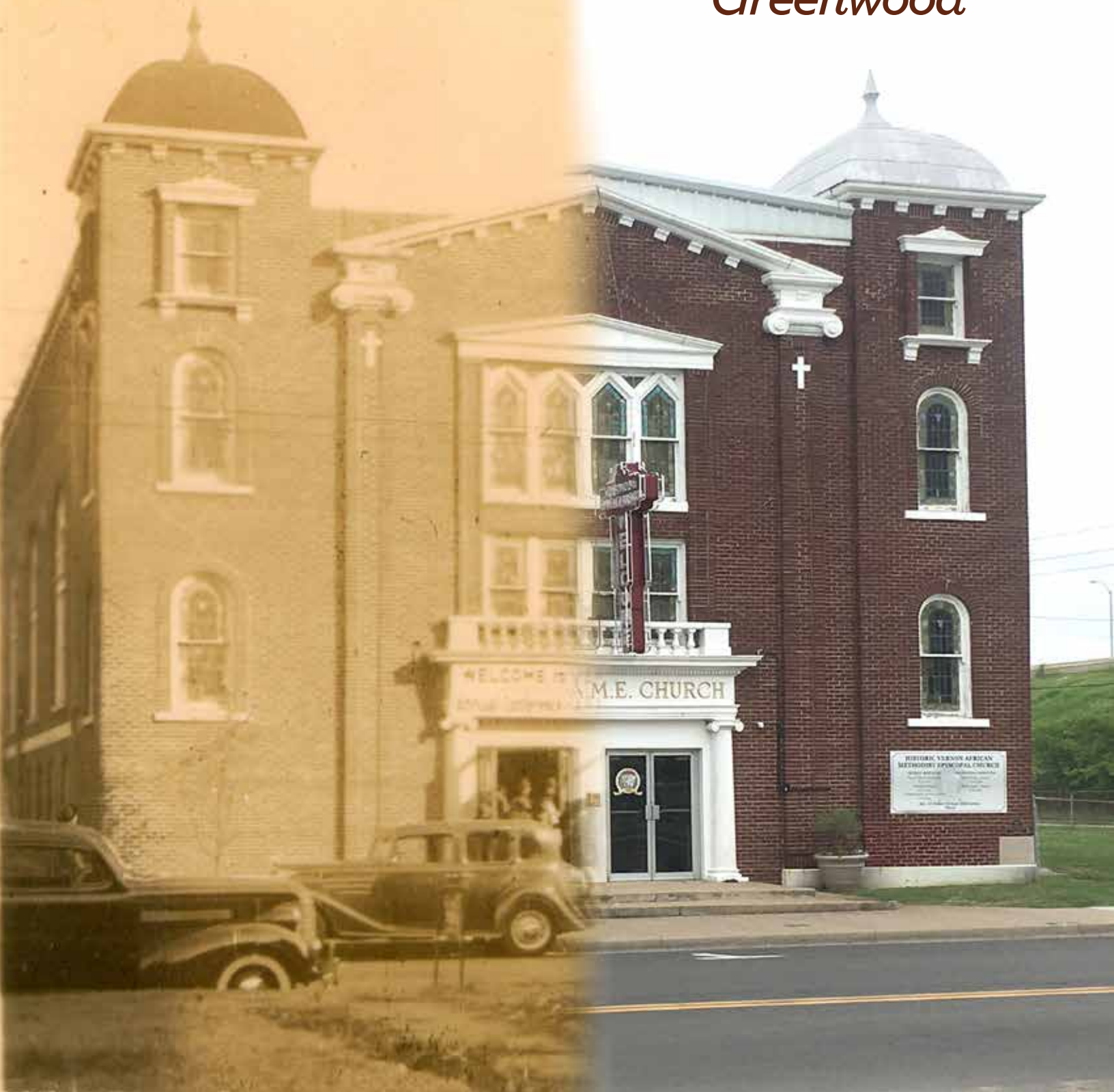


TULSA *Jewish Review*

Av/Elul 5780
August 2020

*Grandmother of
Greenwood*





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The 2020 AME church photograph is courtesy of Mickel Yantz

Grandmother of Greenwood

by **REV. DR. ROBERT RICHARD ALLEN TURNER,**
PASTOR, HISTORIC VERNON, AME CHURCH

THE T IN Tulsa could stand for transplant, whereas virtually most of the early inhabitants came here from other places. Especially considering the Loachapoka people of the Creek tribe who were credited for founding Tulsa initially, calling it Tallasi. This tribe came from east central Alabama, not even 15 minutes from my hometown of Tuskegee, Alabama. Maybe this is why when I arrived in Tulsa, I felt right at home.

Being sent here providentially by God through my bishop, I did not know where I was being sent. I was happy pastoring in Birmingham, Alabama, and managing a three million dollar grant to fight racism in Selma, Alabama. But one night in August during my devotional, I felt a strong spiritual tug on my soul. Typically when that happens, I know that God is calling me to go in a new direction. Likewise, my initial knee-jerk reaction is to fight Him, and yep, you guessed it, I always lose. This time, saving myself the spiritual agony of a tug of war with the Almighty, I simply said "Yes" to His will. My exact words to God during my evening devotional were, "I will do whatever you want me to do and go wherever you want me to go."

I finished my prayer, got off of my knees, and reached for my cell phone to put it on the charger. I noticed I had a text message from the bishop of this region informing me of an opportunity in his two-state district inquiring of me, "Will you come?" I paused in shock of getting a question that just two seconds earlier I had already answered "Yes" to, amazed at the sheer quickness of God sending the opportunity. I replied with one word, "Yes." If that wasn't hard enough, now, as I reclined back on my bed and sighed "What did I just do," my wife observed me texting at 11 p.m. and asked, "Is everything okay?" I knew what she was really asking, "Who are you texting at 11 p.m.?" I told her, and she asked, "What did you say?" Because I had not consulted with her, I just hurriedly replied, "Yes." I gasped to hear her reply, praying for the best after I had just committed to taking our family with two young boys, six and seven, who were attending private school, living in a suburban community of Birmingham, living a very comfortable life, to a place I didn't even know and where neither one of us had any family. To my astonishment, my wife calmly replied, "Well, I guess we are going." Moments like that, I realize just how undeservedly blessed I am to have her as my wife.

So I came to the meeting in Oklahoma City to receive my appointment still not knowing where I was going, nor what my financial package was, nor where I would live. My only consolation was that I knew God wanted me here, wherever that was. Once I received my appointment, I discovered I was going to a church named Vernon AME Church in Tulsa, Oklahoma. I had never been to Oklahoma, let alone Tulsa, in my life. I had never met anyone who had ever been to Tulsa. But upon arriving here, I found Tulsa to be America's best-kept secret. The people here showed me kindness that I had not witnessed before being a tall African American male from Alabama. Frankly, I was not accustomed to such kindness from people who were not Black. Genuinely, the strangers I met made me feel like I belonged here. It was without pretense nor obligation. My family and I felt a special bond to this place when I first arrived.

Greenwood reminded me a lot of Tuskegee. We even have a community called Greenwood in my hometown, and I thought it was very fitting for former Tuskegee



Reverend Dr. Robert Richard Allen Turner

University President and Civil Rights leader Booker T. Washington to have visited here and given Greenwood the name Negro (which was later changed to Black) Wall Street.

Being introduced to the Vernon church family was a complete joy! Upon my arrival, I had no idea about the history of the church, but I knew the horror of the Tulsa Race Massacre all too well. While a student at the University of Alabama, I met Jewish law school professor Al Brophy who, along with Professor Ogletree, filed a lawsuit for reparations. Professor Brophy had recently discovered that the University of Alabama had their former slaves buried on campus. As sick as it may sound before the 13th Amendment that abolished slavery, slaves were a fringe benefit to faculty and staff. He shared this information with me as a student activist, and I, along with two other student leaders, got the University of Alabama to recognize the burial spots of Jack and Boysie and to apologize for owning slaves.

Therefore, while I knew about the Tulsa Race Massacre, I did not know about the pivotal role the church played in the history of Greenwood. Being founded in 1905 and worshipping first on Detroit Avenue, then to Greenwood in Gurley Hall, then Archer, we found a resting place in 1908 at 307 N. Greenwood Avenue and have been there ever since. Vernon is the oldest continuous landowner in the Greenwood District and arguably the oldest Black landowner of the same piece of property in Tulsa. We still have the cornerstone from our early church built in 1908. The basement, completed in 1919, was the foundation of our superstructure built in 1921. During the Massacre of 1921, the superstructure was destroyed, but the basement miraculously survived. One of our oldest members, who is 98, informed me that the survivors who were members of Vernon stated that people hid in the basement; we have photographic evidence showing that was very plausible.

If the greatness of the city of Tulsa is America's best-kept secret, the 1921 Race Massacre is America's worst kept secret. The fact that nearly 100 years later people are just finding out about the most violent and worse race massacre in American history is a tragedy in and of itself. Moreover, discovering that we still have uncovered mass graves, cover-ups, millions in unpaid justice, and thousands of perpetrators who were never charged with a crime for the first time airplanes were used to terrorize Americans, makes the great city of Tulsa look eerily similar to regimes of corrupt authoritarian dictators. Add to that fact that on the original Greenwood Avenue, almost 100 years later, the only original landowner on Black Wall Street aka Greenwood Avenue is Historic Vernon AME Church, shows that the true goal of the terrorist perpetrators was successful. Virtually 99 years later, the prime property of Greenwood is, and the entire district is, out of Black hands. With the only original Black owners in the whole district being two churches.

This year Vernon celebrates its 115th anniversary. During our existence we have been a refuge during the 1921 Race Massacre, a civil rights training site for Clara Luper, March to Washington DC organizing site under the leadership of Rev. Ben Hill (first Black legislator in Oklahoma), site of the first Headstart program in Tulsa, home to several community events, and house to the homeless. This past year we were visited by four presidential candidates: Beto O'Rourke, Cory Booker, Elizabeth Warren, and Mike Bloomberg. To commemorate our 115th anniversary we hope to raise \$115,000 to celebrate God's Grace on Vernon, the "Grandmother of Greenwood," who is in great need of repair, according to the architect's report, that would cost upwards of five million dollars. Nonetheless, even in our current state, God has used us to serve over 75,000 meals since the March 18th COVID-19 Shelter in Place.

Next month my family and I celebrate being in this wonderful city for three years. Tulsa, the first and only city I have ever lived outside of my home state of Alabama, has been very kind to me. Since being here, my household and I have been treated like family by many and been honored as well. Not too long ago, I was graciously given several awards such as Hometown Hero (Modern Woodmen), Tulsan of the Year (Tulsa World), Nat Turner Award for prophetic spiritual leadership (African Ancestral Society), and the Terence Crutcher Award for Community Service (Terence Crutcher Foundation). I volunteer on several committees such as the Mass Graves Excavation Committee, TDA's Citizens Advisory team, and more.

I serve because I love God, and I know beyond a shadow of a doubt that He wanted me here. I find out why more and more each day. Another reason I serve is because I truly love Tulsa, not so much for what she has done or who she is but even more for who she could be. Not many places do I treasure more than this city which has allowed me, a transplant from Alabama (Roll Tide), to become a Tulsan (Boomer So... uh nevermind, not there yet)! It is a humbling experience to pastor a church that has served our community from the very beginning. I consider it one of the greatest honors of my life to continue to build on that rich tradition.

Furthermore, to the reading audience, it is a blessing to be able to serve alongside you! Thanks for your time. Stay tuned as I update and provide more detail on these acts of service. Shalom. ■



Devastated Greenwood District after the Race Massacre 1921.
Photograph courtesy of the Tulsa Historical Society

From Jewish Summer Camp to Tulsa Changemakers

by ANDREW SPECTOR

When I was asked to write this article for the Tulsa Jewish Review about Tulsa Changemakers, an afterschool youth leadership development and action program I co-founded in 2016, I knew I didn't just want to write an article explaining the program; I also wanted to explain how my work is tied to my Jewish identity and upbringing.

Upon reflection, my mind quickly went to overnight Jewish summer camp.

I haven't experienced a first day of overnight summer camp since I was on staff in 2014. However, I can still tell you the order of exactly what happens at URJ Eisner Camp: nervousness, campers arrive, campers move in, lunch, ice breakers and community building, dinner (comfort meal of spaghetti and meatballs), services, and brit kehillah.

To me, the two most powerful parts of the first day are the services and brit kehillah. I think this because there are elements of those activities that instilled my core Jewish values of L'Dor V'Dor and Tikkun Olam.

At services on the first day, Eisner has a tradition of passing the Torah between every person at camp, starting with the oldest camper and ending with the youngest. This tradition is a physical manifestation of L'Dor V'Dor, our obligation to sustain the culture, traditions, wisdom, and collective memory of the Jewish people "from generation to generation."

Brit kehillah is when each bunk creates a bunk contract. The goal is to start off the session by identifying rules that everyone agrees will help them have the best summer ever. On a deeper level, I believe it teaches us about Tikkun Olam, our obligation to repair the world. By focusing first on how to create a kehillah kedoshah, a holy community, in our bunks, we are taught that repairing the world can happen every time we're in community or in relationship with others.

These experiences (along with so many others) instilled the values that formed the basis for my identity as a Jew. I believe it's my obligation as a Jew to strive to be a living example of righteousness and justice in the world.

That's what brought me to Tulsa in 2015 to teach 6th grade through Teach For America, and that's what motivates me to do the work I now do with Tulsa Changemakers.

Tulsa Changemakers is an afterschool youth leadership development and action program I co-founded with Jake Lerner during our first year of teaching in May 2016. Tulsa Changemakers empowers elementary, middle, and high school students from Title I schools in Tulsa Public and Union Public Schools to make meaningful change in their schools and communities. Since May 2016, Tulsa Changemakers has grown from a "micro-pilot" of seven students and two volunteer teachers into a program of Leadership Tulsa with two full-time staff members (Jake and I) that have hired, trained, and supported 20+ educators to guide nearly 300 students at 20+ schools to plan, execute, and measure 50+ community impact projects.

Our vision is a future where Tulsa is a model city for youth-driven impact. This means youth are core catalysts for impact in their communities, communities are actively engaged in identifying, mobilizing, and empowering youth as leaders, and Tulsa is consistently cultivating highly effective community leaders that are eager to empower successive generations.

Doesn't that vision sound a lot like overnight Jewish summer camp? Summer camp may not necessarily be a place where youth are launching community impact projects, but it certainly is a space where youth have autonomy and agency, adults are invested in their empowerment, and structures and pathways are in place for youth to develop and apply leadership skills. Although Tulsa Changemakers is a secular organization, achieving our vision of a future where Tulsa is a model city for youth-driven impact is an expression of my Jewish values of L'Dor V'Dor and Tikkun Olam. It's a vision that I believe is fundamentally Jewish.

Andrew Spector is originally from Bedford, MA, and moved to Tulsa through Teach For America in 2015. He's Co-Founder and Program Director of Tulsa Changemakers and currently serves on the Board of the Jewish Federation of Tulsa. Andrew is also Chair of the Federation's Community Relations Committee. If you're interested in learning more about Tulsa Changemakers, e-mail Andrew at andrew@leadershiptulsa.org or visit www.tulsachangemakers.org. ■



The Nation of Butterflies: Finalist at the Near Nazareth Film Festival in Israel

by MICHAEL MUDD



CONGRATULATIONS TO THE Tulsa team at Levites Studios that produced the movie: *The Nation of Butterflies*. The film was recently announced as a finalist in the Near Nazareth Film Festival in Israel. This movie was written and directed by the talented Felipe Oyarzo. The production team and talent included many members of the Tulsa Jewish community and has the special participation of actress Patricia Manterola (HBO, *Ugly Betty*, *The Dukes of Hazzard: Hazzard in Hollywood!*, *The Perfect Game* and *The Champion*, among other major films). This is the first nomination received by the movie in the best feature film category. We would like to thank all members of our community who supported the making of this feature film as well as a special thanks to the Jewish Federation of Tulsa and Mizel Jewish Community Day School. *The Nation of Butterflies* continues participating in international film festivals prior to distribution.

Synopsis: A Latin American country receives international attention after a deep intellectual transformation that led to the end of poverty, crime, and corruption. The government, companies, and citizens have come together to create an incredible and prosperous nation devoted to its people, wildlife, and the environment. Although most have welcomed this change, there are those who will do whatever they can to hold on to the old ways.

*For more information about this project please visit levitesstudios.com. ■



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AUGUST WEEKEND SCHEDULE

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LABOR DAY WEEKEND

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Dexter

Name: Dexter
 Breed: Pembroke Welsh Corgi
 Age: 2 years old
 Mom: Rebekah Kantor

“Hi, there! Dexter is my name, but I also go by ‘Hey you,’ ‘Stop that!’ and ‘No!’ I may be a little confused and even a little naughty, but my good looks and big smile help me get away with it. My mom owns a small pet boutique called Knot Yours, so I am often rewarded with new toys on one of my good days. I enjoy a good belly rub and being smothered in kisses, just please don’t wipe my feet.” ■





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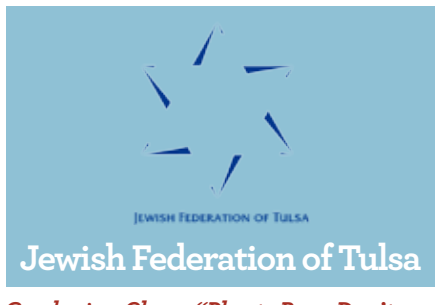
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Gardening Class: "Plants Bugs Don't Like"

Sun., Aug. 16 • 2 p.m.
 Summer heat (and bugs) continue through August and into September. Mosquitoes are particularly pesky for people, and pests for plants don't let up either. We'll talk about what you can plant in beds around your patio, garden, or even in containers around your balcony, to help keep those pests away, or at least the populations down, from where you gather. And since it's the end of summer, and we want to save some seeds, we'll talk about types of seeds and what you can save for next season. Please RSVP to Debbie at federation@jewishtulsa.org or 918.935.3665 for the Zoom link.



Rosh Chodesh

Tues., Aug. 18 • 7 p.m. •
 Zoom Meeting ID: 750 741 8666
 Rosh Chodesh is a time where women of all generations come together every other month under the new moon and just be. This program is about creating a sisterhood at the Federation- a safe place to share ideas, experiences, read Jewish text, and bond.



Virtual Men's Club

Wed., Aug. 26 • Noon • Zoom
 Our speaker today will be Isabella Silberg, Programming and Campaign Coordinator for the Jewish Federation of Tulsa. Please RSVP to Mindy at mprescott@jewishtulsa.org or 918.935.3662 for the Zoom link. **This will be our only Men's Club this month.**



Foolish Things High Dive Food Pickup and Zoom

Thurs., Aug. 27 • 7 p.m. • Zoom
 Feeding the Soul is a program where we use food as a vehicle to explore identity, tradition, and culture. Typically we partner with local restaurants, have a designed menu, and a discussion. The goal of this program is to bring people together and expose them to other cultures. RSVP to Isabella Silberg at isilberg@jewishtulsa.org or 918.495.1100.



The Sherwin Miller Museum of Jewish Art



Sacal: A Universal Mexican, Sculptures by the late José Sacal

Now-Jul.
 José Sacal is undoubtedly one of the most prominent representatives of contemporary sculptural art. Known for his experimentation and freedom, Sacal recognized no boundaries in his sources of inspiration and was not afraid to find new meaning in old forms. Sacal's work has been showcased in more than 40 individual exhibitions and dozens of collaborations in Mexico and around the world. In 2006, he became the first Mexican to have his sculptures permanently displayed in the country of China. Today, more than 20 Sacal sculptures can be found in public spaces across Mexico, Israel, and the United States, including Los Angeles and Washington, D.C. The sculptures featured at the Sherwin Miller Museum comprise two series: The Paraphrase, inspired by distinguished artists like Michelangelo, Frida Kahlo and Picasso, and Characters of Impact, in which Sacal recreates unmistakable historical figures like Einstein and Churchill.



Going Home, Jewish Romania in the early 21st Century

Extended Now-Aug.
 Photographs and cultural objects collected by Louis and Ronnie Davidson in 2004. A visit to Romania is like a visit to an earlier time, an era before the electrical and industrial revolutions. Authentic clothing, rugs, dolls, and masks from the Davidson's trips to Romania from 2003-2010 are on display.

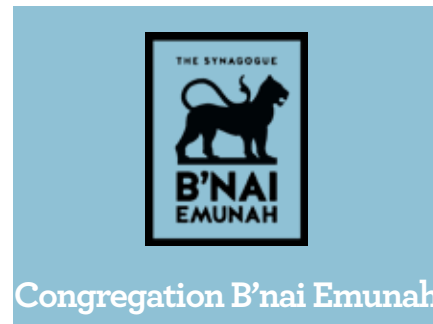
View from the Collection Room

Now-Dec.
 Take a glimpse into the 3-D world of artifacts from The Sherwin Miller Museum of Jewish Art's permanent sculpture collection.



Arthur Szyk Illuminations

Now-Dec.
 Arthur Szyk (pronounced "Shick") is considered by scholars to have been the greatest 20th-century illuminator working in the style of the 16th-century miniaturists. Szyk was the leading political caricaturist in America during World War II. Come see select lithographs from his "Visual History of Nations" series dated 1945 to 1949.



Congregation B'nai Emunah

Two Rabbis and ...

Every Fri. • 11 a.m.
 Every Friday, Rabbis Fitzerman and Kaiman convene a weekly conversation to reflect on pertinent topics of the day, interview special guests and talk about ideas relevant to Synagogue life. This month the sessions will take place on July 3, 10, 17, 24 and 31. Zoom meeting ID: 918-583-7121.

Panim el Panim Shabbat Morning Service

Every Sat. • 10 a.m.
 Our tradition speaks of a special power that exists when a group of people gathers together for prayer. "Panim el Panim" is a live broadcast service led by Rabbis Kaiman and Fitzerman. Rooted in our in-person Shabbat morning service, we spend time singing, reflecting, studying Torah, and connecting. This month the dates are July 4, 11, 18 and 25. Zoom meeting ID: 918-583-7121.

The Pink Trail

Sun., Aug. 2 • 8:00 a.m.
 Join Simon Lowen as he leads a socially distant hike of Turkey Mountain's least-traveled trail. We'll occasionally be stopping throughout this gorgeous and invigorating six-mile loop to dip into some Earth-Based Judaism, discuss Heschel's concept of radical amazement, and learn some ecology and conservation! We'll maintain social distance while stopped, and we'll be spread out on the trail for the vast majority of the experience. To ensure effective distancing, we'll be capping this experience at nine participants, with no more than five separate households. Masks are welcome. Make sure to bring more than a liter of water (Simon often finishes two on this hike) and a snack or two. Reach out to Simon at slowen@bnaiemunah.com to reserve your spot.

To|Gather

Sun., Aug. 2 • 10:30 a.m.
 Families with children four and under are invited to join us for this third summer installment of To|Gather. Questions? Connect with Morah Sara at slvitt@bnaiemunah.com.

Shabbat Together

Fri., Aug. 7 and 28 • 6 p.m.

As days and weeks go by, our tradition asks that we take time to pause, reflect, and enjoy time together. Shabbat Together is a short, digital gathering where we take a few moments to pause with community as we enter Shabbat. The content is songs for the Shabbat table, and we'll conclude in time for you to enjoy a Shabbat meal at home. Zoom meeting ID: 918-583-7121.

Digital Deli: Jewish Brisket

Sun., Aug. 9 • 7 p.m.

While we'd love to open our doors and serve you hot pastrami on rye, we think we've come up with a pretty good alternative. This month our deli team will welcome you into the kitchen and demonstrate some of the secrets to our form of Jewish cooking. We're excited to pull the curtain back and help you replicate these great flavors in your own home. Next up on our menu? Our signature Jewish brisket at home! Our Zoom Meeting ID is 918-583-7121.

Summer Learning Series

Monday Evenings • Aug. 10, 17 and 24 • 7 p.m.

Join Rabbi Dan Kaiman, Morah Sara Levitt, and Simon Lowen for a series of learning opportunities. We'll send out the specific topics for each day shortly! Zoom Meeting ID is 918-583-7121.

Bibi-Dibi Online

Fri., Aug. 14 • 6 p.m.

Our monthly Shabbat experience for babies, toddlers, and their families moves online! With songs, games, and community-building activities, we introduce the youngest members of our congregation to the wonders of Shabbat. Using commonly found household objects, we'll navigate our way through a short set of rituals and prompts. Zoom meeting ID: 918-583-7121.

ShulSchool and Hebrew Language Lab

Sun., Aug. 16

Kicks off the beginning of another school year at The Synagogue. ShulSchool blasts off into a new year with a newly reimagined Launch program for students in Pre-K through 7th grade. Hebrew Language begins Wednesday, August 19th, for students entering 2nd through 6th grade. For registration and details, please be in touch with Morah Sara at slevitt@bnaemunah.com or call 918-583-7121

Gen X Plays: Scattergories!

Tues., Aug. 18 • 7 p.m.

We've been craving silliness and spontaneity – come join us for an evening of hilarity and good-natured competition as we play a classic party game. Quick! Name something that could be on an airplane that starts with the letter R! Zoom Meeting ID is 918-583-7121

Blatt and Blue: "The Meyerowitz Stories"

Thurs., Aug. 20 • 7 p.m.

The Synagogue's third monthly session of its new cinema and television series will concentrate on "The Photographer of Mauthausen." Very few photographs survive from the nightworld of German persecution inside concentration and extermination camps. Two important exceptions are the so-called Auschwitz Album and a cache of photographs preserved by a Spanish prisoner of war incarcerated at Mauthausen. Used in the Nuremberg trials after Germany fell, the photographs constitute a crucial record of depravity and suffering. The film is easily available on Netflix for those who have already chosen that platform as their primary streaming service. If you

haven't done so already, there is an option for a 30-day trial subscription at www.netflix.com. Access *The Photographer of Mauthausen* the way you would any other program on Netflix. Join us on Zoom for a rousing discussion on the film! Zoom meeting ID: 918-583-7121.

Shabbat for Everyone

Fri., Aug. 21 • 6 p.m.

This is an expanded version of Shabbat Together with more opportunities for song and storytelling. Zoom meeting ID: 918-583-7121.

Wellness With Ramah

Tues., Aug. 25 • 8 a.m.

Our bodies are holy! Whether you're new to the practice of physical fitness or a regular, spending intentional time with our bodies is crucial to the functioning of our minds and hearts. In these monthly sessions, we'll receive patience and care from the fitness staff of Ramah in the Rockies as they guide us through various activities. This month get ready for a high-energy dance party! We'll be rocking out to camp favorites, learning new dances, and getting fit all at the same time. Zoom Meeting ID is 918-583-7121.

Millennial Maker Judaism with Rebecah Kantor

Mon., Aug. 31 • 7 p.m.

We are all tied up in knots! We can't wait to use sustainable, organic cotton ropes to create something amazing for our homes, but we need you there to help! Join us for a crafting experience that is sure to help tie our community closer together. Register for the event by emailing Simon Lowen at slowen@bnaemunah.com. Zoom meeting ID: 918-583-7121.



Baker's Dozen Thanks You!

We want to extend our heartfelt gratitude for the more than 35 B'nai Emunah members who have baked homemade goods over the course of June and July, enabling us to deliver boxes of goodies to more than thirty different locations around town, including hospitals, social services, our local police department, and many more frontline workers! You all are so deeply appreciated. If you'd like to get involved, please reach out to Simon Lowen at slowen@bnaemunah.com. Let's sweeten Tulsa up!



Shabbat Learning Through the Ages

Sat., Aug. 1 • 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!

Temple Israel's Havdalah with Cantor Laurie Weinstein & Cantorial Soloist Jenny Labov on Facebook Live

Sat., Aug. 1, 8, 15, 22 & 29 • 7:30 p.m.

Join your Temple Israel Music Team as we separate the sacred from the sublime and begin the week anew; they will offer the prayerful songs of Havdalah and their soulful music of the new week.

Young Kehillah Drive-In Movie

Sat., Aug. 1 • 8 p.m.

Join Temple Israel's Young Kehillah group in our parking lot for movie night with popcorn and snacks! We will be showing the movie *Just Mercy*. This award-winning 2019 movie tells the true story of a Black man, Walter McMillian, who, with the help of a young defense attorney, appeals his murder conviction. It stars Jamie Foxx, Michael Jordan, and Tim Blake Nelson. While the actual happenings in the movie took place in the 1980s, it is a story that resonates today, perhaps more than ever!

Scholars in their Residence on Zoom

Sun., Aug. 2 • 7 p.m.

Log on for a free one-hour Zoom session with Rabbi Jeff Salkin. The topic will be, "There is a Crack in Everything: The Enduring Relevance of Leonard Cohen." Zoom meeting ID: 892 7097 7199 Password: 673481.

Shabbat Service on Zoom & Facebook Live

Fri., Aug. 7, 14, 21 & 28 • 6 p.m.

Join your Temple Israel Clergy Team as we welcome in Shabbat together through spiritual song, joyful prayer, and reflective learning. May our souls be lifted!

Scholars in their Residence on Zoom

Sun., Aug. 16 • 7 p.m.

Log on for the sixth and final free one-hour Zoom session with Rabbi Dr. Rachel Sabath Beit Halacmi. The topic will be, "Adaptive Jewish Thinking: Three Paradigm Shifts in Jewish Life From the Bible to Today." Zoom meeting ID: 892 7097 7199 Password: 673481.

Zamru L'Shabbat Service on Zoom & Facebook Live

Fri., Aug. 21 • 6 p.m.

Join Cantor Weinstein and Elijah and the Minor Prophets as we welcome Shabbat with a joyous and musical celebration.

Shorashim Back to School Drive-In Movie Night

Sat., Aug. 29 • 7:30 p.m.

Young families are welcome to join us in the Temple Israel parking lot for this safe, socially distanced back-to-school movie night, where we will be showing the Disney and Pixar movie, *Onward*. *Onward* is an animated tale of magic, adventure, and family. Popcorn and snacks for everyone!



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Morris “Two-Gun” Cohen

by PHIL GOLDFARB

DESPITE THE VARIOUS accounts written of this powerful and colorful figure of the early part of the last century, few people have actually heard of Morris Abraham “Two-Gun” Cohen, a man frequently referred to as “the uncrowned Jewish king of China,” and his role in helping to establish Israel.

Moishe Abraham Cohen was born in London’s East End on August 3, 1887, to poor Orthodox Polish immigrants Joseph and Jane Cohen, as one of their eight children. “Fat Moishe” was a bad youngster, a pickpocket, and street kid who ended up in a reformatory but stuck to his criminal ways. Moishe was such an embarrassment to his family that at age 16 he was shipped off to a relative in Saskatchewan, Canada, in the hope that he would straighten out. That didn’t happen. Instead, he became a peddler and gambler, and even potentially a violent gun-toting crook.

It so happened that at that time, at the beginning of the 20th century, a number of poor Chinese immigrants came to Canada to work on the railways and to seek a better life. They suffered much discrimination and misfortune, and Morris, as he was now known, having lived a similar experience as a Jew in England, felt a sympathy and close cultural bond with these people and soon became something of a protector to them.

In 1908, Dr. Sun Yat-sen, the charismatic Chinese revolutionary leader who was striving for the independence of his people from the corrupt Imperial system, came to Canada to enlist the support of the Canadian Chinese community. In Morris Cohen he found a trusted ally, and a mutual bond was created, with Morris becoming his personal bodyguard.

Their friendship deepened, and Morris, who had with the passing of time become a very wealthy real estate speculator, was instrumental in providing the Chinese with arms, ammunition, and support for their cause.



Studio portrait of Morris Cohen.
Courtesy of the Manchester Libraries
Information and Archives



In 1912, the Chinese Imperial Government had been toppled, and in 1922, a few years after World War 1 (in which Cohen fought in the Canadian army), Sun Yat-sen persuaded Cohen to come to China where he made him his aide-de-camp, bodyguard, arms buyer and promoted him to the rank of colonel.

After grazing his right arm during a battle, Cohen realized that he had to become adept at shooting with both hands and thereafter toted an automatic in his shoulder holster and a Smith & Wesson on his hip. Hence the nickname “Two-Gun Cohen.” The Chinese, however, had come to regard him with immense respect, referring to him as Mah Kun, or General Mah.

Another of Cohen’s vital roles was fostering Chinese support for the Zionist movement towards the creation of the State of Israel as reflected when, in 1920, Sun Yat-sen wrote, “I express my sympathy to the movement which is one of the greatest movements...” offering support “to restore your wonderful and historical nation which has contributed so much to the civilization of the world and which rightly deserves an honorable place in the family of nations.”

When Sun Yat-sen – the first President of China – died in 1925, Two-Gun Cohen, as a close family friend, was the only foreigner present at the private funeral, even (in top hat and tails) leading the procession of tribute.

After that, Chiang Kai-shek, Sun’s successor, continued the friendship with Cohen, who, as his adviser, helped the leader organize his Kuomintang Army. For this he elevated Cohen to the rank of general...not only the first Jew but also the first person of European descent to hold such a post in the Chinese military.

Left: Cover of Charles Drage’s biography of Morris Abraham Cohen (1954)



Morris Abraham Cohen at the the inauguration of Di Yang-Chu as Chief of Bureau of Public Safety in Canton Municipality on 4th April 1929. Cohen is sitting slightly left of the centre in the front row. Manchester Libraries Information and Archives

From 1926 to 1928, Cohen functioned in all but name as the Nationalists' war minister, taking part in campaigns both against the Communist rebels, which began in 1927, and also the Japanese. He undertook several secret missions to Europe to purchase arms and organize support for the Nationalist forces.

In the civil war between the two Chinese factions – the Communist People's Republic of China, led by Mao Zedong, and Chiang Kai-shek's Republic of China – amazingly, General Cohen was the only one trusted by both leaders and was called on by both sides to become their middle-man or conduit, traveling between Taipei and Beijing.

In the war with Japan, Cohen was captured in 1941 and incarcerated in the notorious Stanley Prison in Japanese-occupied Hong Kong, where he was tortured but refused to give any information to his captors. He was ultimately released in a prisoner exchange in 1942 and repatriated to Canada, where he was well received.

Yet with all that, Two-Gun Cohen achieved his greatest triumph after he had retired to live quietly in Montreal. The vote by the five-member United Nations Security Council on whether the motion for the partition of Palestine into two states – one Jewish and one Arab – should be put before the General Assembly. One veto would scuttle the debate. While the USA, the Soviet Union, and France were for it, and no veto from Britain, the "entire Arab orbit" would be trying to secure the veto of the 5th member, the Republic of China.

The outcome was by no means certain, with intense last-minute lobbying on both sides. Zionist leaders in San Francisco were desperate to meet with the Chinese delegates to present their position but were refused. Rabbi Israel Goldstein, an astute member of the Zionist group, made a quick phone call to Montreal, bringing Cohen to San Francisco for an emergency meeting.

Informed that a diplomat by the name of General Wu was leading the Chinese delegation to the United Nations, Cohen smiled knowingly and announced that it was he who had appointed Wu a general! Cohen met with Wu the following morning – and the rest is history. China did not vote against the partition, but instead abstained, contributing to the passage of the motion. After 2000 years of exile, the State of Israel would now become a reality.

Some years later, Two-Gun Cohen returned to England where he died on September 7, 1970, at the age of 83. His funeral was attended by representatives from both Chinas – who were still at war with each other – demonstrating their deep respect for the loyal friend of China. His tombstone was etched with traditional Kohanic and English inscriptions. What sets this tombstone apart from all the others in the Manchester cemetery is an inscription in Chinese characters acknowledging Mah Kun as a hero of China. It is a tribute to the man who was, if not by birth, then certainly at heart, a true brother to the Chinese people.

Phil Goldfarb is President of the Jewish Genealogical Society of Tulsa and can be e-mailed at phil.goldfarb@cox.net. Have YOU joined the JGS of Tulsa as yet? ■

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CRC Scene

by NANCY ROSEN, CRC MEMBER

YOUR COMMUNITY RELATIONS Committee urges you to VOTE. Yes, the Jewish Community has a reputation for high voter turnout, but you might be surprised to learn that it's not as high as it once was. Our goal is that EVERYONE who is eligible will exercise their right to vote this year.

The State of Oklahoma implemented special rules for voting last month because of the Covid-19 "emergency." Most voters who used a mail-in ballot did not have to get the ballot notarized. We do not yet know the rules for the August and November elections. For the latest information, go to the Tulsa County Board of Elections website www.tulsacounty.org/tulsacounty/electionboard. We are hoping that people will be able to vote using mail-in ballots that don't have to be notarized.

So this brings me to my "grandma" story.

My New York-born grandma never learned to drive. Was she ignorant? Was there something wrong with her? No. She was just born in an earlier age. I think of my grandmother as I think of this election, because I realize that while there are nonagenarians who use computers, there are many people who do not. So, we are offering the following suggestion: if you want to register to vote, update your registration, or obtain an absentee ballot from the comfort of your home, and you can't do it on your computer, CALL US, and we will help you. Leave your name and phone number with the Jewish Federation, 918.495.1100, and we will call you. Our goal is to have 100% voter participation, and that includes you.

Registration application cutoffs are 24 days before each election. Even if you submit the registration before the deadline, you have to wait for your application to be approved before you can vote.

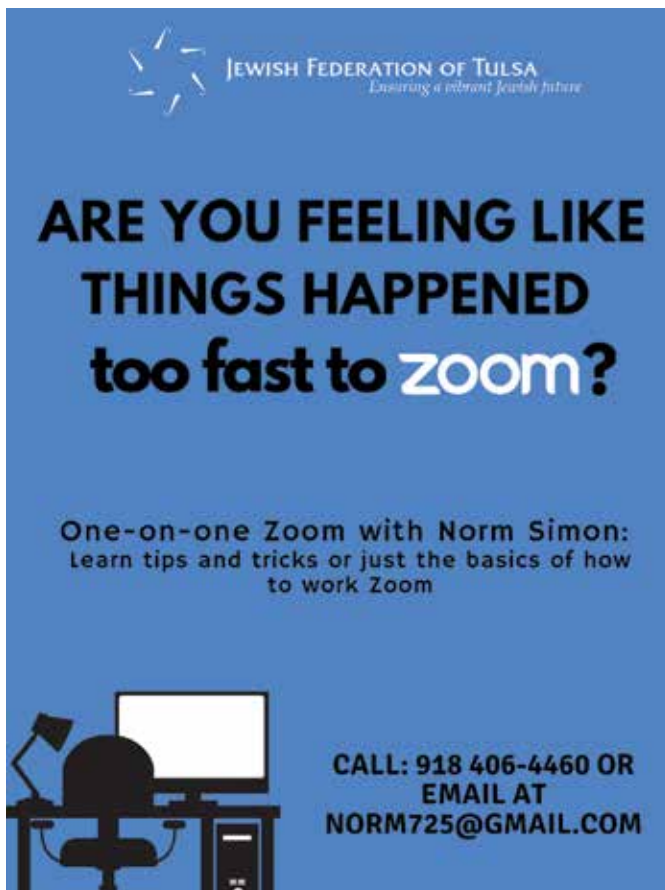
Absentee ballots by mail may be requested until 5 p.m. on the Wednesday before the election. They must be returned to the Election Board via U.S. Mail or a private mail service that provides **delivery documentation** by 7 p.m. on election day.

The telephone number of the Tulsa County Election Board office is (918) 596-5780.

To make sure that you are registered and registered correctly (have you moved?), you can check by going to www.OKVOTE.org. You can also use OKVOTE.org to register and find your polling place. Or we can do it for you. If you have children or grandchildren, nieces, nephews, friends who are (or could be) new voters, make sure they are registered IN TIME and promise to vote. College students need to know where they will be casting their ballot if they are temporarily living away from home.

At my grandson's 18th birthday party, his parents presented him with a voter registration form and a stamped envelope. I was proud. ■


CRC correction to the July Tulsa Jewish Review - While Samuel Boorstin (1887-1967) was a very prominent Tulsa attorney and was the first lay leader of the CRC, it was his SON, Daniel Boorstin (1914-2004), who became the 12th Librarian of Congress. Daniel graduated from Tulsa Central High School at the age of 15 and went on to graduate from Harvard and Yale



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MAZELS

HOLE IN ONE!

Sean Kelley, husband of CSJCC Deputy Director Martha Kelley, made a double eagle hole-in-one on hole #14 at the Broken Arrow Golf and Athletic Club on Saturday, June 27th. This is Sean's first hole-in-one. Mazel Tov, Sean! ■



ENGAGEMENT

Mindy and Harris Prescott are very pleased to announce the engagement of their son Ari, to Jai Retter, daughter of Brian Retter of Weston, Connecticut, and Suzy Galat of Washington, D.C. ■

Reassessing Mental Health in the Time of COVID

by MELANIE SPECTOR, ED.D, LADC, MS, LPC, PSYCHOTHERAPIST AND ALCOHOL AND DRUG COUNSELOR

MANY OF US struggle with the uncertainty of COVID and have to find new meaning in the way we experience the environment. For example, COVID brings much loss, especially to those people who have lost their relatives and friends. Moreover, many experience loss of safety, predictability, structure in the way we work, movement, and face-to-face social engagement. For those individuals who are mourning, active coping to deal with loss may now lack support to process grief. COVID brings to mind not only accommodation and adaptation to losses and avoidant attachments but also how we see the world through a lens of the new reality. Reality fosters transformation from the assumptive way we once lived to acceptance of the new world. Grappling with finding meaning in the new world and its COVID-like unnaturalness may cause many to question their faith and to obsessively maintain preoccupation with remnants of emotional trauma and suffering.

Anxiety can often reflect danger, but paradoxically higher cortisol levels, which are known to increase anxiety, are what help us get out of bed in the morning. So in this way, anxiety is helpful. We also know that anxiety can be felt in the body and mobilize us to feel fearful and defensive. Therefore, when anxiety becomes unmanageable, it is no longer keeping us safe or serving a purpose. Moreover, anxiety can often keep us stuck with focusing on the past or the future and can keep us immobilized in a way that we are unable to focus on the present moment. Researchers are not sure why anxiety and depression are linked, but several studies infer that up to 85% of people with anxiety symptoms also struggle with depression. In the book, *Healing from Depression*, author Douglas Bloch explains:

“Even more than the depression, it was my anxiety and agitation that became the defining symptoms of my illness. Like epileptic seizures, a series of frenzied anxiety attacks would descend upon me without warning. My body was possessed by a chaotic, demonic force that led to my shaking, pacing, and violently hitting myself across the chest or in the head. This self-flagellation seemed to provide a physical outlet for my invisible torment, as if I were letting steam out of a pressure cooker.” It is unimaginable to understand the pain and difficulty of having the experience of anxiety and depression simultaneously. Yet, clinicians have experienced that in the age of COVID, the comorbidity of anxiety and depression may be more difficult to treat, and symptoms may appear more chronic. Therefore, new and imaginative ways to treat anxiety and depressions are readily on the horizon.

Many clinicians observe patients/clients who experience low motivation, lack of energy, and depression which then contribute to a negative cycle of feeling worthless and unappreciated. Sometimes people in this state have difficulty with treatment and medication compliance. Talk therapy may sometimes help to bring voice to a person's experience and may assist in reconnection to the meaning of life, joyfulness, and attachment. Essentially, halting a negative downward spiral through exercise, diaphragmatic breathing, meditation, self-compassion, and empathy for others may help to notice a shift in behavior. No matter how small the shift, people can then direct themselves to a time in their life when they were happier. Oscillating to happier memories can change an individual's experience to see the changes from sadness to happiness and may stimulate a slight mood elevation. If we can radically accept the ambiguity of COVID and enjoy things that interest us, it may help us to feel motivated and increase meaning to our lives.

Similarly to working with depression, anxiety can cause a person to lessen interpersonal power. When people feel anxious, physical sensations in their body such as a pounding chest, sweaty palms, lack of concentration, butterflies in the stomach, or a fright, flight or freeze reaction are usually a reaction to a perceived fear. Therefore, calming the physiology and physical sensations can assist the person in knowing something can be done. In addition to noticing the rhythm of one's breath, the following equation developed by a mental health practitioner can be used, which may slow down the hyper-aroused and anxious state: Anxiety = overestimation of danger divided by the underestimation of utilizing resources/coping skills. If we can change our attention to something else other than our physical sensations and notice that we have many resources to deal with anxiety, then we may be able to manage anxiety in a positive way. Looking at the overestimation of danger in the equation reminds individuals of the strategy to ask oneself if the fear perceived equals the facts. Noticing our resources/coping skills such as cooking, gardening, listening to music, engaging in the aesthetic arts, massage, exercise, yoga, meditation, reading, and assisting others helps the individual to express what is going on inside. In other words, by making meaning of our anxiety and utilizing a variety of methods to stay calm, we are developing our sense of self and validating the notion that we are living with anxiety, which is just one part of the many experiences life has to offer.

Noticeably, COVID has modified the fabric of our lives. Accepting what is in the present moment helps us find balance in the stories we tell ourselves. By utilizing a balance of logic and emotion and paying close attention to our thoughts, feelings, and behaviors in the way we judge ourselves and others, we may become kinder and increase our emotional health. COVID offers us the opportunity to reassess mental health and to try alternative strategies to living with anxiety and depression. Embrace your life in the age of COVID. Honor yourself for the courage and creativity to stay safe and to explore mindful compassion to be in the present moment. Accept the ever-changing universe, have faith, and hope for a better world to come for ourselves, our families, friends, and community. ■





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Carrot Cake

by LEAH CLAYMAN

THIS CARROT CAKE recipe is a Clayman Family favorite; it is almost always the birthday cake of choice. It is rather plain, compared to many other delicious carrot cake recipes, but it is super yummy! John and I had been married for about a year and a half when he told me he really liked carrot cake. This recipe appeared in my Southern Living magazine and I gave it a try. He loved it! The boys all love it too. It is a delicious, beautiful cake. It always turns out well, and I've been making it several times a year since December 1984!

I hope your family and friends enjoy the carrot cake as much as mine has; happy baking! ■



- 3 cups grated carrots, plus a little extra
– peel and then grate in Cuisinart
- 2 cups flour
- 2 cups sugar
- 1 ½ teas. baking soda
- 1 ½ teas. baking powder
- ½ teas. salt
- 1 teas. cinnamon
- 4 eggs
- ¾ - 1 cup flavorless vegetable oil
- 1 teas. vanilla

Preheat oven to 350F (or 330F “convection bake” mode). Line three 9” round pans with parchment or wax paper; spray with baking spray, or spray with Pam and dust with flour (shake out excess).

In an electric mixer, or with a hand mixer, combine oil, sugar, eggs, and vanilla until well-blended. Mix in cinnamon, salt, soda, baking powder, then add flour. Add carrots and mix until blended. Pour batter into the 3 pans. Bake for about 30 minutes, or until a wooden toothpick inserted into the center comes out clean and the cake begins to come away from the sides of the pan. Remove from oven.

Let pans cool for a few minutes; then remove the cakes, peel off the parchment and allow to cool right side up on racks.

Cream Cheese Frosting:

- 1 pound powdered sugar, strained or sifted if lumpy, I use about 4 1/2 cups
- 8 ounces cream cheese (room temperature)
- ½ cup butter (room temperature)
- 1 1/2 teas. vanilla

Combine all ingredients, but add sugar gradually to avoid making an enormous mess, in an electric mixer until fluffy. I use the whisk attachment. Fill and frost cake. Decorate with pecan halves or leave plain. Refrigerate the finished cake. ■

Celebrating Our Independence

by **RANDY COGBURN**, WELLNESS DIRECTOR

ON **JULY 4**, 1776, the Continental Congress adopted the United States Declaration of Independence which announced that the thirteen American colonies, then at war with Great Britain, were now independent states and thus no longer a part of the British Empire. There were subsequent battles to follow. The price was high, but for all those involved, the reward was worth it...independence!

Since then, every July 4th, our nation celebrates its independence, and we reflect on what it means to live in the land of the free. Likewise, celebrating our own individual independence has just as much meaning to us

It is easy to take for granted the simplest of things in life until one day, for one reason or another, they are taken from us. Maintaining one's independence, or ability to remain self-sufficient to at least some degree, is closely related to our need to maintain a purpose in life.

No one likes to think about changing his or her level of independence, but sometimes the reality of physical problems can cause changes. Your body goes through many changes as you age, but there are things you can do to slow these changes. Keeping healthy and physically strong is very important to be able to maintain independence.

Working with people who are in their 80's and 90's has given me the opportunity to see first-hand how one can best cope with the effects of aging and the impact it has on maintaining independence.

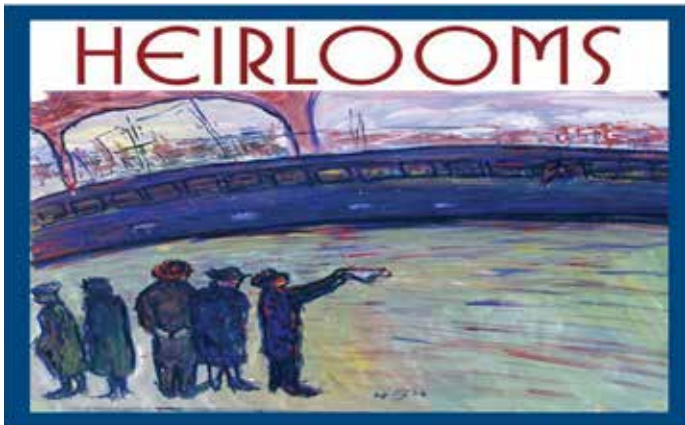


I see those who are still making it alone; they remain physically active, exercise regularly, are engaged socially, and keep their minds sharp. Others, while needing some assistance, are maintaining their own level of independence. For example, just because one requires the assistance of a cane or walker to steady them as they walk doesn't mean they can't function independently.

If you feel that you are losing some of your physical independence, your mental attitude is very important. Draw healthy boundaries with those who offer support. For instance, you can let people know nicely that there are some things you prefer to do yourself, and, where it is appropriate, for as long as you can.

If you are a caretaker of someone needing assistance, keep in mind the importance of letting them do as much for themselves as they can. When appropriate, and as often as possible, keep them involved in their own care and in making decisions that affect their own quality of life. When making those kinds of decisions, remember: "Decide nothing about them, without them." Please don't make the mistake of making them dependent. Treat them as you will want to be treated. You'll likely be in those same shoes one day.

Our independence should never be taken for granted, and staying independent requires constant effort. Sometimes we have to 'push' ourselves in spite of the odds against us. Remember that just because you find yourself needing assistance with some things doesn't mean that you should totally sacrifice your independence. Don't focus on the things you can't do for yourself, but rather, hold on to the things that you can do, for as long as you can! Every year that you are able to maintain that ability is reason to celebrate your independence and life itself! ■



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BOOK DISCUSSION with author Rachel Hall

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Heirlooms is available on Amazon.com

Please **RSVP** for this virtual Zoom Event:

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Thursday, August 6 at 6:00 pm



Rachel Hall

The Resiliency of the Greatest Generation

by **MATHEW SNYDER**, HEALTHCARE ADMINISTRATOR

EVERY 20 OR 30 years, we define a group of people born within certain dates as a “Generation.” Over a length of time, each generation develops a certain personality and set of unique characteristics that define them. Some of the more well-known generations include the Baby Boomers, Gen X, Gen Y, also known as Millennials, and then, of course, the Greatest Generation.

For example, people born into the Baby Boomer generation (born between 1946 and 1964) are well-known for the huge post-war baby boom. This generation is also known for being born into an unprecedented time of post-war stability, economic growth, prosperity, and traditional family values.

Gen X-ers, born between 1965 and 1979, are the children of the Baby Boomers, and they are known for being hard-working, driven, technologically savvy, and generally well-educated.

Gen Y (Millennials) form a group of people born between 1980 and 1994. This generation is young, and they have yet to be defined by history. So far this generation tends to be known for being born into a technology-driven world, have experienced major world events such as the terrorist attacks of September 11th, 2001, and the “Great Recession” from 2008-2011. As well, they are known for not liking the traditional corporate America work environment, instead favoring more the progressive and less-structured work environments of smaller, more employee-centric companies.

While I have never fully agreed with the whole idea of “labeling” an entire generation of people, the Greatest Generation is one generation that I believe warrants the lofty title of “Greatest.”

Born between 1901 and 1924, the Greatest Generation is often the most revered generation for a variety of reasons. This generation is known as hard-working, resilient, independent, patriotic, and traditional. This generation is also well-known for experiencing World War I from 1914-1918, the Great Depression from 1929-1939, and World War II from 1939-1945.

The luck of being born at the right time in 1980 and getting into my career in Long-term Care in 2010 has allowed me an amazing level of access and time with this generation of people. Over the hundreds (maybe thousands) of people from this generation I have talked to over the last ten years of my career, I can confidently say that there is something truly special about this group of people. Fiercely independent, loyal, family-oriented, patriotic, and self-reliant are all characteristics that I can say I see over and over in this generation when I talk to my residents here at Zarrow Pointe and other places.

I think that the combination of going through two World Wars and surviving a decade-long depression fundamentally changed and toughened this group of people. It is truly awe-inspiring and puts things into perspective during this historically challenging time we are facing in 2020. Often, I feel badly for residents here and across the country who have had their lives upended with restrictions on activities, visitation, meals, etc. When I talk to our residents, I apologize for all the changes and inconveniences they have to endure. I have yet to have one resident complain to me about them, and they often tell me, “I have seen and been through much worse, and this too will pass.” These words alone are what give me hope we will truly get through this. If the generation that survived one of the hardest times in history tells me it will be fine someday, I have confidence that we will be fine, and this will strengthen us as a country and as individuals. Hopefully, we will all come out stronger on the other side. ■



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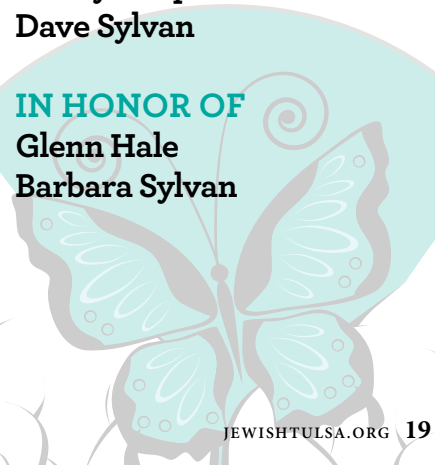
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- Barbara Sylvan



The Synagogue Welcomes New Administrator Rick Gratch

CONGREGATION B'NAI EMUNAH is delighted to welcome Rick Gratch to Tulsa. Rick began his official work at the Synagogue on July 1 and will ultimately succeed longtime Administrator Betty Lehman after the Touro Celebration in her honor this coming fall.

Rick is an experienced administrator with many years in Jewish communal service. After a career in lay leadership at our sister congregation, Temple B'nai Israel in Oklahoma City, Rick was appointed Executive Director in 2015 and immediately took responsibility for financial and facility management. Rick got high marks for his ability to establish rewarding personal relations with his professional colleagues, including Rabbi Vered Harris, along with volunteer leadership, internal stakeholders, and peers in business and the professions.

Rick was especially successful in making a deft transition from congregant to professional leader. While working at the Temple, Rick became credentialed in a variety of disciplines and fields, including FEMA Incident Command and National Incident Management. He is a graduate of the FBI Citizens Academy, and he completed the National Association of Temple Administrators Institute at the American Jewish University. He is currently active in the National Association for Temple Administration along with his peers throughout the Reform movement.

Rick came to his administrative career out of a rich experience in corporate management and small business. He served for a decade as a training consultant and district manager for the Hardee's Corporation. His portfolio of responsibilities included technical instruction and personnel development, with specialties in interviewing, hiring, orienting, and supervising employees. The Synagogue was especially pleased to learn that he ran his own owner-operated restaurant in Oklahoma City, Caffé Pranzo, where he did menu development and handled all the financial and administrative responsibilities of a food service business. Rick is a gifted chef, and he enriched the program culture of Temple B'nai Israel with elaborate banquets and volunteer-staffed food events. Production cooking comes as easily to him as an elegant meal for two.

Apart from his culinary interests, Rick has a strong interest in aviation, including aerospace logistics, ethics, and finance. He is married to Janiece, who was for many years the Director of Education at Emmanuel Synagogue and currently works as a bar and bat mitzvah tutor with students all over the country. The Gratch family has three children, including two adult daughters in Denver and a son in Tulsa.

The Synagogue welcomes Rick and Janiece to our community and looks forward to their contributions to congregational and community life. Rick and Betty Lehman are now working side by side at B'nai Emunah, reviewing the administrative portfolio and managing the institution together. If you'd like to introduce yourself to Rick, you may reach him at the Synagogue Office daily at 918.583.7121. The Synagogue is grateful for this opportunity for a slow and thorough transfer of responsibilities to ensure a successful outcome. ■



The Resilience Project

Our synagogue elders have wisdom to share, and we'd love for you to hear it! On Tuesday, August 4, at 7p.m., join us for a virtual presentation honoring some of the wisest of our congregants. Many of our High School students have been paired up with senior conversation partners to partake in an oral history project. Through learning and recording their partners' stories, students will explore the theme of Resilience through the eyes of our most seasoned congregants. They will each create a presentation on the wisdom they've gleaned from their conversations, all of which will be showcased at the evening event on August 4. We've found that our conversations with elders have been almost universally uplifting, and we can't wait to receive the lessons of resilience they have to share from experiencing our students' thoughtful presentations. We'll be in our standard Zoom Room – 918-583-7121. ■

Temple Israel's End-of-Summer Happenings

NEW ENGAGEMENT OPPORTUNITIES for every age group and interest highlight August programs offered by Temple Israel. We look forward to being 'together' at these events, and we hope you'll join us!

On Saturday, August 1, at 8:00 p.m., Temple's Young Kehillah invites all young professionals and other interested parties to get together for a drive-in movie night. The movie is the award-winning 2019 film, *Just Mercy*. This relevant and powerful film will be shown (with social distancing) in our 'movie theater for the new normal' – the Temple Israel parking lot! Popcorn and your favorite movie snacks will be provided.

The film takes place in 1980s Alabama; the true story of Walter McMillian, a black man who is arrested on his way home from work for the murder of an 18-year-old girl. Despite evidence proving his innocence he is convicted and sentenced to die. His case is appealed by a young defense attorney, Bryan Stevenson. The movie stars Michael B. Jordan, Jamie Foxx, and Tulsa native, Tim Blake Nelson.

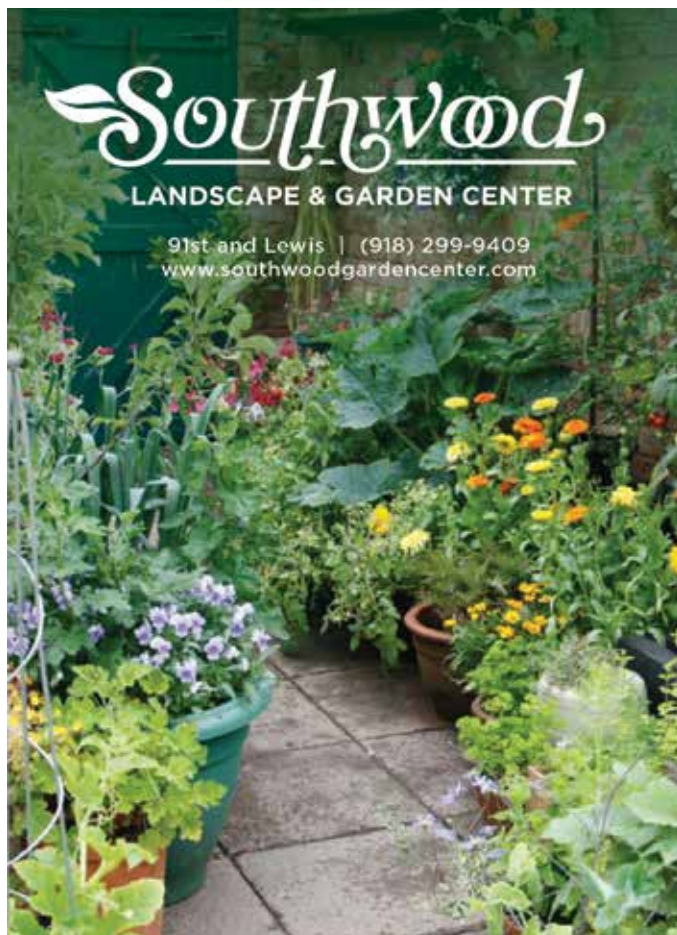
The fifth session of our summer series, 'Scholars in their Residence' is scheduled via Zoom at 7:00 p.m. on Sunday, August 2. Rabbi Jeff Salkin will be presenting "There is a Crack in Everything: The Enduring Relevance of Leonard Cohen." Rabbi Salkin is an activist for Jewish ideas and creator of "Martini Judaism – for those who want to be shaken and stirred." These sessions are all offered on Zoom.



Rabbi Salkin is one of America's most prolific and most-quoted rabbis; an "activist for Jewish ideas," and creator of "Martini Judaism - for those who want to be shaken and stirred."



Rabbi Sabath is a well-known rabbinic leader, scholar, strategic innovator, thought leader and public speaker. She is Director of Content for the international project Our Common Destiny.



The sixth session of 'Scholars in their Residence' will be presented on Sunday, August 16, at 7:00 p.m. Join Rabbi Dr. Rachel Sabath Beit-Halachmi as she enlightens us on the topic of "Adaptive Jewish Thinking: Three Paradigm Shifts in Jewish Life from the Bible to today." Watch for Zoom links in Temple's weekly e-mail, or call the Temple.

Completing the month, we'll hold Shorashim Back to School Drive-in Movie Night on Saturday, August 29, at 7:30 p.m. Young families are welcome to join us in the Temple Israel parking lot for this free, safe, socially-distanced back-to-school-movie night. We will be viewing Disney-Pixar animated film *Onward*, a tale of magic, adventure, and family, featuring two elf brothers. Popcorn and snacks for everyone! ■





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Bugs Just Don't Like Some Plants!

by ANITA MILLS, PERMACULTURALIST

AUGUST AND SEPTEMBER are often the hottest parts of the summer. But in September, nights are beginning to cool a bit, and we want to sit out and enjoy the weather. Bugs are also out and enjoying the weather... and us! What to do? Plant the plants that bugs just don't like and will tend to leave even tasty (human) buffets alone if the plants are nearby. At the very least, the population of mosquitoes and other biting insects will make themselves scarce.

Plants of the mint family are particularly distasteful to bugs because of the scent. But we like the scent – of basil, and peppermint, and spearmint, and rosemary, and even lavender. Remember that lavender was used as a bug repellent when storing linens – put a few sprigs among the sheets and blankets and the moths will stay away. I've used rosemary sprigs the same way to keep moths at bay.

When I am asked for a planting plan for patios, I include rosemary and basil, in particular, to deter mosquitoes. These herbs are not only good for cooking, but also can be planted in pots on a balcony or deck. I talked with a gardener at a large ornamental facility once who said he would go out, find the rosemary, break off a branch, and rub it on his arms and around his neck. He was never bothered by mosquitoes. And rosemary is used for its calmativie effects – I used to keep a rosemary bush near the front door. If I had a stressful day, I'd run my hand over it and hold my hand up to my face to smell the lovely rosemary smell. All my stresses melted away.

Mint tea can be a refreshing drink, and peppermint especially can be used in many different ways. It can be used as a mosquito repellent and is also known as an aromatherapy herb that tends to calm and relax a person.

If you have aphids on your plants, bring out the basil! I recently planted basil among some okra that was being overrun by aphids. It can also be planted around roses for the same deterrent effect.

Do you like the scent of lemon? Lemon thyme and lemon balm have a strong citrus fragrance that works to deter bugs. Lemongrass also repels mosquitos but needs to be in a pot so it can be brought indoors for the winter.

There are so many herbs that we think of mostly in terms of seasonings that do double duty by repelling bugs that we'd rather go away. I've named only a few of the easiest ones to grow in pots as well as in the ground. Enjoy the lovely weather (and scents of herbs) of late summer while reducing your attractiveness to bugs that bite!

Our next gardening class: PLANTS BUGS DON'T LIKE - Sunday, August 16, 2 p.m. RSVP to federation@jewishtulsa.org for the Zoom link. ■

The Excitement of Back to School....in the New Normal

by **DR. CATHY KASS**, INTERIM DIRECTOR, MIZEL JEWISH COMMUNITY DAY SCHOOL

FACULTY, STAFF, PARENTS, and students are excited that school will open on August 4. During these unprecedented times, the board and staff have worked hard to make sure that we are ready for school opening. Just as we plan extra days for inclement weather, so too are we planning additional days for possible closures due to COVID.

We are taking precautions to ensure everyone's health during this crisis. On the surface things may seem different, but underneath the masks, sanitizer, and other precautions you will find the nurturing, positive learning environment we all want for our school and community. We will continue to provide a quality Jewish and secular education.

To keep our school a healthy environment and protect both students and teachers, we will:

- Practice social distancing in our very spacious classrooms
- Staff and children, kindergarten and older, will wear masks
- Increase sanitary measures and handwashing during the day for everyone's health
- Be self-contained in our area of the building with no mixing with other JCC populations
- Keep our small groups from moving through the building as in past years; instead, our masked teachers will move from room to room to work with the students.
- Increase sanitary measures implemented for the entire building by the Jewish Federation
- Use the building's back entrance for arrivals and departures for our youngest children
- Check temperatures at the door with screening questions for children and parents
- Require a two-week quarantine for children and families that have traveled out of state or to a large gathering
- Require students to stay home if they have a fever, diarrhea, vomiting, coughing, or difficulty breathing. If these symptoms develop, students will be sent home. They may return only after being clear of symptoms for 72 hours or have a negative COVID test.
- Have a calendar that is designed to "bank" days for a full school year. If we have temporary cancellations of classes due to COVID19, we will be less dependent on distance learning, thus eliminating much of the pressure at home.
- Limit large gatherings and celebrations to smaller, healthier events

By focusing on the whole child and having outstanding certified teachers, we will provide quality education, both secular and Jewish. The emphasis is the personalized and exciting instruction in small classes. We plan to be vigilant in our efforts to provide a strong education in a healthy, safe, and secure environment.

We are looking forward to a great year!
Enrolling now: Contact Dr. Cathy Kass, Director
director@mizelschool.org
918-557-4152



Great learning even with masks! It will be okay since children and teachers smile with their eyes.

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