



CHAI LIGHTS

July 2026
Pacific Community of Cultural Jews

Orange County, CA.
PacifComm@aol.com

714-739-1366
www.pccjews.org



Please join us for a
BOOK SHARING AFTERNOON
July 11, 2026
3:00 p.m. - 5:00 p.m.

At the home of
Bryon & Suzy Baron
1141 E. Tularosa Ave.
Orange



Bring a book to share, lend or trade, and plan to discuss its merits. You can also share about a book you have read on an electronic device (kindle, etc.)

Please RSVP to Suzy no later than July 8, 2026
at bryonbaron@sbcglobal.net or 714-394-3059

Free for Members, \$5.00 for non-members



WE NEED YOUR HELP !!!

Please come and help us plan our upcoming
2026-2027 year of events.

July 18, 2026 1:00 a.m. at
Karen & Bob Knecht's Home
7238 El Viento Way
Buena Park
714-739-1366 (land line)



Lunch will be served by the Knechts.

You must RSVP no later than July 14th to Karen at Knechtfour@aol.com,
so she can have enough food for everyone.

Dine Out will follow

Co-Presidents' Message

In a recent podcast by Carla Naumberg, a clinical social worker and author, she discussed “inherited anxiety” (“generational trauma” by another name) due to our difficult history. Many of us have become more anxious recently due to events in the world and increased physical attacks of Jews and Jewish institutions. Judaism has intrinsic ways of managing this trauma. The practice of Judaism emphasizes community on a weekly or daily basis. Most Jewish rituals involve community or, at a minimum, the family, which in and of themselves provide comfort. Traditionally observant Jews may incorporate various daily blessings. Blessings force people to be in the present and to be grateful, thereby lowering anxiety. In the traditional observance of Shabbat, people typically “unplug” and put away their phones and computers, potentially putting their worries and anxiety “on hold” for another day.

At Pacific Community, we enjoy ritual and community at our observances of the Jewish holidays. Dr. Naumberg suggested that in lieu of prayer or blessings, we take moments to reflect on gratitude during the day. Perhaps we are grateful for a beautiful day or the fact that our tires still have air! She also recommends doing something for five minutes a day to experience joy. This can be listening to a comedian, petting your cat, or having your favorite ice cream. Lastly, find some human connection each day – wave to neighbor or send out texts to several people. Some of our other events, such as our Dine-Outs and upcoming Book Share, give us an opportunity to both connect and do things we enjoy.

We look forward to another year of meaningful and enjoyable events. This month we have our Planning meeting to which we invite you to share your ideas for events, our Book Share, one of our most popular events, Philosopher's Café, and a Dine-Out.

We look forward to seeing everyone soon.

Jim and Sylvia Rothman

Co-Presidents, Pacific Community of Cultural Jews



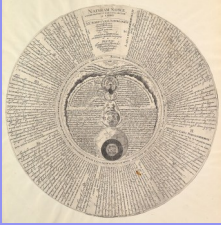
DINE OUT

July 11, 2026
6:00 p.m.
(follows our book sharing)



Dolan's Uyghur Cuisine
14425 Culver Dr.
Irvine
949-299-2878

Please RSVP to Karen Knecht at Knechtfour@aol.com
no later than July 8th, so reservations can be made.



Philosopher's Café

(Our Friendly Discussion Group)



Friday July 24, 2026 (new date)
7:30 p.m. Via Zoom

The Zoom link will be sent out to those who RSVP to Jim Rothman by July 22, 2026 Look for it in your email. Then on July 24th, click on the link and join in the fun. To make sure we have your correct email address, please email Jim at jrbythec@aol.com, so he can include you.

Congratulations **July**



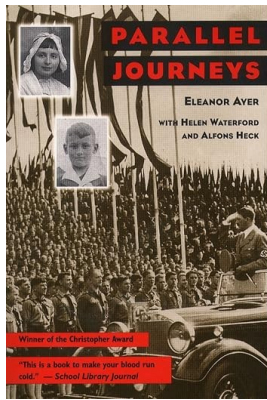
Happy Birthday!
Deborah Holland Penley - 7/13
Eric Kaminsky - 7/20
Libby Frolichman - 7/22
Barbara Price - 7/28



BOOK REVIEW

PARALLEL JOURNEYS

By Eleanor Ayer



This is a true story that takes place during World War II mostly in Germany. Helen Waterford and Alfons Heck are two teenagers that lived close to each other but didn't know each other while they were young. Helen was a typical Jewish teenager devoted to her family and friends.

Alfons was a precocious young man who was looking for acceptance by his friends and family.

To gain this acceptance he joined the Hitler Jung at the age of nine. This was a group of young men who vowed allegiance to Hitler, and follow his orders explicitly, even if it meant death. He gained quite a reputation for being a committed soldier and totally loyal to the Reich. Even to the point of meeting Hitler and having a discussion with him. This helped him rise through the ranks.

Helen, it turns out becomes a talented interior designer. So she has enough money now to marry her boyfriend. However, if she would do so it would be against the wishes of both sets of parents due to financial worries. So these issues along with the dangerous attacks by the Nazis against the Jews made life extremely difficult at this time.

I enjoyed this book except for the graphic parts that described life in the concentration camps and the senseless killings of Jews in the streets. These parts are difficult to read, but are essential.

Reviewed by

Jerry Zwick

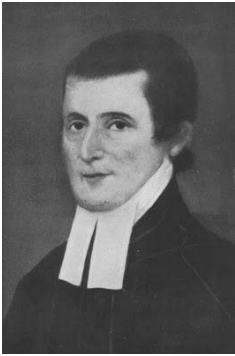


Jews to Know

In honor of the 250th anniversary of American independence

Francis Salvador

1747 – August 1, 1776



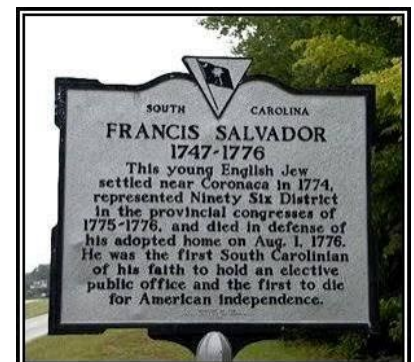
Francis Salvador was the first professing Jew to be elected to public office in the American colonies when chosen for the Provincial Congress. He had joined the Patriot cause and in 1776 was the first Jew killed in the American Revolutionary War. He was born in London in 1747, to a wealthy Sephardic Jewish family, that had rebuilt itself in England after the Spanish Inquisition. By the time Salvador was born, his relatives were prosperous merchants with properties in Lisbon and investments in the British East India Company. The Salvador family also owned 200,000 acres in the new Carolina County district of Ninety-Six, known as "Jews Land". The Salvador family was financially ruined by the Lisbon earthquake of 1755 and the subsequent failure of the East India Company. Their only remaining wealth was the land in South Carolina.

After financial losses weakened his family's fortune, Salvador moved to South Carolina in 1773 to manage family land in the Ninety-Six District. (He did own slaves in that endeavor.) South Carolina already had one of the most significant Jewish communities in colonial America, especially in Charleston, where Sephardic Jews had helped build a strong religious and commercial presence. Salvador quickly joined the American cause. He was elected to South Carolina's Provincial Congress; the first Jew elected to public office in the colonies. At the time, Jews could not legally hold office or vote, but colonists ignored the restriction and elected him to the Provincial Congress. In many places, public office was connected to Christian oaths, and Jews were frequently excluded from full political participation. Yet Salvador did not abandon his faith to enter public life. Salvador served on important committees, supported the Patriot cause, and spoke strongly against British rule. His commitment showed that Jewish colonists were not outsiders to the struggle for independence; they were participants in shaping it.

In 1776, as conflict spread through the South Carolina backcountry, he rode miles to warn militia forces of an approaching attack, later earning the nickname "Southern Paul Revere." Soon afterward, he joined militia action and was wounded in an ambush involving Loyalists and their Cherokee allies and died at the age of 29. He is remembered as the first Jewish person killed while fighting for American independence.

Written by Zena Jacobi

Credits: Co-pilot; Wikipedia; American Battlefield Trust; Library of Congress; Jewish Virtual Library; South Carolina Encyclopedia



MARK YOUR CALENDARS

July 11, 2026**	Book Share
July 11, 2026	Dine Out
July 24, 2026**	Philosopher's Café
July 18, 2026	Programming Meeting for 2026-27



**** New Date**

2026 - 2028 PACIFIC COMMUNITY BOARD ELECTED OFFICERS

Co-President	Jim Rothman	JRbytheC@aol.com
Co-President	Sylvia Rothman	Sobaysyl@aol.com
Vice President	Nancy Okamoto	949-386-0400
Secretary	Sylvia Rothman	sobaysyl@aol.com
Treasurer	Leslie Zwick	jerlesz@verizon.net
Membership Chair	TBD	
Program Coordinator	Suzy Baron	Bryonbaron@sbcglobal.net
Publicity Co-Chair	TBD	

COMMUNITY AND BOARD POSITIONS

SHJ Representative	Sylvia Rothman	Sobaysyl@aol.com
Board Member-At-Large	Bryon Baron	Bryonbaron@sbcglobal.net
Board Member-At-Large	Di Bunin	DBF331@hotmail.com
Board Member-At-Large	Mike Mendelson	Mendelsons5@yahoo.com
Newsletter Editor	Karen Knecht	Knechtfour@aol.com
Webmaster	Celeste Mendelson	Mendelsons5@yahoo.com
Sunshine	Sheila Bass	shekaba@aol.com

Chai-Lights is published monthly
by the Pacific Community of
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Affiliated with
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PACIFIC COMMUNITY OF CULTURAL JEWS

Calendar of Events 2025 - 2026

EVENTS

Sept. 13, 2025 - Bowers Museum
Sept. 21, 2025 - Rosh Hashanah Observance
Oct. 2, 2025 - Yom Kippur Observance
Oct. 25, 2025 - Sukkot/Succos & Potluck
~~Nov. 16, 2025 - Jewish Jeopardy~~
Dec. 20, 2025 - Chanukah Party
Dec. 25, 2025 - Nature Hike and Lunch Gathering
Jan. 17, 2026 - Hilbert Museum & Lunch
Feb. 7, 2026 - Lee Jacobi Memorial Hike
Feb. 28, 2026 - Jewish Improv & Purim
Mar. 21, 2026 - International Food Event
Apr. 4, 2026 - Passover Seder
~~TBD - Yom Ha'Atzmaut Observance~~
May 16, 2026 - Humor Event
June 6, 2026 - Book Sharing Event
June 6, 2026 - Dine Out
Jun 28, 2026 - Year-End Party

For more information,
contact Suzy Baron, or Karen Knecht
bryonbaron@sbcglobal.net / 714-639-4906
Knechtfour@aol.com / 714-739-1366

DINE - OUT

Join us for lunch or dinner at a variety restaurants once a month. All locations will be decided upon the month before and announced in our newsletter. All lunches are at 1:00 p.m. and dinners are at 6:30 p.m. unless otherwise noted.

All dates are always tentative.

Oct. 18, 2025 (date change)

Nov. 8, 2025

~~Dec. 13, 2025~~

Jan. 24, 2026 (date change)

Feb. 14, 2026

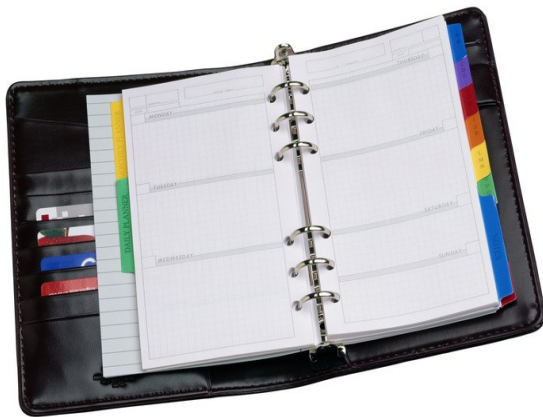
Mar. 14, 2026

May 9, 2026

July 11, 2026

For more information, or for suggestions for restaurants, contact Karen Knecht
714-739-1366 or Knechtfour@aol.com

For more information, or for suggestions for



PHILOSOPHER'S CAFÉ

(via Zoom)

People get together on a monthly basis to discuss a topic - either issues of the day, or any topic of general interest. Where they meet is up to the group. The discussions take anywhere from an hour to . . . ?

Philosopher's Café is being held via Zoom. Please check our monthly newsletters for information on our Philosopher's Café.

Sept. 19, 2025

Oct. 17, 2025

Nov. 14, 2025

Dec. 12, 2025

Jan. 16, 2026

Feb. 6, 2026

Mar. 6, 2026

Apr. 17, 2026

May 15, 2026

June 5, 2026

July 24, 2026 ** New date

Schedule subject to change.

Pacific Community is an affiliate of the Society for Humanistic Judaism,
an international organization