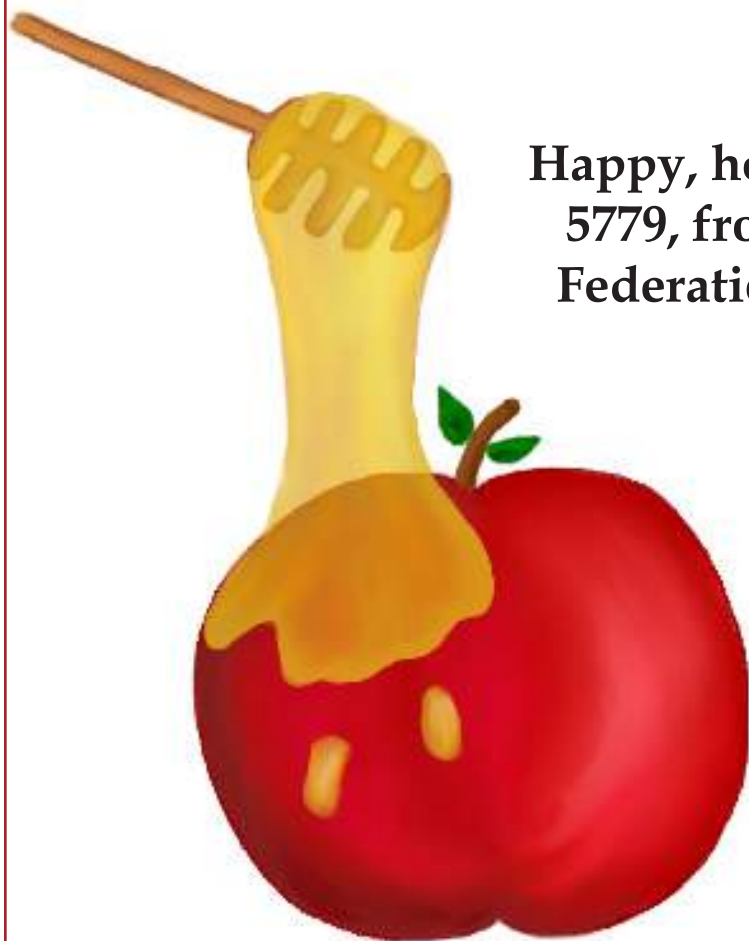




THE GREATER DES MOINES
JEWISH PRESS

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**Happy, healthy and sweet New Year
5779, from all of us at The Jewish
Federation of Greater Des Moines**

**לשנה טובה
תכתבו!**

Rosh Hashana begins the evening of
Sunday, September 9
Yom Kippur begins the evening of
Tuesday, September 18

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jp@dmjfed.org

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Fall Edition

September, October, November 2018

Tishrei, Cheshvan, Kislev 5779

Reflecting and Looking Forward



Jarad Bernstein
President

Each year as the High Holidays come in, we are given an amazing opportunity to reflect on the past year. No matter where we are in life—a child in school, a career-focused individual, or a retiree—it is easy to get caught up in a routine-laden daily cycle, thinking only about what our next series of tasks are at hand. These moments of reflection, whether spent with fellow Jews praying or taking a walk around Gray's Lake during the Ten Days of Awe, are a gift not to be overlooked.

During this year's holidays, I plan to give considerable thought to the future of our community. We have many strengths as a Federation: educating our children, helping the less fortunate among us, and advocating for Israel are three that immediately come to mind. But I know that our community is constantly evolving and our needs are different today than they were 25 years ago.

Last year, many of you participated in the Des Moines Jewish Community Needs Assessment Survey. The results of that survey are posted on the Federation

website, easily accessible by typing the following link into your browser: <http://bit.ly/dmfedsurvey>. These results are a great place for all of us to start thinking about the future.

Reading the results is the easy part. More pressing, however, are the actions we take as a result. I know that the Federation board and staff have ideas that align with the survey results, but I want to hear directly from you.

Over the past 15 months, I have had wonderful conversations with community members who are active, who used to be active, or who are looking for ways to get involved. These are people who have reflected on their personal history and connections, their current place in life, and where they want to see the Federation place its efforts going forward. The conversations have been energizing and I encourage you to reach out to me if you'd like to provide your own input.

As we get closer to the end of the year, I would like to call attention to the fact that there are good number of you who have not yet committed to a 2018 gift to the All-In-One campaign. Many of you have received phone calls or voice mails, but not everyone has yet. As these calls are made, I ask that you take the call and use it as an opportunity to discuss any reflections you may have on our shared future.

Shana Tova u'Metukah, a good and sweet new year,

A handwritten signature in black ink, appearing to read 'Jarad Bernstein'.

The Month of Elul: The Jewish New Year



Sharon Goldford
Executive Director

As I am writing this article for the Jewish Press, we are beginning the month of Elul that precedes the High Holidays and the beginning of the Jewish New Year. I always look forward to Elul. It is not that I have anyone at my house awakening me with the sound of the Shofar (that would be fun), but when I realize it is this time of year, I do try to take a moment on my drive to Caspe Terrace to pause and reflect on the day. I think about the day and whether there is something I am going to do today that might make things better for my world and the people in it. I think not of big things to do

but whether there is a way to show more kindness or be more thoughtful of those around me.

My mother-in-law of blessed memory was one of the kindest and nicest people I have ever known. She passed away during the month of Elul a few years ago. She was always so thoughtful and so generous, and was someone everyone liked to be around. At her funeral it was easy for the Rabbi to speak of her within the context of Elul and what she will always be remembered for by others. These are traits worth following and passing on to others, especially today.

Lately it seems as though it is more common not to be as civil to each other as I believe we were once were and were taught to be. People seem very quick to find fault, to react with unkind words, and to use a tone of voice that my grandmother would have given you a harsh look for using. I do wonder what has occurred for us to have lost the ability to believe that people basically have very good intentions and mean well.

It is recommended by the sages that as we prepare for this time of year we should focus on others, work to complete social change, and work to improve ourselves and the world around us. For me, kindness can cover all of these. Deciding every day to get outside of ourselves and do something nice for someone can and will make our world better. The small things add up quickly. The Federation, which belongs to all of you, meets the ground rules for Elul. Our children, our elderly, our families, and more are the core of our kindness. They are the Federation.

During the High Holidays it is a good time to ask forgiveness. If we haven't met all of your expectations this past year, please forgive us and help us to do better in the coming year. Let us know what you need and how can we improve, but I ask that when you do so, please do it with kindness. "I am my beloved's and my beloved is mine."

Happy and a kind Elul!
Sharon Goldford

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If you or someone you know would like to advertise in the Jewish Press, please reach out to our Managing Editor, Giovanna Zavell, for more information.

Phone: 515.419.1269

Email: anna@dmjfed.org

Community High Holiday Schedules

Temple B'nai Jeshurun

- Saturday, September 1:
S'Lichot
S'Lichot Movie and Prayer
Service 7 p.m.
- Sunday, September 9: Erev Rosh
Hashanah Service 7 p.m.
Rosh Hashanah Party 8:30 p.m.
- Monday, September 10: Rosh
Hashanah Morning Service 10
a.m.,
Temple Lunch Following
Morning Services
Rosh Hashanah Afternoon
Family Service 2 p.m.
Tashlikh Service at Racoon
River Park 3:45 p.m.
- Sunday, September 16: Kever
Avot
Woodland Cemetery 12:15 p.m.
Glendale Cemetery 1 p.m.
- Tuesday, September 18: Kol
Nidrei Family Service 6 p.m.
Kol Nidrei Adult Service 8 p.m.
- Wednesday, September 19:
Yom Kippur Morning Service
10 a.m.
Interlude I 12 p.m.
Interlude II 2 p.m.
Afternoon Torah Service 3 p.m.
Healing Yizkor Ne'ilah Service
4 p.m.
Break the Fast Meal Following
End of Services
- Sunday, September 23: Erev
Sukkot
Put up Sukkah 9:30 a.m.
Sukkah Decorating and Dinner
4:30 p.m.
Sukkot Service 6 p.m.
- Sunday, September 30: Simchat
Torah / Consecration
Consecration Pictures 5:15 p.m.
Dinner for Consecration Kids
5:30 p.m.
Simchat Torah / Consecration
Service 6 p.m.



Tifereth Israel
SYNAGOGUE

HIGH HOLIDAYS 5779 SCHEDULE OF EVENTS

- * Saturday, September 1, 2018: Selichot
7:45pm – Ma'ariv
8:35pm – Program / Discussion
- * Sunday, September 9, 2018: Erev Rosh Hashanah
7:00pm – Erev Rosh Hashanah Services
8:00pm – Oneg
- * Monday, September 10, 2018: First Day Rosh Hashanah
9:00am – Morning Services
10:00am – Alternative and Youth Services
4:30pm – Tashlikh at Gray's Lake Park peninsula
- * Tuesday, September 11, 2018: Second Day Rosh Hashanah
9:00am – Morning Services
- * Friday, September 14, 2018: Shabbat Shuvah
6:00pm – Shabbat Shuvah Evening Services
- * Saturday, September 15, 2018: Shabbat Shuvah
9:30am – Shabbat Shuvah Morning Services
- * Sunday, September 16, 2018: Kever Avot
1:00pm – Service at Glendale Cemetery
- * Tuesday, September 18, 2018: Erev Yom Kippur
6:00pm – DMARC Food Drive
7:00pm – Kol Nidre Service
- * Wednesday, September 19, 2018: Yom Kippur
9:00am – Yom Kippur Morning Services and Yizkor
10:00am – Alternative and Youth Services
10:45am – Yizkor Service
3:00pm – Yom Kippur Afternoon Class, Lead by Mike Kuperman
3:45pm – Yom Kippur Afternoon Class, Lead by Robin Karney
4:30pm – Yom Kippur Afternoon Class, Lead by David Friedgood
5:30pm – Minchah Service, Neila Service & Concluding Ma'ariv
7:45pm – Havdalah, Shofar Blown, bring your shofar!
8:05pm – Break-the-Fast – RSVP

Ames Congregations

Selichot

Saturday, September 1,
8 p.m. Dessert social
9 p.m. Selichot service

Rosh Hashana

Sunday, September 9,
8 p.m. Erev Rosh
Hashanah service
Monday, September 10,
10 a.m. Morning Service
4 p.m. Children's Service
4:45 p.m.: Tashlich

Tuesday, September 11,
10 a.m. Morning service

Yom Kippur

Tuesday, September 18,
8 p.m. Kol Nidre

Wednesday, September 19,
10 a.m. Morning Service
4 p.m. Children's Service
4:45 p.m. Healing service
5:15 p.m. Afternoon
service

6:20 p.m. Yiskor
6:50 p.m. Neilah
and Havdalah followed
by Community Break the Fast

Sukkot

Friday, September 28,
6 p.m. Service and
potluck dinner

Simchat Torah

Sunday, September 30,
11:30 a.m. Service

Chabad of Ames/ Chabad at ISU

Rosh Hashanah Services will be held at the Schilletter Village Community Center (SUV) 65 Edenburn Dr. Ames, IA 50010

Monday, September 10, 9:30 a.m.
Torah Reading and Blowing of the Shofar at 11:00 a.m.

Tuesday, September 11, Shofar Blowing on Campus 11:30 a.m. - 2 p.m.
Wednesday, September 26, Student Sukkot Shake N' Shake 5:30 p.m. - 7 p.m.

For more information and to RSVP please call 515-339-9160 or email
Chabadames.isu@outlook.com



Drake Hillel will be having a Rosh Hashana dinner to bring in the New Year together. The dinner will be held on Sunday, September 9 at 5 p.m. in Upper Olmsted on Drake's campus. We are excited to be partnering with the local places of worship to attend high holiday services with the community.

JRC of Iowa's

Rosh Hashanah

- Sunday, Sept. 9, 2018
Evening Services: 7:15 p.m.
- Monday, Sept. 10, 2018
Morning Services: 9 a.m.
Shofar Sounding: 11 a.m.
Community Lunch followed by Shacharis by RSVP only
Mincha followed by Tashlich Service: 6:30 p.m.
Evening Services: 8:00 p.m.
- Tuesday, Sept. 11, 2018
Morning Services: 9 a.m.
Shofar Sounding: 11 a.m.
Evening Services: 7 p.m.

Fast of Gedalya

- Wednesday, Sept. 12, 2018
Fast Begins: 5:10 a.m.
Fast Ends at 8:03 p.m.

Shabbat Shuva

- Friday, Sept. 14, 2018
Evening Services: 7 p.m.
- Shabbos, Sept. 15, 2018
Morning Services: 10 a.m.
Evening Services: 7 p.m.

Yom Kippur at the Sheraton Hotel

- Tuesday, Sept. 18, 2018
Morning Services: 7 a.m.
Fast Begins at 7:01 p.m.

- Kol Nidrei Services: 7:15 p.m.
- Wednesday, Sept. 19, 2018
Morning Services: 10 a.m.
Yizkor Memorial Service: 11:30 a.m.
Afternoon Service: 5:30 p.m.
Neilah Closing Service: 6:30 p.m.
Fast Ends at 7:59 p.m.
Followed by Break the fast
- Friday, Sept. 21, 2018
Evening Services: 7 p.m.
- Shabbos, Sept. 22, 2018
Morning Services: 10 a.m.
Evening Services: 7 p.m.

Sukkot

To purchase a Sukkah or a Lulav & Etrog set, call 1-515-277-1718

- Sunday, Sept. 23, 2018
Evening Services: 6:45 p.m.
- Monday, Sept. 24, 2018
Morning Services: 10 a.m.
Evening Services: 6:45 p.m.
- Tuesday, Sept. 25, 2018
Morning Services: 10 a.m.
Evening Services: 6:45 p.m.
- Friday, Sept. 28, 2018
Evening Services: 6:45 p.m.
- Saturday, Sept. 29, 2018
Morning Services: 10 a.m.
Evening Services: 6:45 p.m.

Iowa Hillel

- Sunday, September 9, 6:30 p.m. Services and Dinner
- Monday, September 10, 8 p.m. Services and Dinner
- Tuesday, September 18, 5 p.m. Yom Kippur Pre-Fast Meal 6 p.m. Services with Agudas Achim
- Sunday, September 23, 6:30 p.m. Sukkot Services and Dinner
- Monday, September 24, 7:30 p.m. Sukkot Services and Dinner
- Tuesday, September 25, 6:30 p.m. Sukkot Dinner
- Wednesday, September 26, 6:30 p.m. Sukkot Dinner
- Thursday, September 27, 6:30 p.m. Sukkot Dinner
- Friday, September 28, 6:30 p.m. Shabbat Services and Dinner
- Saturday, September 29, 7:30 p.m. Havdalah in the Sukkah
- Sunday, September 30, 6:30 p.m. Shmini Atzeret Services and Dinner
- Monday, October 1, 7:30 p.m. Simchat Torah Celebration and Dinner

Community Report

Engman Camp Shalom

- Engman Camp Shalom enjoyed an action packed summer visiting Adventureland, Science Center, Get Air, Jester Park, Iowa State Fair, and many other incredible field trips
- Engman Camp Shalom celebrated the end of a great summer with a Carnival at Caspe Terrace on August 17, 2018
- Engman Camp Shalom welcomed 65 different campers during the summer of 2018
- Engman Camp Shalom will offer Winter Break Camp December 24-28

Beit Sefer Shalom

- Beit Sefer Shalom will begin the 2018-19 school year on September 9, 2018
- Beit Sefer Shalom will implement an enhanced Hebrew curriculum this school year
- Beit Sefer Shalom is introducing a new High School curriculum, more to come soon
- If you know a 2-18 year old Jewish child who is not currently attending Beit Sefer Shalom, please contact Sophie@dmjfed.org

Gan Shalom

- Gan Shalom had 52 campers this summer
- Gan Shalom Preschool has 42 children enrolled for the 2018/2019 school year
- Gan Shalom Preschool will have an Open House on Friday, August 24, 2018 starting 9:00 a.m. to 11:00 a.m.
- First day of Gan Shalom will be Monday, August 27, 2018

Jewish Community Relations

- Initiated separate, periodic, e-mail updates on Antisemitism, Holocaust Education, and Israel News to subscribers. To join the email list, contact jcrc@dmjfed.org and specify which updates you'd like to receive
- Presented remarks to the Bosnian community as part of the annual memorial program honoring the victims of the Srebrenica genocide
- Participated in DMARC's panel discussion on religious diversity
- Organized and implemented the annual meeting of Iowa Jewish leaders
- Interviewed by KCCI for a segment about antisemitism

Iowa Jewish Historical Society

- On exhibit for the first time: the 1937 census of Des Moines' Jewish community, a stained-glass window from the closed synagogue in Oskaloosa
- The IJHS continues to seek out the names and other information about Iowa's Jewish veterans. If you are or know a veteran, please call 515-987-0899 ext. 216 or email ijhs@dmjfed.org to check to see if they are in the Book of Honor, which now lists more than 1,470 of Iowa's Jewish veterans who served in the military from the Civil War through today
- Work continues on inventorying, cataloguing and photographing the IJHS collection as part of improving storage of and access to the IJHS collections
- Work also continues on listening to and documenting the more than 400 oral history interviews, TV programs, and recording of special events in the Jewish community in preparation for making them accessible to researchers and the general public

Jewish Family Services and Outreach

- On July 19th, the campers of Engman Camp Shalom attended the senior luncheon held at Tifereth Israel Synagogue. We shared a picnic lunch and the campers sang several songs.
- If you'd like your child age newborn – age nine to receive a free monthly Jewish themed book, please go to www.pjlibrary.org and click on "Sign Up". PJ Library, funded by The Larry S. Pidgeon Endowed Fund for Books, allows all central Iowa Jewish children to participate.

Calling the Federation Community to Action

During the summer months a Federation representative made telephone calls to all of our donors. The calls were completed to express our gratitude to you for all you have done for us through the years. It is also our hope that you will continue to support us now and going forward.

Your dollars have never been more important than they are today.

With so many agencies

seeing funding decrease we are being called upon to help our families and our seniors even more. The Federation provides food assistance, rent assistance, assistance with heating and cooling and with medical bills, just to name a few, for those in our community in need.

We can't do this without you. We rely on our donors for the largest part of our budget.

You may give to the

Federation in several ways.

Go to the website at jewishdesmoines.org

Call the Federation office at 515-987-0899

Mail a check to:

JFGDSM

33158 Ute Avenue

Waukee, IA 50263

Please give today to the Federation or make your yearly pledge. We can't do it without you.

Sharon Goldford

Executive Director



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Reflecting on Our Lives Through Words and Actions

Dr. David Friedgood
Torah Commentator

With the coming of Yamim HaNoraim (High Holidays) Jews throughout the ages have been moved to reflect on their lives, outside their daily struggles. Is there a greater purpose to my existence? How do I make the most of my limited time on this earth? These are eternal philosophical questions that have no definitive answers.

Let us examine our tradition for clues to help us address these concerns as we try to decide, in today's world, what it is that our God wants from us? In broad terms we can divide our review into two parts, Words and Actions. First we can look at our words, what we say and how we present ourselves to our deity and those we interact with daily. Next we will examine our actions and how they reflect on us. Does it matter what it is that we actually do despite what we declare with our mouths or thoughts?

Some of us communicate easily in our holy spaces during synagogue service, holiday, and other religious celebrations. Some can read Hebrew and pronounce the words well. Fewer actually understand what the words mean. Others may read the prayers in English, or make personal requests to their Lord silently. We have prayer leaders whose voice and presentation alone bring people to services. Then there are those whose oratory is less than attractive. Among us are individuals who buy a new set of clothes for Rosh Hashanah, and maybe a new hat, which sets them apart from the crowd.

How about a fancy embroidered Tallit (prayer shawl)? Which of these individuals gets preference

in the holy queue on the Day of Judgment? The Bible does recognize ritual as useful for holiness. In the text are long descriptions of Priestly Apparel along with descriptions as to how the Priests were to present themselves during holiday services. Words are also important in the Bible. Aaron, the High priest, was able to expiate the congregations' sins by speaking words over the scapegoat he then sent out into the wilderness on Yom Kippur.

Moses delivered a short prayer when he found his sister Miriam stricken with a skin disease: "O God, pray heal her!" (Numbers 12:13) And what about promises? These are words we say to family, associates, and community leaders. Pledges for donations, of substance or of time, to help others about us. Mostly stated with good intentions, these pledges are not always fulfilled.

Our Bible is clear on the value of speech, particularly vows: "If a man makes a vow to the LORD or takes an oath imposing an obligation on himself, he shall not break his pledge; he must carry out all that has crossed his lips." (Numbers 30:3) Women are also obligated, unless they are under control of a husband or father who annuls her vow on the day he hears about it. (Later, Talmudic law obligates woman over the age of majority, age 12, to honor their promises on the same status as men.) God created our world with the power of His words. Our tradition respects the ability of words to heal and to hurt. Malicious gossip is condemned. The stability of organized society depends on believing what people say with consequences for falsehood. The way we present ourselves in public is an extension of our speech. Lies, malicious speech or behavior affecting another

individual require forgiveness from the aggrieved party and a sacrifice to HaShem (the Name) to be absolved.

Leviticus 19 starts with: "You shall be holy, for I, the LORD your God, am holy." It is our obligation as Jews to imitate the Most High as best we are able. The chapter goes on to give us a list of how we are to accomplish this daunting task. We are to revere (not necessarily obey) our parents, the aged, and our children. Provide for those less fortunate than us. Do not cheat or steal. Judge fairly. Do not hate your fellow in your heart. Respect the foreigner and treat the stranger as you would a citizen because: "you were strangers in the land of Egypt: I am the LORD your God". Clearly our tradition is concerned with our actions. The Rambam (Moses Maimonides) in his opus 'Guide of the Perplexed' divides our actions into four classes: Purposeless, unimportant, vain, and good.

He reminds us that our Creator is infinitely good and thus all God's actions are good. As we are to emulate God as much as we are able, it becomes our job to learn as much as we can about our Lord and how his presence affects our world. Only then can we truly fulfill our destiny as human beings. Those actions not classified as good are what makes us human, but do not help us fulfill our destiny.

The Prophets are less generous. In the Haftorah portion read on Yom Kippur Isaiah chastises his community where people fast and pray on the holiday, but also act morosely. They oppress their laborers and work on the fast day. Isaiah goes on: "Is this the fast I desire, a day for people to starve their bodies? Is it bowing the head like a bulrush and lying in sackcloth and ashes? Do you call that a fast, a day when

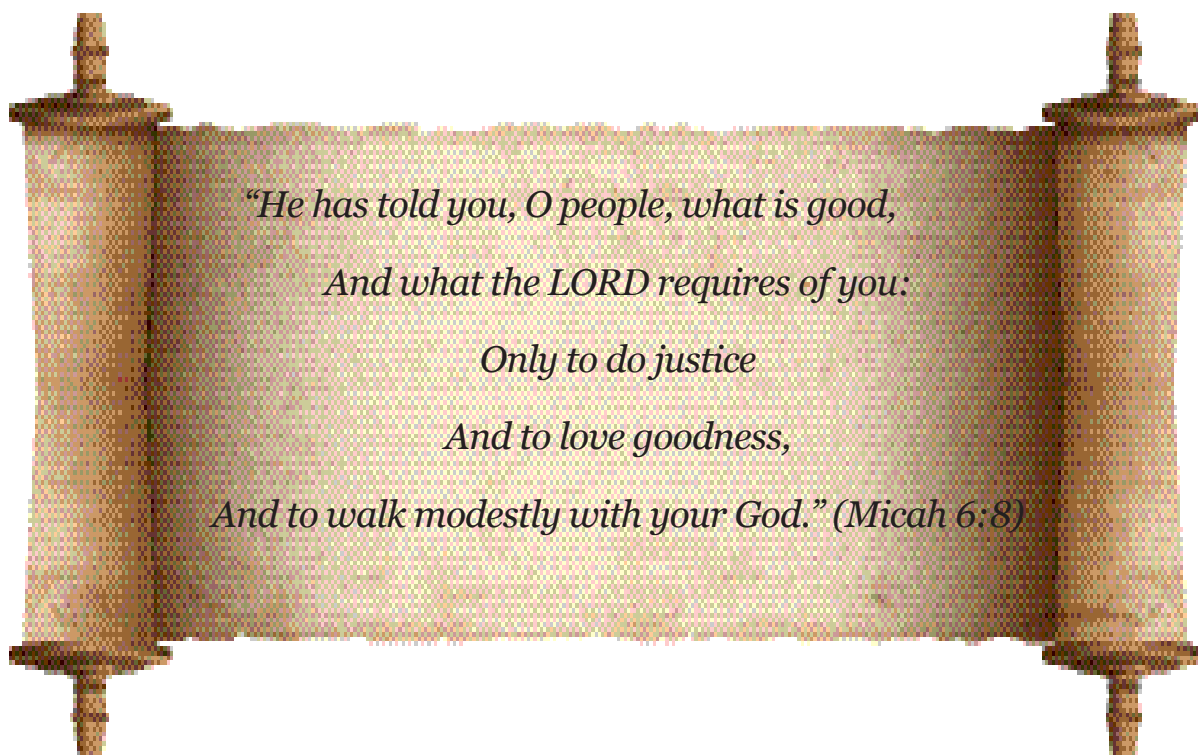
the LORD is favorable? No, this is the fast I desire: To unlock fetters of wickedness, and untie the cords of yoke, to let the oppressed go free; to break off every yoke. It is to share your bread with the hungry, and to take the wretched poor into your home; when you see the

naked clothe him, and not to ignore your own kin. Then shall your light burst through like the dawn." (Isaiah 58: 5-8)

Our words, our thoughts, our education, our presentation to the world are all important to our spiritual well being. Without appropriate action however,

what is the point? Words, backed by Action, are what our tradition demands from us. This is how we human beings can make our world a better place for us having been here.

L'Shanah Tova U'Mitukah.
May you and your family have a sweet and prosperous New Year.



*"He has told you, O people, what is good,
And what the LORD requires of you:
Only to do justice
And to love goodness,
And to walk modestly with your God." (Micah 6:8)*

History Unfolded: What Americans Knew About the Holocaust With Eric Schmalz

Schmalz is the Community Manager of the United States Holocaust Memorial Museum's Citizen History Project 'History Unfolded: US Newspapers and the Holocaust.'

**Thursday, November 8, 2018, 7 p.m.
Sussman Theater, Olmsted Center on
the campus of Drake University**

This program is free and open to the public. For information, contact
denise.ganpat@drake.edu and cell phone 515-418-2987

Sponsors: Principal Center for Global Citizenship, Drake University School of Journalism and Mass Communication, Jewish Federation of Greater Des Moines, Iowa Council for Holocaust Education, and Drake Hillel. This Program is made possible by the Campus Outreach Lecture Program of the United States Holocaust Museum's Jack, Joseph and Morton Mandel Center for Advanced Holocaust Studies, supported by Jack and Goldie Wolfe Miller.



Jewish Family Services

Upcoming Senior Events

September 13th the senior luncheon will be held at The Iowa Jewish Life Center at 12:00. Lunch will be provided by the Life Center and we will get a chance to visit with Ron Osby, Life Center director, and the Life Center staff

October 9th we will travel to Prairie Meadows to enjoy food, gambling and music

Engman Camp Shalom and Senior Luncheon Pictures



After eating a delicious meal together, Engman Camp Shalom campers provided singing entertainment. Od Yavo Shalom Aleinu, Tree of Life and Hinei Mah Tov were sung.



The Iowa Jewish Senior Life Center's Board of Directors President, Hannah Rogers and Executive Director, Ron Osby presented Sharon Goldford an Appreciation Award on behalf of the Board of Directors for her support, dedication and her many years of service on the Iowa Jewish Senior Life Center's Board.

*Wishing our friends
a
Happy and Healthy New
Year
On behalf of
The Iowa Jewish Senior Life Center*



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Fall Fundraiser

October 18, 2018

5:30 p.m - 7:30 p.m.

The Iowa Jewish Senior Life
Center 900 Polk Boulevard, Des
Moines, Iowa 50312

Wine Tasting Appetizers Silent Auction

Tickets are \$36 per person. Purchase tickets at www.seniorlifecenter.org submit request on donation page and note Fundraiser Ticket or call 515.255.5433 for additional details. Donations Appreciated! Business Casual Attire Event

Simple Yet Delicious Desserts for the New Year

Karen Engman
Chef du Jour Columnist

It's that time again...time to plan the menus for the Erev Rosh Hashanah dinner. Every family has their own favorite recipes for holiday meals. Most of us start the evening off with apples and honey to signify the sweetness of the coming new year. Chopped liver or the vegetarian version is another favorite just because it's an age-old Jewish tradition. Chicken soup follows, then beef brisket and/or baked chicken, challah, and all the glorious side dishes and salads.

By the time dessert arrives, we are all pushing away from the table feeling nicely satisfied (or too full). Our dinners usually end with a baked fruit crisp or a special layered ice cream confection topped with hot fudge. This year, I suggest taking a break

from the elaborate desserts and instead offer a variety of bars and cookies. My favorite "go-to" sweets are chocolate chip cookies and brownies. Both desserts freeze well so they can be prepared in advance.

Chocolate chip cookie recipes abound and they are all excellent. Adding oatmeal, toasted nuts, shredded coconut, or M and M's can transform your current recipe. My latest favorite recipe for chocolate chip cookies takes a little longer to prepare but it is well worth it.

As for brownies, I grew up loving my mom's traditional chewy, cakey version that were so delicious she didn't even need to frost them, but once I tasted brownies prepared with a can of Hershey's syrup, I was hooked by their fudge like texture. The origin of this recipe is from Barb Sherman, who got it from her



Omaha cousin Bobbie Epstein. I have been baking them for over twenty years.

I hope you have luck with these two recipes and have a wonderful and sweet new year!

Thank you for reading this column and please remember to call/text (515-229-4447) or email (karen.engman@gmail.com) me with your questions and suggestions. I would love to interview you and feature your favorite recipes.

Hershey Brownie

Cream: 4 eggs

1 stick unsalted butter

1 1/2 cups sugar

Add: 1 cup flour + 1 Tablespoon flour
1 teaspoon vanilla

1 can Hershey chocolate (regular or dark) syrup (16oz)

Optional: add pecan chips to top

• Bake in greased 9X13 pan at 350 degrees for 30 minutes, test for doneness

• Cool

Icing

• 6 Tablespoons butter

• 6 Tablespoons milk

• 1 cup sugar

• 1/2-1 cup semi-sweet chocolate chips

• Stir & bring to boil, stir for 30 more seconds then remove from heat and add chocolate chips. Whisk together or mix in Mixmaster until smooth

• Option: place whole pecans on to mark each brownie

Salted Chocolate Chip Cookies

Ingredients

2 cups minus 2 Tablespoons cake flour

1 2/3 cups bread flour

1 1/4 teaspoon baking soda

1 1/2 teaspoon baking powder

1 1/2 teaspoon Kosher Salt

2 1/2 sticks unsalted butter

1 1/4 cups light brown sugar

1 cup and 2 Tablespoons

granulated sugar

2 large eggs

2 teaspoons vanilla extract

1-2 cups semi-sweet or dark

chocolate chips (I prefer Ghirardelli chips)

Directions

• Sift or whisk flours, baking powder, baking soda and salt into a bowl, then set aside

• Cream the butter and sugars

• Add eggs, one at a time, mixing well. Stir in vanilla

• Add dry ingredients

- Drop in chocolate pieces
 - Plastic wrap dough and refrigerate for 24-36 hours. Dough may be used in batches and can be refrigerated for up to 72 hours
 - When ready to bake, preheat oven to 350 degrees, line baking sheet with parchment paper
 - Scoop balls of dough and space out on prepared pan
 - Sprinkle lightly with coarse salt and bake until golden brown but still soft, 13-16 minutes. Bake one sheet at a time. Turn the sheet about halfway through for a more even bake
 - Cool for just a few minutes then transfer cookies to wire rack to continue to cool
- yield: 2 – 3 dozen cookies unless you make them 5" giant ones!

Orthodontic Surgery Without a Single Incision

Israeli researchers combine a nanotechnology and a biological enzyme to create an enzymatic blade that could replace surgical scalpels.

Abigail Klein Leichman
Israel21C.org

Israeli researchers have developed a nanotechnology that replaces the surgical scalpel with an “enzymatic blade.” The novel technology is based on enzymes – biological molecules the body uses to repair itself – as well as nanoparticles for achieving a targeted therapeutic profile.

In an article published recently in *ACS Nano*, the researchers describe how the application of this technology in an oral surgical procedure avoids the pain associated with orthodontic surgeries and significantly reduces tissue recovery time.

“Surgical blades are common medical tools. However, blades cannot distinguish between healthy and diseased tissue, thereby creating unnecessary damage, lengthening recovery, and increasing pain. We propose that surgical procedures can rely on natural tissue remodeling tools – enzymes, which are the same tools our body uses to repair itself,” the scientists wrote.

In the United States alone, approximately 5 million people undergo orthodontic treatment each year. To speed up treatment, which typically lasts about two years, many undergo invasive surgery in which collagen fibers that connect the tooth to the underlying bone tissue are cut.



The technology developed by doctoral candidate Assaf Zinger at the Technion-Israel Institute of Technology in Haifa softens the collagen fibers via the targeted release of collagenase – an enzyme that specifically breaks down collagen.

The collagenase is packaged into liposomes, or nano vesicles, using techniques developed in Assistant Prof. Avi Schroeder’s Laboratory of Targeted Drug Delivery and Personalized Medicine at the Technion. After being placed at the surgical site, a calcium ointment is applied to activate the collagenase. The enzyme begins to leak gradually from the liposome and soften the collagen fibers.

A series of tests was done to determine the collagenase concentration optimal for the procedure and to accelerate tissue repair thereafter.

Shortens orthodontic treatment time

In a preclinical trial, the researchers compared the efficacy of the controlled-release system (in combination with orthodontic braces) to that of standard orthodontic treatment and concluded that the system reduces the time required for straightening teeth and improving therapeutic outcome.

This would translate to an orthodontic treatment that lasts several months, instead of the usual two years. The researchers estimate that their enzymatic blade could be used in humans within a couple of years.

Although it was tested in oral applications, theoretically the new technology can be used in a variety of surgical procedures and is potentially revolutionary.

“Over thousands of years, the surgical knife has been upgraded. However, the general paradigm has not changed. Here, in the current study, we present a considerable paradigm shift: replacing the metal blade with a biological process,” write the researchers.

“Through the combination of nanotechnology and proteolytic enzymes, localized surgical procedures can now be less invasive.”

Also taking part in this research collaboration were physicians from Tel Aviv Sourasky Medical Center’s Department of Pathology and the Rambam Medical Center Department of Oral Maxillofacial Surgery, as well as the director of the Moriah Animal Companion Center in Haifa.

The research was supported by grants from the European Council and European Union, German-Israeli Foundation for Scientific Research and Development, various Israeli foundations and Alon and Taub Fellowships.

Blumenthal Scholarship Recipients Luncheon



Margo and Don Blumenthal with scholarship recipients. From left to right: Margo Blumenthal, Abigail Wahlig, Mark Finkelstein, Hannah Cline, Meier Lipman, Ethan Adato, Jacob Copeland, Layla Laufenberg, AJ Pearl, Dani Lipman, Janice Rosenberg and Don Blumenthal. Not pictured, Hanna Kaufman and Annie Weinberg.

Eight of the ten recipients of the Blumenthal Scholarship gathered for lunch on Tuesday, August 7, 2018. The recipients are pursuing a wide range of degrees at Colleges and Universities across Iowa.

Don and Margo Blumenthal invited participants to a delicious lunch at the Embassy West Club. The Blumenthals continue to extend their kindness to college

aged, Jewish community members.

Margo describes the scholarship as a “Mitzvah for the community.” Modeled off of a scholarship program her mother created for BBYO members, the Blumenthal Scholarship continues to grow in number of recipients.

During the lunch, recipients shared their schools and their degrees in school:

- Abigail Wahlig, Iowa State University, Animal Science
- Ethan Adato, University of Iowa, History and Communications
- Aj Pearl, University of Iowa, Bio program into Pre-med pediatrician
- Jacob Copeland, Iowa State University, graphic design and mechanical engineering (automotive design)
- Kayla Laufenberg, University of Northern Iowa, health science
- Hannah Cline, University of Iowa, graphics and a minor in Spanish, certification in arts management
- Dani Lipman, University of Iowa, physicist and astronomy
- Meir Lipman, University of Iowa, business analytics
- Hanna Kaufman, University of Iowa, human physiology/pre-physical therapy
- Annie Weinberg, Luther College, social work

The apparent situation facing British Jews: Confronting Antisemitism

Mark Finkelstein
JCRC Director

“British Jews who raise the issue of antisemitism that they experience are accused of being involved in some kind of underhand ‘campaign,’ said David Hirsh in an online post on Facebook.

A British sociologist, David Hirsh is one of the most astute commentators on antisemitism in the UK today, particularly hard-left antisemitism, a phenomenon he studies from his personal perspective as a man of the left. He authored a prominent book

on the topic, Contemporary Left Antisemitism, in 2017.

Hirsch explained that the ‘underhand campaign’ individuals, especially from among the left of center Labour Party, are accusing Jews of is to ‘smear’ the leader of the party, Jeremy Corbyn, to weaken the party, or to prevent criticism of Israel. In fact, says Hirsh, “The allegation of antisemitism is not a tactic. It is an analysis. It’s what people experience and what they understand.”

This all comes in the context of instances of antisemitism having erupted within the Labour Party

since the ascension of Jeremy Corbyn as party leader in 2015 and as displayed by Corbyn himself. The latest bit of evidence against Corbyn comes from a photo from several years ago which has surfaced showing him participating in a memorial for the Palestinian perpetrators of the massacre of Israeli athletes at the 1972 Olympics.

In his defense, Corbyn insists that he is opposed to antisemitism, although his definition of antisemitism is not the International Holocaust Remembrance Association’s (IHRA) working definition,

supported by the mainstream Jewish community. The IHRA's definition has been adopted by the United Kingdom and other European countries. In rejecting the IHRA definition, the Labour Party under Corbyn formulated its own definition, which omits some significant provisions contained in the IHRA definition. The provisions omitted in the Labour version would not consider it antisemitic to analogize Israeli behavior to Nazi behavior, nor would it stigmatize critics of Israel for calling for the dismantling of Israel on the premise that it is a racist state, akin to apartheid South Africa.

In July, a uniquely broad

coalition of British rabbis signed a letter calling on Labour to "listen to the Jewish community about antisemitism." <https://bit.ly/2MiPHIi> A week later, the three leading British Jewish newspapers took the "unprecedented" step of publishing the same front page condemning Labor antisemitism. <https://bit.ly/2LNJbVT>

The confrontation between the mainstream Jewish community leadership and Corbyn's Labour Party does not appear to be subsiding. It is fair to state that there is apprehension within the Jewish community that Corbyn might well succeed the Conservative Party's Theresa May as Prime Minister of the

United Kingdom. Some British Jews are apparently considering leaving the UK as a result of the situation with Labour and in regard to the relatively high level of antisemitism prevailing at present. <https://cnn.it/2Mq2OqD>

David Hirsh noted that, in his opinion, while it is "not yet" time to leave and he hopes that time never comes, he advised his fellow Jews to begin considering alternatives. In his post, he admitted: "I'm completely disgusted that this is my advice; shocked, too."

Resources to follow this story include The Jewish Chronicle <https://www.thejc.com/> and Jewish News <https://jewishnews.timesofisrael.com/>

The *Jewish Press* is going digital!
We are happy to announce *The Jewish Press* will now be released primarily in digital format. If you would still like to receive a physical copy of *The Jewish Press*, please fill out the survey here bit.ly/2KngwWW or fill in this form and send it by mail to:

The Jewish Federation of Greater Des Moines, 33158 Ute Ave. Waukee, IA 50263

Name _____

Address _____

Beit Sefer Sha'om

we grow minds



Join us for a first day of school celebration on Sunday, September 9. To kick off the 2018-19 school year, we will have a family breakfast in Bookey Lodge beginning at 8:30 a.m. and then an assembly at 9 a.m. where family and friends are invited and students will meet their teachers. We hope to see you there!

MADRICHIM PROGRAM

JR. & SR.
PROGRAMS AVAILABLE

What Will I do?

Assist in leading small groups or Hebrew practice
Support students with special needs
Prepare supplies and materials for classroom activities
Babysit/play with younger children
and much more!

What Are The Requirements?

Madrichim must be in 7th-12th grade
Be able to work Sunday mornings (9 a.m.-12 p.m.) and/or
Wednesday afternoons (4:30 p.m. - 6:30 p.m.)

How Do I Apply?

Applications are available online at: <http://bit.ly/2PkvMXg>

Beit Sefer Sha'om



SCHOOL CALENDAR 2018-19

SUNDAYS

9AM - 12PM

September: 9, 16, 23, 30
October: 7, 14, 21, 28
November: 4, 11, 18
December: 2, 9, 16
January: 6, 13, 27
February: 3, 10, 24
March: 3, 10, 31
April: 7, 14

WEDNESDAYS

4:30PM - 6:30PM

September: 26
October: 3, 10, 17, 24, 31
November: 7, 14, 28
December: 5, 12, 19
January: 9, 16, 23, 30
February: 6, 13, 20, 27
March: 6, 13, 27
April: 3, 10

SAVE THE DATE



NOV. 11. 18

A project of the Aleph Society

Caspe Terrace | Waukee

The 2018 Global Day Theme is
Extraordinary Passages: Texts and Travels

'Student to Student Program' Gives Jewish Students the Tools to Educate

Kyle Grossman brought the Student to Student Program to Des Moines after being involved with the program in St. Louis while in high school. For more information or to join, please contact Kyle at kyle@dmjfed.org.

Giovanna Zavell
Managing Editor/Judaic Specialist

What is student to student?

A program in which high school students give presentations about Jewish life to area high schools and church groups. It is attempting to become national. It started in St. Louis and that group has received a grant last year to expand the program nationally. Here, locally, it is through Beit Sefer Shalom. **How were you introduced to the program?**

I did this in high school. It was a lot of fun and I thought Des Moines could benefit from it. Everywhere needs lessons in reducing antisemitism and especially in 2016, which is when this program started here in Des Moines and it is especially useful, especially with the way the election turned out.

What did you gain from being involved with this?

I got a better understanding of where Judaism fits in my life. Religiously, culturally, but still on my own terms.

How is Iowa different than where you were involved in this program?

The biggest difference is the size. St. Louis has been going for 20 years which helps contribute to their size but also there are more Jewish people to participate than there are in Des Moines.

What are the benefits for the students on both ends?

Those teaching gain

confidence in public speaking, they get to learn from each other about the different ways to experience Judaism. Those receiving learn basics as well as nuance between the branches of Judaism.

How have people reacted to presentations given?

I have not. To my understanding, there are not super negative response. There are more times people are shocked or surprised at what they are learning because they haven't considered anything outside of their own views. But it is nothing aggressive or antagonistic.

Do you ever visit people of other religions?

We have not previously. It's mostly been church groups this past year. We are looking to expand into more schools, both public and private. A big thing is I worked with someone at DMARC who put me in touch with various Christian groups who are looking to learn more. It's a mix of people reaching out to have presentations and us reaching out to give presentations.

What are your goals for this year?

I am looking to have more presentations than previously and this past year, we formed groups as needed. This year, I want to have set groups so people can really learn their team members and learn how to work well together. Last year I had 11 students involved and I

just sent out the invitations for this year, so I do not yet have a number.

Why should people join?

It makes a difference. It's something you can do to make a positive impact with very little commitment or outside work. I try and express this when I am trying to coach the kids on their presentations; it's about Judaism and you live a Jewish life. It's not like you have to learn a bunch of different stuff. When I did it, I was in charge of the Kashrut portion. So I brushed up a little to make sure I covered everything and understand it a lot better because I personally don't keep kosher. But generally, you know stuff, the basics.

How do you see this program bettering the greater Des Moines community?

It's combating antisemitism and bigotry in general. I did a little bit of number crunching and the Jewish population of Des Moines area is .5% it's tiny. But, that doesn't mean their issues can be ignored. So if we can teach people about our way of life, perhaps they can understand and be more receptive to what the Jewish community asks of the larger society. Also, it's good to do that sort of program for high school students before they are adults and set in their own ways.

Gan Shalom

Our summers at Caspe Terrace are not long enough. We started with the corn fields stalks shorter than the kids, now the corn is 14 ft. tall. We measured it! We enjoyed working in the garden, sliding down the huge slip and slide, petting alligators and break dancing in Bucksbaum Auditorium. We loved making new friends, trying new things and making wonderful summer memories.



Gan Shalom Preschool welcomes 42 children on Monday, August 27, 2018. At Gan Shalom children will develop a solid foundation for learning, the confidence to explore and the self-esteem that will strengthen their emotional, social, physical and intellectual development. We will support our programing with social- emotional programing, assessments with Family-Teacher conferences and our new Judaic Specialist, Morah Anna. We look forward to learning and celebrating Rosh Hashanah. We will have our Rosh Hashanah Basket Fundraiser. Basket orders are being taken now. Please see ad on next page.

L'a Shana Tova and best wishes for a great school year,
Morah Anissa

Gan Shalom

ROSH HASHANAH BASKET

fundraiser

SMALL - \$18

Honey sticks
Apples
Challah knots
Grape Juice

LARGE - \$36

Honey jar
Apples
Round Challah
Grape Juice
Chocolates

All items are Kosher. All proceeds go to Gan Shalom.

Orders are due by Thursday, September 6, 2018.

Call 515-987-0899 x 233 with any questions.

**Baskets can be picked up at Caspe Terrace in the school wing on
Sunday, September 9th from 9 a.m. to noon.**

GAN SHALOM ROSH HASHANAH BASKET - ORDER FORM

| SIZE | QUANTITY | PRICE | PICK-UP | HOME OR BUSINESS DELIVERY +\$5 | SUB-TOTAL |
|-------|----------|-------|---------|-----------------------------------|-----------|
| SMALL | | \$18 | | | |
| LARGE | | \$36 | | | |

TOTAL _____

NAME: _____ RECIPIENT: _____

ADDRESS: _____ DELIVERY ADDRESS: _____

PHONE #: _____ PHONE #: _____

Credit Card: _____ Message to Recipient : _____

Exp: _____

Checks payable to "Gan Shalom"

Please return to Gan Shalom Preschool. Caspe Terrace, 33158 Ute Avenue, Waukee, IA 50263
ganshalom@dmjfed.org

'Farm to School' Encourages Kids to Eat the Rainbow

Giovanna Zavell
Managing Editor/Judaic Specialist

It's no secret there are lots of farms here in Iowa. But what many don't realize is how important these farms really are to our state, community, and even schools. Gan Shalom is involved with a national initiative called Farm to School. Farm to School aims to offer increased access to healthy, local foods, gardening opportunities and food-based activities to enhance educational experience.

"Part of the program is finding local farmers," says Gan Shalom Director, Anissa Deay. "We want to know what these farmers have and how we can get it into our school. A second focus of this program is educating children about where food comes from. They begin to understand the food they eat does not just come from the grocery store. It has to be grown first."

When the kids are eating healthy and learning about where their food comes from, there is an increased chance they will begin to enjoy what they eat. They learn how the different vegetables benefit their bodies and how they are supporting local farmers. And at Gan Shalom, they even have opportunities to get their hands dirty in the garden.

Off to the side of the playground at Caspe Terrace is a garden many don't know exists. Throughout the growing season, children at Gan Shalom help plant vegetables and leafy greens, pick them when they are ripe and ready and eat them. All while learning.

"The kids will eat straight from the garden," Deay says. "They don't have to worry about anything. They can just pick a ripe tomato right from the vine and eat it. While we are planting and picking, we talk



about the different vitamins in each vegetable." These children are at an age where they know their ABC's and can point the letters out on a label. As far as early reading goes, children can start seeing and understanding the vitamin content in the foods they consume. They begin to recognize what is good for their body.

"Having the garden and learning about vitamin content is more than just pre-reading, it is body awareness," Deay says. "They have the knowledge to correspond these foods are good for my body and it helps my body in different ways."

Deay believes that Gan Shalom is already ahead of the curve when it comes to the Farm to School program because of the Kosher guidelines in play. "Our Kosher food guidelines push families to think outside the box because we are looking for other sources of protein, other than meat," Deay says. "We provide snack for the kids daily, and we eat a lot of hummus, which has beans. The kids bring avocados in their lunches and other good dairies like cheese and yogurts."

The children aren't the only ones benefiting from the Farm to School initiative. The community

benefits greatly, from the farmers to those who purchase their produce. When the children are introduced to the idea of the origin of vegetables, their families become more aware of the resources for fresh produce all around them. "People start to realize that they have a produce stand just down the street from them where they can get fresh foods," Deay says. "Kids need to know fresh foods are available to them at a young age so that they continue good eating habits as they get older."

Going into the next school year, Deay wants to partner with local farmers to learn what they have available, and how they can be incorporated into daily snacks. With this, she wants to instill an appreciation for Iowa into the kids. They can do this through learning about farmers and what they provide. The most exciting part is, families are already taking advantage of these opportunities.

"Out of all the preschools I have worked at and have experienced, these kids at Gan Shalom have really good lunches," Deay says. "The parents do a really good job. It's almost like they are eating a rainbow."

Gan Shalom Teachers Gain Valuable Knowledge at Conferences

Giovanna Zavell
Managing Editor/Judaic Specialist

At Gan Shalom, we are so lucky to have such amazing teachers. They come in energized and excited to be with their kids daily. Each one carries unique knowledge and ways of teaching. This summer, three of our teachers attended conferences where they learned valuable techniques and information to bring back to their own classrooms.

Juli Margolin, who teaches the Pre-K class here at Gan Shalom, attended New CAJE, a conference for Jewish educators. The conference was held at The University of Hartford in Hartford, Connecticut.

“New CAJE’s mission is to connect, inspire and affirm all Jewish educators to build a stronger Jewish community,” Margolin says. “We advocate on behalf of each other and our profession so that Jewish educators can do their best work every day.”



Margolin says one of her favorite parts of the conference was being surrounded by so many other Jewish educators. To have all of these people who share the same faith, and passion for Jewish education is something you don’t get to experience too often.

“I went to several sessions on different areas of early childhood-

using music in our classrooms, project-based learning, outdoor classrooms and even yoga with the kids,” Margolin says. “Being around so many Jewish educators gave me a chance to share ideas with other preschool teachers and got me very motivated to try some new things at Gan Shalom this fall.”



Margolin (bottom right) with Ellen Allard (bottom left) and other attendees at New CAJE.

The Pre-K classroom will see a lot of singing and dancing this school year, as music is one of the main themes Margolin is locating to incorporate more into her lessons.

Lisa Nelson and Raizel Small traveled together to The Brookfield Zoo in Illinois to attend WOW (World of Wonder) conference. Small teaches the two year-olds and Nelson teaches the three year-olds. WOW is an international nature-based early learning conference. This is a great conference, considering how lucky we are at Caspe to have so much nature, right at our finger tips.



Professionals from 35 states and 11 countries attended to educate the many ways to incorporate

nature exploration into daily programs.

“I hope to enrich our student’s experiences at Gan Shalom by integrating our core Jewish values with more nature-based learning moments,” Small says.

“My greatest takeaway was using what you have, no matter where you are, just use the resources you have,” Nelson says.

Both Small and Nelson emphasized how the outdoor space at Caspe is just begging to be explored, and Gan Shalom students have the opportunity to do so each day. From playing outdoors to bringing the outdoors in, the possibilities are endless.

“My goal is to continue fostering an environment that encourages our kids to discover and create through outdoor play,” Small says.

“My goals for my class this year is to implement more nature-based learning and spend more time outdoors exploring,” Nelson says.



The school year is just starting, but there are already so many great plans and activities just waiting for Gan Shalom students to take advantage of. Make sure to keep up with all the new and exciting things happening here at Gan Shalom on our Facebook page and Instagram. And, don’t forget to ask your child what they learned in school today. We can guarantee with will be something new each day.

Engman Camp Shalom

we create spirit

It has been another great summer at Engman Camp Shalom! We had 10 very full weeks of field trips, activities here at Caspe and more. From visiting Blank Park Zoo to going to the Iowa State Fair, campers got to experience a whole lot of fun. We owe a huge thank you to our amazing counselors who made this summer possible. We are so lucky to have such great staff. We had 65 kids come through camp this summer, each one of them with a huge smile on their face. Engman Camp Shalom doesn't end in the summer, well, not exactly. Be on the look out for more information about winter break camp and spring break camp. What can we say, we just can't get enough of our amazing campers and want to have them here at Caspe as much as we can. Thank you parents for sharing your kids with us. We look forward to seeing everyone again soon!





Holiday and Traditions: IJHS Oral History Collection

Jewish Holidays and traditions are a recurring thread woven through many of the recently digitized oral histories in the IJHS collection. With the High Holy Days near, we share some snippets gleaned from a few of the interviews. Then, as now, each family had its own traditions that they followed.

Janice Rosenberg interviewed Ben Witten and Annie Witten Blumenthal about their Jewish heritage and lives on Nov. 11, 2000 at Annie's home in Des Moines. This interview was part of the Don and Margo Blumenthal Des Moines Heritage Oral History Project. Like many Orthodox families, the Witten siblings grew up near the shul and their parents had a kosher home. Yet Ben declared that they were not overly religious. "Pa would go to the synagogue for Yahrzeit for his parents. We'd all go for the high holidays. ... That was about it."

Back on October 22, 1992, Sioux City attorney A. Frank Baron enjoyed talking about celebrating Jewish holidays. "In my family on Rosh Hashanah it has become tradition. In our house we have a very nice Rosh Hashanah meal and we invite, basically, the widows around town as we have no family here. And we end up inviting other folks who have no family left."

Observance of the holiday goes beyond the meal. "I don't work on Rosh Hashanah; we do watch TV and drive to the synagogue," Baron added. "We keep our kids out of school, [which] poses some problems as life in Iowa doesn't operate under a Jewish Calendar!"

There's a big contrast in how he and his family celebrate the end of the High Holy Days

compared to the beginning. He explained why. "We usually do not have guests on Yom Kippur. My family does basically fast through all of Yom Kippur and then we have our own break the fast at home." They didn't go to the big break the fast gathering at their synagogue, because "when I've fasted for 26 hours, the last thing I want to do is go be social with people. I want to go home, take a shower and eat something and be left alone."

Siblings Ida Pesse and Marvin Andich of the Quad Cities area were interviewed as part of a 1990s grant funded oral history Toldot Iowa project involving Grinnell University students as interviewers. The siblings reminisced about breaking the fast after Yom Kippur services as youngsters, and again later as adults. Ida named the food they were served as children: hard boiled eggs, tuna fish salad along with some other type of fish, and baked potatoes. "And bagels with cream cheese!" exclaimed Marvin. Now [in 1992] as Yom Kippur ended and the calls from the shofar were done, "we all go into the dining room of the synagogue for coffee, sweet rolls, bagels and cream cheese," said Ida about breaking the fast in their adult years. She added, "Nowadays, we don't go into the big meals for the holidays –we go to the pancake house!"

High Holy Days brought up some specific images for Jack Bernstein when he was interviewed in Sioux City for the Toldot Iowa Project in 1991.

"I remember sitting up in the balcony where all the women were. With, I think, at certain times with my Grandmother and certain times with what it appeared to be very old ladies

to me at that time. I remember how they used to auction off the aliyahs. There was a fellow named Joe Korcho (sp?) who was –a lot of people remember him in folklore—who used to auction off those aliyahs. That's how they raised money for the synagogue."

During the long services he described that he

was always bored, as any youngster would be in the synagogue. That just comes with the territory! I remember sneaking out and standing outside the front door, and, at that time of the year –mid to late September – all the lady bugs that used to crawl up and down. I bet nobody else tells you that! The place was rampant with ladybugs. I'll never forget that."

Arthur Davis was a former Des Moines mayor with a long record of public service. President Jimmy Carter appointed him to the President's Holocaust Memorial Council. Janice Rosenberg interviewed him on July 18, 1997 just a few months before his death. "High Holidays were at my Grandfather Baron's. Morris and Minnie Baron. And it was usually just us. On other holidays all the family showed up, but not on the High Holy Days."

The staff of the Iowa Jewish Historical Society [Sandi, Sarah, Zachary and Susan] wish everyone safe and memorable Rosh Hashanah - Yom Kippur holidays.

New Acquisition – Bottle from the Bernstein Bros. Bottling Company, a Jewish Business in Marshalltown

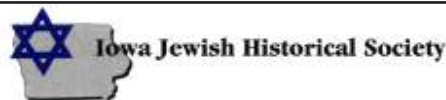
Adolph, Charles, and Herman Bernstein were brothers from Kovno, Russia, who came to Iowa in the 1880s. They began working in the retail liquor business, operating saloons in Marshalltown until they were closed in 1911. The brothers engaged in other businesses in Boone, Iowa and San Antonio, Texas until 1914.

Adolph came back to Marshalltown where he, with his brother Charles, opened Bernstein Bros. Bottling Company. An article in the Marshalltown Evening Times-Republican from November 1914, describes the company

as “the Most Modern and Completely Equipped in the State” where there were available “pops of all flavors and ginger ale, Colfax, mineral, carbonated, and distilled waters. Also, exclusive agency for Coca Cola in bottles.”

After Adolph’s death in 1917 the company’s name was changed to the Bernstein Bottling Company. In 1918 they filed for bankruptcy and Charles Bernstein died in 1919.

Glass bottle from Bernstein Bros. Bottling Company in Marshalltown, Iowa



The Jewish community in Iowa has built a gem on the prairie. Now it's time to build on this success and make it even better.

Our 20th Anniversary Fund Drive will help the IJHS:

OPEN our doors on a more regular schedule to welcome more students and visitors of all ages;

FIND new ways to share our history with people in our state and around the world; and

ENSURE that the artifacts that we have already collected and those that are donated in the future will be taken care of so that future visitors can see the real objects that were used and valued by the generations that came before them.

In these challenging times, it is so important that we make even greater efforts to save our history, in our home communities and statewide, reflecting on our life experiences and displaying our contributions to Iowa and our nation.

Your gift can make all of this happen!

Help preserve our precious heritage and share it with the world.



Iowa Jewish Historical Society
...how beautiful is our heritage
Campaign

I am pleased to support the Iowa Jewish Historical Society with a gift of:

☐ \$100 ☐ \$250 ☐ \$500 ☐ Other _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

My donation to the IJHS is payable by:

☐ Check enclosed, payable to IJHS

☐ Credit: Visa MasterCard American Express

Credit Card Number _____ CSV # _____

Veterans Day 2018: Honoring Iowa's Jewish Veterans

The Iowa Jewish Historical Society's work to identify and honor Iowa's Jewish veterans—the men and women who helped to keep our nation strong since Iowa became a state--continues.

The project started in 2011 with the first list of 25 people who had served in the US military. Thanks to the statewide Jewish community—veterans, their friends and families, and researchers who have shared information with us—the list now includes the names of 1,470 men and women who served from the Civil War to today.

The names have come from several sources: cemetery records, records in our archives, information provided by veterans themselves and/or their families, obituaries, etc.

Yet we know that there are more of Iowa's Jewish veterans who are missing from the list. If you want to add your name or the name of family members or friends to the list, please call us at 515-987-0899 ext. 216 or email ijhs@dmjfed.org. Soon, the Information Form will also be available on our revised website at www.ijhs.online.



Joseph Katz



Ben Witten



Thelma Kardon



Stan Engman

Preserve Iowa's Jewish Heritage

Join online now at www.ijhs.online or complete this membership form.

Name _____

Address _____

City, State, and Zip Code _____

Membership Levels

Membership Year: July 2018 through June 2019

| | | |
|-------------------------------|---------|-------|
| Lifetime | \$5,000 | _____ |
| Benefactor | \$1,000 | _____ |
| Sponsor | \$500 | _____ |
| Supporter | \$180 | _____ |
| Institution | \$100 | _____ |
| Patron | \$100 | _____ |
| Individual or Gift Membership | \$36 | _____ |

In addition, I want to make a donation to the Iowa Jewish Historical Society \$ ____.

Please make your check payable to the IJHS and send it to

33158 Ute Ave., Waukee, IA 50263.

For more information: (515)987-0899 ext. 216 or ijhs@dmjfed.org





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Religious Leaders of Our Community: Rabbi David Kaufman

This Q&A is the first of a series of interviews with the rabbis of our community. The first is with Rabbi David Kaufman of Temple B'nai Jeshurun.

Giovanna Zavell
Managing Editor/Judaic Specialist

How has Judaism played a role in your life?

I grew up Jewish, as a reform Jew, and my family was involved in the congregation, Hebrew United Congregation, in St. Louis. I've been a pretty strong Zionist my whole life, as were my parents my grandparents. I always had a connection to the Jewish tradition. When I was at college, I was interested in religious studies, so I just kept learning more and more.

Do you have a favorite Jewish tradition?

I like a lot of the holidays, but I think Passover is probably my favorite. The Passover Seder is probably my favorite tradition. But there are a lot of other things I like too. Some of the newer things, like the healing service on Yom Kippur afternoon, I think is really meaningful. I also really like celebrating sukkot in the sukkah.

What is special about the Passover Seder?

The connection to tradition, but also being able to celebrate multi-generational. People celebrating Judaism together with grandparents and grandkids is really neat to see.

How did you know you wanted to become a Rabbi?

I was in a graduate program at Duke, the class was history



of Judaism and archeology. I decided that if I was going to teach history of Judaism, I should know normal Judaism better, and so I went to rabbinical school, fully intending to be a professor. I had an experience at a little congregation in Treneton, Michigan at Beth Isaac Congregation, which doesn't exist anymore, where I learned a little bit about what it would be like being a congregational rabbi. I enjoyed that and found it meaningful, so I decided to pursue the path of becoming a congregational rabbi.

Where did you go to Rabbinical school?

Hebrew Union in Cincinnati, Ohio

What was the most difficult part of becoming a Rabbi?

There are a few different things. Being comfortable dealing with difficult life situations for people that you are going to work with is difficult. I think some of the academics were difficult. And especially dealing with life-work balance can be difficult.

Do you have a favorite memory from rabbinical school?

I don't think I have a favorite memory specifically, but there were a lots of fun memories. Seeing some of the kids I was working with really grow into their own and start expressing their own kinds of Judaism at my pulpit in Cincinnati was

memorable. There were a lot of times where, I wouldn't say they were necessarily happy, but there were times when you feel like there was a meaningful role to play and that it was all worth while.

What is something most people don't know but should know about the process of becoming a rabbi?

Not everyone who goes to rabbinical school intends on being a congregational rabbi. A large percentage of the people don't. So you have people who go to rabbinical school who intend to be organizational rabbis or professors and end up becoming congregational rabbis.

What do you think it is about going to rabbinical school that makes people change their minds?

Well, a lot of people don't know what they are capable of or they are capable of more than they think. Many find there are opportunities they didn't know about. Once you start your process and you go through different parts of schooling, you find out all sorts of different things about yourself.

Where is the first place you were a rabbi and how many years have you been a rabbi?

After ordination, I was an assistant rabbi in St. Louis for a little under two years. Then I came here and I have been here for 15.5 years.

How have you seen the Temple change over the time you have been here?

There is more participation in a lot of different things. We

have a generational change where there are a lot more younger people living in Des Moines now. The congregation really enjoys different types of services, prayers, events, and there is a lot of lay leadership.

What is your favorite thing about being a rabbi?

My favorite thing about being a rabbi is being able to be there at important times in people's lives. Whether it's happy stuff or sad stuff. Being able to help bring comfort in difficult times and help to make happy times happier.

What is the hardest thing about being a rabbi?

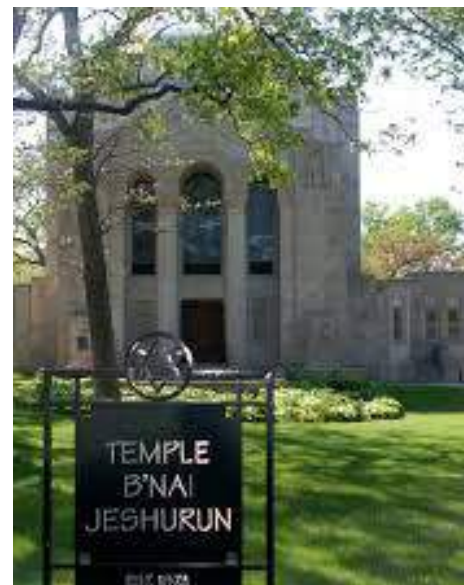
The hardest thing about being a rabbi is that often times it's difficult to find time to spend with your own family, because you are always spending time with other people's families.

What makes you unique and how would you describe your rabbi style?

I'm unique in a few different ways. I am known for being able to work with people from different perspectives, pretty broad ranges of perspectives both politically and religiously. I also do a lot of advocacy, not only at the state level, but nationally, particularly in areas related to Israel.

How is your place of worship and its people unique?

I think Des Moines is unique, generally. In Des Moines, we have a lot of cross over between reform, conservative and orthodox. And our congregation, as a reform congregation, has a lot of reform, conservative and orthodox people in it. And



interfaith families. We have a lot of perspectives all coming together. We have a lot of Jews by choice in this congregation as well as a number of people exploring new paths in their religious and spiritual life. It's a pretty dynamic place for a community our size. In a lot bigger cities, the congregations aren't even close to being as dynamic as the ones here in Des Moines.

What is your favorite part of the Torah and why?

My favorite Torah portion to look through is Genesis because I like the personal stories and being able to relate those to normal family life. I relate a lot to the historical books because I did a lot of history when I was in graduate school and undergrad. I like looking at those narratives and seeing how they relate to the archeology that I know of in the land of Israel.

If someone asked you to describe what being a rabbi is in one sentence, how would you answer?

You are a teacher, a leader and a supportive spiritual advisor.



High Holiday and Fall Services

Selichot

Saturday, September 1,
8 p.m. Dessert social
9 p.m. Selichot service

Rosh Hashana

Sunday, September 9,
8 p.m. Erev Rosh Hashanah service
Monday, September 10,
10 a.m. Morning Service
4 p.m. Children's Service
4:45 p.m.: Tashlich
Tuesday, September 11,
10 a.m. Morning service

Yom Kippur

Tuesday, September 18,
8 p.m. Kol Nidre
Wednesday, September 19,
10 a.m. Morning Service
4 p.m. Children's Service

4:45 p.m. Healing service
5:15 p.m. Afternoon service

6:20 p.m. Yiskor
6:50 p.m. Neilah
and Havdalah followed
by Community Break the Fast

Sukkot

Friday, September 28,
6 p.m. Service and
potluck dinner

Simchat Torah

Sunday, September 30,
11:30 a.m. Service

Rabbi weekend visits

October 19–21
November 9–11

Please visit <http://ajciowa.org/events.htm> for more details



Drake Hillel will be having a Rosh Hashana dinner to bring in the New Year together. The dinner will be held on Sunday, September 9 at 5 p.m. in Upper Olmsted on Drake's campus. We are excited to be partnering with the local places of worship to attend high holiday services with the community.



Iowa Hillel

- Sunday, September 9, 6:30 p.m. Services and Dinner
- Monday, September 10, 8 p.m. Services and Dinner
- Tuesday, September 18, 5 p.m. Yom Kippur Pre-Fast Meal
6 p.m. Services with Agudas Achim
- Sunday, September 23, 6:30 p.m. Sukkot Services and Dinner
- Monday, September 24, 7:30 p.m. Sukkot Services and Dinner
- Tuesday, September 25, 6:30 p.m. Sukkot Dinner
- Wednesday, September 26, 6:30 p.m. Sukkot Dinner
- Thursday, September 27, 6:30 p.m. Sukkot Dinner
- Friday, September 28, 6:30 p.m. Shabbat Services and Dinner
- Saturday, September 29, 7:30 p.m. Havdalah in the Sukkah
- Sunday, September 30, 6:30 p.m. Shmini Atzeret Services and Dinner
- Monday, October 1, 7:30 p.m. Simchat Torah Celebration and Dinner

"There's nothing quite like Sukkot at the University of Iowa. Each night, we partner with an organization on campus or in the community and invite them into our Sukkah, sharing faith and cultural traditions, food, and celebration. We look forward to this year's holiday celebration as we have in years past. We have much to learn from and share with our friends in various faith-based and cultural-based communities. Chag sameach!"

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Local Congregation Information



Come Join Our Growing
Synagogue: www.tifereth.org

Recurring Events

Minyan:

- Tuesdays, 7:15 a.m.

Services:

- Shabbat Evening Services, Fridays, 6 p.m.
- Shabbat Morning Services, Saturdays, 9:30 a.m.,
- Shabbat Cafe, 11:30 a.m.
- Shabbat Lunch and Learn with Rabbi Emily Barton, 12:30 p.m.

Special Events for September, October and November 2018

September 2018

- Saturday, September 1, 9:30 a.m. Bat Mitzvah for Maizy Mintzer
- Saturday, September 1, 7:45 p.m. Selichot services & Book Discussion
- Sunday, September 9, 7 p.m. Erev Rosh Hashanah Service & Oneg
- Monday, September 10, 9 a.m. Rosh Hashanah Day 1 Services
- Tuesday, September 11, 9 a.m. Rosh Hashanah Day 2 Services
- Sunday, September 16, 1 p.m. Kever Avot Service at Jewish Glendale
- Tuesday, September 18,

7 p.m. Kol Nidre Service & Food Drive

- Wednesday, September 19, 9 a.m. Yom Kippur/Yizkor Service/Break the Fast
- Sunday, September 23, 12:30 p.m. Erev Sukkot, Decorate the Sukkah
- Monday, September 24, 9:30 a.m. Sukkot Services
- Tuesday, September 25, 9:30 a.m. Sukkot Services
- Saturday, September 29, 10:30 a.m. Tot Shabbat/Children's Services
- Sunday, September 30, 4:30 p.m. Harvest Dinner

October 2018

- Monday, October 1, 9:30 a.m. Shemini Atzeret Services with Yizkor
- Monday, October 1, 6 p.m. Family Simchat Torah Celebration
- Tuesday, October 2, 9:30 a.m. Simchat Torah Service
- Sunday, October 14, 12:30 p.m. Hunger Hike
- Saturday, October 20, 6:30 p.m. Movie on the Lawn
- Sunday, October 21, 1 p.m. Shelter Dinner prep
- Saturday, October 27, 10:30 a.m. Tot Shabbat & Children's Services

November 2018

- Friday, November 2, 6 p.m. Mishpacha Shabbat & Consecration

- Sunday, November 4, 11 a.m. Tifereth's Mah Jongg Tournament
- Saturday, November 10, 9:30 a.m. Emma Kirschner's Bat Mitzvah
- Thursday, November 15, 7 p.m. A Wider Bridge Israel Event: Des Moines
- Friday, November 16, 6 p.m. Scholar in Residence – Dori Weinstein, Jewish Children's Author
- Saturday, November 17, 9:30 a.m. Scholar in Residence – Dori Weinstein
- Saturday, November 17, 10:30 a.m. Tot Shabbat & Children's Service
- Thursday, November 22, THANKSGIVING, Tifereth Office Closed
- Friday, November 23, TIFERETH OFFICE CLOSED

Adult Education

- Shabbat Lunch and Learn – Rabbi Emily Barton, Saturdays after Shabbat Café at 12:30 p.m.
- S.T.E.P. (Sunday Torah Education Program) - Michael Kuperman, Sundays at 10 a.m.



Jew-cy Issues

A Discussion of the Hot Topics of the Day
In Relation to the Jewish People and Tradition

We'll talk about whatever is in the news and
Whatever is on your mind as it connects to
The Jewish people and tradition on
The Second Saturday of the Month

At 11:00 am

[October 13, November 10, December 8]

Taste of Judaism 2018

Taste of Judaism is an opportunity to learn about the basics of Judaism. We will briefly discuss the different kinds of Judaism, how Jews pray, life cycle events in the Jewish tradition and Jewish holidays. The last day of class, we will look at the holiday of Chanukah in detail. Whether you are just beginning to learn or want a refresher, we hope you will join us.

Oct 4—Streams of Judaism in Perspective

Oct 11—Jewish Textual Traditions

Oct 18—Worship and Prayer

Oct 25—Holidays

Nov 8—Life Cycles

Nov 15—Chanukah

All classes are 7:00-8:30 pm

You need not be interested in conversion to attend these six
Taste of Judaism sessions.

Need Childcare for the Holidays?

It is important to us that everyone who wants to attend services can. We would like to offer babysitting as a way to help you and your family be a part of this very special and important time of the year.

However, we do need to plan. If you will need babysitting, please contact the Temple office by phone or email - (515) 274-4679 or office@templebnaijeshurun.com - by September 4 if possible. Let us know which services you would like babysitting for as well as the ages of your child(ren).



Carrie and Eugene Remer are proud to announce that their son, William Philip Remer, will be called to the Torah as a Bar Mitzvah at 4:30 p. m. on Saturday, October 13, 2018, at Temple B'nai Jeshurun. The community is cordially invited to join us for his service, followed by dinner.



Lori and David Hurkin are happy to announce that our son, Grant Charles Hurkin, will be called to the Torah for his Bar Mitzvah on September 15, 2018 at 10am at Temple B'nai Jeshurun. The community is invited to join us for the service and a luncheon to follow. We look forward to celebrating this joyous occasion with you!

Around the Community

Tifereth Synagogue and Temple B'nai Jeshurun Join for Chai Mitzvah

Being Jewish means you learn and do, all your life. Our tradition teaches us the world stands on Torah, Avodah, and Gmilit Chasadim - learning, spirituality, and social action. That is, head, heart, and hand.

We point our children's learning toward that moment when they become full members of our community, when they become Bar or Bat Mitzvah. What about after that? How do we develop, re-define our Jewish lives?

The Adult Education committees of Tifereth Israel and B'nai Jeshurun have decided to launch an innovative initiative for adults, Chai Mitzvah. Chai Mitzvah has five basic components in a twelve-month program:

- Group study - meeting monthly on a set curriculum
- Independent study - something

you would like to learn more about in Jewish life, history, literature, culture, & etc. Design your own independent study.

- Ritual - choosing a ritual or spiritual practice to incorporate into your life
- Social action - choosing either individually, or as a group to commit to a local volunteer opportunity
- Celebrate! - At the end of the twelve months, acknowledge the journey with some kind of celebration.

Participants who finish the program receive a certificate from Chai Mitzvah, and a tree planted in their honor courtesy of Jewish National Fund's collaboration with Chai Mitzvah.

Chai Mitzvah will meet on the fourth Tuesday of the month at 6:30 PM beginning October 23.



Please note, December's meeting will be Tuesday the 18th. See overfled schedule and topics. The cost for the program is \$36. Scholarships are available. Please sign up and receive your program packet from Erin Plank at the TBJ office.

If you have any questions please contact Rebecca Shaffer: bookeclane@me.com or (515) 343-7831

| When | Where & Presenter | Topic |
|----------------------------|--------------------------------------|-------------------------------|
| Tues., Oct. 23, 6:30 p.m. | Tifereth Israel, Rabbi Emily Barton | "Adult Rites of Passage" |
| Tues., Nov. 27, 6:30 p.m. | B'nai Jeshurun, Rachele Hjelmaas | "Tzedakah" |
| Tues., Dec. 18, 6:30 p.m. | Tifereth Israel, Rabbi Emily Barton | "Individual and Community" |
| Tues., Jan. 22, 6:30 p.m. | B'nai Jeshurun, Samantha Kemp-Carlin | "Interpersonal Relationships" |
| Tues., Feb. 26, 6:30 p.m. | Tifereth Israel, Christine Dietz | "Mindfulness" |
| Tues., Mar. 26, 6:30 p.m. | Tifereth Israel, Eleanah Siepmann | "Passover" |
| Tues., Apr. 23, 6:30 p.m. | B'nai Jeshurun, Rabbi David Kaufman | "Israel" |
| Tues., May 21, 6:30 p.m. | Tifereth Israel, Christine Dietz | "Modim Anachnu Lach" |
| Tues., June 25, 6:30 p.m. | B'nai Jeshurun, Josh Mandelbaum | "The Environment" |
| Tues., July 23, 6:30 p.m. | B'nai Jeshurun, Sally Frank | "Leadership" |
| Tues., Aug. 27, 6:30 p.m. | Tifereth Israel, Robin Karney | "Death and Loss" |
| Tues., Sept. 17, 6:30 p.m. | B'nai Jeshurun, Ryba Epstein | "Arc of Fall Holidays" |

Kever Avot Memorial Services

Sunday, September 16, 2018 Kever Avot memorial services led by our community's rabbis. This holiday is traditionally when families visit their loved one's resting places during the High Holidays.

12:15 p.m. Jewish Woodland Cemetery

1 p.m. Jewish Glendale Cemetery

In Memoriam

*Nathan Josephson
Naum Staroselsky
Hayette Lubetkin
Janith Davidson
Lilia Korenman
Maureen Durwood*

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October 15, 2018

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Reserve Tickets by Phone via Credit Card 515.987.0899