

Happiness is a Choice by David Pinkowitz

I've always believed in positive thinking and that feeling happy is an attitude and a choice that we can all make. This has been challenged by the COVID environment, forcing me to reinvent my daily routine to be safe and stay well. I now fill my days with a full schedule of new and old things that I value and enjoy – prayer, aerobic exercise, a 16/8 intermittent fasting/eating regimen, virtual learning, reading non-fiction books, walks and talks with my wife Ronnie, virtual family gatherings, after-dinner movies at home, weekly grocery shopping and virtual volunteering at TBT and other non-profit and social justice organizations.

I am busy and happy.

David and Ronnie Pinkowitz have been members of Temple Beth Torah for more than 40-years. They have two children, Jeff (Erica) and Marc (Stacy) and two grandchildren Lazlo and Sol.

