



THE GREATER DES MOINES Jewish Press

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ROSH HaShanah

**BEGINS ON THE EVENING
OF SEPTEMBER 12**



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Shalom** - page 4



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on Israel:** - page 12



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Regina Zilbermint**
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Sukkot, the Jewish Festival of Thanksgiving, begins the evening of Wednesday, Sept 26

Following on the heels of the High Holidays, the holiday of Sukkot represents a shift from somber reflection to joyous celebration, and from introspection to an outward display of thanks for the earth's bounty. Unlike the High Holidays that precede it, Sukkot is a seasonal agricultural holiday and one of the three pilgrimage festivals.

According to the Torah, on this holiday we should "live in booths (sukkot) seven days...in order that future generations may know that I made the Israelite people live in booths when I brought them out of the land of Egypt, I am the Lord your God" (Lev. 23:42-43). These "booths," therefore, are a visible symbol of God's beneficence, one that has its origins in the agricultural tradition. We view Passover not only as a commemoration of the redemption of the people from Egypt, but also as a time of planting. In a similar manner we view Shavuot not only as the time of the giving of the Torah, but also as the season of the first harvest. Like them, Sukkot is understood as Hag Ha'asif-"the holiday of the ingathering" of the harvest.



**Symbols of Sukkot,
the lulav and etrog,
depicted in a mosaic
in an ancient Tiberian
synagogue.**

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Elder Statesman Shimon Peres Becomes President of Israel



On June 13, 2007, the Knesset elected Shimon Peres to serve as the ninth President of Israel. He was sworn into office on July 15. [The President is the Head of State and is apolitical, representing all sectors of the population. Israel's Prime Minister serves as the head of the government. - ed.]

Shimon Peres was born in 1923 in Belorussia and immigrated with his family in 1934.

Peres is a former Vice-President of the Socialist International; former chairman of the Labor Party and an architect of the 1994 Oslo Accords, for which he was awarded (with Yitzhak Rabin and Yasser Arafat) the Nobel Peace Prize.

He studied at the Ben Shemen Agricultural School, and was one of the founders of Kibbutz Alumot in the Jordan Valley. He was politically active from the age of 16 and was elected Secretary of the Labor Youth Movement in 1943.

In Israel's War of Independence (1947-48), Peres was responsible for arms purchases and recruitment, and in 1948 was appointed head of the naval services. In 1949, he headed the Defense Ministry's procurement delegation to the United States and while there studied at the New York School for Social Research and Harvard University.

Peres was appointed Deputy Director-General of the Ministry of Defense (1952-53), and later Director-General (1953-59). He reorganized the Defense Ministry, initiated the establishment of the Israeli Aircraft Industries and Israel's nuclear project, and fostered the special relations with France. He was instrumental in planning the 1956 Sinai Campaign.

Peres was a Member of Knesset from 1959-2007. He served as Deputy Minister of Defense (1959-65). In 1965 he left the Mapai Labor Party and was elected Secretary General of Rafi (the Israel Workers' List), which later merged with Mapai to form the Israel Labor Party.

Peres became Minister of Immigrant Absorption in 1969, and later served as Minister of Transport and Communications from 1970-74. In 1974 he was appointed Minister of Information and later Minister of Defense from 1974-77.

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Kever Avot Memorial Services Sept 9

On the Sunday prior to Rosh HaShanah, community members customarily visit the graves of departed relatives.

Our congregational rabbis will conduct a Kever Avot memorial service at Jewish Glendale Cemetery at 1:00 pm on Sunday, September 9. Preceding this, the Temple will conduct the memorial service at 12:30 pm at Woodland Cemetery. For more information, contact your congregation.

ART CLASSES AT THE CASPE TERRACE

In October, The Caspe Terrace will again host two Des Moines Art Center classes: Cynthia Shulman, owner of Kil'n Time Studio in Ames, will be teaching "The Impressionists and Glass," Oct. 9 - Nov. 13. Des Moines Art Center Instructor Kathy Glenn will be teaching "Pastels" Oct. 11 - Nov. 15. Tuition is \$73.00, or \$58.00 for Federation members, for each of the classes. Don't miss this opportunity! For more information call the Federation at 515-277-6321 or go to www.jewishdesmoines.org.

IJHS Fall Event Oct 28 to Feature Frank Perowsky

The Iowa Jewish Historical Society is happy to announce that our annual Fundraising event this year will be Sunday, Oct. 28th at The Caspe Terrace. Guest speaker will be Des Moines native, Frank Perowsky. Frank graduated from Roosevelt High School, and then headed to New York to the Julliard School of Music. An accomplished saxophone, clarinet and flute musician, he has had a wonderful career in New York played many Broadway musicals, performed in many jazz groups, and has traveled extensively with Liza Minnelli. He has now formed a big jazz band, which features his son, Ben, on the drums. Frank has many interesting experiences to share with us, as well as entertaining us with his musical talent. Be sure and save the date. Watch your mail and jewishdesmoines.org.

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Sudanese Refugees in Israel Cared for by The Jewish Agency

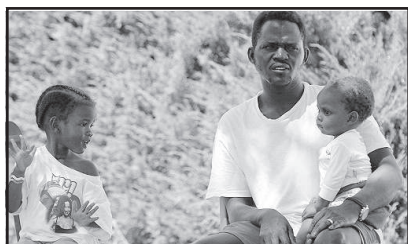
The Jewish Agency is a beneficiary of your contributions to the All-in-One Campaign.

The Jewish Agency for Israel is temporarily housing 58 refugees from Sudan, many of them from the Darfur area, at the special request of the Prime Minister's Office. The group, which crossed into Israel through the Sinai, arrived at the Jewish Agency's Friedmann Student Village Ibim at 1:00 a.m. Monday morning (June 11), where they are receiving housing, food and medical care.

Refugees from Sudan who made their way to Egypt recently crossed into Israel via the Sinai border. A group of 58 refugees, including 24 children, walked over 50 miles in the glaring sun to Beersheva. At the request of the Prime Minister's office, the Jewish Agency immediately gave temporary shelter to these refugees, many of them from Darfur, in its Friedmann Student Village Ibim, near Sderot. They were greeted by the Jewish Agency's staff, who hurriedly prepared the student apartments for them.

"We mobilized quickly and have been working around the clock to help these people," says Ibim Director Soni Singer.

"This is a humanitarian gesture to people in distress that we are very proud of," said Jewish Agency Chairman of the Executive Zeev Bielski, explaining the Agency's role in providing the assistance.



Upon their arrival, the refugees were briefed on what to do when they heard a siren warning them of an impending Kassam rocket attack. "There is one young refugee, Steven, who speaks English and interprets for the group into Sudanese Arabic. But for the most part we speak with our hands and our hearts, and we all understand each other," says Soni. When the warning siren sounded, the staff helped the refugees run for shelter as they were instructed.

All of the refugees' food and shelter needs are being provided for. In addition, the six staff members bought diapers and food for the babies, toiletries and towels, and sweets for the children. "We are a student village, and luckily the new immigrant students who live here are on vacation so we have room. But caring for families is very different than seeing to the needs of students," explains Soni.

Two new immigrant students studying at nearby Sapir College, Mulo from Ethiopia and Robert from the former Soviet Union, keep the children busy at the playroom that has been set up in an empty classroom. "They are volunteering their time, and their energy is amazing," explains Soni. There are 24 children under the age of 18.



From 8:00 a.m. to 8:00 p.m. Mulo and Robert teach the younger ones songs, play games and do arts and crafts activities. Some of the young teenagers made drawings depicting Sudan and Israel with their accompanying national flags.

"It is beautiful to see the outpouring of help from the people of Sderot and the surrounding communities," says Soni. "They bring toys and blankets and games. These are people who are going through their own trying times and yet they can still reach out to strangers in distress."

On Wednesday, doctors from the Doctors without Borders organization came to Ibim with medical students from Tel Aviv University to check the refugees. "Everyone got a clean bill of health, including two pregnant women," says Soni. Representatives from the Ministry of Health also gave the babies standard inoculations.

Just as quickly as the refugees were taken in, the Jewish Agency began working with the Israeli Committee for Darfur Refugees on health, employment and legal issues. Together they arranged for the 11 young single men in the group to receive work permits. In a matter of hours they were given temporary work in agriculture. "These people want to work," says Soni. "It warms the heart to see how amazingly calm and disciplined they are despite their situation. We feel privileged to be able to help them."

United Way Donors

Did you know that you can designate part or all of your United Way contribution to Jewish Family Services?

The money received through these designations helps the Federation pay for...

- Jewish Family Services - Individuals, families, seniors and children
- Senior Adult Programs - Senior Adult luncheons and case management
- Resettlement Program - Case management and health services to immigrants
- Jewish Family Life Education
- Outreach - Baby baskets, welcoming newcomers
- Volunteer Opportunities - Numerous volunteer projects for seniors

Thank you to all who have contributed through United Way. Please remember that your gift to Jewish Family Services through United Way has to be re-designated each year.



The Jewish Federation of Greater Des Moines is a beneficiary of United Way

Jewish Family Services

senior news

**Wanting to get out more and socialize?
Needing assistance with transportation to senior luncheons,
doctor appointments, grocery store, and other appointments?
Seeking information regarding services you need in the home?**

GIVE US A CALL at Jewish Family Services and a staff member or volunteer will assist you with these services. Please call Lois Brown, Transportation Coordinator, at 313-8902 or Pat Nawrocki, OASIS Project Services Manager, at 277-6321.



Rabbi Beryl Padorr entertains the crowd at a recent senior luncheon



The senior picnic at The Caspe Terrace with the Camp Shalom Campers was a "heart warming, fun-filled event." Seniors were entertained by the enthusiastic campers with a program of singing, dancing and games.

Upcoming Luncheons:

Thursday, September 6, 12:00
Noon, at Temple B'nai Jeshurun

We are looking forward to having storyteller Neil Salowitz entertain us with his delightful talent. It will be a fun and enjoyable time!

Thursday, October 11, 12:00
Noon, at Tifereth Israel Synagogue

Enjoy a performance by Clickette the Clown, Debbie Cooper of the Iowa Department of Public Health. She will give you a few giggles, discuss scientific studies on the healing power of humor, and offer tips on incorporating more laughter into your life.



Message from the President



Neil Salowitz
President

Friends

As I write this, it's July 29th. We're deep in the "dog days" of summer; everything seems to have slowed down. When you read this, however, it'll be the end of summer, and the High Holidays will be only days away. I'm looking forward to cool evenings and "sweater weather." I'm also looking forward to Rosh Hashanah, with its promise of new beginnings and new possibilities, and Yom Kippur, with its solemnity, its call to tshuvah and its promise of forgiveness and redemption. As summer slides into autumn and the pace of life quickens, I look forward to the new year...the new Jewish year.

My new year will be a little busier than in recent years. Many of you have offered me your congratulations on my becoming President of your Jewish Federation. My standard glib response is, "Don't you mean condolences?" In truth, I'm proud to have been chosen to serve the Jewish Federation in Des Moines. I'm under no illusions; leading an organization with so many "moving parts" is like herding cats. Being President of this institution has given me another full-time job. Nonetheless, I love this community and this Jewish Federation, and I look forward to continuing to work with my fellow Jewish Federation Board members and staff. Our shared goal is to build on the work of those who have come before us, and to create an even more vibrant and active Jewish community now and in the future.

In future columns in the *Jewish Press*, I'm going to talk about the many things that the Jewish Federation does for the Greater Des Moines Jewish community. In doing so, I'll introduce you to the superb volunteers who chair our various committees, help to set policy and see to it that the programs and services offered by your Jewish Federation run smoothly. I'll also be talking about the Jewish Federation's finances, so that you have a clearer picture of how your Campaign contributions are used.

This time, however, I want to talk about the most important person in this community...you. If it weren't for you—and for your 3,000 fellow Jews in Greater Des Moines—there would be no need for a Jewish Federation. This organization exists to serve you and your family. In order to serve you better, however, we need to hear from you.

Having listened carefully to people in our community, I THINK I know what's important to most Jews in Des Moines. We want our children to grow up knowing our glorious heritage. We want them to know what it means to pray as a Jew, to celebrate our holidays, to love the many beautiful rituals that bring us closer to our faith and our heritage. We want to take care of our parents, our bubbes and zaydes, those who took care of us when we were young—and by extension all of our senior adults. We want to support Israel, which is both a source of pride and the fulfillment of the age-old promise of a Jewish homeland. We want Israel to remain strong and secure, to be a "light unto the nations." Your Jewish Federation transcends our religious "party lines" to support these essential activities. We are Reform, Conservative, Orthodox, Chabad or unaffiliated with any particular style of Judaism...but we are all Jews, and the Jewish Federation speaks and acts for all of us.

What about the other things, the small, day-to-day things that help us live Jewish lives in a decidedly non-Jewish world? Your Jewish Federation maintains an active schedule of concerts, lectures, holiday "how-tos" (such as this year's Passover Expo) the 92nd Street "Y" series and other events, all of which are open to the community. We've brought internationally-known speakers and musicians to The Caspe Terrace. Despite our best efforts, however, many of these events have been sparsely attended.

I realize that Jewish Federation activities compete with many other options. We all have so much going on in our daily lives that adding even one more thing can be difficult—even when that one more thing can help us live our lives more Jewishly. I wonder, though, whether the programming that your Jewish Federation offers really meets your needs and interests. If it doesn't, I want to know that, but be prepared to tell me what WOULD meet your needs and interests. If you have suggestions for programs, please let us know. (My email address and telephone number are listed at the end of this column—or call the Jewish Federation office at 277-6321 and talk to our Executive Director, Elaine Steinger.)

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About Neil Salowitz

Neil Salowitz became President of the Jewish Federation at the Federation's annual meeting in June, after having served as President-Elect, co-chair of the All-in-One Campaign, Treasurer, and Chair of the Planning and Budgeting Committee. He succeeded Toni Urban as President.

Born and raised in New Haven, CT, Neil holds a BA in Psychology from Wesleyan University, an MA in Education from the University of Connecticut and his JD from New York University School of Law. He currently is Marketing Director for Principal Global Investors' Insurance Advisory Group.

He is a man of many interests including storytelling, motorcycle riding, fly fishing and ballet. He has appeared onstage with Ballet Des Moines – this will be his sixth year in the role – as Herr Drosselmeyer in "The Nutcracker." Neil is also a member of the Ballet Des Moines board of directors and a member of the advisory board for KFMG FM.

Members of Tifereth Israel Synagogue, Neil and his wife Debra have two daughters. Debra owns Strategic Relocation Solutions, LLC, a business which helps executives moving to Des Moines learn about and become part of the community.

ISRAELI TRIO IN CONCERT NOVEMBER 12

A trio from Keshet Eilon, two violinists and a pianist will present a concert of classical music at The Caspe Terrace, 7:00 pm on Monday, November 12. The ensemble will be introduced by Maestro Joseph Giunta, conductor of the Des Moines Symphony Orchestra.

World renowned for its fine master violin program, Keshet Eilon attracts young, advanced violinists to study with virtuoso violinist Shlomo Mintz. The program is housed in Keshet Eilon Kibbutz, situated in the Des Moines/Israel Partnership region in Israel, the Western Galilee. The concert is sponsored by the Jewish Federation and the Israel Partnership, online at www.westerngalilee.org.il.

For additional information, contact Cathie at the Jewish Federation at 277-6321 x 224.

DM HOLOCAUST SURVIVORS BOOKLET NOW ONLINE

The highly informative booklet about the Holocaust survivors of Des Moines, authored in 1995 by Adele Anolik for the Jewish Federation, is now available online on the Federation website home page, jewishdesmoines.org. The booklet, in .pdf format, can be printed off, read online, or forwarded by e-mail to others.

AUGUST 4 PROCLAIMED RAOUL WALLENBERG DAY IN IOWA



Governor Culver proclaimed August 4, 2007 as Raoul Wallenberg Day in Iowa in commemoration of the 95th anniversary of Wallenberg's birth and in honor of his courageous humanitarian efforts during WW II.

A Swedish national, Raoul Wallenberg, was assigned in 1944, to a diplomatic post in Hungary where he participated in one of the most successful rescue efforts during the Holocaust.

By issuing many thousands of Swedish protective passes (passes which had no value whatsoever according to international law), establishing safe houses, and forging identity papers, Wallenberg helped save thousands of Jews and numerous anti-Nazi resisters condemned to certain death. His brave actions encouraged others to save thousands more.

To learn more about Raoul Wallenberg, view information on the web site of the United States Holocaust Memorial Museum, www.ushmm.org.

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Jewish Press

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The Greater Des Moines Jewish Press
910 Polk Blvd. Des Moines, IA 50312
515-277-6321 jcrc@dmjfed.org

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We are always happy to receive articles and contributions for consideration. We reserve the right to edit submissions for space considerations and clarity.

Vol. 24 No. 1, September/October 2007



L'SHANA TOVAH!

BEST WISHES FOR A HAPPY NEW YEAR 5768

FROM THE BOARD MEMBERS AND
STAFF OF THE JEWISH FEDERATION
OF GREATER DES MOINES

JEWISH FEDERATION COMMUNITY SCHOOL

Welcome back! Religious school begins Sunday, September 16th. JFCS staff is excited to begin our 2007-2008 school year. During the year, our students make life-long friendships and memories, learn about their culture and heritage.

Again this year, elementary school is located in the school wing at Temple B'nai Jeshurun (TBJ). Classes for Pre-K through 5th grade meet Sundays from 9am - noon. Third through fifth grades will also meet on Wednesdays for Hebrew School from 4:00 pm - 6:15 pm.

Sixth graders have a different schedule. As a combined class, they will meet Wednesday evenings along with third through fifth grades. However, students who belong to the Temple will also meet Saturday mornings. Those who belong to Tifereth will meet Sunday mornings. You should have received information from respective synagogues regarding weekend dates.

Our elementary school staff includes: Pre-K - Cynthia Shulman, lead teacher, Janelle Jaskolka and Laurie Breniman, assistants; Kindergarten - David Copeland; First Grade - Juli Magolin; Second Grade - Leah Cole; Third Grade - Pat Johnson; Fourth Grade - Adam Eggherman; Fifth Grade - Rachele Hjelmaas, Hebrew - Wendy Beckerman and Ben Kaufmann. Besides their regular Hebrew assistance, on Wednesdays, Wendy will be teaching Hebrew for the sixth grade and Ben will be teaching Hebrew for the fourth grade.

Our Jr/Sr High School program is located at Tifereth Israel Synagogue. Classes begin Wednesday, September 19. Dinner between 6:30 - 7:00 will be offered. Regular classes run 7:00 pm through 8:30 pm. Staff includes: Jody Hramits, David Copeland, Rabbi David Kaufman, Rabbi Beryl Padorr and a variety of units taught by community members.

We're just starting and the High Holidays are here. Our students will learn fascinating information about Rosh Hashanah and Yom Kippur. Rosh Hashanah means "Head of the Year" and Yom Kippur is a thinking time, a period of reflection and review about the past year.

Sukkot and Simchat Torah also arrive during the same month. Students learn that Sukkot is an autumn holiday and it is a reminder that God protected the Israelites while they wandered in the Sinai Desert, living in temporary huts as they made their way from slavery in Egypt to the Promised Land of Israel. Our students will touch, smell and wave the Lulov and Etrog during Sukkot.

Simchat Torah is when we take out all of the Torah scrolls from the Ark and march with them around the synagogue seven times. Each parade is called a "hakafah." During each "hakafah" we pray, sing, dance and wave flags. On Simchat Torah, we read the last words and the first words of the Torah. For Jews, the Torah is a book that has no end.

Registration material has already been mailed. If you did not receive your materials, please contact the office at 277-5566 to let us know.

Also, please check out the education section of the Jewish Federation's website (jewish-desmoines.org). Our site has been updated and will continue to include newsletters, flyers and materials relating to school and resources of interest. - Lyanna Grund, Principal



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e-mail: TAGjewishacademy@gmail.com

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ENGMAN CAMP SHALOM



Three Years and Counting...

As the summer wound down to a close, I couldn't help but reflect on the three years that I've been the Director of Engman Camp Shalom and draw a connection between the number three in relationship to camp and Judaism. We learn in Pirkei Avot (the Ethics of our Fathers) that "the world is sustained by three things: Torah, Avodah, and Gemilut Chasadim" (study, prayer, and acts of loving kindness.) These three pillars of Jewish life are intertwined and as this ancient text suggested, each of these elements is necessary for a balanced and stable world. These values certainly reflect the character of the Des Moines Jewish community and that of the Jewish Federation of Greater Des Moines, and together, the community and the Federation took steps to ensure that Camp Shalom will be built upon a strong foundation in order to reach amazing heights.

As a camp director, I teach my staff that camp also rests on three things: safety, fun, and magical moments. Arranged in a pyramid, without the foundation of safety, no fun can take place, and without fun at camp, campers will not reach the pinnacle of what we're trying to achieve with them, the magical moments when they do something new for the first time, learn something inspiring about themselves or their heritage, or make a new friend.

Over the past three years Engman Camp Shalom has made tremendous strides. We have seen a significant increase in enrollment, both in the number of campers who are attending and also in the total number of weeks campers are registering for. We've built a wonderful staff of young adults who return year after year, building on their previous experiences and modeling for the campers the natural progression from camper to counselor in training to staff. The level of the Jewish and Israeli cultural programming has increased, with Hebrew words and Jewish concepts a part of all aspects of camp. We've celebrated our diverse population of campers, which includes families from each of Des Moines' synagogues, non-affiliated families, and even non-Jewish families, not by sacrificing on Jewish educational opportunities, but by conducting our activities in a way that are inclusive. We've created a positive and supportive camp community where kids feel comfortable trying new things and parents feel their feedback is welcomed and appreciated.

The completion of a third successful summer is significant. The first summer we did all that we could to establish a new model for camp. The second summer we worked hard to prove our initial success wasn't a fluke. But, this last summer, it was natural for us to run a great camp. Now it's clear the sky's the limit, but the question is where do we want to go from here? That's a question I pose to you. We would love to hear your ideas and sign you up to use your talents in order to determine our destination and to create a camp that not only the Des Moines community can be proud of, but a camp that is renowned for excellence nationally as well! -Josh Goldsmith

JFCS BOOK FAIR

Choose from over 100 titles • Something for everyone!

Sunday, November 11, 2007
Temple B'nai Jeshurun Social Hall
9:30 am - 1:30 pm

Join us for an exciting preview of new books as well as your old favorites plus a selection of games, toys and CD's.

Orders will be taken at this time and will arrive before Chanukah.

If you are unable to attend but would like an order form or information about our selection, please contact:

Lyanna Grund, Director, JFCS at 277-5566 or jcsikg@aol.com

During the Book Fair, Anna Kushkova will lecture about "The Jewish Wedding in a Shtetl: A Case of Altered Tradition and Myths about Matzoh." Anna has a Ph.D. in History and works at the Petersburg Judaica Center / Ethnology Department for the European University at St. Petersburg, Russia. She will speak at 10:00 am at the Temple.

PROJECT ELIJAH

Outstanding High School Students Needed



**A Letter from Janice Rosenberg
Executive Director,
Project Elijah Foundation**

We are about to launch our Project Elijah Foundation kosher meal packets program. As you know, The Project Elijah Foundation seeks to help Jewish Children who are the victims of child abuse and poverty. Our current focus is a Jewish Care Center in Buenos Aires. Ieladeinu (Our Children) cares for about 250 abused and impoverished Jewish Children.

The latest Project Elijah Foundation program involves packing simple and highly nutritious kosher meals to send to the starving and hungry Jewish children and families in Buenos Aires, Argentina and eventually other cities.

We have been working with the founders, scientists and volunteers from Kids Against Hunger program who have developed a fortified, highly nutritious food package and economical shipping methods. Here is how it works: volunteers gather in a production line to assemble and package a dry mixture of rice, enriched soy, vitamin and flavoring, and dehydrated vegetables. The packages are then sealed and shipped to hungry people wherever they are needed. When the recipients receive their meals, all they need to do, is add water and cook 20 minutes over a heat source. The cost of a nutritious meal is under 25 cents, and the highly fortified meals can bring starving people back to health over time.

Many generous caring people of the Kids Against Hunger program are helping us in the development of a kosher food package and our subsequent packaging program. I will tell you more about these incredible people in my next article. There is no way we could do this without them, and they are so very good to us.



Graduate student Greta Kallevang, Department Chair Dr. Ruth MacDonald, and Associate Professor Dr. Manju Reddy from Iowa State University Department of Food Science and Human Nutrition helped make sure our Kosher food packet will be packed with nutrition.

We have had the Kids Against Hunger/Project Elijah kosher food package evaluated by the Food Science and Human Nutrition Department at Iowa State University to make it as healthful as possible. We are grateful to the team of Department Chair Dr. Ruth MacDonald, Associate Professor Dr. Manju Reddy and Graduate student Greta Kallevang, for their work.

We will soon be ready to begin this program of packing and sending nutritious meals to hungry and starving Jewish children and their families.

If you know of talented high school students who would want to work on a unique and vital volunteer project this year, I need some help scheduling groups to come assemble and package at our facility. The student needs to be organized and be able to work with people and groups. Imagine how great this could look on a college application! Call me!

Janice

1515 Linden Street, Suite 205, Des Moines, Iowa 50309 515-246-8001

P.S. Have wonderful and meaningful holidays, and don't forget to invite those fabulous Drake students to your homes for a holiday meal.

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A Season Of Renewal

by David Friedgood



For most of us, life revolves around predictable routine. We are governed by unseen powers of evolution which move us from birth to finality, and over which we often have little control. Progress is typically measured in small increments as one day invariably follows another. "Man's spirit has been greatly depressed by this sense of inescapable predestination" (Martin Buber). Too often our lives have a dull sameness, a lack of spiritual vitality. As men endowed with the spirit of God, we know that we have the potential to accomplish great things. But, as men, we often fail in imagination and lack the resolve to change the course of our lives.

Jewish tradition anticipates our human shortcomings and once a year the High Holidays are set aside as a period of reflection and renewal. On Rosh Hashanah and Yom Kippur we Jews are given an opportunity to examine our lives, reflect on where we have been, and plan a new direction of spirit. I have often wondered why our Synagogues, nearly empty much of the year, are packed full on the High Holidays. Jews who barely acknowledge their heritage most of the year find an annual pilgrimage necessary. Perhaps they are governed by tradition, or that famous Jewish guilt (often parentally endowed). But, I think most of us are truly searching for something different - a spiritual uplift. We are not satisfied with the course of our lives and are searching for a sense of wonder. We want to recapture the spirit of our youth when all things are possible. Somewhere in our Jewish soul is the thought that Shul (synagogue) may be the place to find true meaning in a complex world.

Rosh Hashanah (literally the head of the year) does not fall on the first day of the Jewish calendar. It is the first day of the 7th month (Tishrei). We are commanded: "In the seventh month, on the first day of the month you shall observe a sacred occasion: you shall not work at your occupations. You shall observe it as a day when the horn is sounded." (Numbers 29:1) The horn, or Shofar, is traditionally fashioned from the horn of a ram. Its use recalls the piety of our forefathers as Abraham was willing to make the ultimate sacrifice, his son Isaac, to his God. (A ram, caught by its horns in brush, was sacrificed to the Lord in appreciation after Isaac was saved from death by God's Angel.) The blasts of the Shofar (Tikeah, Shevarim, Teruah) stir deep feelings in the Jewish heart. Moses used horns to rally the people for battle, to lead them through the Sinai wilderness, and to announce festivals. For thousands of years our ancestors have gathered together to hear the stirring blasts of the Shofar. Its sound arouses our placid spirit, inspiring us to partner with God in fashioning the new world that is coming. Rosh Hashanah is also called Yom Hazikaron (Remembrance Day). On this day we are remembered by our creator and our lives are examined. But, we do not present ourselves as petitioners begging for our lives. Rather our service is one of self examination and self criticism. Our resolve is to find the means to live a better life, to renew ourselves spiritually and to change the direction of our existence. It has been said that "Jews inscribe themselves in the Book of Life" (Louis Jacobs). The perfection of our world (Tikkun Olam) is dependent on each individual perfecting himself. Finally, it is not words and ritual which results in our salvation, rather it is our actions. True meaning in life is a reflection of our deeds and accomplishments. On the High Holidays Jews search for the means to greater spiritual presence as Rabbi Yose taught 2000 years ago: "...let all your deeds be for Heaven's sake." (Pirke Avot 2:17)

-Leshana Tova Tikatevu (May you be inscribed for a good year.)

*"For behold! I am creating
A new heaven and a new earth;
The former things shall not be remembered,
They shall never come to mind.
Be glad, then, and rejoice forever
In what I am creating.
For I shall create Jerusalem as a joy,
And her people as a delight..." (Isaiah 62:17-18)*

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Elaine Steinger
Executive Director

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It's a good idea to regularly review beneficiary designations on retirement plans, life insurance policies and brokerage accounts, to see that they are coordinated with your entire estate plan. The new rules on rollovers by non-spouse beneficiaries may create opportunities to pass wealth to younger family members. Ask your financial adviser about how you can take advantage of this tax law change.

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[commentary]

Anti-Zionism is Racism

By Judea Pearl

In the past three months, I have visited four "troubled" campuses ~ Duke, York (Canada), Columbia and UC Irvine ~ where tensions between Jewish and anti-Zionist students and professors have attracted national attention. In these visits, I have spoken to students, faculty and administrators, and I have obtained a fairly gloomy picture of the situation on those and other campuses.

Jewish students are currently subjected to an unprecedented assault on their identity as Jews. And we, the Jewish faculty on campus, have let those students down. We have failed to equip them with effective tools to fight back this assault.

We can reverse this trend.

Many condemn anti-Zionism for being a flimsy cover for anti-Semitism. I disagree. The order is wrong. I condemn anti-Semitism for being an instrument for a worse form of racism: anti-Zionism.

In other words, I submit that anti-Zionism is a form of racism more dangerous than classical anti-Semitism. Framing anti-Zionism as racism is precisely the weapon that our students need for survival on campus.

Anti-Zionism earns its racist character from denying the Jewish people what it grants to other collectives (e.g. Spanish, Palestinians), namely, the right to nationhood and self-determination.

Are Jews a nation? A collective is entitled to nationhood when its members

identify with a common history and wish to share a common destiny. Palestinians have earned nationhood status by virtue of thinking like a nation, not by residing where their ancestors did (many of them are only three or four generations in Palestine). Jews, likewise, are bonded by nationhood (i.e., common history and destiny) more than they are bonded by religion.

The appeal to Jewish nationhood is necessary when we consider Israel's insistence on remaining a "Jewish state." By "Jewish state" Israelis mean, of course, "national Jewish state," not "religious Jewish state" ~ theocratic states (like Pakistan and Iran) are incompatible with modern standards of democracy and pluralism. Anti-Zionist racists use this anti-theocracy argument repeatedly to delegitimize Israel, and I have found our students unable to defend their position with conventional ideology that views Jewishness as a religion.

Jewishness is more than just a religion. It is an intricate and intertwined mixture of ancestry, religion, history, country, culture, tradition, attitude, nationhood and ethnicity, and we need not apologize for not fitting neatly into the standard molds of textbook taxonomies ~ we did not choose our turbulent history.

As a form of racism, anti-Zionism is worse than anti-Semitism. It targets the most vulnerable part of the Jewish people, namely, the people of Israel, who rely on the sovereignty of their state for physical safety,

national identity and personal dignity. To put it more bluntly, anti-Zionism condemns 5 million human beings, mostly refugees or children of refugees, to eternal statelessness, traumatized by historical images of persecution and genocide.

Anti-Zionism also attacks the pivotal component of our identity, the glue that bonds us together ~ our nationhood, our history. And while people of conscience reject anti-Semitism, anti-Zionist rhetoric has become a mark of academic sophistication and social acceptance in Europe and in some U.S. campuses.

Moreover, anti-Zionism disguises itself in the cloak of political debate, exempt from sensitivities and rules of civility that govern inter-religious discourse. Religion is ferociously protected in our society ~ political views are not.

Just last month, a student organization on a UC campus hosted a meeting on "A World Without Israel." Imagine the international furor that a meeting called, "A World Without Mecca," would provoke.

So, in the name of "open political debate," administrators would not think twice about inviting MIT linguist Noam Chomsky to speak on campus, though his anti-Zionist utterances offend the fabric of my Jewish identity deeper than any of the ugly religious insults currently shocking the media. He should be labeled for what he is: a racist.

Charges of "racism" highlight the inherent asymmetry between the Zionist and anti-Zionist positions. The former grants

both Israelis and Palestinians the right for statehood, the latter denies that right to one, and only one side. This asymmetry is the most effective weapon our students should use in campus debates, for it puts them back on the high moral grounds of "fair and balanced" and forces their opponents to defend an ideology of one-sidedness.

For example, I have found it effective, when confronting an anti-Zionist speaker, to ask: "Are you willing to go on record and state that the Israel-Palestine conflict is a conflict between two legitimate national movements?" Western audiences adore even-handedness and abhor bias. The question above forces the racist to unveil and defend his uneven treatment of the two sides.

America prides itself on academic freedom, and academic freedom entails freedom to teach hatred and racism ~ we graciously accept this fact of life. However, academic freedom also entails the freedom of students to expose racism, be it white-supremacy, women-inferiority, Islamophobia or Zionophobia wherever it is spotted. Not to censor, but to expose ~ racists stew in their own words.

In summary, I believe the formula "Anti-Zionism = Racism" should give Jewish students the courage to both defend their identity and expose those who abuse it.

This opinion piece appeared in The New York Jewish Week. Judea Pearl is the father of slain journalist Daniel Pearl and Professor of Computer Science at UCLA.

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Reflections of My Holocaust Study Tour

by Deb Finkelstein

You just didn't quite know what to say to me as I prepared for my trip to Poland and the Czech Republic for the Holocaust Study Tour. I would hear, "Have a great trip" or "have a wonderful time." Then you would catch yourself and apologize, not knowing how to send someone off to the land of death camps. But whether you realize it or not, members of Kol Shalom actually took that trip with me when I left on May 27th.

In the five classes leading up to my trip, our educator and tour guide, Claire Simmons, taught the history of 800 years of Jews in Poland. I will never forget one of the first things she told us, "Most of Holocaust education is focused on the perpetrators, the Nazis and Hitler. We are going to learn about the Jews of Poland, who they were and the civilization they created, so that we better understand what was lost." I took this cue to study beyond the class handouts by reading everything I could get my hands on in the time I had, to know these Polish Jews from which my father's family came at the turn of the 20th century.

But how do you stay focused on Jewish life in Poland prior to the Holocaust when you are standing in front of crematoriums, gas chambers, and ovens? How do you not feel the systematic de-humanization of your fellow Jews as you learn of life in the ghetto, transports to camps, and losing your name to a number? How can you possibly envision a rich and meaningful life prior to 1933 when you know how the story ends? It wasn't easy, but it was so important to do.

Along with five camps, we visited a

number of former shtetls. Yes, anti-Semitism existed for every single one of the 800 years of Jewish life in Poland, ranging from slurs to pogroms. Of course, there are no Jews in these shtetls today, but there are tangible signs that they lived there. Whether it was a tiny synagogue, a former yeshiva or something as simple as an indentation on a doorpost where once a mezuzah was mounted, we knew this is where Jews studied, where Jews prayed, and where Jews once lived.

I came away with a better knowledge of what was lost, not only to us as Jews, but also to Poland and the world. I lost my naiveté when I saw firsthand the German's precise and systematic management of a death machine. I left stronger in my resolve to be a witness and never forget the people.

You cannot not be moved when you see your own family name on tombstones and on memorial walls honoring those who were murdered. You cannot not be moved when you stand by a table where murdered Jewish bodies were dissected for gold before being sent to the ovens. You cannot not be moved when you are face to face with the largest pile of human ashes you would ever see in your lifetime.

I recently read a powerful, and now more meaningful, quote by Yitzchak Mais, who wrote, "Jews under German domination are often depicted as...faceless extras in the drama of their own destruction." Yet, I was moved by the drawings of children in the camps. I was moved to learn of the strength it took to maintain the tiniest bit of humanity by women who tore the hem from their dress to create a belt that would give them the

slightest hint of a figure. I was moved by the courage it took to hide a Siddur. I was moved by everything I learned about the heroes who survived and the heroes who died.

One of my most difficult times was standing at a bank of ovens. I thought about the fact that someone designed these ovens, how big they needed to be, how wide and tall to make the door, what side the door hinges would be placed, how the bodies would move through it and how the ashes would be collected at the other end. I thought about the fact that someone carried the bricks and fashioned the iron to build the oven. I thought about the fact that someone placed the mortar between the bricks and fastened the hinges to the door and the door to the oven. And I thought about the fact that all those someones knew the purpose of these ovens. I will never forget that realization.

While the method of murder evolved over the years from shootings, starvations, and gassings, what was equally horrible for me was the methodical de-humanization of Jews during those years. The murders make me angry. The de-humanization makes me cry.

Yes, you were with me on my trip. You were with me when I read the names of your family members at Birkenau. You were with me in Auschwitz where I stood at a large display of suitcases marked with the names Berman, Morgenstern, and Neumann. You were with me when I davened Shacharit on the railroad tracks in Birkenau with my Kol Shalom Siddur. You were with me at each camp when we said Kaddish and then sang Hatikvah and left an Israeli flag.

I returned to Bethesda on Monday,

June 4th and then left the following Sunday for a week of study for executive directors at The Jewish Theological Seminary in New York. In the middle of the week I had one of those ah-ha moments. There I was, studying in a community of fellow Jews some 70 years later than the world from which I had just come. Do I call that vengeance? Do I call that survival? I call it "Am Yisrael Chai."

Transported by Deb Finkelstein

*We too have been transported
These Jewish bodies and souls of ours
We've been transported beyond the realities of
the Shoah
Into the spirits of the Six Million

Our journey has taken us
From shtet to shtet
From camp to camp
From life to death

Our people had names
Our people had dreams
The names we recall to this day
The dreams will be realized through us and ours

I never again want to think of Six Million
Without thinking of each and every Jewish soul
A father, a mother, a cousin
Each one belonged to someone

One plus one plus one and on it goes
How long would it take to count by ones
Until I grow tired of counting

But without each and every one, there is no
Six Million

Deb Finkelstein, a former resident of Des
Moines, is Executive Director of Kol Shalom
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[in profile:]

Irwin Zuckerman An Entrepreneur came from Brooklyn



Irwin Zuckerman has brought a bit of Brooklyn with him to Des Moines. He exemplifies an initiative and entrepreneurship which are rare qualities in society today. To Irwin, family, community, and customers are of prime importance. The Zuckerman family are members of Temple B'nai Jeshurun. In the following interview, we get to learn a little about Irwin, his wife Rosalie, and their three daughters.

Jewish Press: Irwin, some of us may recall that your daughter Sammy was bat mitzvah there in October of 2006.

Irwin Zuckerman: And almost a year to the date, our daughter Amanda will become bat mitzvah on October 13, 2007.

JP: Mazel tov to your family.

IZ: Thank you.

JP: Let me ask you about your business. You've built it from scratch.

IZ: Yes, I did the research and found that there was a need for an all inclusive linen service, and when I came back to town in 1994 – I had previously been a student at Drake – I established Park Avenue Laundry Services. In addition to linen supply, we rent and launder uniforms and entrance mats.

JP: Where is your business located?

IZ: We're located at 100 Indiana Avenue in Des Moines.

JP: You are owner of the company. How many employees do you have?

IZ: We have 15.

JP: I know you put in a long work week. How many hours, on average, do you suppose?

IZ: At least 70 hours a week.

JP: When did you decide to go into business?

IZ: For some reason, I knew when I was 10 years old I wanted to go into business for

myself. I don't know why I felt that way.

JP: Where did you grow up?

IZ: I grew up in the Flatbush area of Brooklyn.

JP: Was your father in business?

IZ: No, he worked for the garment trade in Manhattan.

JP: And where did you go to college, prior to Drake?

IZ: I went to one of the colleges of City University of New York – Baruch College, which is a business college.

JP: Where is your wife Rosalie from?

IZ: She is from Des Moines. We met at Drake, where I was studying, and after we were married, we lived in New Jersey before returning to Des Moines in 1994. Rosalie comes from a large family. So we have plenty of cousins for my children to play with.

We have three children, our oldest, Mara is a student at Valley High School.

JP: What are some of your hobbies, Irwin?

IZ: Well, I enjoy doing a bit of cooking. I love being with my family, and I am interested in a number of different sports.

JP: What are your hopes for your business?

IZ: We're putting effort into developing clients in the surrounding states. Perhaps we can expand, somewhat, within the next few years.

JP: What's your business philosophy?

IZ: I try to provide the best service possible and to give good value for the services provided.

JP: Do you have any advice for the next generation?

IZ: It would be to set your mind on a goal. If you work hard, you'll succeed.

JP: Thank you, Irwin. It's been a pleasure chatting with you. All the best.

IZ: Thank you.

From the Jewish Encyclopedia of 1906

Babski Refues

By: Herman Rosenthal Alexander Harkavy

The name applied in Yiddish to domestic and superstitious medicine. Common folk among the Jews in Russia and Poland believe in peculiar remedies for diseases and maladies, some of the remedies consisting of drugs or physics and some of magic agencies. Especially peculiar are the latter, which are generally prescribed or administered by a practical cabalist called "ba'al-shem" (master of [the Divine] name) or "guter Yid" (good Jew), to whom superstitious men and women apply for the conjuration of toothaches, of wounds, or of an evil eye ("ayyin ha-ra"), or for the exorcism of an evil spirit ("dibbuk").

Of the "segulot" (superstitious remedies) among these folk, particularly curious are those intended for the relief of pregnant women and that of children. For instance, a well-known practice among them is "Bleigiessen," or what may be termed "plumbomancy," which is divination from the forms assumed by molten lead dropped into water. This is resorted to in cases in which illness of pregnant women or that of children is due to fright, to find out what object was the cause of the alarm. A medicine-woman, muttering a psalm or an incantation, throws molten lead into a vessel full of water, and from the resemblance

of the form thus assumed by the metal to a particular animal, she divines that the cause of fright was a cat, a dog, a horse, etc.

The popular guides of domestic and superstitious medicine among the Russian and Polish Jews are the "Sefer Zekirah" (Book of Remembrance), by Rabbi Zechariah of Plungyan, and the "Mif'alot Elokim" (Works of the Lord), which latter is a collection of remedies prescribed by Rabbis Yoel Ba'al-Shem, Naphtali of Posen, and others.

Here follow a few items contained in the two treatises: To alleviate pain of dentition, suspend upon the neck of the child a tooth of a horse or of a dog, and smear the throat of the child with butter or chicken-fat ("Zekirah," p. 80, Warsaw, 1875). To protect a child from an "evil eye," let it wear a copper or silver tablet with the letter hey engraved upon it (ib. p. 84). In case of measles or small-pox, take ten peas, throw them upon the patient, and say: "As many peas as have been thrown upon the child, so many pocks shall it have, not more," "Mif'alot Elokim," p. 94, Lemberg, 1872).

Among other treatises containing similar prescriptions is: "Toledot Adam," a collection of remedies by several cabalists, edited by Joel Heilprin (Ba'al Shem), Wilmersdorf, 1784.



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40	9.97	9.70	13.57	12.91	18.69	17.80	28.04	26.26
45	12.28	11.30	19.36	16.91	31.15	26.26	51.18	42.28
50	15.13	13.53	26.48	22.47	45.39	37.38	82.33	64.53
55	21.18	17.53	41.61	32.49	75.65	57.41	136.62	101.91
60	30.79	22.78	65.64	45.61	123.71	83.66	219.39	151.75
65	50.64	33.46	115.26	72.31	222.95	137.06	394.72	253.21
70	86.06	53.04	203.81	121.26	400.06	234.96	724.02	438.33
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Thoughts On My Trip To Poland by Shayna Grund



In January of 2007, I began taking a class at UNI called "Intro to Literature: Holocaust Literature." I figured if I had to take a literature class it might as well be one with a topic that interested me. In the first few weeks of class my teacher told the class about a summer program in Poland that UNI has been doing since the 90's. It was a study abroad program where students would stay in Krakow, Poland at the Jagellonian University and study Nationalism and a brief history of the Holocaust over a period of four weeks. Immediately I knew that I wanted to go. I called my mom as soon as I got done with that class period and told her about it. After I got the o.k. from her, I spoke with my teacher and started attending

the pre-trip sessions. There were 15 other UNI students that I would be traveling with in addition to three Iowa students. There was also going to be about 20 students from Texas A & M University at the Jagellonian doing a separate program. The chance to go to Europe was only a minor reason for this trip. I wanted to learn about where my family had come from and I also wished for a stronger sense of religious identity. Where better to do that than in Poland?

I didn't really know a lot about modern Poland. In my head I pictured Poland as the typical "Old Country" stereotype. I never really thought about it being modern. I also thought that Judaism was still very prominent in the country and that there would be lots of Jews there. I was wrong. Although some parts of Poland are still very much "the old country," the larger cities are quite modern. I also learned that Poland is one of the only countries in the world where most of the population is one ethnicity. Poland is now 97% ethnic Poles. I found that the majority of Jews still in Poland are Orthodox. Krakow has a population of over one million; there are about 200 registered Jews in the city.

Throughout the first and second week in addition to touring Krakow, we also toured the Jewish section of the city, Kazimierz. The end of our second week included an international conference that takes place every two years called "The Legacy of the Holocaust." The conference is put on by the University of Northern Iowa, Texas A & M University, and the Jagellonian University. The theme for the conference this year was

"The World Before, The World After." The conference began on a Thursday. Friday we went to Auschwitz I, which is about an hour away from Krakow in the town of Oswiecim and Auschwitz II-Birkenau in the town of Brzezinka. Auschwitz is such a huge part of Holocaust history. I couldn't



wait to visit and finally see what I had been learning about for so many years. I was disappointed. The commercialism associated with Auschwitz completely took away from my experience. Auschwitz II-Birkenau was not as commercialized and my experience was better there. Saturday we had a few more conference sessions and then went to the Galicia Jewish Museum for lunch. Here I bought a handcrafted silver Star of David necklace; I wanted to buy one in Poland because I knew that would make it extra special.

Sunday through Tuesday our group and a few of the scholars that had attended a conference were going on post-conference tour to Lublin. On the way to Lublin we stopped in Lancut for lunch and visited a synagogue there. On Monday we went to visit the death

camp of Majdanek. Majdanek is the only camp that still has almost everything intact, including the gas chambers and crematoria. It was a bright sunny day, however, here everything was very depressing, understandably so. The first building I went to here was the gas chamber. The tour ended with the

crematoria and a monument to the victims which contained a pile of human ashes. Majdanek affected me deeply. After leaving the camp, I began playing with my necklace as I often did and I looked at it. My necklace had begun to oxidize



from being in the gas chamber. I showed people and asked if their silver had done this, no one's had. I refuse to wash this off as a reminder to myself of what has happened to my people. In addition to Majdanek, we also visited the Yeshiva and the Lublin Jewish Cemetery. *continued on page 19*

Rabbi's Perspective

- A New Column Featuring Rabbis From Our Community

Observance Can Differ... But Common Decency Should Be Universal by Rabbi Aaron Schwarzbaum



Des Moines is a wonderful, small and close-knit community. It offers a friendly, safe and diversified religious community. There exist different denominations of Judaism that offer choices of religious observance in which each individual is free to choose. People make choices every day as to how religious they want to be. Each branch of Judaism represented here teaches and practices Judaism according to their respective beliefs. We need to recognize these choices and respect our differences.

However, we all agree that we must be decent, caring, respectful Jews who work to make everyone feel welcomed, loved, and wanted. We are biblically obligated to love one another as we love ourselves. We all believe that what is distasteful to you, don't do to anyone else. There are acts and levels of common decency to which we must all adhere in order to keep our community thriving, and hopefully, growing.

The secret to this happening is to always focus on the feelings of everyone with whom we come into contact. We must always be sensitive to the effect our actions might have on someone else. A simple example of insensitivity might be not sending a bar or bat mitzvah invitation to every student in your child's community school class. By including the whole class, we foster the enhanced unity of the entire community. Leaving a couple of children out would cause undue pain and cause a damaging ripple effect that would eventually lead to some sad form of retaliation.

There are many community events, celebrations and areas of concern that all of our Jewish denominations can agree upon and work to accomplish great things. However, each one of us controls our "menchlechkeit" level. Let us all work toward reaching the highest level of decency, observance and involvement in our respective congregations. That is the only way we will keep our children involved and proud of their Judaism, and possibly create an environment in which they would choose to remain as they reach the age to make that life decision. Let's work together to make that wonderful goal happen. G-d bless all of us as we approach Rosh Hashanah and Yom Kippur.

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A First Experience in the Motherland

A week in Israel

By David Adelman



"Zionism finds in it, for the Jews, a reason to raise their heads, and, taking their stand upon the past, to gaze straightforwardly into the future."
– Supreme Court Justice Louis Brandeis (1915)

The excitement and sense of urgency I felt upon my arrival in Israel was nothing like I had ever experienced. As the wheels touched down in Tel Aviv people around me cheered and others I saw were wiping tears of joy from their face. My own reaction was one of disbelief and wonderment.

My drive from Ben Gurion Airport near Tel Aviv to Jerusalem was uneventful, as our driver raced across the countryside reminding me of the taxi drivers in Rome. We passed one section of the security fence where the Israeli soldiers stood guard. The faces of the men and women in uniform indicated they were much younger than me, but from later conversations, I learned that almost all were eager to serve their country, protecting it from the never ending threat of its neighbors. As we approached the summit of the hills where Jerusalem, new and old, sits I noticed the structures, i.e. buildings, homes, etc. Everything, including the walkways, are built with a magnificent limestone, given the appropriate name, Jerusalem stone. It is said the City -- because of the stone-- radiates and glows from corner to corner as the sun rises in the East and sets in the West.

I stowed my bags in the hotel, where I would stay the next two nights and ventured out into the city. My destination was the Jewish quarter of the Old City. As I approached my destination I saw an Arab man riding on camelback and Hasidim racing around preparing for Shabbat. I continued down the maze of limestone alleyways and emerged onto an open balcony with a view so magnificent that a picture would not do it justice. Below me was the Kotel (the western retaining wall of King Herod's temple mount) with all walks of life seeking a spot at the Wall to say a prayer. At eye level from the balcony was the Dome of the Rock: a shimmering, golden-domed shrine, from which Muslims believe Muhammad ascended to heaven. As I looked upon the Western Wall and across the Temple Mount I remembered a quote from Irshad Manji, a Muslim author, who said about Israel, "I also respect the fact that Israel allows for a multi-faith climate in which every Friday a thousand Muslims pray openly on the Temple Mount in Jerusalem. When I saw that, I had to ask myself, where in the Islamic world can 1,000 Jews get together and pray in full public view?" Throughout my trip I was sure I'd continue to ask myself why there is no peace between these two religious groups or if there ever will be. I climbed down the stairs from the balcony and approached the Wall with hesitation. What was I going to say?

Was there a certain feeling I would feel?

Upon returning to my hotel from the Old City I decided to take a walk around the surrounding neighborhoods. I wanted to lose myself, as it were, in the beauty of Jerusalem and I did just that, stumbling onto Independence Park. The park, which overlooked the city, was full of people walking, laying out, having a picnic, etc. As I sat on a bench to reflect on the first 12 hours being in Israel, I observed myself paying attention to a wealth of details. The scent of the flowers scattered around the park was intoxicating and the vividness of the city looking out from my bench was enchanting. Like many things regarding this trip, I am unable to provide words that describe the feelings that came over me while sitting on the bench overlooking Jerusalem.

After eating a typically sumptuous Israeli hotel breakfast I left with my guide, Alex, at 8:00 in the morning. We traveled through Jerusalem on a road, that prior to 1967, was the Jordanian border. We crossed into the West Bank and headed south towards Masada. On the way, we passed Bedouin men on camelback herding goats and sheep. Such tribesmen were reportedly brought here by the King of Jordan 70 years ago to act as lookouts for anyone crossing into Jordan. Now these people serve in the Israeli army acting as special guides in the desert. Seeing Bedouin culture in this context reminds me of how different a world I live in on the other side of the planet.

En route to the Dead Sea area, descending from the heights of Jerusalem to 1300 feet below sea level, the landscape drastically switched to a barren arid desert. People tend to forget that most of Israel looked as barren (irrespective of the particular geography within the country, which varies) before the hard work, vision and innovation of the Zionists from the past and before the scientists of the present had a vision of the fertile land Israel might become. This was attested to by Mark Twain, who visited "The Holy Land" in 1847 and described it as "... a desolate country whose soil is rich enough, but is given over wholly to weeds - a silent mournful expanse... A desolation is here that not even imagination can grace with the pomp of life and action...We never saw a human being on the whole route...There was hardly a tree or a shrub anywhere. Even the olive and the cactus, those fast friends of the worthless soil, has almost deserted the country."

Back to the present, but ancient, Masada. I was struck by the way the desert preserved the incredible structure and the walls built by the Roman soldiers below to penetrate the fortress -- which they eventually did. And the rest, as they say, is history.

After the blistering heat of the desert, I decided to continue the experience by taking a dip into the Dead Sea, which was not as refreshing as I had hoped: the water was around 85 degrees. With a Wall Street Journal in hand, I decided to relax in the salty water and was amazed at how buoyant I was in the water...even trying to sink was close to impossible. After lunch I ventured into the car with my guide for the 2 hour trip back to Jerusalem, which flew by quickly as he detailed the history of how the Israeli Defense Force (IDF) came into being.

That night in Jerusalem I met up with Elaine Steinger and Mark Finkelstein, who staff our Des Moines Partnership and Ayelet Kleinman, who many of you might remember as the Israeli woman who spent a year in Des Moines as a shlichah (emissary) from the Jewish Agency. We chose an incred-

another identical hospital lay below ground in an effort to protect patients, physicians, nurses, and employees of the hospital. During last year's war, this area protected Jews, Christians, Druze, and Arab residents of the region ~ Israeli citizens, all.

Monday night I traveled to Tel Aviv to meet Ayelet, where she and a friend took me to a memorial where Yitzhak Rabin was assassinated at a peace rally. They also took me through the old neighborhoods established in the Yishuv, the Jewish community of the State-in-the-Making. We continued on to the beachfront in Tel Aviv where we partied late into the night.

Tuesday I traveled back by train to Nahariya, where I would rendezvous with the Partnership group, which was convening for its annual Steering Committee meetings. I arrived early enough to take a swim in



a. David Adelman in Adamit, Israel

b. Jewish Agency director for the Western Galilee, Damon Rose, (left) shows visitors the Central Command Center in Acco.

c. American members of the Israel Partnership in Israel for the annual Steering Committee meetings

d. Air conditioned busses help beat the heat

e. Rugged terrain. Beautiful vista.

f. Our Israeli partners in P2K entertain at the Partnership's 10th Anniversary Gala.

ible Israeli restaurant called Zuni off of Ben Yehuda Street, the famous pedestrian mall where people from all over the Jewish world congregate. Speaking with the waiter about Israeli politics, I heard him address a common complaint. He was frustrated about the lack of political participation in our age demographic. Apathy of the young voter is not just a problem in America, but in Israel as well.

Sunday I left for the North, passing Tel Aviv and Haifa on the way. The drive gave me a chance to study the terrain. Each bend we went around, or mountain we came upon, had a story in the struggle for freedom. Stopping in Caesarea we saw the ruins of King Herod's walled city on the Mediterranean (one of seven walled cities in all of Israel). The museum in Caesarea afforded great insight to what the city looked like from the times of King Herod's through its destruction by the Romans.

By that evening I finally got to our hotel in Nahariya, in the Western Galilee. Upon arrival, I put my bags away and walked to the beach. Walking down the boardwalk filled with bars, restaurants, out-door patios, and a half-dozen amphitheatres, one would never guess the city only has a population of 50,000 and is a community still feeling the effects of last summer's war. Pulling up a chair at the bar facing the beach, I immediately struck up a conversation with the bartender and the patrons around me. Our conversation continued well into the night; each of us telling stories about university life, politics, social life of young adults ~and the Israelis added commentary about their experiences with the IDF. After recollecting the conversation the next morning, I realized the similarities and differences we have, and because we were all Jewish, the underlying trust in each other that was felt. I wondered what America would be like if each of us had the national pride in America the Israelis felt for Israel.

Monday morning I visited the Western Galilee Hospital, a mere six kilometers from the Lebanese border. The hospital serves a huge diversity of people in the region and it employs both Arab and Jewish doctors, who work well together. Criminally, during last year's war, Hezbollah ~ some of whose positions were located on top of the promontory looking straight down at the Western Galilee, targeted missiles at the hospital (IDF troops discovered data identifying the specific location of the hospital when securing a former Hezbollah strong hold.) I saw the lab where the rockets struck and a reinforced window that suffered damage from the explosion. Were it not for Israeli ingenuity, lives would have been lost. Directly below the hospital

the Mediterranean and to jog down the beach. With the group finally all together, we visited a security command center underground in Acco. We toured a bomb shelter in a pre-school and were educated on the probable need for more of these in the future as several of Israel's neighbors seem to remain intolerant of Israel.

As part of our orientation to our Partnership region, we ventured up to the Lebanese border, up into the hills to experience a breathtaking view overlooking northern Israel. As with all visiting groups, we were escorted by guards, former IDF special-forces. One of the guards was a young man named Yaniv. While talking together our similarities became apparent and we decided to continue our conversation Wednesday evening partying on the beachfront in Nahariya.

Early Wednesday evening ~ before my meeting-up with Yaniv for cocktails ~ the Partnership was treated to a spectacular, 10th anniversary of the Partnership party put on by our Israeli partners, in honor of the Americans and people in the Western Galilee who had worked together over the years. The elaborate decorations, entertainment, the great food, and the warmth of our hosts were all wonderful. (In brief, the Partnership is a way to provide benefit to Israel, but also a way for members of our community to engage personally with Israel and its people. This is where our community dollars are being spent. I encourage everybody to participate in this ongoing and exciting effort. Just call the Federation to get involved.)

Thursday ~ our last day in Israel ~ we spent at more Steering Committee meetings and in visiting the Western Galilee College, hearing from its top administrators. Then at a certain point, it became necessary to travel back to the airport and board the flight home.

On the long journey home I thought back to my time in Israel and the people I met. One thing that occurred to me ~ and here I am editorializing ~ was how similar Israelis and Americans feel about their elected officials. We, both peoples, tend to be very critical. The power to question authority, I think, derives from our freedom to question authority, and that is a strength of both our systems. We're democracies. However, the Israelis, through our discussions, made me realize the immediacy of their situation (we're talking about threats to Israel's very existence) and the importance of their need to prevail over any adversity they encounter.

My travels brought me together with people from various sides of the political spectrum: city people and kibbutzniks.

continued on page 23

Key to Cinnamon Anti-Viral Extract Found in the Bible

For most of his professional life, Tel Aviv University professor Michael Ovadia focused on snakes and the medicinal properties of their venom. But seven years ago, after meditating on a biblical passage, Ovadia's career focus began to take a twist... a cinnamon twist to be exact.

Today the spiritual scientist from TAU's Department of Zoology is commercializing a unique cinnamon extract that is touted to quell viral infections from HIV to the Avian flu.

A research and license deal on his patent-pending cinnamon extract was signed last week between TAU's technology transfer company Ramot and Frutarom, a multinational nutraceutical company based in Israel. Frutarom is expected to use the extract in a whole host of applications from disinfecting the air as a spray against Avian flu in airports; to a daily supplement that protects people against the common flu.

Those researching in the field of natural medicine know that snake venom, especially the notorious poisonous kind, has unique anti-viral and analgesic properties that can help fight human illness and disease. For the past 40 years, Ovadia had been working with natural antidotes and found that certain kinds of venom can deactivate Parainfluenza (Sendai) virus - a virus similar to the human flu.

Work was going well. Papers were published, patents had been developed, and his reputation in the field was established. But Ovadia was still waiting for the break-

through that every scientist dreams about.

That breakthrough would come to him one morning in the synagogue while listening to a reading from the Old Testament.

"There is a passage that explains how the High Priests - the Kohens - would prepare a holy oil used on their bodies before they made a ritual animal sacrifice," recalls Ovadia. "I had a hunch that this oil, which was prepared with cinnamon and other spices, played a role in preventing the spread of infectious agents to people."

Taking his hunch to the laboratory bench, Ovadia's initial experiments proved to be true - his savory cinnamon extract was able to quickly and effectively immunize chicken embryos from the Newcastle disease virus - one which costs the poultry industry in the US millions of dollars a year.

Further studies on Avian Flu H9, Sendai virus, the HIV virus, and Herpes Simplex 1 also achieved positive results. Not only was the extract able to neutralize the viruses, it also showed for selected viruses that it has the potential to immunize against them as well.

Now before people start dropping cinnamon sticks in their hot chocolate and sprinkling it all over their lattes - take note that the cinnamon extract developed by Ovadia has special properties that won't be found at coffee shops or in the kitchen cupboard. First of all, it comes from a special variety of cinnamon; coumarin and cinnamon aldehyde, which are by-products of cinnamon 'juice'. These are actually

damaging to the liver in high quantities, and must be removed.

"You cannot take high doses from the natural form of cinnamon," Ovadia told ISRAEL21c. "If you used it several times a day to protect you from the flu, it would be toxic."

During seasonal epidemics, around 10-20% of the world is infected with the influenza virus and the elderly and young are particularly at risk. In America alone, the U.S. Centers for Disease Control and Prevention estimates that 35-50 million Americans are infected with the flu every season. Despite the use of vaccines, the influenza virus is still associated with significant mortality worldwide - especially now that people travel regularly and work together in offices and closed spaces.

Moreover, the global circulation of the deadly Bird Flu H5 (with more than 50% mortality in infected humans) may cause a sudden worldwide pandemic within two to three months. Until a vaccine is invented, antivirals will be the only medical intervention for use in such a pandemic, says Ovadia.

"What we know is that this technology is capable of neutralizing viruses very fast and that it is applicable to various applications," said Dr. Nissim Chen, the business development manager of Ramot who managed the commercialization process which ended up with the licensing to Frutarom. "For example, it can be used in air conditioning systems in hospitals and prevent infections spreading from one person to the other in closed spaces."

There is a growing tendency for researchers and clinicians to explore natural compounds against disease, agrees Chen, adding that Ovadia is well-known for his work in natural inhibitors of snake venom.

"This work with cinnamon is really an extension of his research. And at Tel Aviv University in general, there are several groups working on biological and chemical structure of natural inhibitors," he said.

Besides the human application, Ovadia sees that cinnamon fills an important niche in the agriculture industry where chicks need to be immunized by hand against the deadly Newcastle disease virus.

Applying this research to the global scale could only be done with the help of a large company - which is where Frutarom comes in. The Israeli-based flavor and food additive company has grown in the last 10-15 years from \$10 million a year to a projected \$350 million by the end of 2007.

"We're going to take this know how from a food supplement to protect people from illness to nutraceuticals in drugs; it can also be used in agriculture against Bird flu - certainly it represents a very diversified product line," said Frutarom's CEO Ori Yehudai.

According to the company, Ovadia will continue to lead research into the development of the extract, and Frutarom estimates that the new cinnamon product will be launched in about a year. Hopefully just before flu season.

This article was originally showcased by Israel 21 C, online at israel21c.org



Happy New Year!

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Israel Partnership Your Contributions Help Israel. Now more than ever.

Over the years, our Federation's lay leaders and staff have built a warm and personal relationship with the people of Israel's Western Galilee. We work on this relationship in consortium with thirteen other Jewish American communities in a Partnership program designed by the Jewish Federations and the Jewish Agency for Israel. There are 39 such pairings between communities here, in the United States, and in Israel. And in many respects, our consortium is considered among the very best of the partnerships. It is something we can take great pride in.

As you may know, our partnership region – in the northwestern section of Israel, near the Lebanese border – was hit hard by Hezbollah rockets during last summer's war. Our sister city Acco, along with Western Galilee Hospital, and many of the kibbutzim sustained direct hits.

While our friends and colleagues in Israel were under attack, the Jewish American communities established an Israel Emergency Fund, raising, to date, a total of \$350 million dollars. As part of the emergency effort, our community, our Federation, and our Des Moines Jewish Foundation raised \$300,000. Most of the funds were transmitted to United Jewish Communities, which applied a large portion of all the emergency funding to help the areas affected, including the Western Galilee. \$100,000 of our funds were sent directly, through the Jewish Agency, to help our partnership region. Those funds continue to be used to provide needed counseling to

individuals traumatized by the war, to improve communal bomb shelters to the degree they can be made more accommodating – for example, adding air conditioning where applicable – and for the construction of a command center in Acco, from which the security of the community may be monitored.

The emergency campaign funds are in addition to the regular amount allocated from All-In-One contributions to the Partnership. Our regular allocations, which this year total \$30,000, comprise part of the \$500,000 amalgamated by our consortium and applied, by joint committee process, to social service, economic, and arts projects most of which benefit both the Western Galilee and our Jewish communities in the States.

Sadly, there is an additional need for funding to counter the residual effects of the 2006 summer war. The people of Israel, and most specifically, the residents of our partnership region need further assistance. The issue is not the repair of damaged buildings. Those have been fixed, for the most part. The issue is to help people with psychological needs, to help fund necessary initiatives promoting interethnic tolerance, and frankly, to help prepare the region to house refugees from future attacks on Israel.

Our Federation's leadership encourages you to become more involved with the Israel Partnership. Consider additional gifts to the Crisis Relief fund we have established. Please send your contributions to: Israel Crisis Relief Fund, c/o Jewish Federation, 910 Polk Blvd, Des Moines, IA 50312.

LEADERSHIP FORUM



Author Sue Fishkoff (top left) discussed issues of contemporary Jewish identity with members of the Leadership Forum. The Forum, mentored by Judy Deutch and Bruce Sherman (shown in pictures second in left and right columns), gathers periodically for special programming and social activities.

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[a musical retrospective]

Mel Tormé, The Velvet Fog

by Mark Finkelstein

Do you remember the comedy series Night Court? Remember the judge, played by Harry Anderson, was a fanatical admirer of skat-singing, jazz vocalist Mel Tormé? Tormé, characterized decades ago by a New York DJ as “The Velvet Fog” for his smooth vocal delivery, thrilled audiences even into the 1980s by his guest appearances on Night Court, and even later, on an episode of Seinfeld – he was that popular!

“Downbeat’s” Best Male Jazz Singer of 1976, winner of two Grammys in the 1980s, and The Grammy for Lifetime Achievement in 1999, Tormé is probably best known for his 1946 composition, “The Christmas Song” – that is: “Chestnuts roasting on an open fire...”

Here was Mel Tormé, born in Chicago in 1925 to a middle class Jewish family, whose name had been changed from Torma. Tormé, a self-taught musician, was a paid professional singer at the age of four! He sang “You’re Driving Me Crazy” in a little sailor’s uniform at a restaurant in Chicago on a series of Mondays. By the age of eight, he was acting on such radio dramas as “Jack Armstrong: The All American Boy.” And he penned a hit song, at the age of 15, for bandleader, trumpeter Harry James. So this was one talented kid.

It is recorded, presumably in the 1930s, that his family liked to sit on their front stoop after Shabbat dinner and proudly have Mel sing for the neighbors.

But he didn’t stay in Chicago for long. Word is that after high school, he left to join the Chico Marx Orchestra, in California, as a singer, drummer, and arranger for Chico’s vocal group. And then for several years, Mel had his own jazz vocal group – somewhat like Sinatra’s Pied Pipers – before setting out as a solo artist in 1947. In 1951, he starred on his own TV show, a summer replacement series for Perry Como.

Along the way, during the ups and downs of a musical and film career over six decades, Mel drew many accolades. He indicated that perhaps the most meaningful to him was that from Bing Crosby, who called Tormé “the greatest singing entertainer I’ve ever seen.”

One fruitful period for Mel was his twenty year collaboration with jazz pianist George Shearing. They made five records together. This was followed by a resurgence of Mel’s popularity during the 1980s, with that era’s renewed interest in vocal and mainstream jazz.

After a lifetime of performing night clubs and concerts, his last Carnegie Hall show was in 1994. A venerated celebrity, Mel passed away in 1999.

Of his many albums, one can recommend Jazz ‘Round Midnight: Mel Tormé which includes his rendition of a beautiful and oft recorded song he wrote, “Born to be Blue.” Pull up the recording on amazon.com and enjoy an excerpt from the tune.



[next generation]

Regina Zilbermints by Robin Bear



Regina Zilbermints loves horses. She would rather be training and riding her leased horse, Peavey’s Bright Eye, than just about anything else. When she was seven, Regina attended Camp Shalom during a week of horseback riding and horses have captured her attention ever since. As soon as Regina was old enough to work she began saving her money for horseback riding lessons.

Now she rides Peavey almost daily, preparing to compete in the various circuit horse shows around the midwest. This past summer Regina has been working at Ann Taylor earning money that is primarily spent caring for her horse.

Regina lives in West Des Moines with her parents, Viktor and Viktoriya Zilbermints, and her thirteen year old sister, Anna. Anna celebrated her Bat Mitzvah at Tifereth Israel earlier this year.

In 1993, when Regina was four years old, she moved from the Ukraine to Iowa with her parents and grandparents. Three of Regina’s grandparents live in Des Moines and Regina says she enjoys having them live close where she can always call them or stop by for a visit.

Last May, Regina graduated from Valley High School. Half of her classes were taken at Central Campus to enable her to take advanced placement classes sooner. This plan worked well and Regina will begin her fall term at the University of Iowa with many of her general education classes already completed. She is considering a double major in journalism and political science. As the presidential election moves forward, Regina is looking for candidates she feels she can support and work for during the campaign.

Regina hopes to spend next summer traveling in Europe. She enjoyed the trips taken with her family to Italy and Australia and wants to see more of the world. She would like to visit Israel while in college.

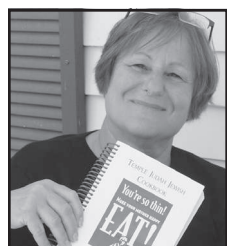
Last spring Regina spent five days in New York playing her violin with the Valley Orchestra in a music festival. The group participated in various clinics with different conductors, played an outside concert near the Trump Towers, and played at Carnegie Hall.

Reading is a favorite pastime and amongst Regina’s favorites are: “A Clockwork Orange” by Anthony Burgess and “Brave New World” by Aldous Huxley. She also enjoys the author, Barbara Kingsolver.

Regina is modest about her many accomplishments. With all that she has going for her, we know success will come her way and we wish her a wonderful year at the University of Iowa.

In the Kitchen With Harriet Feder

by Karen Engman



Harriet Schwartz Feder moved from Cedar Rapids to Des Moines in 1983 with her family, husband Ronny and kids, Michael, Deb and Julia. She grew up in the Kansas City area and loves to play "Jewish geography" with anyone she meets with a KC connection. Actually, Harriet just loves to talk to anyone because she is a warm and caring person who is interested in the lives and endeavors of others.

A Des Moines native, Alan Booth, was Ronny Feder's roommate at the University of Iowa and he fixed up the couple for Harriet's first date in Iowa City. They were married 1½ years later when Harriet was only 20 and they just celebrated their 40th anniversary this past summer. As Harriet exclaims, "It's been an amazing year!" She also turned 60 this year. Their family vacationed at The Greenbriar in West Virginia to celebrate all their simchas, including the birth of a new granddaughter.

Michael Feder (35), a partner at Price Waterhouse, specializing in international tax, is married to Debbie Wang Feder who has a Masters degree in English as a Second Language. They have a son Nathan, (5) who loved riding horses on their vacation and a new baby Nina (5 months). Deb Feder (33) is an attorney with Blackwell & Sanders and

her husband Andrew Osman owns ARO, a commercial real estate company in Kansas City. Their daughter Izzi is 18 months old and loves to talk. In fact, she telephones (with her mother's assistance) her "Honey" (grandmother) Harriet every afternoon at 4 PM after her nap to chat and hear Harriet sing "The Itsy Bitsy Spider." Julia Feder (30) lives in St. Louis and works at the Missouri Botanical Gardens/Earthways, directing their energy program for the area schools.

Harriet's special interests besides her family include walking, gardening, golf and playing Mah Jongg. She is employed by her husband Ronny at his company Hockenberg Newburgh Sales and Marketing where she works on special events planning. Harriet currently serves on the boards of the Iowa Jewish Senior Life Center and the Youth Homes of America. She enthusiastically described her volunteer activities on these boards and the day she spent helping on a Habitat for Humanity home here in Des Moines.

Thanksgiving is her favorite time of the year because she gathers together her family and Ronny's mother Ruthie with many of her friends and their families to eat and celebrate. She always serves this strudel

recipe then and during Rosh Hashanah.

Harriet says she was trained in the kitchen of Temple Judah in Cedar Rapids, where she learned how to entertain for 500 people!! This Temple was the merger of orthodox and reform congregations. Ronny was the Temple President the same year that Harriet led the sisterhood. It was a great place to receive leadership training according to Harriet. The Temple was known for their BIG DINNER which served over 1500 community members. Helping on this event was her training ground. She started with

clearing tables, then moved on to rolling strudel and frying the latkes.

This recipe for Mock Strudel originated from those women of Temple Judah who cooked together in the temple kitchen so long ago. It is a delicious traditional recipe that is not too difficult to prepare. Harriet wants you to know that any fruit preserves will work in this recipe.

The JEWISH PRESS thanks Harriet for sharing this recipe with our readers. If you have a recipe to share call (515-274-3300) or email (aengmandsm@yahoo.com).

Mock Strudel

From the Temple Judah/Cedar Rapids, Iowa Cookbook.. "Approved by the Committee"
This recipe was used for the TEMPLE JUDAH BIG DINNER...

Dairy

For the dough:

2 cups flour
1 cup sour cream
1 cup of butter
Pinch of salt

For the filling:

white raisins
Pineapple or Apricot preserves ...I use 2-3 tablespoons per strudel roll
Coconut and a sprinkle of your favorite chopped dried fruit
Finely chopped nuts

Cut butter into the flour and salt with a pastry blender until the butter is the size of large peas. Add sour cream. Divide the Dough into 3 to 4 balls and refrigerate 24 hours. Next day: Roll one ball at a time on a floured board or pastry cloth as thinly as possible into the shape of a rectangle. Spread with filling ingredients beginning with the preserves (I use about 2-3 heaping tablespoons of preserves). Roll the pastry together starting with the two ends, tuck them under and then place left side over the right side and pinch together. Bake on an ungreased cookie sheet in oven set at 350 degrees for 30 to 45 minutes. Cut into 2" thick slices while the strudel rolls are still warm.

Can be made and frozen to serve at a later date.

** The recipe has never been given with exact amounts for filling—you must fill as much as you want.

The ladies at Temple Judah always used their hands and "measured" in handfuls!



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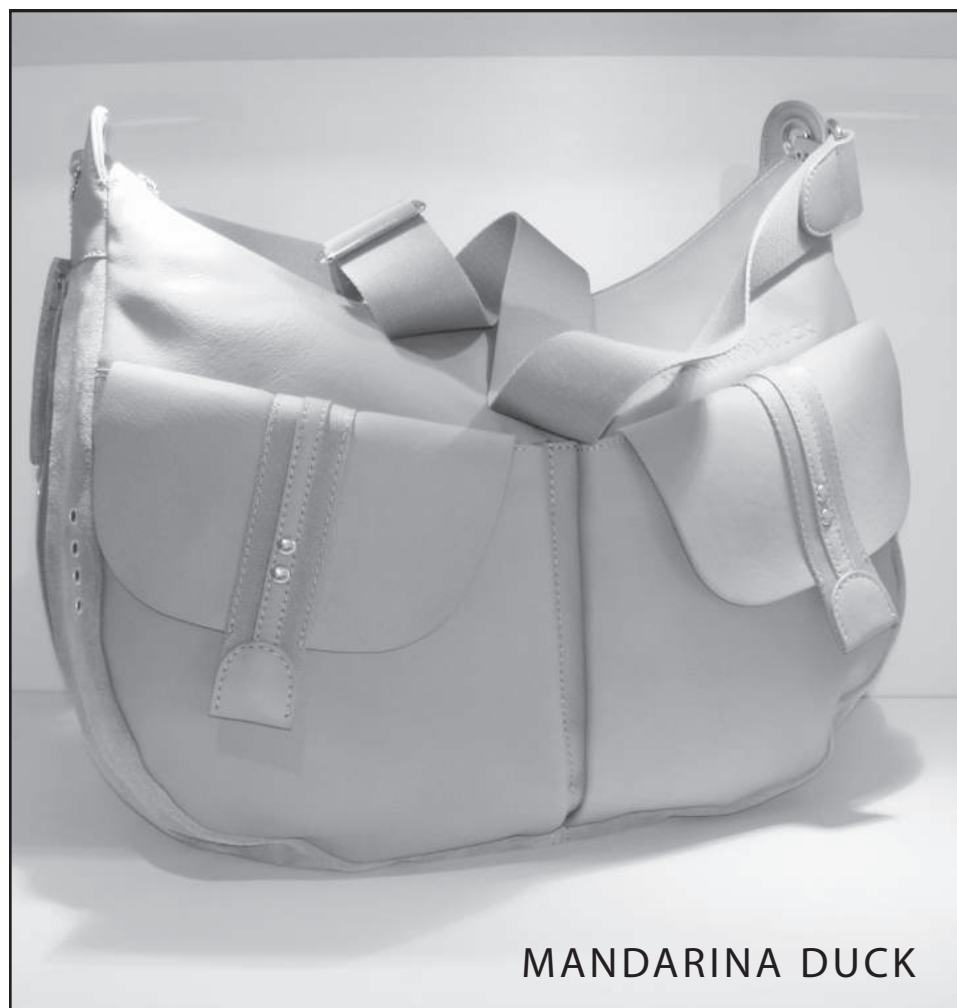
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A Father's Thoughts by Dan Sloven

There comes a time during bar mitzvah ceremonies when parents address their son or daughter, imparting a message on this important occasion. Dr. Dan Sloven delivered the following recently at his son Moses' bar mitzvah at Tifereth Israel Synagogue. We feel the remarks are worth reading by every one. — editor.

Moses, we are very proud of you today. We witnessed your training and studying for your Bar Mitzvah, and we were proud of you for your effort to do your best at this very significant milestone. We are grateful for the help of Rabbi Padorr, Wendy Beckerman, your Uncle Jim Bukstein, your teachers at the former Des Moines Jewish Academy, and your community school teachers. We wish we could share this day with your Sabba Sid Sloven and great aunt and uncle Anna and Charles Greenberg who couldn't attend because of their health. We also wish we could share this day with your grandparents Morie and Nellie Goldstein, your cousin Abby Helman, and our dear friend Cathy Holm of blessed memory.

I have promised that I would not embarrass you by speaking of how utterly exciting were the circumstances of your birth. Instead, I referred to "Bar Mitzvah's for Dummies" which said I should talk about a Jewish subject which excited me. I almost decided to talk about Natalie Portman; however, instead I want to talk about why you should stay Jewish.

You are here today because you are Jewish by birth, number one, and number two because your mother and I chose to follow the traditions of our faith. One day not too far distant, you will leave home and decide how Jewish you want to stay. You will not stay Jewish because your mother and I are Jewish. Your Mom and I will determine your cholesterol and your height but not your Jewishness. You will have to decide that yourself.

A Rabbi, Dovid Orlovsky, tells of asking a class at a Jewish High School how many of them, if they could start over, would choose to be born Jewish. To his surprise, the answer was not just less than half, the answer was 0%. What reasons did these teenagers at a Jewish High School decide they would prefer to start over non-Jews?

First, being Jewish is hard work. You have seen your Mom, Sabba, and Safta slave to get the house ready for Passover holiday.

You know yourself that it is not easy to learn to chant a language without the vowels. In a different way, it is hard work to belong to a people chosen by God. In a way, more is expected of us. Jews are expected, or better yet, even required to be generous, be studious, and be just. We are required to give charity even when we are having a bad year. We are required to seek out the people that we've wronged, admit our misdeed, and ask forgiveness. And let one of us screw up publicly, and it reflects on all of us.

Being Jewish is embarrassing. We wear such funny little hats. We are always asking what is in the food. Our holidays are in the middle of the week, never on the same dates, and always on the night of a football game or the prom. Drive around the neighborhood in December and you can tell who is Jewish. We don't do lights. It gets awkward and embarrassing to be out of sync with most of the people in the community.

Being Jewish is inconvenient. You can't eat this with that, you can't bring food into the house, you aren't supposed to work or write or drive on Saturdays. When do you get to just be normal?

Finally, there are still times and places where being Jewish is dangerous. Google the word "Jew" and you will see that not everybody in the world admires us.

So, why stay Jewish? It is hard, embarrassing, inconvenient, and maybe even sometimes dangerous. Why in creation would you want to stay Jewish?

I'm not going to say be Jewish because being Jewish is good. Being Jewish is good, but other things are good, too. Stay Jewish because staying Jewish is the most fun a person could possibly have. It is fun to try to honor our laws. It is fun to aim for goodness and godliness. It is fun to celebrate our history and culture. It is fun to have a country and a language. It is fun to belong to a group that aims high. Being Jewish makes more of the parts of you that you most admire. Don't stay Jewish because being Jewish is easy, convenient, comfortable, and safe, because it is none of those things. Stay Jewish because it is fun and challenging and good.

Moses, you are a clever, sweet, and generous boy. Many people love you very much and want the best for you. People are proud of you. Go forward and have fun. Stay Jewish.

Cyril Mandelbaum Honored



Congratulations to Cyril Mandelbaum, who has been selected by the Business Record as among the Women of Influence in Central Iowa. Cyril was named Woman Business Owner of the Year and was honored among the awardees on August 14.

Cyril (Pasternak) Mandelbaum, born and raised in Cheyenne, Wyoming, earned her bachelor's degree in accounting and became a CPA after graduation. For three years she worked for Peat Marwick and Mitchell and Co. before opening her own CPA firm, more than thirty years ago. Married to John Mandelbaum, she and John have three sons

and two daughters-in-law, Chad (Dina), Sean (Yuki), and Justin and three grandchildren.

Honored previously, in 2002, as a Woman of Influence by the Business Record and in 1986, as an "Up and Comer" by the *Des Moines Register*, Cyril has long been at the forefront of community involvement. She chaired the Iowa Capital Investment Board, was appointed by Senator Harkin in 1986 to the White House Conference on Small Businesses, has served on the Des Moines Public Library's Foundation Board, and initiated and has been active in the Mentoring Project helping high school girls with college and career selection. Within the Jewish community, Cyril was past president of the Iowa Jewish Senior Life Center and served on the board of Temple B'nai Jeshurun.

JCRCs Monitoring Textbooks for Content about Judaism, Israel

The Jewish Community Relations Council of San Francisco and the umbrella group for JCRCs, the Jewish Council for Public Affairs has embarked on a project to monitor the accuracy and fairness in curriculum materials about Jews, Judaism, and Israel. The Institute for Curriculum Services (ICS), as the project is called, offers a variety of services. ICS reviews textbooks currently in use, works with publishers on content when new textbooks are being written, develops new curriculum materials, works with local JCRC and educational officials, and offers teacher training.

Among the textbook examples uncovered by ICS:

- Passover is a Jewish holiday that celebrates the killing of Egyptian firstborn sons.
- Abraham and Jesus lived in "Palestine."
- The Jews killed Jesus.
- The 1948 war produced only one refugee problem.
- Suicide bombings are acts of terrorism, except when they happen in Israel.

The Institute for Curriculum Services is developing a website at www.icsresources.org. For additional information, contact jcrc@dmjfed.org locally or call 515 277-6321 x 214.

COUNCIL BLUFFS SYNAGOGUE LISTED ON NATIONAL REGISTER



The B'nai Israel Synagogue in Council Bluffs, located at 618 Mynster Street, is now listed on the National Register of

Historic Places. A ceremony commemorating the occasion was held in June.

Dating back to 1930, the building was constructed on the same site as the congregation's synagogue which had burned down.

Chevra B'nai Yisroel, as it was then known, was established in 1903. Its founding was preceded in 1881 by Congregation Bikur Cholim, which held traditional services, and at about the same time by a reform congregation, the Council Bluffs Hebrew Society/ Temple Emanuel.

B'nai Israel Synagogue is the only remaining Jewish presence in Southwestern Iowa.

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Sukkot from page 1

The booths that characterize the holiday may originally have been temporary structures that people would have used while taking in the harvest. Exodus 23:16 explains this connection: "...and the feast of ingathering at the end of the year, when you gather in the results of your work from the field"—it is a holiday of great joy, on which we celebrate the great bounty that God has given. The centrality of this holiday is even more apparent in biblical texts such as Nehemia, Ezekiel, and I Kings, where Sukkot is referred to simply as Hehag—"The Holiday."

The holiday became known as a time to celebrate other great events; for example, Solomon's Temple was consecrated on Sukkot. Even Hanukkah, another re-dedication of the Temple, was really a celebration of Sukkot that was likely moved back due to the political situation during the Sukkot's normal season.

The booths, sukkot, which have lent their name to the holiday, have a somewhat hazy origin. According to the verse quoted above from Leviticus 23, we are to dwell in these booths because our ancestors lived in booths when God brought them out of Egypt. This is, however, the only reference we have relating the Exodus narrative to these temporary dwellings, leading scholars to speculate that the holiday's connection to the Exodus developed rather late.

In rabbinic literature, much attention is given to these temporary dwellings. Extensive discussion on the nature and construction of a proper sukkah has helped shape Sukkot into the holiday it has now become, which is very much centered on the construction, decoration, and meaning of the impermanent structures we are told to make our homes for one week of the year.

Another well-known Sukkot tradition is that of the four species (arba'ah minim), also known as the lulav and etrog. "On the first day you shall take the product of hadar trees (traditionally identified as the etrog/citron tree), branches of palm trees, boughs of leafy trees, and willows of the brook, and you shall rejoice before the Lord your God seven days" (Leviticus 23:40). Certainly these gathered species must be a symbol of the agricultural aspect of the holiday—emphasizing four different types of growing things.

Indeed, these four species are ones that specifically grow in Israel, which makes Sukkot a natural tie-in to the land, its agricultural rhythms, and by rights, a fitting time to celebrate national events that also celebrate the land, such as the Temple's dedication.

In Nehemiah 8, we find another tradition for the four species, including olive branches instead of willow branches, as is specified in Leviticus. We are also told that the people would cover the booths with these plants.

By the rabbinic period or even earlier, however, it is clear that the waving of the Four Species is a commandment that is separate from that of the construction of the sukkah. The lulav and etrog also became symbols of the land. This can be deduced from coins that have been found from the time of the Bar Kochba revolt (132-135 CE), on which pictures of the lulav and etrog were found.

Today's practice is to use the lulav and etrog every day during the Hallel (psalms of praise) and during the Hoshanot—hymns recited every day of Sukkot as we circle the synagogue, holding our lulav and etrog while singing the refrain hoshanah, "save us." This is based on similar processions that took place when the Temple was still standing. The lulav has continued to be a poignant physical symbol following the period of intense spiritual reflection during the High Holidays.

Hoshanah Rabbah, the "Great Hoshanah" at the end of the holiday, on which people beat the willows, also represents the ultimate end to the period of teshuvah (repentance), at which point the very last decrees are issued from heaven. The custom of beating the willows has its origins in Temple ritual, where people would beat the willows on the floor near the altar in a symbolic destruction of sins.

When the Temple was still standing, there was a water libation that was performed only on Sukkot. It became a joyous celebration known as Simhat Bet Hashoevah, at which festive performances took place. Today, some use this as a time to hold a party, or have performances in their sukkot.

Courtesy of MyJewishLearning.com

Perez from page 1

Highlights of his tenure as Defense Minister were the signing of the Interim Agreement with Egypt 1975, the Entebbe rescue operation 1976, and the opening of the Good Fence on Israel's border with Lebanon.

In 1977, Peres was elected chairman of the Labor Alignment. In 1984, a National Unity Government was formed, and Peres served first as Prime Minister (1984-86), and then as Vice Premier and Minister of Foreign Affairs (1986-88). During his term as Prime Minister, Israel withdrew from Lebanon (1985) and an economic stabilization plan was implemented.

In the following National Unity Government 1988-90, Peres was Vice Premier and Minister of Finance. In 1990-92, he was

leader of the opposition in the Knesset.

In July 1992, Peres was appointed Minister of Foreign Affairs.

On Nov. 5, 1995, following the assassination of Prime Minister Yitzhak Rabin, he assumed the positions of Acting Prime Minister and Minister of Defense, until the general elections held in May 1996.

From 1996-99 he served as a member of the Knesset Foreign Affairs and Defense Committee.

Shimon Peres served as Minister of Regional Cooperation from July 1999 until March '01. He served as Minister of Foreign Affairs and Deputy Prime Minister from March '01 until Oct. '02, when he resigned from the government together with the other Labor ministers. Peres served as Vice Premier from January until November '05, when he resigned from the government together with the other Labor ministers.

Prior to the elections to the 17th Knesset, Peres left the Labor Party to join the newly founded Kadima. He served as Vice Premier, Minister for the Development of the Negev and Galilee May '06 - June '07.

Peres has published books in Hebrew, French and English on many subjects. In October 1997 he created the Peres Center for Peace with the aim of advancing Arab-Israeli joint ventures. He is married, and has three children, eight grandchildren and two great-grandchildren.

Source: State of Israel Foreign Ministry, online at www.mfa.gov.il

President from page 3

As we approach the High Holidays, I challenge you to do two things. First, make a "New Year's resolution" to do one Jewish thing each day. It might be as simple as saying the Shema when you wake up. It might be remembering to make a Motzi over your food before you eat it, thus transforming the most mundane of activities into something holy. It might be lighting Shabbat candles and taking time to prepare a beautiful meal with your family. You might want to read a book with a Jewish theme, add some Jewish art to your collection or listen to Jewish music. How about learning Hebrew or Yiddish? (If there's sufficient interest, the Jewish Federation can organize adult education Hebrew and Yiddish language classes.) Whatever YOU chose to do, make a little room each day to be more than a parent, a child, a worker, a business-owner—make a little room each day to be a Jew.

Second, support your Jewish Federation. Don't turn the page; I'm not asking for money. (We're already planning the 2008 All-In-One Campaign, but I'll talk about

that in another column.) I'm asking for your time and your engagement.

You may have noticed as you read this column that I've often written, "your Jewish Federation" instead of "the Federation". This is the way I intend to refer to the organization in the future. It's not just a federation, a coming together of individuals. It's a Jewish Federation, a joining of Jewish individuals for the common Jewish good. It's also not just any Jewish Federation—it's YOUR Jewish Federation. We are blessed with dedicated volunteers and a wonderful staff. This small group cannot by itself do all of the large and small things necessary to maintain and develop our community. They—we—need your help.

This organization can be a positive force in your life. Support your Jewish Federation by participating with your fellow Jews in our work on behalf of the community. Volunteer a little of your time to work on a committee. Attend Jewish Federation-sponsored events at The Caspe Terrace and elsewhere. Join with us in this new Jewish year to help our Jewish community thrive, grow and prosper.

Debra, Shoshana, Rachel and I wish each and all of you a Shana Tovah Tikateivu.

—Neil Salowitz

neil@dmjfed.org (515) 491-0515

Poland from page 11

There was a group of about seven of us that went to visit what was left of the death camp Sobibor. This camp is set back in the woods; it was a very scary trip, I can only imagine how it was when you had no idea where you were going. On the way back to Krakow from Lublin we stopped and visited the memorial at Belzec.

Throughout my stay we also visited other places important to Jewish and Holocaust history including Oskar Schindler's Factory, the Krakow Jewish Cemetery, the Krakow Ghetto and Plaszow (labor camp), and the Warsaw Ghetto and the Umschlagplatz. We also visited many secular places such as the Tatra Mountains, the resort town of Gdansk, and Westerplatte, the place where the first shots of WWII were fired.

This trip was the most important thing that I have done in my life. In addition to helping me gain a stronger sense of religion, I also have grown as a person and changed in many positive ways. I look forward to the next time I can visit Poland.

Shayna Grund, a student at the University of Northern Iowa, was bat mitzvah at Temple B'nai Jeshurun. Her parents are Lyanna and Bill Grund.

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TISHREI SCHEDULE

Motzoei Shabbos September 8th Selichos Service

Slichos – 12:00 Midnight

Wednesday September 12th Erev Rosh Hashanah

Light candles - 7:12 pm

Mincha followed by Maariv - 7:00pm

Thursday September 13th 1st Day Rosh Hashanah

Shacharis - 9:00am

Blowing of the Shofar - 11:00am

Mincha - 6:00pm

Tashlich - 6:30pm

Maariv – 8:00 pm

Light Candles (from a pre-existing flame) – 8:10pm

Friday September 14th 2nd Day Rosh Hashanah

Shacharis -9:00am

Blowing of the Shofar - 11:00am

Mincha followed by Maariv – 7:00pm

Light Candles for Shabbos (from a pre-existing flame at) – 7:08pm

Shabbos September 15th Parshas Haazinu - Shabbos Shuvah

Shacharis - 10:00am

Shiur - 6:00pm

Mincha followed by Maariv - 7:00pm

Sunday September 16th Fast of Gedaliah

Shacharis - 9:00am

Fast ends 8:02pm

Friday September 21st Erev Yom Kippur

Light candles at 7:10pm

Fast Begins 6:56pm

Mincha followed by Kol Nidrei - 7:00pm

Shabbos September 22nd Yom Kippur

Shacharis – 10:00am

Yizkor - 12 Noon

Mincha followed by Neila – 5:30pm

Maariv followed by break the fast – 7:54pm

Wednesday September 26th Erev Sukkos

Light candles – 6:47pm

Mincha followed by Maariv 7:00pm

Thursday September 27th 1st Day Sukkos

Shaharis - 10:00am (Bring Lulov and Esrog)

Mincha followed by Maariv - 7:00pm

Light candles after 7:45pm (from a pre-existing flame)

Friday September 28th 2nd Day Sukkos

Shaharis - 10:00am (Bring Lulov and Esrog)

Mincha Maariv and Kabbolas Shabbos - 7:00pm

Light candles - 6:44pm (from a pre-existing flame)

Shabbos September 29th (1st Intermediate Day)

Shacharis – 10:00am

Shiur – 5:30pm

Mincha followed by Maariv – 6:30pm

Wednesday October 3rd Hoshana Rabba

Light candles - 6:36pm

Mincha followed by Maariv – 6:30pm

Thursday October 4th Shmini Atzeres

Shacharis - 10:00am

Yizkor – 11:30am

Mincha – 6:30pm

Maariv and Hakkofos - 7:30pm Dinner Dancing and Fun!

Light candles after - 7:34pm (from a pre-existing flame)

Friday October 5th Simchat Torah

Shacharis - 10:00am

Kiddish and Hakkafos – 11:15am

Light candles - 6:33pm (from a pre-existing flame)

Mincha – 6:30pm

Maariv and Kabbolas Shabbos – 7:30pm

Shabbos October 6th Parshas Beraishis

Shacharis – 10:00am

Shiur -5:00pm

Mincha - 6:30pm

Maariv – 7:30pm

TEMPLE B’NAI JESHURUN

High Holiday Schedule

SELICHOT: Saturday, September 8

9:00 p.m. Temple B’nai Jeshurun

KEVER AVOT: Sunday, September 9

12:30 p.m. CONGREGATIONAL Kever Avot, Emmanuel Cemetery (in Woodland)

1:00 p.m. COMMUNITY Kever Avot, Jewish Glendale Cemetery

EREV ROSH HASHANAH SERVICES: Wednesday, September 12

7:00 p.m. and 9:00 p.m.

ROSH HASHANAH SERVICES: Thursday, Sept 13

8:30 a.m. TRADITIONAL SERVICE

10:45 a.m. CHILDREN’S SERVICE

11:30 a.m. INFORMAL SERVICE

TASHLICH: Friday, September 14

12:00 p.m. Gray’s Lake

KOL NIDRE SERVICES: Friday, September 21

7:00 p.m. and 9:00 p.m.

YOM KIPPUR SERVICES: Saturday, Sept 22

8:30 a.m. TRADITIONAL SERVICE 10:45 a.m. CHILDREN’S SERVICE

11:30 a.m. INFORMAL SERVICE

2:00 p.m. MUSICAL INTERLUDE

3:15 p.m. TORAH & HEALING SERVICE

4:30 p.m. YIZKOR/NEILAH

6:00 p.m. BREAK THE FAST

TIFERETH ISRAEL SYNAGOGUE

High Holiday Schedule

Saturday, September 8

Joint Selichot Evening Services with Temple B’nai Jeshurun

Wednesday, September 12

Apples and Honey YAD Service at 6:00 pm
Erev Rosh Hashanah Service at 8:00 pm

Thursday, September 13

Rosh Hashanah First Day Services at 9:00 am
Alternative Services led by Laura Bernstein and Barb Hirsch-Giller

Friday, September 14

Rosh Hashanah Second Day Services at 9:00 am
High Holidays Under the Stars at the Sylvan Theatre of the Art Center

Sunday, September 16

Fast of Gedalliah

Friday, September 21

Kol Nidre

Saturday, September 22

Yom Kippur and Yizkor
Alternative Services led by Laura Bernstein and Barb Hirsch-Giller

Wednesday, September 26

Erev Sukkot

Thursday, September 27

Sukkot

Friday, September 28

Sukkot

Wednesday, October 3

Hoshanah Rabbah

Thursday, October 4

Shemini Atzeret and Yizkor

Friday, October 5

Simchat Torah

Mazel Tov

Births

Sarah Gitchell and Gary Dorfman have a new daughter, **Lily Arin Dorfman**, born May 18, 2007 in Philadelphia. Lily has a proud sister Rose Danille.

–**Debbie and Bob Gitchell**

My son and daughter-in-law, **Adam and Mara Yentis**, had their second child, **Ariella Dov Yentis**, our third grandchild, on June 8th, 2007 in Manhattan, NY.

–**Tammy and Jonathan Yentis**

Carter Joshua Schwartz, born June 18, 2007 in Des Moines

- parents **Aaron and Laura Lien Schwartz**

Isadora Madeleine Carr, born June 12, 2007 in Des Moines parents

Randi and Chris Carr

–Proud Grandparents of both babies –**Jill and Howard Musin**

Congratulations to **Cyril and John Mandelbaum** on the the birth of their grand-daughter, **Brooke Rachel**, July 3rd in Scottsdale. The proud parents are

Chad and Dina Mandelbaum.

Graduate

Chaya Simpser, son of Sara and Rabbi Berel Simpser, has graduated from Torah Academy of Milwaukee High School.

B'nai Mitzvah



Talia Leman

Saturday, September 1
Tifereth Israel Synagogue
Talia Leman and her family invite you to join

them in ceremony and celebration as she is called to the Torah as a Bat Mitzvah, Saturday, September 1, 2007, at 9:00 am at Tifereth Israel Synagogue. A Kiddush Luncheon will be served following the Morning Service.



Jennifer Shulman

Saturday, September 8
Tifereth Israel Synagogue
Please join us as we celebrate Jennifer

Shulman becoming a Bat Mitzvah on Saturday, September 8, at 9:00 am. A Kiddush luncheon will be held immediately following Services hosted by Dr. Marc and Cynthia Shulman.



Kelsey Sarah Dennis

Saturday, October 6,
Ames Jewish Congregation
With the richness of tradition and the

promise of tomorrow, Kevin and Robyn Dennis invite you to share this special moment as their daughter Kelsey Sarah becomes a Bat Mitzvah on Saturday, October 6, 2007. Services are at 10:00 am at Ames Jewish Congregation.

In Memoriam

We note with sorrow the recent passing of

Freda Jacobson

William S. Joseph

Carrie Oppenheimer



Zach Schnoebelen

Saturday, October 20
Temple B'Nai Jeshurun
Our family invites you to join us in celebration as Zach is called to

the Torah as a Bar Mitzvah, Saturday, October 20, 2007, at 10:00 am at Temple B'Nai Jeshurun. A Kiddush Luncheon will be held immediately following the service.



James Steadham

Saturday, November 3
Ames Jewish Congregation
James Steadham, son of Edward and

Shari Steadham, will be called to the Torah as a Bar Mitzvah on Saturday, November 3, 2007, at 10:00 am at Ames Jewish Congregation

Share Your Good News

A photo and/or announcement of graduations, anniversaries, births and awards can be submitted by Sept 24, for publication in the November/December '07 edition. Send to: Jewish Press, 910 Polk Blvd, Des Moines, IA 50312 or by e-mail to jrcrc@dmjfed.org

wanted:

Temple B'nai Jeshurun is seeking a full-time Executive Administrative Assistant. Candidate must work well in a fast paced professional team environment, adapt to change, have the ability to manage work priorities and meet strict deadlines using time management and organizational skills. The qualified individual will provide direct administrative support to the executive director, the board of directors, Temple clergy, and other staff.

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Iowa Jewish Senior Life Center

IN SEARCH OF THE ELUSIVE, AND OH SO IMPORTANT, VOLUNTEER

Stephen P. Blend, M.H.A.

On Sunday, August 19, The Iowa Jewish Senior Life Center had a luncheon to acknowledge those members of our community who have found it within themselves to volunteer their time and energies to the Residents of The Life Center. Each of the volunteer honorees has personally acted to preserve and strengthen the connection between our Residents and the broader community.

No matter how exceptional the care provided to our Residents by our professional staff, there still exists in everyone a deep-seated need to maintain a connection with life beyond The Life Center. To maintain an intimate connection with the life lived in a broader social context. A connection with a life held so vividly in memory's hoard. Volunteers are an essential element in main-

taining that connection, and whether or not they are fully aware of their importance to our Residents, our volunteers need to know that they make the everyday lives of our Residents so much more meaningful.

We are fully aware that times have changed, and that, due to the increasing demands of family and work, the pool of volunteers has shrunk. Nonetheless, we want to ask that you consider joining our cadre of volunteers and becoming a part of the ongoing effort to create a sense of "home," and belonging, for our Residents. Whether that involvement becomes part of your weekly routine or is confined to participating in a single celebration of one of the many events on our annual activity calendar, your presence, a friendly smile and a sympathetic ear here can mean so much - to our Residents and to the community of which we are all a part.

FEDERATION'S PICNIC MARKED END OF A GREAT SUMMER AT THE CASPE TERRACE

As the sun sets on another summer of activities at The Caspe Terrace, we are reminded of the children's voices excitedly cheering while exploring Israeli culture at Engman Camp Shalom, yelling with glee in the bounce house at the Annual Picnic, and whispering scary tales at the Engman Camp Shalom Sleepover. The summer picnic, a day of games, relays, a rockin' bounce, crafts, brightly painted faces, and the always popular Java Jews playing in the heat, was a hit with attendees of all ages. The committee, Krista Pearl, Wendy Adato,

Jami Schnoebelen, Beth Ohringer, and Kim Waltman, spent the summer planning activities for kids (and grown ups) of all ages.

The picnic's purpose was to say goodbye to camp counselors and camp friends, to thank the host families, and to say hello to a new school year at JFCS. However, it also served as a greeting to new community members and as a kick-off for a great year of art classes, song, dance, theater, storytelling, and film, including a celebration to commemorate the sixtieth anniversary of the state of Israel.

Camp Ramah Visits Iowa



In July, the Machon group of Camp Ramah in Wisconsin, with students entering 10th grade, visited several sites in Iowa.

While in Des Moines, the group camped out at The Caspe Terrace and spent time with the counselors, students, and administration from Engman Camp Shalom. The Ramahniks also visited Postville and Iowa City on their tour, which is part of their camping program. For more about the camp, which is affiliated with the Conservative movement, see ramahwisconsin.org

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The Kinder Transport: Esther Bergh's Journey to England, Israel, and America



Esther Bergh (whose given name was Edith Laster), beloved and respected preschool teacher to more than 1,000 of Des Moines' Jewish children, was born on June 7, 1924, in Schwabisch Gmünd (Germany), where she spent her early childhood. She, her brother Herbert born in 1925, and her sister Herta, born in 1930, were raised religiously but not severely orthodox by their Jewish parents.

All family members were later on considered to be Ostjuden (Eastern European Jews), which were the first the Nazis acted against, as her father originally came from Poland. After his death in 1934 the family moved to Munich. There Esther and her brother who had earlier attended a regular school went to the Jewish school.

Though sometimes being called Hasslicher (Ugly) Jude by other children and noticing the presence of the Sturmer (Anti-Semitic Newspapers posted on buildings) on their way to school, they experienced the first years in Munich as carefree and warm. Esther only began to realize that "something was happening" when Jews little by little were forbidden to attend any of the public places and her family experienced a narrow escape from a deportation to Poland in October 1938.

"I attended public school until 1934 or 1935," Esther remembers. "Then Jews were no longer allowed to go to public school.

That's when I realized we were treated differently." Up until this point, Esther had been able to go to movies, the public swimming pool, and on walks without being scared. Then the Hitler Youth Kids who were trained to hate Jews began throwing stones at the Jewish people. "It was November of 1938," she recounts, "that Kristallnacht (the night of broken glass) occurred. Jewish homes, businesses, and synagogues were destroyed. My uncles came running into our apartment telling us not to go out; I then became afraid."

The Lasters and many other Jews of Polish origin were put on a train taking them to a concentration camp - which they of course did not know at that time - as the train suddenly stopped and returned to Munich. It was the last known train that was sent back.

It was shortly after Kristallnacht that Esther's mother heard of the Kinder transport (On November 16, 1938, the cabinet under Prime Minister Neville Chamberlain determined the entry permit to an indefinite number of Jewish children. The informal name of the open action, in which many organizations were involved, was Kinder transport.) The only conditions "imposed by British government were the participants' maximum age of sixteen years and a guarantee sum of fifty pounds per child." After being signed up for the transport by her mother, things went very quickly: Before we departed, I received a packing list, which reminded me of a camp list. We were only allowed to take one suitcase. My mother had two good dresses sewn for me. Shortly before I departed to England, my family put on a brave face and went to take a family photograph, which shows us all together for the last time. Esther was the first of the siblings to travel to England. "Many children were crying ... I remember that I decided to put on a happy face."

Esther recalls the moments before she

left for England. The day came when the children were to board the Kinder transport. Esther didn't realize that this would be the last time she would see her mother. Although she was worried, she wanted her mother to feel she was doing the right thing by sending her away. Esther never showed her emotions. The last words Esther remembers hearing from her mother were, "We will see you soon."

Despite her anxiety, Esther looked at the Kinder transport as an adventure. Accompanied by several of her good friends, she left Munich in early January. "We were stuffed into these small cabin trains that had a

strong sulfur smell. On the train, kids were getting sick; there was that horrific smell of vomit. Although terrified of what may hap-

pen, and fearful that the SS could come onto the train, Esther tried to stay positive.

It was a great relief for the children to cross the border of the Netherlands, where they did not feel like enemies anymore, but were welcomed and given food by Dutch Organizations.

After finally reaching Harwich on a ferry, they were brought to summer camps close to the sea where they had to wait until they could journey on to their future homes.

As it was a very cold winter and the camps were not built for winter weather, Esther became so sick that she was unable to travel, and after weeks in the camp was one of the last children to leave. Esther was brought to Manchester where she finally met her new family, a young couple with two little children.

"When I came to England of course I missed that most: Being together with the family. That was the hardest actually."

As her foster-parents were very traditional and devout Jews, she soon had to change her name from Edith to the Hebraic Esther, which she has kept. In addition to that, she was given the task of working as the family's

babysitter; instead of going to school.

Accepting her duties but not wanting to upset her mother, who "always wanted ... [her] children to have a good education;" she hid those facts in their correspondence. Later, after her sister had been sent to another family on the Kinder transport, Esther's foster-parents decided to support her brother to join the family. He arrived in England in early October, 1939. The application for her mother to come to England as a domestic, so that she could get a visa to flee from Germany, was sent too late. Esther's mother and grandmother became victims of the Nazis. While Herbert left to attend a regular school, she became a student of the Anna-Freud-Institute in London, and later on Teacher and Director of an institute called Born-Nurseries. Despite loving the work with children, Esther was not really satisfied with her life.

In 1949 Esther immigrated to the newly created state of Israel where she first lived in a Kibbutz and then in Jerusalem. She stayed there for six years, enjoying the country, the people and life there very much. At her sister's request she then traveled to the United States, where Herta and two of her uncles had settled, planning to soon return to Israel. However in Iowa, she met her husband, Warner - who also had been born in Germany, but had spent his exile in Shanghai - and in the end stayed here with him. Recently the two celebrated their fiftieth wedding anniversary.

Esther raised a family and continued working in early childhood education until she retired.

From the CHAIowan, Volume Nine, No. 2, Spring 2007/5767 -Adapted by Krys Phillips from original excerpts of the following pieces: Teacher of One Thousand Des Moines Jewish Children Memoir by Esther Bergh; Exile Experience: Esther Bergh and Inge Sadan on the Kinder transport of Jewish children to England by Amanda da Gloria, Verfasserin, German student, English Final, Pestalozzi-Gymnasium Munchen; Esther Bergh; Oral History Essay by Elena Hermanson.

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[the
calendar]

Saturday, September 1	9:00 am	Talia Leman Bat Mitzvah at Tifereth
Thursday, September 6	12:00 Noon	Senior Lunch at the Temple
Saturday, September 8	9:00 am	Jennifer Shulman Bat Mitzvah at Tifereth
Sunday, September 9	12:30 pm	Kever Avot Memorial Service at Woodlawn
	1:00 pm	Kever Avot Memorial Service at Glendale
Thursday, September 13		ROSH HASHANA
Friday, September 14	6:00 pm	High Holiday Services Under the Stars at the Art Center Sylvan Theater
Sunday, September 16	9:00 am	Jewish Federation Community School starts classes
Wednesday, September 19		JFCS Junior/Senior High classes start at Tifereth
Saturday, September 22		YOM KIPPUR
Monday, September 24	7:30 pm	Federation Board of Directors at The Caspe Terrace
Tuesday, September 25	5:00 pm	IJSLC Board Meeting
Thursday, September 27		SUKKOT
Friday, September 28	6:00 pm	Temple 75th Anniversary
Sunday, September 30	6:00 pm	Temple 75th Anniversary Dinner
Thursday, October 4		SHMINI ATZERET
Friday, October 5		SIMCHAT TORAH
Saturday, October 6	10:00 am	Joanne Brown Bat Mitzvah at the Temple
	10:00 am	Kelsey Dennis Bat Mitzvah in Ames
Thursday, October 11	12:00 Noon	Senior Lunch at Tifereth
Friday, October 12	6:00 pm	Gendler Weekend (scholar-in-residence) at Tifereth
Saturday, October 13	12:00 Noon	Tifereth Shabbat Café
Saturday, October 13	12:00 Noon	Tifereth Shabbat Café hosted by Women's League
	4:30 pm	Amanda Zuckerman Bat Mitzvah at the Temple
Sunday, October 14		Women's League for Conservative Judaism at Tifereth
Monday, October 15		Women's League for Conservative Judaism at Tifereth
	7:30 pm	Executive Committee Meeting at the Federation
Thursday, October 18	12:00 Noon	Women's Campaign event at DM Golf and Country Club
Saturday, October 20	10 am	Zachary Schnoebelen Bar Mitzvah at the Temple
Friday, October 26	6:00 pm	Katie Sinkewjz Bat Mitzvah at the Temple
Sunday, October 28	5:00 pm	IJHS Fall Event at The Caspe Terrace
Saturday, November 3	10:00 am	James Steadham Bar Mitzvah in Ames
Sunday, November 4	12:00 Noon	Tifereth Torah Fund Luncheon and Musical Program
Saturday, November 10	10:00 am	Nathan Buchsbaum Bar Mitzvah at the Temple

Motherland *from page 13* Through my conversations with these incredible people I am able to come to a few conclusions. First, the pride Israelis have for their country is nothing like I had ever seen. Second, the need for America to be in constant support of Israel's right to exist is important now more than ever. Third, Israelis my age are global, innovators, and optimists. With a secure nation, these young adults will find their way into leadership positions and continue to contribute their knowledge and talents in ways America – and others – can benefit from, whether in the field of technology, agriculture or education. Finally, as an experienced traveler I can say that Israel is a unique and most dynamic place.

Each of the breathtaking sites I saw – the natural beauty of its geography, the ruins, the monuments, and the innovative high-tech institutions – has filled me with a sense of pride, both for the country of Israel and its being the Jewish homeland. However, the reality I witnessed also creates within me a sense of disappointment in the American media. On the whole, the American mainstream media does an awful job covering Israel. To use a colloquial phrase: they just don't get it. They don't get the context and they can't find the positive attributes that Israel possesses. Before I left and after I returned, people asked me if I were afraid of encountering terrorism by traveling to what they perceived as a Third World country. To get the point across, after my return, I would stress to people that not once did I feel my safety was in jeopardy. In response, I find myself telling people about the beauty of the landscape and the people. After thinking about it, I've come to a realization: I can sing the praises of Israel until I am blue in the face, but people will not realize the gifts Israel has until they see for themselves. Permit me to end with a quote by John F. Kennedy. "Israel was not created in order to disappear - Israel will endure and flourish. It is the child of hope and the home of the brave. It can neither be broken by adversity nor demoralized by success. It carries the shield of democracy and it honors the sword of freedom."

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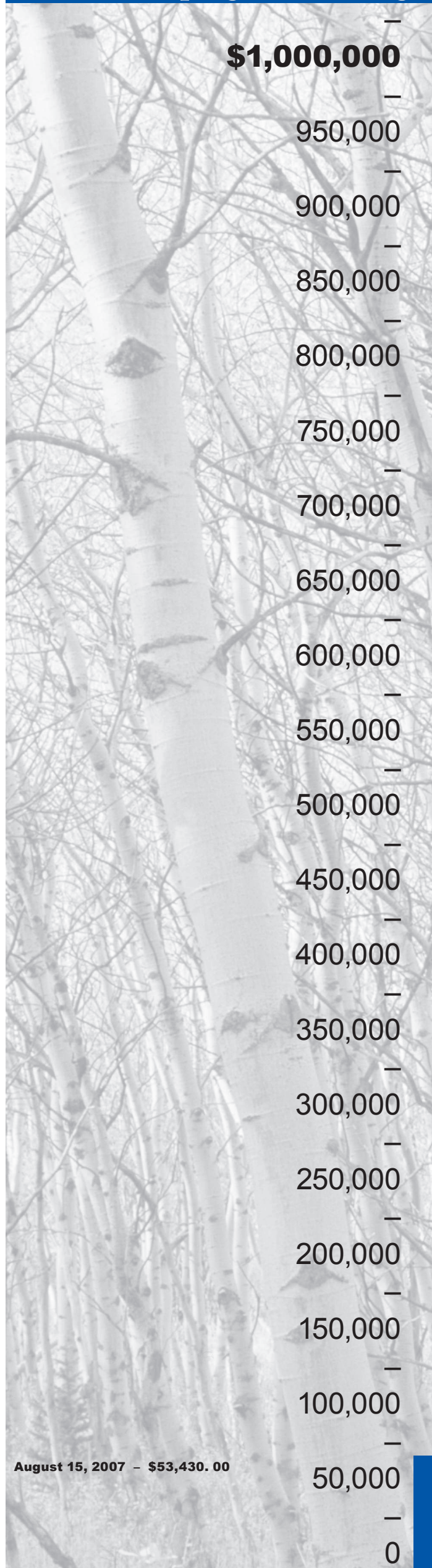
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*...can maintain and enhance our Jewish responsibility
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*...can provide a Jewish lifeline to those facing poverty,
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in Des Moines and Central Iowa, in our partnership city,
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THE 2008 ANNUAL CAMPAIGN

– chaired by Neil Salowitz and Judy Deutch

The Jewish Federation offers a central coordinating body for the Jewish Community. Of all of the roles the Federation plays, none is more important than providing an opportunity for you to care and join with others. Whether you are new in the community, or a familiar face, somewhere along the way the Federation will touch your life... We invite you to help build our Jewish community to meet the needs of today and tomorrow.

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