



## April 2019

Coffee, cake & conversation: 10-10:30 a.m.,

Presentations: 10:30-11:30 a.m.

Sessions held at the East Valley JCC, 908 N. Alma School Road, Chandler 85224

Suggested donation: \$4

Coordinator: Adrian Bendick, [adrian@evjcc.org](mailto:adrian@evjcc.org)

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### April 2: Krav Maga

#### Speaker: Derrek Hofrichter

Self-defense expert Derrek Hofrichter will share safety tips and strategies while demonstrating what to do in the most common situations of violence.

**Derrek Hofrichter** founded EVKM Self Defense & Fitness in 2011 and has since positioned the studio as one of the top Krav Maga training centers in the country. Located in Tempe, his award-winning training center includes being named the 2014 Krav Maga Alliance School of the Year and the 2017 Best Gym/Workout Studio in Phoenix.

### April 9: The Monuments Men

#### Speaker: Doreen Weiser

The Monuments Men was initiated by FDR after the “Friendly Fire” bombing of a 14<sup>th</sup>-century abbey in Italy. Its purpose was to preserve the art and architecture of Europe from the devastation of war and the pilfering by Hitler.

**Doreen Weiser** is a Phoenix Art Museum docent who switched careers from financial management to teaching high school mathematics after relocating to Arizona from New York in 1995. After taking many docent-led tours at the museum during her summers off, she decided to become a docent herself after she retired in 2015.

## **April 16: Sephardic Jewry and the Muslim Conquest of 711 C.E.**

### **Speaker: Rabbi Michael Beyo**

This lecture will explore the lives of the Jewish community in Spain from the Muslim conquest in 711 C.E. and the interaction between the Jewish community and the Muslim community. Was it a Golden Era of coexistence between Jews and Muslim? What can we learn from history?

**Rabbi Michael Beyo**, CEO of the East Valley JCC, was born in Milan, Italy and has lived throughout Europe, Israel and the United States. He focused his graduate level studies at universities in Israel and the U.S. with a focus in political science, Jewish history and Jewish philosophy.

## **April 23: The Yiddish Book Center**

### **Speaker: Sandra Bernoff**

Sandra Charyn Bernoff will introduce us to the world recognized miracles of the Yiddish Book Center. How did this organization founded by Aaron Lansky, a 24-year-old student of Yiddish literature, in 1980 help revive interest in Yiddish culture and literature throughout the world? A new building opened just a few years ago and attracts people of all ages from around the world to its library, research materials, concerts, workshops, festivals, holiday celebrations and more.

**Sandra Charyn Bernoff** taught in New York's public schools and Sunday Yiddish schools. She helped in the rebirth of Yugntruf, an organization that publishes a magazine in Yiddish and hosts a summer Yiddish program, Yiddish Vokh. She now leads a monthly Yiddish club at Temple Solel in Scottsdale.

## **April 30: Living a Bliss-filled Life**

### **Speaker: Karen Nester**

Bliss may be defined as a natural direction you can take to maximize your sense of joy, fulfillment and purpose. When you're in a blissful state, you're listening to the voice of your heart. We'll learn some DAILY THINGS that you can do to raise your energy towards bliss and Karen will share with you the importance of living a bliss-filled life.

As a certified life coach, **Karen Nester** created Your Life By Design Coaching Company in 2012. She has been a spiritual life coach for the past 15 years at Creative Living Fellowship in Phoenix, where she resides with her husband Michael and their three furry babies. Karen was and still considers herself an East Coast girl, born in Bloomfield, New Jersey, she moved to Phoenix, kicking, and screaming in the late 70's when her parents decided to relocate. She loves the red rocks of Sedona, the winters in Phoenix and New York City. Her last career was as a professional chef.