-625-6385

JCC Fitness Classes

Muscular Endurance - Mondays 9-10 AM

Muscular Endurance class has two main sections and the first half is approximately 30 minutes of non-stop light weights. The free weight exercises are designed to work all muscle groups used in day to day activities. The second half consists of lower body exercises, standing ab and balance work.



Core and Conditioning - Mondays Noon-1 PM
Be prepared for a fun mix of exercises and movement patterns that will tighten, strengthen and shape your core! We will execute body exercises to improve our cardiovascular fitness, core strength and challenge our body.

Circuit Training Class - Tuesdays/Thursdays 9-10 AM

A fun-filled hour of muscular conditioning and cardiovascular conditioning. This class is a great way to get a full body workout at your own intensity level. Each participant receives a unique workout routine guided by Hannah based on each individual's goals and needs.



Barre Belles - Tuesdays/Thursdays 10-11 AM

This is a low impact, classic barre exercise class that includes upper body weight work. With regular attendance, this class will improve your posture, align your chassis, boost that booty, tone arms & legs, increase flexibility, improve balance, strengthen the core and prevent back pain. Taught by Jane

Midweek Movement - Wednesdays 9-10 AM

Midweek Movement incorporates balance, agility, strength, and cardiovascular exercises all in one class! Starting with a warm-up, each class teaches four exercises that vary from week to week, ending with a cool-down and stretching session.

Tap 'N Tone - Wednesdays 10-11 AM

A class where we have fun, learn new skills, and raise our heart rate to some fun beats. Good for all ages and skill levels. Tap shoes are not required. Taught By Merri-Beth

Spin- Tuesdays/Thursdays Noon-1 PM

Spin is an indoor bike ride that is proven to achieve faster weight loss than any other indoor exercise. This class lasts for about 45 minutes with challenging spin intervals. The class is kept light and fun and keeps you on your toes, because you never know when Hannah will throw something new at you!



Jukebox Jams - Fridays 9-10 AM

Jukebox Jams is a low impact dance-fitness class perfect for beginner fitness levels. Jam out to 50's and 60's music while moving and exercising in a fun way!

Bootcamp - Wednesdays/Fridays Noon-1 PM

Bootcamp is approximately 45 minutes of high intensity exercises that will keep the heart rate up and challenge your muscles. Perform strength exercises and cardiovascular activities using a variety of equipment from dumbbells to medicine balls and kettlebells. Intermediate to advanced fitness levels recommended.

Classes are free to members!
CONTACT: FITNESS@JewishTulsa.org



Racquet Sports

Only place in Tulsa that you can play Pickleball, Racquet ball, Squash and Tennis!!



Pickleball at the CSJCC!

If you are tired of listening to all the hype about Pickleball and are ready to try for yourself, there is no better time than this winter at the CSJCC!

Coach James Moore has made a few time slots a week at the JCC to either learn or hone their skills for the Spring season in a comfortable indoor environment.

If you are new, you can bring a few friends and learn together.... If you are already a player, you can create private or team lessons.

Be active, have fun, live well.
James Moore (707) 543-6610



Racquetball and Squash

Don't let the cool weather damper on your workout! Did you know the CSJCC has the finest indoor racquetball/squash courts in the Tulsa area? The CSJCC is the ONLY place in town to play squash.

Squash is a racket and ball sport played by two players in a four-walled court with a small, hollow rubber ball. The players alternate in striking the ball with their rackets onto the playable surfaces of the four walls of the court. The objective of the game is to hit the ball in such a way that the opponent is not able to play a valid return.



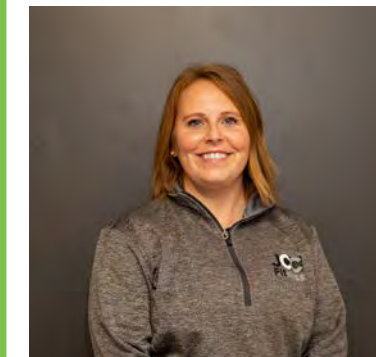
Celebrate the month of love and friendship with Free Friend Fridays!

CSJCC Members - for the month of February bring a friend to work out with you on Fridays for FREE!

Your friend will fill out paperwork at the JCC front desk. You are welcome to bring the same friend or a different friend each Friday. Questions- contact Hannah at 918-495-1111



Martha Kelley
Deputy Director
Charles Schusterman
Jewish Community
Center



Martha's career started at the JCC over 20 years ago, while in high school, as a soccer coach at Camp Shalom's Soccer Magic camp. After graduating from ORU in 2005, she was hired as the youth program director. She is the current Deputy Director of the Charles Schusterman Jewish Community Center. She oversees the JCC Fitness Center, Camp Shalom, Sharna and Irvin Frank Aquatics Center and marketing.



Try Our Fitness Center One Week For FREE!
Contact fitness@jewishtulsa.org for more information

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Book Reading - Doctors From Hell

by NANCY PETTUS, DIRECTOR OF HOLOCAUST EDUCATION



Author Vivien Spitz

The Council for Holocaust Education, a committee of the Jewish Federation, will partner with the Tulsa City-County Library, the Circle Cinema, and the Maimonides Affinity Group for a panel discussion of Doctors From Hell on Thursday, March 24 at 7 p.m. via Zoom or in person at the Jewish Federation of Tulsa. The panel will be comprised of four local Jewish doctors who will address the various “treatments,” “methodology” and torture the Nazi doctors foisted upon their helpless, innocent victims that clearly violated the Hippocratic Oath.

Doctors From Hell is an alarming story of human depravity, disregard for individual rights, and ultimate justice, told for the first time by Vivien Spitz, an eyewitness and court reporter for the Nuremberg Doctors Trial. This is the account of 23 men, whose warped ideas of serving their country and humanity led to the torturing and killing by experiment of countless innocent victims in the name of scientific research and patriotism. Doctors From Hell includes trial transcripts that have not been easily available to the public and previously unpublished photographs used as evidence in the trial.

COMMUNITY CORNER



Stone Cohen Loosvelt, son of Stephanie Karp Loosvelt and Charles O’ Bannon, will be called to the Torah on February 26, 2022.

Stone moved to Tulsa from Bellevue, WA last June and is a seventh grader at Holland Hall. He plays on the Holland Hall football and basketball teams and enjoys playing sports, gaming, traveling, spending time with family and friends and he is incredibly funny.

Stone has two siblings, Xander (15) and Charlize (6) who also attend Holland Hall. He is the grandson of Diane Karp and Charles Karp (of blessed memory), son of Ryan Loosvelt of Las Vegas, NV, grandson of Dr. Robert and Shabby Loosvelt of Bloomfield Hills, MI and the nephew of Jeffrey and Elizabeth Weinstein of Tulsa, OK.

Preparations for his Bar Mitzvah have been led by Debbye Zannerhaft and Sara Levitt. The community is invited to join the family for services at 5:15 p.m. on Zoom, the meeting ID is 918 583 7121.

Were You In Tulsa BBYO 1960-1969?

Plans are being made for a reunion of people who were in Tulsa BBYO chapters in the decade of 1960-1969. If you were a member, if you know someone who was a member, if you are a relative of someone who might have been a member, the Planning Committee wants your help to locate all those people.

Reach out to Janet Dundee, Bobbi Rubin Warshaw, Jerry Sokol, Bette Schlanger Wozobski, Linda Levin Debois or Brian Brouse. If you are on Facebook, go to the 1960’s BBYO Page <https://www.facebook.com/groups/tulsabbyo1960s>.

If you aren’t on Facebook, contact one of the Planning Committee members to find out what the reunion is all about. jdarby55@aol.com

The committee is also interested in photos and other memorabilia for a power point presentation. The tentative date for a Virtual Event is April 10, 2022.



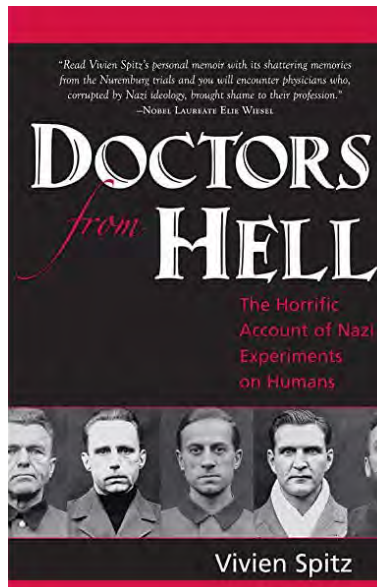
left to right
Larry Zankel (Beau), Janet Dundee (Sweetheart) outgoing
Jerry Sokol (Beau) Bette Schlanger (Sweetheart) incoming



THE COUNCIL FOR HOLOCAUST EDUCATION

Panel Discussion: Doctors from Hell

THURSDAY, MARCH 24TH - 7:00PM - PRESENTED IN HYBRID: IN-PERSON OR VIA ZOOM



Four local Jewish doctors, Janis Finer, M.D., Gerald Sandler, M.D., Norman Simon, M.D., and Jill Wenger, M.D., will address the various “treatments,” “methodologies” and torture the Nazi doctors inflicted upon their helpless, innocent victims that clearly violated the Hippocratic Oath. Moderated by Janet Levit, JD, Professor of Law at TU.

REGISTER AT:

www.jewishtulsa.org/che-doctorsfromhell

READ THE BOOK FREE:

<https://www.tulsalibrary.org/books-music-movies/digital-collections> click “Hoopla” > click “Go to Hoopla”

You must then create an account using your Tulsa Library card. Then search for the book and download it for free for 21 days.

VIEW THE DOCUMENTARY BEFORE THE PANEL DISCUSSION:

Monday, March 7, 7:00pm - FREE viewing at the Circle Cinema “Nazi Medicine, In the Shadow of the Reich” which examines the process that led the German medical profession down the unethical road to genocide.

Contact Director of Holocaust Education, Nancy Pettus with any questions NPettus@jewishtulsa.org



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The Jewish History of Häagen-Dazs®

by PHIL GOLDFARB



Jewish Häagen-Dazs inventors Reuben Mattus was born on January 8, 1913, as Nifka Matus in Grodno, Poland the son of Nathan and Leah Matus, while his wife Rose Vessels Mattus was born on November 23, 1916, in Manchester, England the daughter of Polish Jewish immigrants David and Lillian Vessels. Reuben's father died during World War I, and his widowed mother migrated to New York City with her two children arriving at Ellis Island on March 5, 1921, on the SS Vestris while Rose arrived on October 17, 1921, on the SS Berengaria. They married on May 9, 1936, and had two daughters-Natalie born April 7, 1939, and Doris, born September 7, 1941.

Until 1927, when the first refrigerator was manufactured, flavored ice and ice cream was seasonal. In those days they bought the ice from the Great Lakes in the winter and buried it with sawdust in pits in the ground until summer. An uncle to Reuben Mattus peddled homemade lemon ice in Brooklyn, New York in the early 1920s. By the late 1920s, the family began making ice pops, and by 1929, chocolate-covered ice cream bars and sandwiches under the name Senator Frozen Products on Southern Boulevard in the South Bronx, delivering them with a horse-drawn wagon to neighborhood stores.

Reuben, a natural entrepreneur, started helping in the business in 1923 when he was ten years old by assisting his mother in squeezing the lemons for the lemon ice. It did not take long for the family-run business to expand, although in the depression there were some lean times. Reuben, who worked in the family business for 30 years not only blamed the quality of the ice cream, but he also noted that a company's name is all-important – and “Senator Frozen Foods” just did not cut it. The Senator Frozen Products Company was profitable, but by the 1950s the large mass-producers of ice cream started a price war leading to his decision to make a heavy, high-end ice cream.

“People wouldn't buy our ice cream,” Mattus remembered. “I said to myself, ‘Why can't we make good ice cream so people will buy it?’ Then I got ahold of some books and studied how to make ice cream. The first thing I told my mother was to fire our ice-cream maker.” Mattus' new kind of ice cream was so heavy that he had to change his equipment. “The most important thing is to make it taste good,” Mattus said. But the second most important thing was to market it properly. “I prided myself on being a marketing man” said Mattus “If you're the same as everybody else, you're lost. The number one thing was to get a foreign sounding name.”

In 1959, he decided to form a new ice cream company with what he thought to be a Danish-sounding name, Häagen-Dazs, a move known in the marketing industry as foreign branding.

It was simple and at the same time very insightful. Polish immigrants Reuben and Rose were both impressed with Jewish history and how the Danes treated and protected the Jews during the German

occupation in World War II that they decided to choose a name heralding from that country.

In fact, Denmark was the only occupied country that actively as a nation saved Jews during WWII. On April 9, 1940, Germany seized Denmark as the country was incorporated into the Reich as a protectorate and was allowed to regulate its internal affairs. The Danes kept their freedom and rejected the suggestion of the Nazis to introduce the death penalty and to exclude the Jews. The country asserted itself as best it could and, in the autumn of 1943, the Danes rescued 7,000 Jews from deportation to the Nazi death camps – an exception in the history of the Holocaust.

The name “Häagen-Dazs” is a fictitious, foreign-sounding name meant to sound Danish and attract attention, especially with the umlaut as a tribute to Denmark's exemplary treatment of its Jews during WWII and included an outline map of Denmark on early labels.

Mattus' real stroke of genius, however, was his recognition that his new ultra-premium ice cream needed a certain cosmopolitan cache to make it appeal to his target audience: sophisticated, moneyed Americans.

Starting with only three flavors: vanilla, chocolate, and coffee and while the company began in 1960 with manufacturing the product, their daughter Doris opened its first retail store on Montague Street in Brooklyn Heights, New York, on November 15, 1976 (which is still open today!). Rose Mattus would dress up in fancy clothing to distribute free samples, giving the ice cream an air of sophistication and class.

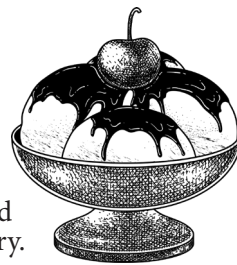
Mattus also made sure to get his product certified kosher: “If I made good ice cream, I wanted my people to get it, so I made it kosher,” he said. Häagen-Dazs was first sold in Manhattan's gourmet shops in pint containers, as a luxury product. Schrafft's cost fifty-two cents a pint while Häagen-Dazs was seventy-five cents a pint. “I didn't believe in selling it for fifty-nine cents. I made a special ice cream for people who wanted a special taste. That was my attempt and it worked. It sold by word of mouth.” The Pillsbury Company bought Häagen-Dazs in 1983.

On Valentine's Day 1986, the company introduced the ice cream bar. In 1991 the company introduced a new line of frozen yogurt and in 1993, sorbet came along. Finally in 2013 they launched their version of gelato.

The business now has franchises throughout the United States and fifty-two countries around the world including Saudi Arabia, Japan, the United Kingdom, Singapore, Hong Kong, Australia, India, South Africa, China, Lebanon, New Zealand, Peru, Mexico, and Brazil.

Reuben Mattus died on January 27, 1994, in Deerfield Beach, Florida while on vacation while Rose Mattus died on November 28, 2006, in Westwood, NJ. They are both buried at the Cedar Park Cemetery in Paramus, NJ. Haagen-Dazs, however, lives on!

Phil Goldfarb is President of the Jewish Genealogical Society of Tulsa and can be e-mailed at: phil.goldfarb@cox.net Are YOU a member of the JGS of Tulsa?



Jewish Learning Institute - Meditation From Sinai



6 Mondays, 7:00-9:00 pm
Jan 31st - Mar 7th

This course is being offered for both online and in-person attendees

In person class to be held at
Charles Schusterman Jewish Community Center
2021 East 71st Street
Zoom participants will be sent a link upon registration.

JLI@JewishOK.com
918.492.4499
Fee: \$55 (includes textbook)

Scholarships available, just ask.

COURSE OVERVIEW

Meditation from Sinai: Mindful awareness and Divine spirituality to help you think, feel, and live more deeply. Judaism places great emphasis on action. As a result, many Jews are unaware of another important facet of the Jewish tradition: deeply meaningful teachings about mindful awareness, spirituality, and meditative practices. This course advances the uniquely Jewish approaches to these fascinating topics. Whether you have practiced meditation before or not, this course will both inspire and practically guide so that you can reap the benefits of a more spiritual and mindful life.

LESSON OUTLINES

Lesson 1
MIND CONTROL, I THINK THEREFORE I CAN

Judaism teaches that our brains don't control us, we control our brains. When we harness our awesome gray matter, dreams become a matter of fact. Mind over matter means when you mind, life matters.

Lesson 2
SPIRITUAL AWAKENING, TUNE IN, PLAY ON

What is spirituality and how do I tune into its song? Judaism is the instrument that allows you to play the spirited music of existence, and the voice that enables you to sing the soul of every experience.

Lesson 3
DIVINE ANIMATION, JOY VEY

G-d animates everything, perpetually. Discovering G-d is opening ourselves to life's divine animation. Results include but are not limited to increased joy, more resilience, and deeper purpose.

Lesson 4
HERE AND WOW, FREE EVERY MOMENT

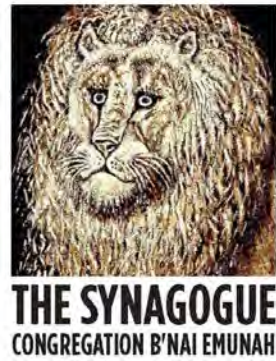
Long before living in the moment gained its moment in the spotlight, G-d gifted us the incredible power to live with, live in, live up, and transform every single moment of our lives. It's happening now, at this very moment. All of life is elevated by Jewish thinking.

Lesson 5
CLUB MED, EAT BETTER, SLEEP DEEPER, WORK HIGHER

Here we zoom in and focus on three of life's essentials: when we consume, when we repose, when we hustle-bustle.

Lesson 6
ACT NATURAL, CLIMB THE MOUNTAIN DO

Those that can't, don't. Those that can, do. And you can. At its core, Mount Sinai is Mountain Do. Physical actions, called Mitzvos by the Creator, engender spiritual and physical change in the universe.



Afternoon/Evening Services
Every Wednesday and Friday • 5:30 p.m.

Each week, we gather together to experience traditional daily prayer and establish a quiet space for those who are mourning a loved one or observing the anniversary of a loss (yahrtzeit). All use these opportunities to recite a communal Mourner's Kaddish. Wednesday gatherings take place in the Sanctuary and we ask that in-person attendees register in advance. Friday gatherings always take place in the Synagogue Zoom Room at 918 583 7121.

Shabbat Morning Services
Every Saturday, February 5, 12, 19, 26 • 9:30 a.m.

Each week, our community gathers together at the Synagogue to sing the liturgy of the tradition, study the weekly Torah portion, and spend time amongst family and friends. All are welcome to participate in this experience. Please remember that all people entering the building are required to be masked and all eligible individuals should be fully vaccinated against COVID-19. Members and friends can also participate in this experience by signing on to Zoom at 918 583 7121.

Baker's Dozen
Every Monday • 12:00 p.m. to 5:30 p.m.

The Synagogue's cookie-baking program is back for 2022. We continue to collect cookies, bars, and single-serve baked goods and deliver them immediately to frontline workers around the city. All are invited to participate and any gift in any amount is appreciated. Please wear a mask and deliver your cookies to the front desk at the Synagogue entrance on Mondays from 12:00 p.m. to 5:30 p.m. If you have any

questions, please contact Natalie Shaver at nshaver@bnaiemunah.com.

Women's Wellness Retreat
Saturday, February 5 • 9:00 a.m. – 7:00 p.m.

Save the date for our second annual Women's Wellness Retreat. This year's theme is "Healing Ourselves, Healing the World." We'll explore everything from mental health and reproductive justice to Mikvah (ritual bath), as well song and dance. The retreat will kick off with a Shabbat morning meditation and end with a powerful Havdallah experience which draws from Biblical and Rabbinic material on the prophetess Miriam! Please visit the Synagogue website at www.tulsagogue.com for more information and to register.

Blatt + Blue: Asia
Thursday, February 10 • 7:00 p.m.

Our ongoing film and television series, Blatt + Blue, spotlights the discussion-leading skills of film and television enthusiasts David Blatt and Alice Blue. This month, they will lead an exchange about Asia, a 2021 prize-winning film about family conflict, immigration, sexuality, and the aspirations of those confronting the challenges of physical disabilities. Asia foregrounds the luminous acting skills of Shira Haas, last seen in *Unorthodox*, and the Synagogue's own commitment to pluralism and inclusiveness. Join us on Thursday, February 10 at 7:00 p.m. for a lively discussion in the Synagogue Zoom room.

Two Rabbis And...With Jory Mayschak
Friday, February 11 • 7:00 p.m.

Join us for the new format of our podcast, "Two Rabbis And..." After Shabbat dinner at home, log on to Zoom at 7:00 p.m. for a live conversation featuring Rabbis Kaiman and Fitzerman speaking with a Jory Mayschak, founding director of BaMidbar, an Outward Bound-style program for Jewish teens. Ms. Mayschak will share her experience with the profound impact on teens of our two-year experience of the international pandemic. The Zoom sign-in number is 918 583 7121. "Two Rabbis And" an ongoing conversation about our shared journey in a diverse, multicultural world. As always, the resulting

podcast is available on Spotify, iTunes, and the Synagogue website. We hope this new format brings stimulating conversation to your Friday evenings.

Sisterhood Presents: Tulsa Opera LIVE with Tobias Picker
Saturday, February 12 • 7:30 p.m.

Tulsa Opera is returning in February with the Oklahoma premiere of Emmeline, Tulsa Opera's Artistic Director Tobias Picker's first opera. As part of the Tulsa Opera LIVE: Conversations with Tobias Picker & Friends, Picker will be at B'nai Emunah to present the back-story of this this project, based on the book authored by Judith Rossner. The date is Saturday, February 12 at 7:30 p.m. at the Synagogue. In-person space is limited to the first fifty callers by dialing the Synagogue at 918-583-7121. Others interested in viewing this conversation online with Tobias Picker can register at the Tulsa Opera for the virtual presentation. Sign-in help is available at tulsaoopera.com/live.

ToGather: Tikkun Olam
Sunday, February 13 • 10:30 a.m.

Families with young children are invited to join us on Sunday morning at 10:30 a.m. for our ToGather experience. This month will be focused on Tikkun Olam! We'll learn all about repairing the world, read a story, sing, and eat a special treat. Please be in touch with Morah Sara at slevitt@bnaiemunah.com to hold your spot or for questions. Please note that this experience is open to every member of the Jewish community.

Braiding with Brae
Thursday, February 17 • 7:00 p.m.

Join our resident challah braiding artist, Brae Riley, for the first challah workshop of 2022! Brae will walk us through tips and tricks to make our challah beautiful for Shabbat. All are welcome to participate. Contact Natalie Shaver at nshaver@bnaiemunah.com to reserve your free dough and supplies for curbside pick-up the afternoon of this experience, or feel free to make your favorite dough and have it ready for braiding along with us. We'll put it in our home ovens and have fresh challah for Shabbat. To register for this free course, visit www.tulsagogue.com.

Salon Emunah with University of Michigan Professor Jeff Veidlinger
Monday, February 21 • 7:00 p.m.

Our flagship scholarly series is back with a look at a crucial period in American and world history. In the 1920s, murderous political violence was the norm. The Tulsa Race Massacre unfolded in the spring of 1921 and a parallel set of pogroms decimated Jewish communities in Eastern Europe. What was the connection between them and why did they begin and end? Our guest will be Dr. Jeff Veidlinger of the University of Michigan who has just published a graceful and important volume on many of these issues, *In the Midst of Civiled Europe*. His presentation is designed to coincide with Black History Month. To register for this free experience, visit www.tulsagogue.com. This will be a digital experience. The Synagogue's Zoom number is 918 583 7121.

Shabbat for Everyone Dinner and Celebration
Friday, February 25 • 6:00 p.m.

It's not just for you and it's not just for me. It's Shabbat for Everyone at CBE! Join us for a festive Shabbat dinner in the Synagogue at 6:00 p.m. With indoor and outdoor seating options available, we hope this setting can be safe and comfortable for all who choose to participate. We'll then move to the Sanctuary for our musical celebration highlighted by song, dancing, and storytelling at 7:00 p.m. The service will be broadcast live on Zoom at 918 583 7121. In-person capacity is limited, and we'll be attending to our regular protocols including masks, vaccinations, and pre-registration for everyone entering the building. Please register in advance on our website, www.tulsagogue.com.

Bar Mitzvah of Stone Loosvelt
Saturday, February 26 • 5:00 p.m.

We are happy to announce the coming celebration in honor of Stone Loosvelt, son of Stephanie Loosvelt, on February 26 at 5:00 p.m. For more information, please see Stone's profile elsewhere in the Review.

BLATT + BLUE : *Asia* ON THURSDAY, FEBRUARY 10



Would you be willing to see any film featuring electrifying Israeli actress Shira Haas? If the answer is yes, please make time for *Asia*, a film rightly honored by the Israeli Academy Awards jury and many other film competitions worldwide. Rotten Tomatoes gave it an approval rating of 93%. Need we say more?

Asia foregrounds many of the themes that enrich the current cinematic scene: immigration, sexuality, family structure, and the interior lives of the differently abled. *Asia* is a Russian-Jewish immigrant to Israel who refuses to conform to conventional norms. But she is challenged by her daughter, played by Shirah Haas (the hero of many recent projects, including *Unorthodox*), who is ready for her first sexual encounter. This is a coming-of-age story with a very special twist.

Blatt + Blue is one of the longest-running projects at the Synagogue during the period of the pandemic. Born in March 2020, it has run consistently for 23 consecutive months, spotlighting a diverse and provocative roster of films. The series expresses the Synagogue's own commitments to an inclusive and pluralistic vision of the Jewish world. No single film can capture the whole of the Jewish experience. Film and television enthusiasts David Blatt and Alice Blue begin each session with a summary of the featured material. It means that you'll be able to follow the conversation even if you have to delay your viewing of the film itself. After that, it's questions and comments from the Zoom Room audience.

Asia is easily available on Amazon Prime for a very modest rental fee. Join the Zoom discussion on Thursday evening, February 10, at 7:00 p.m. The Zoom meeting ID is 918-583-7121 and the session will conclude at 8:00 p.m. Please note that security protocols are always in place during Synagogue events. If there is a film you'd like to see in these sessions in the future, please reach out to Natalie Shaver at nshaver@bnaiemunah.com. ■



Shabbat Learning Through the Ages on Zoom • Sat., Feb. 5 • 10:30 a.m.

Borrowing from our Temple Israel monthly Shabbat morning experience, we will join to study and learn from one another. We will explore Torah and Traditional Rabbinical texts based on themes of this week's Parsha, Torah Reading. RSVP to rsvp@templetulsa.com to get the Zoom link.

Brotherhood Breakfast • Sun., Feb. 6 • 9:30 a.m.

On Sunday, February 6, Temple Israel Brotherhood will host a breakfast at 9:30 AM featuring guest speaker, Gail Lapidus, CEO of Family & Children Services. Cost for breakfast is \$8 with advanced RSVP and \$10 at the door. There is no charge to come and hear the speaker without breakfast. Vaccine requirements, masks, and social distancing practices will be adhered to at all TI events. To RSVP, email rsvp@templetulsa.com or call (918) 747-1309 by Thurs., Feb. 3rd.

Challenges of Reform Judaism • Thurs., Feb. 10, 17, & 24 • 2:00 p.m.

"Repairing One's Character" through the study of Jewish values. Join us on Thursday afternoons, as we unpack our Jewish values, creating an awareness; a better understanding of who we are as Jews and as people. RSVP to rsvp@templetulsa.com for the Zoom link.

Tot Shabbat • Fri., Feb. 11 • 6:00 p.m. • Join us as we create a sacred space for our young families with songs, prayers,

and an activity with our short monthly Tot Shabbat Service. Stay for the complimentary pizza dinner. Vaccine requirements, masks, and social distancing practices will be adhered to at all services. RSVP by Tuesday, February 8. Contact Rabbi K at rabbikay@templetulsa.com for more information.

Shabbat Service w/Torah on Zoom & Facebook Live • Fri., Feb. 11 & 25 • 7:30 p.m.

Join the Temple Israel Clergy Team as we welcome in Shabbat with the chanting of Torah. Vaccine requirements, masks, and social distancing practices will be adhered to at all services. RSVP to rsvp@templetulsa.com for the Zoom link.

Zamru L'Shabbat - Shabbat Shirah • Fri., Feb. 18 • 6:00 p.m.

Join Cantor Weinstein and Elijah's Minor Prophets, in person or online as we welcome Shabbat and celebrate with joyous songs! Vaccine requirements, masks, and social distancing practices will be adhered to at all services. RSVP to rsvp@templetulsa.com for the Zoom link.

Brotherhood Taste of Temple Dinner • Sat., Feb. 19 • 7:00 p.m.

For the yearly Brotherhood Taste of Temple Dinner, Brotherhood members will prepare and serve a wide variety of appetizers, main courses, and desserts! The evening will also include entertainment. Vaccine requirements, masks, and social distancing practices will be adhered to at all TI events. Email rsvp@templetulsa.com or call the TI office at (918) 747-1309 for more information.

Zarrow Pointe Shabbat Service • Fri., Feb. 25 • 6:45 p.m.

For our Temple friends and family at Zarrow Pointe, we hope you will join us for this meaningful Friday night service on the Zarrow campus. We look

forward to seeing you there! Vaccine requirements, masks, and social distancing practices will be adhered to at all services.

A Jewish Utopia: Can we Really Repair the World? • Sat., Feb. 26 • 11:00 a.m. • Temple Israel will co-host another fascinating Torah Study with Rabbi Dr. Joshua Garroway, the Sol and Arlene Bronstein Professor of Judaean-Christian Studies and Professor of Early Christianity and Second Commonwealth. He has authored two books in his field. Registration and more info at: orami.org/rsvp.

Havdalah on Facebook Live • Sat., Feb. 26 • 7:00 p.m.

Join the Temple Israel Music Team on Facebook Live, as we separate the sacred from the sublime and begin the week anew with Havdalah. Sing along as they offer the prayerful songs of Havdalah. <https://www.facebook.com/TempleIsraelTulsa>

Scholar in Residence Weekend • Mar. 4-6

Save the Date! For Temple Israel's Scholar in Residence Weekend with Rabbi Deborah Prinz, author of *On the Chocolate Trail: A Delicious Adventure Connecting Jews, Religions, History, Rituals and Recipes to the Magic of Cacao*. Come and learn about the history of Jews and chocolate, how to properly eat chocolate, and even explore the rabbis' use of chocolate in rabbinic literature.

Chocolate!

by RABBI MICHAEL WEINSTEIN

Chocolate! Who does not like chocolate? Some prefer dark chocolate. Some prefer milk chocolate. Some would argue the white chocolate is not chocolate. Everyone has their thoughts on chocolate. This is not a new phenomenon. The next time you go to bite into a piece of chocolate, contemplate the connection; you are partaking in a timeless obsession for religion and food, connecting to the chocolate narratives and rituals of Pre-Columbians, Jews, Catholics, Protestants, and Quakers.

Rabbi Debbie Prinz's *On the Chocolate Trail* uniquely blends a popularity of chocolate with a fascination about religion. In the first weekend of March, Temple Israel will delight your palate, and stimulate your mind as Rabbi Prinz will enlighten us on the obscure connections between religion and chocolate. Her engaging teaching will carry us along a trail spanning cultures, countries, centuries, continents, and even those chocolate convictions. I stand by my statement: white chocolate is not chocolate.

Rabbi Prinz will be with our Tulsa Jewish community Friday, March 04 through Sunday, March 07. There will be opportunities to explore the history and culture, rabbinics and judaics, social and economic trends of chocolate. Oh, and we will have ample opportunity to eat chocolate, as Rabbi Prinz will take us on the chocolate trail for a gastronomic adventure.

Watch the Temple Israel bulletin and eblasts for forthcoming information. ■





TEMPLE ISRAEL  EST 1914

presented by

Mindful Resilience

with Paige Davis

Lunch-N-Learn

Monday, February 7, 2022

12 Noon - 1:30 PM

Now Virtual



Join us for a lunch-n-learn with Paige Davis. Paige is entrepreneur, cancer survivor and author of *Here We Grow: Mindfulness Through Cancer and Beyond*. She will share her story of meeting fear and uncertainty with mindfulness, meaning, and the unconditional love inherent in us all. We will explore tools to integrate the mind, body, spirit that can lead to an awakening of intuition, open-heartedness, and compassion in the healing journey.

A brief guided meditation will be included.

Rsvp@templetulsa.com for details & Zoom link



TEMPLE ISRAEL
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SAVE THE DATE

SCHOLAR IN
RESIDENCE WEEKEND

March 4-6, 2022

Featuring Rabbi Debbie Prinz

Author of "On the Chocolate Trail: A Delicious Adventure Connecting Jews, Religions, History, Travel, Rituals and Recipes to the Magic of Cacao"

More info at www.templetulsa.com



Jewish Federation of Tulsa
2021 East 71st Street
Tulsa, OK 74136



Camp Shalom

Summer 2022

May 31st - August 5th

3 Years - Kindergarten | Theme Weeks

1st - 6th Grade | Specialty Camps

7th - 10th Grade | Counselor in Training (CIT) Camp

Registration Begins March 1st

