

Torah on Tap

In November, Temple Israel's Torah on Tap group learned some basics about Krav Maga, a non-competitive martial art and eclectic self-defense system developed

in Israel that involves karate, boxing, muay Thai, kickboxing, judo, wrestling, and grappling techniques.

Upcoming Event

On Monday, January 21st we honor the late, great, Martin Luther King, Jr. and his role in the

Civil Rights movement. Join us on Thursday, January 17 (7 PM) at Rachael and David Weiss's home for a traditional Torah on Tap discussion about civil rights and how the foundations set then impact us now. Light snacks and beverages will be served. Please contact the Temple Israel office for more information.

Torah on Tap is Temple Israel's doorway to Judaism for ages 21+ in North Carolina.

Visit www.templeisraelnc.org to see more upcoming events. ✨



Torah on Tap
Krav Maga - November 2012



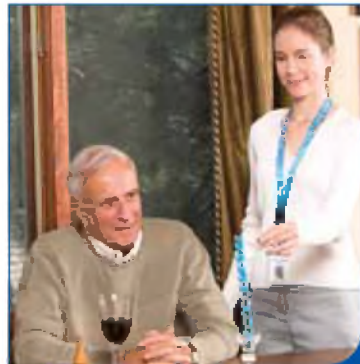
Larry Horowitz, CLU, ChFC

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Temple Israel Social Club

We invite couples and singles, affiliated with Charlotte area synagogues, to join our group. Meet friendly people and enjoy our interesting programs and trips. For more information please call Irving Bienstock, 704-542-0094 or Ruth Goldberg, 704-366-8903, co-presidents.

Upcoming Event

Sunday, February 17 at 12:30 PM: Paid up Membership Luncheon and Program at Temple Israel. Deadline is February 8. Please send your dues of \$18 per person to Douglas Mann, 137 N. Canterbury Rd. Charlotte, NC. 28211. For more information please call Ruth Goldberg, 704-366-8903. ✨



temple israel
judaism for the 21st century

Charlotte Moms Arrive in Israel

A Trip of a Lifetime for Charlotte Women, Part II

By Natalie Osman

We have arrived in Israel and the trip has already exceeded our expectations. Just being together and bonding with Jewish Moms from North and South America has been a wonderful experience and I see more than ever why this trip is referred to as a Birthright for Moms. One of the groups wrote the following poem on the plane.

I am going far away.

I am going home.

*A land named Israel calls me,
so that's where I'm going to roam.*

*For 10 days I'll be inspired,
seeing sights and hearing sounds.*

*The nature of this journey,
may truly know no bounds.*

*Faces that are new now,
will quickly become friends.*

*We're on this trip together,
where the learning never ends.*

With wonder, we await,

as our plane will soon touch down.

In a land that people treasure.

In a land that is renown.



At Charlotte-Douglas Airport before flight to Israel. Sitting: Andie Taylor, Natalie Osman, Carrie Rabinowitz, Joanna Wisotsky, Debbie Weiss, Lauren Fermaglich; Standing: Leslie Dinkin, Laureen Martin, Sara Oppenheim, Lilian Becker, Stella Yukhaev, Alina Zagin, Penny Lipsitz, Michelle Rusgo, Laurie Berzak, Nikki Sacks, Amy Mullen, Mindy Mcshane, Cheryl Rabinowitz

Journal Day 1. We arrived; it felt so right, so comfortable to be together with Jews of all walks of life. We went straight to Tiberias. On the bus I felt like a little girl in a distant land. The scenery was beautiful and seeing road signs in Hebrew was a new experience. We had arrived about two weeks after the cease fire and feelings were welling up inside me. As much as we hear about Israel and realize it's a Jewish state, seeing signs in Hebrew, Jewish workers ranging from well-dressed executives to street cleaners is new for me.

Tonight we ate at Decks, a concept restaurant in Tiberias. Everything they use is local, from the local organically grown vegetables, spices, and fresh fruits to superb meat. It's on the water, overlooking the breathtaking Kineret (Sea of Galilee) enjoying the company of so many other women with similar life's challenges and goals. This was the first day and everyone was exhausted but our sheer joy gave us adrenalin and everyone started dancing.

Day 2: We went to the ancient and mystical city of Tzfat. It's rich in history and was the home of the Kabbalists in the 16th century and when one walks in the Old City on cobblestone streets along winding roads, there's a special feeling that

permeates the air. We spent time at the artists' colony and their works were refreshingly diverse. We ate at a charming restaurant where the staff was dressed like biblical characters.

Day 3. We heard a lecture from a historian about anti-Semitism. The focus of it was not so much the history but rather the reasons people throughout the centuries have hated Jews. The conclusion was a new concept for me and reinforcement for participants about what a privilege it is to be Jewish. We sometimes forget that the "Judeo-Christian" heritage, which ultimately was the inspiration for the founding fathers, begins with Jews. Later on we went to Yad v'Shem, Israel's Holocaust memorial. It was more moving than I had expected. I guess the fact that seeing a Holocaust memorial in the country that was the haven for so many survivors, makes this particular museum different from others.

Later that day we heard from two mothers whose sons had been victims of terrorists. They were part of an organization called One Family, whose mission it is to be the voice of Israel's victims of terror attacks. I can't write any more about this day; my head is swimming with thoughts.

(Continued on page 12)

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