

THE GREATER DES MOINES **Jewish Press**

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L'SHANAH TOVAH 5770!

ENJOY THE SWEETNESS OF THE NEW YEAR WITH THE TRADITION OF APPLES AND HONEY
THE BEGINNING OF THE YEAR...

ROSH HASHANAH

... FALLS ON 1 AND 2 TISHRI. IT BEGINS A 10-DAY PERIOD OF REPENTANCE AND PRAYER WHICH ENDS ON YOM KIPPUR. IT MAY BE OBSERVED FOR ONE OR TWO DAYS.

ROSH HASHANAH MARKS THE ANNIVERSARY OF THE BIRTHDAY OF THE WORLD. IT'S THE DAY PEOPLE ARE JUDGED FOR THEIR ACTIONS DURING THE PAST YEAR.

CUSTOMS AND OBSERVANCES:

ATTENDING THE SYNAGOGUE IS DONE TO REAFFIRM FAITH, EXAMINE PAST DEEDS AND PRAY FOR FORGIVENESS AT SPECIAL ROSH HASHANAH SERVICES.

BLOWING OF THE SHOFAR (RAM'S HORN) ON BOTH DAYS MARKS ESPECIALLY IMPORTANT OCCASIONS. IT REMINDS THE PEOPLE OF THEIR RESPONSIBILITIES TO GOD AND CALLS THEM TO REPENT. IT RECALLS ABRAHAM'S WILLINGNESS TO SACRIFICE HIS SON WHEN ASKED, AND GOD'S ACCEPTANCE OF A RAM INSTEAD.

THE DAY OF ATONEMENT

YOM KIPPUR

... OBSERVED ON 10 TISHRI. IT IS THE HOLIEST DAY IN THE JEWISH CALENDAR AND IT ENDS TEN DAYS OF REPENTANCE.

IT IS SPENT IN PRAYER, MEDITATION AND FASTING IN ORDER TO START THE NEW YEAR WITH A CLEAR CONSCIENCE.

CUSTOMS AND OBSERVANCES:

KOL NIDRE (ALL VOWS) ... THE SERVICE HELD BEFORE SUNDOWN ON YOM KIPPUR EVE. EACH PERSON REAFFIRMS HIS OR HER PROMISES TO GOD AND TO SELF FOR THE COMING YEAR AND PRAYS TO BE EXCUSED FROM VOWS TO GOD THAT CAN'T BE KEPT.

ASKING FORGIVENESS OF EACH OTHER AND GIVING FORGIVENESS, BELIEVING THAT GOD'S FORGIVENESS DEPENDS ON PEOPLE BEING CHARITABLE TOWARD EACH OTHER.

**"MAY YOU BE INSCRIBED AND
SEALED FOR A GOOD YEAR!"**

FROM THE FEDERATION BOARD AND STAFF



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Serve it Up! – The Opening of the 2010 All-in-One Campaign



Elaine Steinger
Executive Director

Dear Friends,

Serve it Up! – the opening of the 2010 All-in-One Campaign. Off we go again. As this is written, the Serve it Up! Committee has just put the final touches on this event. By the time you receive this issue of The Jewish Press the work of this committee will have come to fruition!

Creating an event that is appealing to the community is what any committee strives to do. This year's event included an eye-catching invitation that was underwritten by a number of sponsors including Hy-Vee (who donated the spoons) and PDS, Inc. and Pure Paper who gave deep discounts on other materials.

Though the resulting invitations required a lot of hand work to assemble, its unique presentation promoted a lot of interest in the event. A nod of appreciation goes out to the following individuals who "served up their time" to assemble these invitations and to put the event together: Chair Kim Waltman, Laurie Bishop, Christine Copeland, Judy Deutch, Alice Friedgood, Barb Hirsch-Giller, Jule Goldstein, Marilyn Hurwitz, Jeanne Levitt, Beth Ohringer, Polly Oxley, Mary Jo Pomerantz, and Roselind Rabinowitz.

A special thank you to all who participated in the program planning (especially those from Project Elijah), those who spoke on behalf of the Federation's work, all who attended the event and the Federation staff who is always behind the scenes making it all go smoothly. **Serve it Up! sets the tone for what you can expect from the upcoming year ... more knowledge leading to a greater understanding of the complex network of programs overseen and supported by your Federation.**

With the August 30th launch, the 2010 All-in-One Campaign got off to an earlier start this year ... so if you think you just heard from the Federation you probably did. Last year's campaign was delayed due to the economic condition; this year's campaign is back on track. The Board of Directors is planning on contributions rebounding as well. The 2009 Campaign total was \$696,356, short of the \$750,000 goal by \$53,644. This has forced reductions in program services for this coming year. This is not an acceptable direction to go.

The goal of the 2010 Campaign, therefore, is to recover those gifts and to build new support and in doing so continue to meet the challenges that come with being there wherever and whenever the Federation is needed. Communicating what the Federation accomplishes will include launching an e-newsletter **"Dish it Up!"** to share timely information with you. The Federation gets in there and does the work needed to provide services so you don't have to, but what we need you to do is to continue to provide the resources that fuel the engine. Come on, people, together let's serve our community.

I look forward to all the possibilities!

Elaine Steinger
Executive Director

All-in-One Campaign Focus

The focus of this year's All-in-One Campaign is two-fold: continuing to educate the Board of Directors about the Federation's role in the community by holding board meetings at Federation program sites so members can see, hear and feel the work of the Federation and by asking for face-to-face meetings with donors in order to help make real and relevant this important work of the Federation.

For too long the Federation has worked behind the scenes and under the radar making it harder for newer generations of Jews to understand what the Federation provides. So pardon us this year if we "serve up" a few more reality checks, flaunt a few more memorable photos and enrich the community with the truth behind the quiet façade that has been your Federation.

To do justice to the depth of human need facing us all, we're "serving you" with the information you need to feel and to remain connected to your Jewish community.

Jewish Federation Community School Gears Up - Sept 13 & 16

The Jewish Federation Community School will be mailing out registration forms during the month of August to families previously enrolled in the school. If you are new to the community or did not attend the school last year and are interested in enrolling your children for Pre-School (ages 3 and up) through 10th grade please contact Lyanna Lindgren at 277-5566 or email jfcsdm@gmail.com for more information. Additionally, if you have not received your registrations by the end of August, please contact the JFCS office.

The first day of Sunday school for

JFCS students grades Pre-School through 6th will be on Sunday, September 13, 2009 at 9:00 a.m. in the school wing of Tifereth Israel Synagogue. The parents will have an orientation while the students meet their teachers and attend classes.

The first Wednesday classes for grades 3rd-10th will be held on September 16. Grades 3rd through 6th will meet from 4:15 p.m. - 6:15 p.m. at Tifereth Israel Synagogue. Grades 7th - 10th will meet for a kosher pizza dinner from 6:15 pm - 6:45 pm at Temple B'nai Jeshurun followed by classes from 6:45pm - 8:15p.m. in the school wing at Temple B'nai Jeshurun.

A Year in the Life of the Jewish Federation, 2008-2009

by Neil Salowitz, Outgoing President

A year-end overview and remarks to the community delivered at the 95th Annual Meeting of the Jewish Federation

Before I begin, I want to acknowledge the presence of our spiritual leadership: Rabbi Yossi Jacobson and Rabbi Levi Goldstein of Chabad, Rabbi David Kaufman of B'nai Jesurun, Rabbi Aaron Schwarzbach of Beth El-Jacob and Rabbi Steven Edelman-Blank of Tifereth Israel. We are fortunate to have in our community rabbis of such learning and rachmanes, compassion. I also want to welcome Rabbi Steven Edelman-Blank and his wife Deborah to our community. We hope you'll have a long and fruitful tenure here.

The Federation is the embodiment of "K'lal Yisrael b'Des Moines," that sense of shared destiny that binds us together as Jews in this place. – Neil Salowitz

Last year, I opened my remarks by saying, "It was the best of times; it was the worst of times." These words from the opening of Dickens' "A Tale of Two Cities" again exemplify the past year for your Federation, but this year I would add another quote, from

a woman named Ramona Carroll: "Faith is putting all your eggs in God's basket, then counting your blessings before they hatch." It took a measure of faith to get through this past year, for all of us. Throughout the year, the Jewish Federation of Greater Des Moines has kept faith with the members of the Jewish community in Greater Des Moines.

I'd like to review with you some of the things we did together:

- June/July/Aug 2008 – The Federation supported flood relief efforts in Cedar Rapids and elsewhere. In connection with this effort, Rabbi Yossi Jacobson provided Kosher meals to the volunteers in Des Moines who were sandbagging in the Birdland Marina area. Rabbi Jacobson created enormous goodwill for the Jewish community by his actions.
- Fall 2008 – Jewish Family Services Volunteer Recognition Dinner—We recognized the 23 volunteers who drive our seniors to appointments, pharmacies and the like. These volunteers give an average 25 hours per week to help Jewish seniors in our community, and they embody what the Federation is about.
- Fall 2008 – Launched Senior Care Meals Program—underwritten by The Tobis Fund, this program provides Kosher meals delivered to the homes of people who are ill or who have just come out of the hospital.
- October 2008 - Iowa Hunger Summit—In conjunction with the World Food Prize festivities, and with the cooperation of Project Elijah and MAZON: A Jewish Response to Hunger, we erected a Sukkah in the downtown Marriott, just outside the main entrance to the ballroom. The Sukkah, donated by Alan Zuckert, was visited by many of the people attending the World Food Prize luncheon. We were able to educate participants about the activities of the Federation and create goodwill in the greater community.
- November 2008 - "Sparks Fly Upward" – This Holocaust-themed oratorio written by Cathy Mansfield at Drake was given its premiere at Hoyt Sherman Theatre. The Federation supported the production with a grant, as part of our educational outreach to the Des Moines community on the Holocaust.
- November 2008 - "Out of the Ashes" – a program marking the 70th Anniversary of Kristallnacht – The Federation sponsored the program honoring our community's Holocaust survivors. Members of the Jewish Federation Community School took part, and I had the honor of addressing the attendees, reminding them of the efforts of Holocaust survivors in this community to educate young people in the greater Des Moines area about that dark period in our history.
- November 2008 - Jews Rock – Jewish Federation Community School program and Book Fair
- December 2008 - Debbie Friedman Concert
- March 2009 – We marked the 30th Anniversary of the Teacher's Institute at Tifereth Israel, with guest speaker Brigitte Gabriel, a Lebanese Christian who was caught up as a child in the Lebanese civil war, and who told us about the danger posed to the world by radical Islam.
- April 2009 - Israel Independence Day program at B'nai Jeshurun, with featured speaker Shlomo Molla. Mr. Molla is an Ethiopian Jew who walked, barefoot, out of Ethiopia and across the Sudan, trying to reach Israel. He was rescued by undercover Israeli operatives, and is now a member of the Knesset from the Kadima Party.
- April 2009 – The Jewish Federation Community School sponsored a talk by author Marion Blumenthal Lazan, who wrote "Four Perfect Pebbles", a memoir of her and her family's time of survival under the Nazis. Ms. Lazan was 11 years old when her family gained its freedom. Her talk inspired our students to be tolerant of others and not stereotype individuals based on religious belief, color, race or national origin. She stressed the importance of positive thinking as well as creativity and inner strength when working to overcome adversity. This is the kind of inspirational speaker and role model that the Federation strives to bring to our children.
- Our ongoing partnership with AIPAC as part of our continued support of Israel included the AIPAC Iowa Annual Event in June, featuring Aharon Barnea, Anchorman and Senior Correspondent in the U.S for Channel 2 TV News, Israel.
- Jewish Family Services sponsored Monthly Senior Luncheons which tripled in attendance.

continued on page 15

What Has Your Federation Done Lately?



Judy Deutch
President

I am truly honored and touched that I have been chosen to lead our Jewish Federation for the next two years. I look forward to working to strengthen our community. There are several things I'd like to accomplish.

One of my goals as your president is to educate our community on the many wonderful things our Federation does. What has our Federation done lately?

- Camp Shalom served 88 campers during its 8-week session at our beautiful Caspe Terrace facility.
- Fifteen of the 30 Leadership Forum graduates spent 10 incredible days in Israel thanks to the generosity of the Steven Blank Leadership Fund.
- JCRC brought in a member of the Israeli Knesset, born in Ethiopia, whose personal story of having literally walked to Israel and freedom was received enthusiastically by his general audience.

Each of my Press articles will highlight just a few of the Federation's accomplishments.

I am just delighted with our new Board, which I know will be exceptional. We are blessed with incredibly intelligent, dedicated, and capable individuals, especially our officers. I am looking forward to working with each of these committed people.

In the past our Board always met at The Caspe Terrace. This year we will be making site visits in conjunction with our Board Meetings – to our Jewish Federation Community School, the Iowa Jewish Senior Life Center, a senior lunch sponsored by Jewish Family Services, etc. This will help Board Members learn more about the programs the Federation supports.

Another one of my goals is involvement. There are many individuals who planned our "Serve it Up!" event, scheduled for Sunday, August 30th which will have just passed by the time you receive this publication. You may have participated in this fun event but if not, there are many other opportunities to get involved in the upcoming months.

I have asked staff members to compile a list of volunteer needs. Then, I hope to match up members of the community with those needs.

We know the Jewish community of the future will look different than our community today. I plan to establish a committee to look at long-range planning and how we can best plan for these inevitable changes.

I would like to see the Federation enhance its relationship with each congregation and agency as together we look to continue building a vibrant Jewish community in Central Iowa.

After all, it's not about me, my officers, or my Board, it's about all of us working together and learning together to make our community a better place.

Shalom
– Judy

DMARC REJECTS HATRED TOWARD JEWS EXPRESSED BY CHURCH

In a letter in the July 24, 2009 *Des Moines Register*, The Des Moines Area Religious Council publicly rejects the message of hate directed toward the Jewish community by the Westboro Baptist Church, which pickets Jewish sites here in Des Moines and in other cities. *see www.adl.org*

The JCRC of the Jewish Federation of Greater Des Moines is grateful to DMARC (www.dmreligious.org) for issuing its statement. What follows is the message from DMARC:

Help Neighbors, Reject Message of Hate

A group from Westboro Baptist Church in Topeka, Kan., furthered its hate-filled agenda by picketing the Iowa Jewish Historical Society in Waukee.

We are an interfaith organization through which local people from 10 different religions have discovered indescribable joy in coming together for more than 50 years to learn about each other and to assist our neighbors.

Out of a shared commitment to

doing good, we partner with many other organizations, both faith-based and secular, to provide food, child-care subsidies, housing and energy assistance and mentoring to whomever needs our help. The vile, anti-Semitic message that Westboro Baptist plans to bring to our community has been heralded by the advance distribution of a press release setting out in some detail their disturbing, hate-filled agenda.

We reject this congregation's message. In addition, we pledge to use this afternoon to do something decent and caring beyond the good we already do every day - and we invite everyone in Des Moines to join us.

In particular, we encourage you to reach out the open hand of friendship to our Jewish neighbors who have so unfairly and so often been the target of this kind of abuse.

- The Rev. Sarai Schnucker Rice, executive director, and The Rev. Dr. John Holcombe, president, administrative cabinet, Des Moines Area Religious Council, Des Moines

Spill it!

- Want to write an article yourself for the **Jewish Press** or know someone that could? Contact Mark Finkelstein at jcrc@dmjfed.org. Have something interesting for "Cool Jew" for the **"Dish It Up!"** e-newsletter? Send it to cathie@dmjfed.org.
- Do you know about someone who has a good story to tell ... let us know ... we'll make the contact and even keep your "tip" confidential.
- **You** are the Federation ... we're here to help build community. You can help us do that by sharing your stories with us.

Jewish Press and Dish it Up!

THE GREATER DES MOINES

Jewish Press

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Paid advertising by candidates for elective office is welcome but does not constitute endorsement by agencies affiliated with the Jewish Federation of Greater Des Moines. Inserts to the Jewish Press may not necessarily bear endorsement of the Jewish Federation

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

Vol. 26, No. 1, September/October 2009



Twitter it, too!

- For news pertinent to the Jewish community, read J-NewsLine, the JCRC's InfoBlog online at jcommunitynews.blogspot.com. Now on Twitter at twitter.com/jewishnewsblog
- Also: Update-J: Updates on Federation programs, including any changes to location, date, or time! Read it on the Federation's webpage, jewishdesmoines.org, or have it sent to your cell phone by Twitter: twitter.com/updatej

J-NewsUpdate and Update-J

ENGMAN CAMP SHALOM 2009

The summer of 2009 has been a whirlwind for us at Engman Camp Shalom! This summer we spent the weeks exploring how our Jewish ancestors have experienced life, friendship, and the world at large through our theme of "Time Travel." We encountered some of the fascinating people and the remarkable places that have served as landmarks for our Jewish heritage. Our summer started off with Genesis and Exodus where our campers made creation mobiles in omanoot, (matza from scratch in under 18 minutes during cooking with Chef David) and experienced the 10 plagues while trying to make it to the Promised Land - which is just on the other side of the playground, if you didn't know!

One of our greatest assets this summer was the addition of Lior Rottman, our shlichah from Israel who served as our Israeli culture specialist. She engaged the campers in Israeli Twister, stretched their imaginations into creating a country of their own just like Herzl. Another of her projects involved the campers all visualizing what peace meant to them individually and as a community. Lior taught the entire camp how to sing "Od yavo shalom aleinu" (the peace will come) which became a regular during our after lunch sessions of shira and rikud. Our Assistant Director Jeremy Schwartz once again implemented our Counselor-in-Training program where our rising seventh and eighth graders focused on counselor traits like fortitude, positivity, and resourcefulness. Of course all of this was in addition to a new swimming program at the YMCA, sports, Friday field trips and our weekly Kabbalat Shabbat.

During Modern Day week we learned about some of the influential Jews living among us by dressing up like Supreme Court Justice Ruth Bader Ginsburg, performing our own stand-up comedy ala Jerry Seinfeld, creating model atoms like Nobel Prize winning physicist Niels Bohr, creatively writing like Chaim Potok, and by making our Louise Nevelson inspired sculptures and paintings. Perhaps the best part of the summer was when we looked forward into how we will influence our world and make a positive impact in our own communities. In the spirit of Golda Meir who said, "Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement."

Our camp family grew again this year with the addition of Elizabeth Feinstein, Maggie Matz, and Jamie Schenker who came to us from Drake, and Taylor Wiggins and Emily Galenbeck who are both former campers. We were lucky to have many returning tsevet including Jeremy Schwartz, David Copeland, Shaynna Grund, Andrew Rosenfeld, Anna Okulist, Nathan Kaufmann, Jacob Grund, Michelle Newman, Trevor Hemedinger, and Rachel Jacobs. Their experience and dedication along with that of all of our many volunteers made the 2009 Engman Camp Shalom summer phenomenal. It is hard to believe that it is already over and that the plans for 2010 will soon begin. We hope to see all of you back next year for another awesome summer.



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 socialization

Resettlement Program - Case management and health services for seniors

Jewish Family Life Education - Sponsorship of community-wide programs

Volunteer Opportunities - Numerous volunteer projects

Tzedakah - Last year assisted 180 community members in need

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

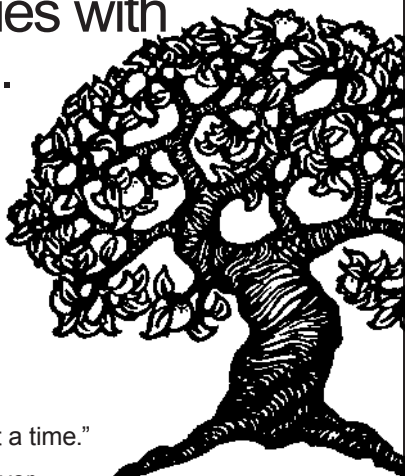
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Where Does The Time Go?



Julie Kaufman

I find myself here once again preparing my family for the High Holidays, and the excitement of the upcoming year, and thinking where has the year gone? I guess the old saying "time flies when you're having fun" is true; I am having fun and time certainly is flying by. As the High Holidays are a period of reflection I thought I would re-cap some of the more exciting events that have happened over the past year.

In February, Project Elijah Foundation was one of three social action projects undertaken by the NFTY national convention in Washington D.C. There 650 teenagers packed over 39,000 meals to help those in need. Washington Hebrew Congregation generously hosted the packing event at their facility. The congregation loved the event and even asked us to come back and be a part of their Mitzvah Day in April. We happily accepted and as a result 10,000 meals were packaged for the local D.C. area.

April was a busy month as we had two additional packings; one here in Des Moines and one in Iowa City. We also got the kids from The Academy's Jewish Pride Club involved by teaching them about hunger and how they can make a difference. May took us to Denver and the Theodore Herzl Day School where dedicated individuals packaged 20,000 meals in just a few hours.

Summer was a time to regroup and gear for the fall packing season. In September Project Elijah Foundation will team up with "Meals from the Heartland" to hopefully package 285,000 meals. These meals will be shipped to Israel and distributed to families in need. September and October will see Project Elijah Foundation packaging meals in Waterbury, Ct., Los Angeles, and Minnesota.

All total we should be able to package close to 400,000 meals in 2009. Wow, what a year, I can't wait to see what 2010 brings!

This community and Project Elijah Foundation are not only packaging meals, but we are creating awareness about the needs of the food insecure. That awareness, along with all of our voices, can bring about real change. Thank you to all of you for your support, your volunteerism, and your donations. You are making a difference.



Julie

Rabbinical Perspective

Dealing With Challenging Times

By Rabbi Levi Goldstein



When we encounter difficult times in our lives, many are spurred to question the existence of a Divine system and master plan for our world. When one part of the world's structure appears out of sync with the way we understand it should be, we are quick to draw conclusions about the entire cosmos. However, the worlds of physics, chemistry, astronomy or the other natural sciences demonstrate otherwise. There, even the smallest atom is seen to have its own structure and function; every particle of matter is subject to specific laws and is part of a defined framework - a cosmic order which is vast and complex.

To highlight this lesson, imagine that you are in a massive building that has thousands of rooms; the furniture in each room is perfectly arranged. However, in one tiny room with strange furnishings, the sense of organization so obvious in the rest of the structure is not immediately apparent. Since the gigantic building and its thousands of chambers can be seen as part of an orderly system, undoubtedly the individual room and its unique furnishings are also part of the overall plan. Although the untrained observer may not at first understand the unusual pattern, with some thought he will come to realize that it must also be a part of the larger system.

[adult education]

Conversational Hebrew Class Forming

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— Judy Deutch, President, Jewish Federation

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senior news



Upcoming Luncheons:

Thursday, September 3rd
12:00 Noon at Temple B'nai Jeshurun. Walk down the musical memory lane with delightful selections of songs by "The Fat Cat" Jim Wangemann, whose wonderful entertainment we have all come to love.



Thursday, October 15th
12:00 Noon at Tifereth. Come and listen to a delightful musical program presented by one of our wonderful volunteers, LuGene Isleman.

The featured photos are from the July luncheon at The Caspe Terrace with Engman Camp Shalom.



Senior Volunteer Program Are you looking for a way to put meaning back into your life while helping others? Become a Senior Volunteer and help us reach out and care for someone in need. The rewards are many and the need is great. To learn more about volunteer opportunities or any of our programs, please contact Pat Nawrocki, OASIS Project Services Manager, at 277-6321 x215.

The Ideal Gift To Give Is...



Yourself

Peter and Eva Pintus, who came to the United States in 1951, felt very well received and remember how gracious and caring everyone was to them. They express their emotions by saying "Tikkun Olam", wanting to give back and giving back to the community is what they are known for. Peter is always ready and willing to transport seniors to doctor appointments, whether early morning or late afternoon. He also has served as Chaplain for Jewish patients for several years. Eva has also provided transportation and now is offering an extra pair of hands in assisting at the senior luncheons. Sally Luftman, who has received transportation services from the Pintus', states, "They are very kind and patient and have been most helpful in many ways to me." This is what it is all about, that deed of kindness. "Reaching out and helping someone in need."


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for independent seniors
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Rara Avis

Almost from the moment I assumed my duties as Executive Director, I heard The Iowa Jewish Senior Life Center referred to as "The Crown Jewel of the Des Moines Jewish Community." That appellation is perhaps even more true today than it was almost two decades ago.

And, why is that so?

There are many reasons for The Life Center's many successes, but, foremost amongst them, is the enduring commitment of the community to support the organizational Mission and to insist upon excellence in everything we do.

The development of our dementia-care unit, the extensive facility remodeling (which continues today), and the quality assurance program which is at the core of all we do. But, without our community, and the strong support which underlies all we do, The Iowa Jewish Senior Life Center would have, long ago, been unable to maintain its position of preeminence amongst long term care facilities, both in Des Moines and across the State.

Last September's Fine Affair in Fresh Air (perhaps a little too fresh for some) was a rousing success and generated the resources to enable us to, literally, transform the bathing experience for our residents. It is our fervent hope that our donors will all have the opportunity to visit The Life Center so that they might see what their dollars have accomplished. I think they'll be both amazed and gratified at how the needs of our residents

are being addressed.

Today's reality however is that the needs of our residents continue unabated, as do the needs of The Life Center to remain competitive in an increasingly challenging marketplace of long term care services. If we are to remain the Crown Jewel of the Jewish Community, your support is needed more than ever. We want our community of support to always be able to "kvell" when friends tell them of their experiences here. We want the pride of community-ownership of this remarkable organization to swell the chests of all who have seen the need and risen to the challenge of offering their support of our efforts.

By the time the Jewish Press edition containing this communication is in your hands, you should have also received our appeal for your generous support of our ongoing efforts to make the experience of living at The Senior Life Center as rich and comfortable as anyone of us would want for our own loved ones. Please give this appeal your very serious consideration and then circle your calendars for Sunday afternoon, November 1, when we will be having a special event at The Life Center to say thank you to our donors... donors whose heartfelt understanding of the importance of their giving will put a new gleam on our Community's "Crown Jewel."

With warmest regards,
Stephen P. Blend, M.H.A.
Executive Director

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A Day When the Horn is Sounded by David Friedgood



On the first day of the 7th month of our Hebrew calendar Jews from all over the world will gather together in their Synagogues to celebrate “a day when the horn is sounded” (Numbers 29:1). For most of the year our places of worship only partially fill for holiday and Sabbath services. No one in Des Moines worries about finding a seat in Shul (synagogue) on Shabbat should they show up late. Yet on Rosh Hashanah, our New Year, the buildings are packed. Families gather and the pews are filled before the first prayers are chanted. Show up late and you may not find a seat, or at least not a good one where your friends are sure to see you. The service is typically long and majestic. The Cantor is carefully prepared, and the Rabbi has planned long and hard to deliver the perfect sermon, one that will keep his flock returning the rest of the year. We come together as a people, much as our ancestors have for over two millennia, to hear the sound of the shofar (ram’s horn), and to pray for our salvation. Our Jewish souls resonate with the conviction that for 10 days each year – starting with Rosh Hashanah and ending with Yom Kippur – we are being judged by our creator. Our deeds and behavior are measured. It is on these days that our fate is decided for the next year. Who shall live, and who shall die. Shall we prosper or see our fortunes wither between now and the next Rosh Hashanah. I remember the scene each year in our Synagogue in Brooklyn, N.Y. where I attended holiday services as a child. Grown men and woman, most of whom rarely came to Shul during the year, would grow somber and stone faced on hearing the shofar blasts – the long tekiah, the broken shevarim, and the lament of teruah. Tears could be seen in their eyes on reciting the Confessional and N’taneh token prayers. These were not observant Jews. Mostly they came to services on the holidays out of a sense of obligation and loyalty to family tradition. Yet the devotion touched their soul and, at least for the moment, brought them closer to the forces that truly control human life on earth.

I wonder sometimes how this works for us “modern” Jews in 21st century Iowa. What is it that brings us back to Rosh Hashanah services year after year? One place to look for answers is the source of Jewish inspiration – the Bible. On Rosh Hashanah we read stories from the book of Genesis about the first Jews, our ancestors Abraham and Sarah. One section deals with God’s angels visiting and announcing the coming

of Isaac, who was born to Sarah when she was 90 years old (her husband was 100). The second reading comes a few chapters later. It is the story of the binding of Isaac – the akedah (Genesis 22): Abraham is tested by God. He is commanded to bring his child, whom he loves, to Mt. Moriah to be sacrificed on an altar. Abraham, unquestioning, follows his LORD’s command and only at the last instant is he prevented from slaughtering Isaac. Father and son then part ways. Isaac goes off to start his own life. Abraham sacrifices a ram in place of his son and then returns to Sarah. Traditionally a shofar can be formed from the horn of any kosher animal (though the use of a cow is frowned on because of its association with the golden calf). A ram’s horn is favored in remembrance of the akedah story. On Rosh Hashanah, then, the start of the most holy season of the Jewish calendar, our tradition has us read this disturbing story and gives us a vivid visual and auditory reminder of the event. One reason for the shofar blowing is to recall the akedah. It is a story of Isaac going through a rite of passage and emerging as his own man, separate from his father, but bound to his tradition. Certainly Isaac was tested, but mostly the story is about Abraham and his unswerving faith. No matter the sacrifice, Abraham has ultimate faith in God’s goodness. God after all is in charge. He is the supreme power in the universe.

Human life is fragile. Our time on earth is but a fleeting moment, a warm breath quickly fading. Every moment of our lives is ultimately under the control of a power beyond our understanding. Yet, as Abraham’s story reminds us, our actions and our deeds do matter. Each year we are held accountable for who we are, for how we live our lives, and how our being here on earth affects the common good. When we hear the loud stirring blasts of the shofar we are roused from our complacency. There are better times coming and we, each of us, needs to work at making this world a better place for us, our families, and all mankind. It is the yearning deep inside our beings for introspection and self improvement that draws us back each year to “a day when the horn is sounded”.

L’shanah tova tikatevu – May you be inscribed for a good year.

*In days to come Jacob shall strike root, Israel shall sprout and blossom,
And the face of the world shall be covered with fruit...
And in that day, a great ram’s horn (shofar) shall be sounded;
and the strayed... and the expelled... shall come and worship the LORD
on the holy mount, in Jerusalem. (Isaiah 27:6, 13)*

[in profile:]

Jarad Bernstein



Jarad Bernstein and his wife Lilianna Bernstein, both young professionals, are dedicated believers in the Des Moines Jewish community and in Des Moines. Formerly the Media Relations Director at the Israeli Consulate in San Francisco, Jarad is a new member of the JCRC and Lil is the new Hillel Advisor at Drake University. We hope you will enjoy the following interview with Jarad.

Jewish Press: First off, congratulations on your recent wedding to Lilianna!

Jarad Bernstein: Thank you very much. We were married in Elgin, Illinois, where Lil grew up, before she came out here to attend Drake University.

JP: If I may ask, how did you meet Lil?

JB: I was a counselor on a ‘birthright Israel’ trip for college-aged Jewish students. I was out in San Francisco, she was a student at Drake and a relationship developed. She somehow convinced me to move to Des Moines.

JP: Very good. And tell us a bit about your background.

JB: I was born in Southern California but was brought up in the San Francisco Bay Area. I went to college at UC Santa

Barbara and majored in Global Studies. The emphasis was on Political and Socio-Economics, with a focus on the Middle East. It gave me an excellent chance to study in Israel, my Junior year.

JP: So where did you attend school in Israel? And how was it?

JB: I studied at Hebrew University in Jerusalem. It was a great personal and academic experience until the University of California decided to terminate their study-abroad programs in Israel due to concerns over the events of the Second Intifada. They said: “You can stay in Israel, but we won’t count your course credits and you’ll have to give back your financial aid.” The programs will finally be reinstated this fall.

JP: Shocking, what the University of California did. What did you do after graduation?

JB: I went to work for the Israeli Consulate in San Francisco in Media Relations, for three years. I enjoyed it immensely, although, there were many challenges, as you might imagine. It was during this period that Israel disengaged from Gaza and Hezbollah provoked the Second Lebanon War. At the same time, the Consulate was bringing in a variety of very interesting political and cultural speakers. Getting to meet those people, promoting their events, and working with editorial boards to present Israel’s case was very rewarding. I was passionate about my job, and I learned a lot professionally. My already close relationship with Israel was strengthened that much more.

JP: When did you serve as staff at birthright Israel?

JB: That was in 2005. They were looking for counselors, with prior experience in Israel. It was a lot of fun. I’ve worked for birthright Israel three or four times now. My latest birthright trip was in 2007 – after having moved to Des Moines in 2006.

JP: You moved to Des Moines in Winter of 2006...

JB: Without a job in hand. But I found employment at the time in public relations.

JP: How do you like the Des Moines Jewish community?

JB: It’s very good. Coming to Des Moines I experienced a little bit of culture shock because the community is obviously a lot smaller than the one I knew in San Francisco. I took the opportunity and the challenge to get more involved here and help make the younger Jewish community more vibrant.

JP: I know you have enjoyed synagogue life here in Des Moines, and you’ve attended many of the events of the Federation’s JewishCommunityRelationsCommission. And as a result, and knowing of your background, you were invited to join JCRC! We’re delighted to have you on board to share with us your experience and perspectives. So, thank you!

JB: I appreciate that. It is important to be involved with and help build the Jewish community. If you aren’t involved with your Jewish community, what is there? There is a lesser community than with one’s participation. There are such good people here that are committed to growing the community, to strengthening it... to just participating. I tell people that they need to, at a minimum, support the community

events, that it’s our local connection to the Jewish world. When a community this size, for example, brings a Member of Knesset here to speak, you have to go support it.

JP: What about JCRC work do you most enjoy?

JB: I think the political side is most attractive. We’re in Des Moines. There are no foreign Consulates in town, but it’s so important to speak with the newspaper, to speak with our local politicians, because after all, it’s the local politicians who go on to become national politicians. We’re not bereft of national politicians here either. We have very strong supporters of Israel in both Senators Harkin and Grassley as well as with Congressman Boswell. There’s work to be done. We have to continually educate because a number of these issues are, quite naturally, not always top on their agenda, what with the pressing domestic issues commanding the most attention at present.

JP: What do you enjoy most about Des Moines?

JB: Well, we live downtown and enjoy the Farmers Market, just biking downtown, going out to Gray’s Lake, and exploring all the events in town. We love to see downtown Des Moines thrive. And we’ve made a lot of good friends. Lil’s been here four years longer than I have, so she’s had a bit of a head start when it comes to nurturing strong relationships, but everyone here has been so welcoming.

JP: What does Lil do for a living?

JB: She works at Drake University recruiting students to Drake from the Chicago suburbs, where she’s from.

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Reflections from Israel

Participants from Federation's Leadership Fourm Trip to Israel Reflect on their experiences

Living a Jewish life in Des Moines requires choices. Personally, we've had conversations silently with ourselves and audibly with one another a number of times: Do we welcome Shabbat with family, friends and community at shul or participate in the excitement of a crowded high school football game on one of those clear, crisp fall evenings that everyone wishes would last forever? Do we mount a mezuzah on the doorposts throughout our home to remind us of our connection to G-d and our heritage or choose bare doorposts prevalent throughout our neighborhood? We're sure you'd agree the list of choices is infinite.

As we traveled throughout Israel we were comforted by the numerous reminders of our existence in our homeland. Mezuzahs graced the doorposts of museums, homes and public companies. Kippahs covered the heads of many, signage offered guidance in Hebrew and English and businesses closed early on Fridays in preparation for Shabbat. More often than not, we had to inform Israelis we came into contact with that we only spoke English. Our first night in Jerusalem we stared out the tour bus windows with smiles on our faces watching families walking to the park for a picnic and relaxation as part of their Sabbath ritual. Initially, our conclusion led us to believe that life as a Jew in Israel seemed easier to embody with little effort. After all, living in Israel afforded inhabitants the luxury of having both feet planted in one world, the world of Judaism. We recalled the feelings that often surface as we live life in Des Moines – our feet planted in two worlds – as we raise our three children who continue to evolve all too quickly before our eyes.

The initial envy of living with feet planted in one world versus two eventually lessened as our travels afforded us the opportunity to observe and participate in authentic Jewish life in a land that is simultaneously simple and complex. Ultimately, our journey fostered the discovery that life as a Jew is about choices no matter where one resides. The external components that seemingly comprise a Jewish community are only as strong and significant as the people within the community make them. It occurred to us living life in Israel where 75 percent of the population is Jewish also may increase the likelihood of people taking their Judaism for granted. By contrast, we wonder if living as Jews in Des Moines, where we're in the minority, encourages us to celebrate the conscience it takes to embody our heritage.

– Ken & Kim Waltman

Elaine has often talked about the pride she had in the Des Moines Jewish Community when we opened our wallets and our hearts to the 15,000 Ethiopian Jews during "Operation Moses" in 1984. These refugees were fleeing conflict, oppression and famine and were airlifted to Israel. On the Leadership Forum trip to Israel in June, I could see for myself the families we are still helping.

The Mevasseret Zion Absorption Center is serving the Ethiopian Jews who have immigrated to Israel in the past 10 years as part of family reunification. At first glance it reminded me of an inner-city neighborhood – small buildings, weeds everywhere and children in mis-matched clothing. But the spirit and hope were uplifting.

As we arrived one adorable 4-year old boy shook hands with each of us and said "shalom."

The administrator, Meir Russo, spoke to us about the daily challenges the families face. Adults are immersed in learning Hebrew, Judaism, and the Israeli culture while their children attend school. Having lived in a third-world country, all modern conveniences require an adjustment. Gas stoves are turned off for the first week because the residents are used to cooking over a campfire. We went to a small room which was set up like a store. The director explained how difficult it was for the refugees to learn the concept of "soap" because there are so many kinds – for shampoos, laundry, dishes, etc.

We observed 11 year old boys in the computer lab, practicing very basic skills. They were polite yet focused on completing their math drill.

Jacob Lederman gave Larry a pack of gum and for a few minutes, Larry was the most popular guy around – the children gathered around him. Later, one little boy wanted to hold Larry's hand and walk with him.

It gave me a warm feeling to see our Federation dollars at work with this meaningful project.

– Judy Deutch

I have to admit that I truly did not follow Israeli politics prior to my being on the trip. We had some very interesting speakers that we met with that tried to fill in both sides of the story, including a Palestinian reporter. In the back of my mind, I had always seen Israel as a country that constantly needed to fight to stay recognized as a country. The press usually makes Israel seem like a complete war torn society and you need a flack jacket, helmet, and camel to be able to move about. I can't count how many times someone asked me if I felt safe about traveling there. I was amazed by how beautiful and tree-filled the country was. I personally loved all of the history and culture that we experienced during our trip. I can definitely say that the underground tunnels at the western wall, Masada, and Yad Vashem were just a few of my favorite places we went. I am definitely planning in my head a trip again with my full family next time.

Thank you, Jewish Federation, for the fantastic opportunity that you gave us.

– Chris Carr

On June 12th I arrived in Israel for my 11th visit. It was my first in three years.

During our 10 day trip I saw many wonderful sites, walked on centuries old stones and rediscovered, with my trip-mates, the majesty that is Israel.

Subtly, during our trip, it hit me. What I most noticed was that which was not there. Trash. Old plastic bottles and nylon (we call plastic) sacks, that used to cover empty lots and stuck to every fence, were gone.

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“Double Header” Federation’s Annual Meeting follows



The Jewish Federation held its 95th annual meeting on July 12, 2009, at The Caspe Terrace. The following officers, board members, and committee chairmen were elected for the coming term:

President, **Judy Deutch**
 President-Elect, **Barb Hirsch-Giller**
 Treasurer, **Norman Mandelbaum**
 Secretary, **Stuart Oser**
 Education Chair, **Brian Pearl**
 Caspe Terrace Facilities Chair,
John Mandelbaum
 Jewish Community Relations Chair,
Steve Schoenebaum
 Jewish Family Services Chair,
Jule Goldstein

For a complete list of Members of the Board, go to www.jewishdesmoines.org.

Appreciation was expressed to those whose terms of office have expired. Honored were Neil Salowitz, who now becomes Immediate Past President, Polly Oxley (Jewish Community Relations Chair), Ed Bell (Education Chair), Barb Hirsch-Giller (Jewish Family Services Chair), Sam Tobis (Caspé Terrace Facilities Chair), Larry Kirsner (Iowa Jewish Senior Live Center President) and Janice Rosenberg (Iowa Jewish Historical Society President). Thank you to all!



ed by IJHS's "Jews Love Baseball!"



Sunday, July 12, 2009, dawned cloudy but spirits were high at the Iowa Jewish Historical Society's "Jews Love Baseball" fundraiser. More than 150 people of all ages enjoyed a ballpark-style lunch, the music of the Java Jews Klezmer band, new additions to the exhibits in the museum, and Dr. Martin Abramowitz's entertaining talk on the more than 160 Jews who played ball in the Major Leagues.



The skies cleared and the rain stopped just as the ballplayers began to take the field. The King David Whitestockings were able to host Living History Farms Walnut Hill Bluestockings as planned. Fans gathered to cheer our home team on. And, even though the Bluestockings emerged victorious, a good time was had by all!

It was a day of fun that raised several thousand dollars to support the programs and preservation activities of the Iowa Jewish Historical Society. Thank you!

The King David Whitestockings played their cross-town rivals again on the following Sunday. Again, all the players had a great time, but our team fell once more to the Bluestockings.

Throughout the game, visitors and players commented that it would be great for community members to get together and play softball on a regular basis. If you are interested please email Tom Wolff (tom@dmjfed.org) to let him know.



best wishes

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Rich Willis, Dealer Principal



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The Return of Ask Dave

The Advice Column Specifically Designed To Solve Every Jewish Problem You Could Possibly Think Of **By David Moskowitz**



Editor's Note: We had no idea. Sometimes it is just a matter of kismet or luck or timing (see for example YouTube, Lady Gaga, Twitter which tapped into

previously unknown desires and interests of the public). But now it has happened to the Jewish Press. We have accidentally tapped into the innermost needs of our readership, discovered a certain unknowable something, a bottomless well of interest in our latest incredibly wonderful feature, "Ask Dave." When we introduced you last issue to "Ask Dave," the consistently unhelpful source of Jewish-specific advice, we assumed that your response would be to ignore Dave. At best, we were hoping that interest in "Ask Dave" would build over the course of time, perhaps even decades, with the goal of anchoring a dedicated readership of ten or twelve people. Wow, were we off. "Ask Dave" triggered over 1500 letters and comments and, more importantly, hundreds of requests for unhelpful Jewish advice. It has taken "Dave" weeks to work his way through the mountain of advice requests and for this, the encore presentation of "Ask Dave," he has selected and is responding to the most provocative and thoughtful letters. We hope you enjoy "Dave's" approach to Jewish life and we are sure you will find, if you are anything like us, that "Dave" really provides an essentially unhelpful service to our community.

Editor's Note from the Actual Editor: The preceding "Editor's Note" was not written by the actual Editor of the Jewish Press. It was written by "Dave." He didn't get any letters at all and is obviously so embarrassed by that fact that he feels compelled to make things up. Nevertheless, we believe the "Ask Dave" feature will build over time and you will eventually come to love him as much as he obviously loves listening to himself provide advice; please forward future requests directly to "Ask Dave, c/o Editor, Jewish Press" and we will make sure that "Dave" thoughtfully and seriously addresses your concerns. Well, at least we'll give it a shot.

Editor's Note: The preceding "Editor's Note from the Actual Editor" was not written by the Actual Editor, it was written by Dave. But enough with the fighting; let's get down to the business of providing unhelpful advice.

Dear Dave:

Is it me or is it a thousand degrees in here? Turn on the air conditioning already!

Sincerely,

All Farshvitst

Dear Farshvitst:

Do you have any idea what electricity costs? Do you think money grows on trees? Do I look like a millionaire to you? Just open a window, there's a nice breeze. Don't be so much with the umgeduldik, winter will be here before you know it.

Dear Dave:

My husband Maury and I scrimped and saved to send our son to four years of college and now he's in medical school. This summer, he tells us that he wants to give up a beautiful career as a doctor to repair motorcycles in Maui.

Vais Meer,

Almost A Doctor's Mother

Dear Doctor's Mother:

It's a kina hora. Stay inside and don't answer the phone until he goes back to medical school.

Dear Dave:

I wrote you last issue about my missing car keys; you really weren't that helpful but I wanted you to at least know that I finally found them. They were in the front left pocket of the jacket I wore last night. Thanks for nothing. You call yourself an advice columnist?

Signed,

Forgetful in Ankeny

Dear Forgetful:

I would say you're welcome but what I am thinking is that, the next time you have a problem, maybe someone else can be your shmegegge.

Dear Dave:

I have tipping problems. I know it's socially unacceptable not to tip, so I begrudgingly do it, but tell me why I have to tip the guy who carries my bag the last ten yards from the hotel lobby to my car. Give me a break! Where was the bellman the rest of time, when I had to schlep my bags all over the place just to get them to where he was standing? It's ridiculous! Am I crazy cheap? Or I have stumbled upon a fundamentally Jewish opposition to tipping?

Signed,

I Can Carry It Myself For Free

Dear Schnorrer:

Yes, that's what you are, a schnorrer: a person who can't comprehend how someone like a bellman could be dependent on you for support. But tipping handsomely is one of the most important responsibilities of being Jewish! No one can ever find out how miserable tipping in any form makes us, how we grit our teeth when forced to give away our hard-earned dollars in exchange for the most superficial forms of work. We know you hate it. But in the name of Jews trying desperately to defeat stereotypes, we beg you: do it for the greater good.

Dear Dave:

Like many readers of the Jewish Press, I live in Des Moines -- which is just about in the exact middle of the United States and really far from the border, if things, shall we say, "go wrong" for the Jews and fleeing becomes a necessity. Wouldn't it be safer to live right along the Canadian border, in a place like International Falls, Minnesota or Presque Isle, Maine or Bellingham, Washington, in the event fleeing from Cossacks, right-wing extremists (or others) becomes necessary?

Worried Sick,

Steve Pogromowitz

Dear Steve:

If you are worried about fleeing to Canada, you are right: International Falls is the place to be. But you might want to consider St. John in the US Virgin Islands. If you're in Cossack/right-wing extremists fleeing mode, wouldn't you rather wind up in idyllic Virgin Gorda in the British Virgin Islands than in frigid Fort Frances, Ontario? For more of my fleeing tips, you might want to pick up a copy of my recent best seller: "Ask Dave's Jewish Guide to Fleeing in Style." It's available at your local bookstore.

continued on page 15

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Holiday Glamour • November 18 @ 6:00 p.m.

Get some makeup tips for special events.

One night only: 10% off all Bare Escentuals products.

Great Gift Ideas • December 8 @ 6:00 p.m.

Need some fresh ideas for holiday gift-giving? Learn about new holiday products and gift sets.

One night only: 10% off all retail.

In the Kitchen With Betty Abrams and Arny Engman by Karen Engman



My mom Betty Abrams of St. Louis would tell you that the secret to cooking a “fabrent” (juicy and flavorful) brisket is to cook it the day before you plan to serve it. This enables the cook to skim the fat from the gravy and to neatly slice the meat. Her recipe is easy if you plan ahead and can even be frozen if made a week or two before the holidays.

In our family, brisket has a partner, just like peanut butter and jelly. We like to serve it with kasha (medium granulated roasted buckwheat). I’ve been told that kasha is an acquired taste but our whole family loves it. My mother’s kasha recipe that has been mastered and refined by my

Every fall, Jewish cooks search for new chicken recipes for their holiday meals but in my opinion, nothing tops my mother’s beef brisket.

husband Arny Engman is a winner that I hope our readers will try.

Since my mother is from out of state, I’ll skip her background and tell you about Arny(Arnold). He was born in Des Moines to Milton (Mickey) Engman who was the oldest of five brothers and

Arny graduated from Roosevelt High School in 1967 and earned an industrial engineering degree from the University of Wisconsin (Madison) in 1972. That’s where we met on a date “fixed up” by my pledge mother from AEPi and his roommate in the ZBT frat house.

We have three children who all live in Madison with their families, so we can return often to the scenes of our happy

college years. Katie (35) is married to Josh Rice and they have a two year old son Arlo and an eight month old daughter Etta. Allison (33) is married to Michael Bearden and their daughter Talula is over nine months old. Todd (30) is married to Melissa (Brown) and their daughter Harriet (Hattie) is ten months old.

Arny is a commercial real estate broker with CBRE/Hubbell Commercial. After graduating from the University of Wisconsin, he worked for EMCO Enterprises for 30 years. *continued page 15*

Arny’s Kasha

A Recipe from Arny Engman Meat

- 1 box (2 cups) kasha, medium grain (roasted buckwheat)
 - 2 eggs
 - 2-3 onions, chopped
 - olive oil
 - soy sauce to taste
 - 4 cups beef or chicken broth
- Saute onions in olive oil, add some soy sauce, continue until onions are reduced and browned or even slightly burnt
- Put kasha in large fry pan, stir in 2 eggs over medium heat until grains are separate and dry
- While onions are cooking, bring broth to a boil in separate pot
- Mix onions with kasha in the fry pan, mix well
- Add mixture to the boiling broth; reduce heat to low and cover for 7-10 minutes, stir midway
- Salt & pepper to taste and soy sauce if desired
- Option: add cooked pasta shells or bowties

Betty’s Brisket

A Recipe from Betty Abrams Meat

- Beef Brisket, flat part, trimmed of most of the fat
 - 2-3 onions, sliced
 - Fresh garlic, minced (powdered is ok too)
 - Worchestershire sauce
 - Pepper, paprika, Mrs Dash’s Seasoning (herbs, no salt)
- 1-2 cans beef broth (or consommé)
- Chili sauce
- Option: cut up carrots, potatoes and mushrooms
- Cut up onions in large roasting pan. Lay brisket on top, fat side up. Mince garlic in a press and score into both sides of the meat according to your taste (or sprinkle on garlic powder). Cracked fresh pepper or coarse grind both sides meat and onions, not too much though. Sprinkle paprika & Mrs Dash on both sides meat and onions.
- Bake uncovered in 375 oven for 30 minutes or until slightly brown. Sprinkle the worchestershire sauce on lightly then return to oven for 15 minutes more until brown. Next, pour ½ -whole bottle chili sauce over top of meat & spread like a glaze. Add broth and 1 can of water to the pan and scrape bottom. Cover tightly with foil and bake at 325-350 until very tender (3-4 hours, depends on how many pounds of meat).
- When fork tender but not falling apart, remove from oven to cool. Wrap brisket separate from gravy and refrigerate both overnight. Skim fat off top of gravy and slice the meat against the grain. Reheat meat in gravy at 350, covered in foil, until tender again (you can add sliced carrots, potatoes and mushrooms to the pan to cook now) this will take 1-2 hours or more.
- Another method: meat can be reheated wrapped in foil set in the pan separate from the gravy, which is heated on stove top....saves on the mess and the meat is still tender, pour gravy over meat on the serving platter.

Rethink your drink.

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The Iowa Jewish Historical Society Receives Conservation Bookshelf

Treasured objects and artifacts held by the Iowa Jewish Historical Society will be preserved for future generations with help from the IMLS Connecting to Collections Bookshelf, a core set of conservation books and online resources donated by the Institute of Museum and Library Services (IMLS). IMLS has now awarded almost 3,000 free sets of the IMLS Bookshelf in cooperation with the American Association for State and Local History (AASLH).

Karen Engman, President of the Society, stated: "The Iowa Jewish Historical Society is delighted to receive this set of reference books that will enable us to learn the latest techniques in caring for the Jewish family, business, synagogue, and cemetery records and historical artifacts that have been entrusted to our care. These artifacts are keys to preserving and understanding the history of Jews in Iowa and the contributions Jews have made to the life of our state."

"When IMLS launched this initiative to improve the dire state of our nation's collections, we understood that the materials gathered for the Bookshelf would serve as important tools for museums, libraries, and archives nationwide," said Anne-Imelda Radice, Director of IMLS. "We were both pleased and encouraged by the overwhelming interest of institutions prepared to answer the call to action, and we know that with their dedication, artifacts from our shared history will be preserved for future generations."

The Iowa Jewish Historical Society will receive this essential set of resources

based on an application describing the needs and plans for the care of its collections. The IMLS Bookshelf focuses on collections typically found in art or history museums and in libraries' special collections, with an added selection of texts for zoos, aquaria, public gardens, and nature centers. It addresses such topics as the philosophy and ethics of collecting, collections management and planning, emergency preparedness, and culturally specific conservation issues.

The IMLS Bookshelf is a crucial component of Connecting to Collections: A Call to Action, a conservation initiative that the Institute launched in 2006. IMLS began the initiative in response to a 2005 study it released in partnership with Heritage Preservation, A Public Trust at Risk: The Heritage Health Index Report on the State of America's Collections. The multi-faceted, multi-year initiative shines a nationwide spotlight on the needs of America's collections, especially those held by smaller institutions, which often lack the human and financial resources necessary to adequately care for their collections.

The Institute of Museum and Library Services is the primary source of federal support for the nation's 123,000 libraries and 17,500 museums. The Institute's mission is to create strong libraries and museums that connect people to information and ideas. The Institute works at the national level and in coordination with state and local organizations to sustain heritage, culture, and knowledge; enhance learning and innovation; and support professional development. Learn more at www.ims.gov.

House of Representatives Commemorates Hillel's 85th

H. Res. 493 In the House of Representatives, U. S., June 15, 2009.

Whereas Hillel: The Foundation for Jewish Campus Life was founded at the University of Illinois, Urbana-Champaign in 1923 and has become the world's largest Jewish campus organization, serving Jewish college students on over 500 campuses across the globe;

Whereas Hillel has been an important partner to universities by providing resources, programs, and other forms of support to the entire campus community;

Whereas Hillel has been at the forefront of breaking down discriminatory barriers to students of all backgrounds on college campuses for 85 years;

Whereas Hillel has contributed to the Nation's preeminence in science, industry, and the humanities by helping generations of students attain the dream of higher education;

Whereas Hillel has contributed to United States history by providing armed service personnel with counseling prior to World War II, welcoming GIs back to campus following the war, and sponsoring European refugees on campuses during and after the war, including the late Chairman of the House Foreign Affairs Committee Tom Lantos;

Whereas Hillel has educated students about American values and has helped them to provide leadership for social justice causes, including the civil rights movement, the campaign to free Soviet Jewry, the effort to stop the genocide in Darfur, and the promotion of AIDS Awareness and interfaith understanding;

Whereas Hillel has been at the forefront of educating campuses about Israel, an ally of the United States;

Whereas Hillel has helped to provide students with the tools to combat anti-Semitism on campus; and

Whereas Hillel continues to contribute enormously to civil society by providing service-learning opportunities for thousands of students in the United States and abroad: Now, therefore, be it

Resolved, That the House of Representatives- (1) supports Hillel's mission of service to Jewish college students and partnership with the campus community; and (2) congratulates the students, lay leaders, and professionals of the Hillel movement on reaching its milestone 85th birthday.

[nanotechnology in israel]

Oral Drugs That Can Pack More Punch

By Karin Kloosterman for www.israel21c.org

It may be the latest scientific trend, but Professor Simon Benita of the Hebrew University's School of Pharmacy has been working with nanotechnology since long before it had a name.

His 25 years of research in nanotech has culminated in a new vehicle for oral drug delivery based on the microencapsulated double-coated nanocapsules that he developed.

Normally, our bodies' defenses would stop and break down orally administered drugs, so that we only benefit from about three-quarters of their potential effectiveness. Now, thanks to P-gpBypass, Benita's invention, important cancer and HIV drugs as well as a range of immunosuppressants should be able to slip through those defenses to treat disease more effectively.

The oral route is preferred, but only 40 percent of all drugs are water-soluble. This means that many drugs are administered intravenously, which is less effective and may lead to unpleasant side effects, or, they are delivered orally, in which case they have limited bioavailability.

Slipping through our defenses

When delivered orally, Benita explains to ISRAEL21c, drugs activate an intestinal pump barrier, the P-gp efflux pump, and are broken down in the intestine and the liver, losing about a quarter of their potency in the process.

"We took advantage of nanotechnology to design a Trojan horse similar to Taxol [a cancer drug]," says Benita. "It's in a nanocapsule embedded in a micro-sphere, and not releasing into the intestine. . . it's not activating the P-gp efflux pump. . . it is so small, it slips through."

At 100 nm, Benita's drug-laden nanocapsules are a new drug delivery system that could make painful injections and intravenous lipophilic drugs a thing of the past.

Creating a new drug delivery mechanism, "is not as simple as it looks," says Benita stressing that there are "many, many companies" in the industry. "We are targeting one of the most challenging pharmaceutical issues with regard to formulation. More than 50 percent of drugs existing, or as new chemical entities . . . are not water soluble," he tells ISRAEL21c.

Encouraging results from animal testing

Benita's solution means that pharmaceutical developers can work around the intestinal pump, bypassing the gut enzyme metabolism, delivering maximum

drug power without the side effects.

Benita and his team of four at the School of Pharmacy tested his platform recently on the immunosuppressant tacrolimus which is given to transplant patients to help prevent rejection of their new organs. Their tests showed that they could deliver the drug and unlock 2.4 times its bioavailability, or active ingredients, since their size provides protection from the GI enzymes in the intestines.

These encouraging results in animal studies led the Hebrew University's tech transfer arm, the Yissum Research Development Company, to enter into a deal with Israel-based Aurum Ventures MKI, which will test the platform with the aim of refining it for commercial success.

Aurum Ventures MKI is the technology investment arm of Morris Kahn, a prominent Israeli businessman, philanthropist and entrepreneur.

Israel excels in drug delivery

"The ability to deliver lipophilic drugs orally while bypassing specific potent barriers in the intestine and the liver carries tremendous potential," says Yehuda Yarmut, the deputy CEO of Yissum. "Benita, a seasoned inventor and entrepreneur and co-founder of Novagali SA, one of Yissum's most promising spin-offs, has once again demonstrated his ingenuity in developing a novel mechanism addressing many unmet medical needs."

In Israel, a relatively small country, there appears to be a disproportionately large number of drug delivery companies. Much of this has to do with the fact that Israelis like to be entrepreneurs, but also, says Benita, because at the Hebrew University's School of Pharmacy there is a large number of researchers who are very skilled in drug delivery technologies. "We are considered worldwide very strong in drug delivery," he says.

The researchers both influence their students, and work themselves to create drug delivery companies and spin-offs. Some 25% of the patents at Yissum are in drug delivery, "because of the strong expertise in our department," says Benita.

Benita founded the nanotech company Novagali in France 10 years ago for ocular delivery of drugs using nanoemulsions. The company currently has major products at various stages of development to tackle dry eye, allergy, glaucoma, retinopathies and more. Its formulations are based on the technology platforms of Novasorb and Eyeject, which optimize bioavailability of drugs as well as safety and comfort for the patient.

SHARANSKY GREETES OLIM FROM U.S.



Jewish Agency Chairman Natan Sharansky greeted the 232 new immigrants from North America who arrived on July 7 in Israel on a special flight, part of the joint venture between Nefesh B'Nefesh and the Jewish Agency.

"I want to relive the moment when I made aliyah and went to Jerusalem - it felt as if all the Jews of Israel and the world were there with me. When I see you, I have that same feeling again," Sharansky told the group at a ceremony at Ben Gurion Airport. "After 2,000 years, you are coming home."

The Jewish Agency is funded by United Jewish Communities <<http://www.ujc.org/>> and major Jewish Federations in North America, Keren Hayesod <<http://www.kh-ua.org.il/>>

Federation from page 2

- Continued support of Project Elijah, which has engaged the community in food-packaging sessions, helping to feed hungry people.
- Continued support of the Iowa Jewish Historical Society, which preserves the memories of Jewish Des Moines and of Iowa. The Iowa Jewish Historical Society is sponsoring a program right after this meeting entitled, “Jews Love Baseball!” Janice Rosenberg, the director of the Historical Society, will be telling you more about it later.

One of the things of which I’m most proud was a program that I can’t even take credit for. It was conceived by my predecessor, Toni Urban, and executed during my term. It was Toni’s vision that inspired The Leadership Forum, which brought together committed Jews in our community, ages 25 to 40, for a series of meetings and discussions. Under the able direction of Judy Deutch and Bruce Sherman, these future leaders got to know each other and began the work of preparing to take over the leadership of our community when we “alter cockers” have retired.

The program included:

- A “Meet the Mentors” session, with Jewish leaders talking about the history of the Jewish community in Des Moines, and about the issues facing this community in the 21st century.
- In October, Dr. Michael Cook, noted author and scholar, joined us for a community and Leadership Forum retreat at the Goldman farm.
- Informal opportunities for Forum participants to get to know each other. Several of them remarked that although many of them had grown up in the Des Moines area, they didn’t know each other. The Forum gave them the chance to bond.

Thirty people graduated from the Leadership Forum (in my living room, which was a special honor for me), and many of them participated in the culmination of the 18-month program, a trip to Israel. You will hear more about the Forum from Judy.

Going forward, the Jewish Federation will be led—brilliantly—by Judy Deutch, who became President on July 1. She, along with President-Elect Barb Hirsch-Giller, a superb team of volunteers on the Executive Committee and the Board, and a dedicated staff, will take your Federation from strength to strength.

I want to mention the staff by name: Tom Wolff, Mark Finkelstein, Dorothea Gamel, Linda Vander Hart, Sherry Buckles, Pat Nawrocki, Cathie Jensen and the incomparable Elaine Steinger. Tom, Dorothea, Linda, Sherry, Pat and Cathie aren’t Jewish, but they are more involved in the Federation than most of the Jews in this community. All of the staff gives more than a full measure of devotion to our cause, frequently giving of their time evenings and weekends for Federation events and meetings. Members of the staff are here today. I would ask them to stand and I would ask you to join me in thanking them for their dedication to the Federation and to our community.

I would also like to thank Larry Kirsner, President of the Life Center and Janice Rosenberg, President of the

Historical Society for their efforts on behalf of the community.

Despite my confidence in the Federation’s leadership and in the Federation’s continued service to the Jewish community, I confess I am a little uneasy about the future.

This year, the Federation’s All-in-One Campaign for the fiscal year that began July 1 fell short of its goal by \$53,644. Perhaps this result was to be expected, given the recession, and the financial pain being felt by everyone. The shortfall will require us to trim an already very tight budget. We have frozen salaries and cut benefits for our hard-working staff. We will have to curtail programs. We will do the best we can given our diminished resources. I commend the members of the Planning and Budgeting Committee, who worked so hard over the course of four evenings to reconcile our resources and the Federation’s mission to help our seniors, educate our children, support Israel and represent the Jewish community to the greater Des Moines community.

Going forward, my fear is that the lost gifts may never be recovered. Our community is changing. The “machers,” the entrepreneurs and investors who made their fortunes here and who so generously gave back to our community, are dying or moving to Palm Springs. The members of the generation coming up behind them are, for the most part, employees, not entrepreneurs. They don’t have the same level of resources, nor, in general, do they have the same focus on Jewish giving. There are many other charitable giving opportunities in the marketplace, and we’re competing with all of them.

How, then, do we compete? How do we make the case for the Jewish Federation of Greater Des Moines? It’s simple: The Federation does for the Jewish community what members of the community and the various congregations can’t do by themselves. By pooling the resources of the community, and by employing both a paid staff and numerous volunteers, we help seniors live in dignity and alleviate the ravages of poverty in ways that individuals and congregations cannot. We provide a Jewish education for our children in ways that, for the most part, individuals and congregations cannot. We speak with a strong voice on behalf of Israel in ways that individuals and congregations cannot. We provide opportunities for Jewish cultural and intellectual enrichment for our entire community in ways that individuals and congregations cannot. We represent the Jewish community to the rest of greater Des Moines in ways that individuals and congregations cannot. In short, the Federation is the embodiment of “K’lal Yisrael b’Des Moines”, that sense of shared destiny that binds us together as Jews in this place.

It is because of this mission that I am ultimately confident that the Federation can, and will, thrive here. We are all brothers, and we are all sisters, and if the congregations are the rooms in our house, the Federation is the roof over our heads. Just as we must maintain the rooms where we meet to pray and socialize, so, too, we must continue to maintain the roof that shelters us, under which we are all one.

I humbly thank you for the great

honor of serving this community for the past two years. May HaShem continue to richly bless you and your families. Shalom, and thank you.

Reflections from page 9

In it, I see a more attractive Israel. Not only on the surface but also in its soul. Israel, or her people actually, are growing, maturing, becoming more responsible.

I likened (I apologize in advance here) Israel to a third world country based on what I used to see from my car window. Facts on the ground have changed, literally. Israel streets and neighborhoods are now free of litter.

Part of the change has been natural maturing and another has been Israel’s broadening of their redemption system. Not moral redemption as the Holy land excels in, but recyclables. Cans and bottles (glass and plastic) have redemption value that help keep them off the streets. While it’s not new, the list of what has value has grown.

One other amazing discovery in Israel was the country’s smoking ban. No, hell didn’t freeze and pigs still trod through the mud, but Israel now has a ban on smoking in enclosed public areas. I never thought it would happen.

While out with friends and family at a very trendy Tel Aviv nightclub I learned how some are getting around the new law. No ashtrays. No ashtrays, no evidence the club allows smoking. Occasionally I would see the doorman circulate through the crowd, telling patrons not to light up or to withhold for 10 minutes while “the government” came through. The government never came and I never saw anyone enforce this law at the club that night. With less smoking and debris-free streets, Israel feels even more my home away from home.

— **J. Lederman**

Dave from page 12

Dear Dave:

It’s my mother-in-law. She’s driving me crazy. She calls me every night about another problem at her house. One night it’s a broken light bulb, the next night the washing machine won’t turn on, and the night after that, the disposal is broken. I’m expected to come over and fix everything like a free handyman. How do I tell her that I’m not just another member of her maintenance staff?

Signed,

Fixing the Fridigaire

Dear Frigidiaire:

Are you available next Tuesday morning at 11:00 am? I have a water softener that’s on the fritz.

Dear Dave:

I am writing about the Iowa State Fair. I realize it’s considered a treasured example of Midwest all-American homespun goodness, but what’s with the farrowing pigs and demonstrations about how to make things Jews would never get near. They should rename it the Iowa TrayffFest and save us some time. Is there a more Jewish alternative to the fair?

Signed,

Trapped in a Kosher-free Zone

Dear Kosher:

You might want to refer to my upcoming best seller “Make Mine Fried Hummus On A Stick: Ask Dave’s State Fair Survival Guide For Jews.”

Dear Dave:

Tell me the number.

Signed,

Filled with Schpilkes At The Lotto Counter
At Kum ‘n Go

Dear Schpilkes:

4-11-17-19-27-34

Confidential to Overexposed in Iowa:

That sounds quite painful. Try putting some cocoa butter on it.

Ask Dave’s Yiddish Word of the Month: SCHPILKES. Noun; anxiety, the condition of having ants in one’s pants. Example: “By the time I got on stage for my presentation, I could hardly speak because of all the last minute schpilkes.”

Please send your requests for unhelpful Jewish advice c/o Editor, Des Moines Jewish Press, or directly to “Dave” at iowadavid@me.com. A timely and probably unhelpful response is guaranteed.

Chef from page 13

He loves to play golf and cards, fish, read, and walk our two Golden Wally and Buster, but his favorite activity now is spending time at our cabin on Lake Vermilion in Minnesota with family and friends.

I do have to brag a little, Arny won the Iowa State High School golf title in 1967, and co-captained the Roosevelt golf team that won the state tournament that same year. He attended the University of Wisconsin on a golf scholarship and was a three year letter winner.

In 1994, Arny qualified for the National Amateur Golf Tournament at TPC in Sawgrass, Florida. He has also had seven holes-in-one.

These really are great traditional Jewish dishes and not just a ploy to write about my family! If you have a recipe to share with our readers or have a question I can research please call Karen (515-274-3300) or email (aengmandsm@yahoo.com).

Last issue when I interviewed Pamela Bass Bookey and shared her Grilled Corn Cakes recipe, I neglected to mention any of her many activities over the years in the Jewish community. She has served on the boards of Jewish Federation, Iowa Jewish Historical Society, Iowa Jewish Senior Life Center, Jewish Community Relations Commission and Tifereth Israel Synagogue. She was also the co-chair of the Women’s campaign and the Centennial celebration at Tifereth Israel.

— Karen Engman

Bernstein from page 8

She goes to high schools and college fairs — she is going to single-handedly be responsible for bringing the next generation of Jews to Des Moines (chuckling.) And actually, she just took on the position of Hillel Advisor at Drake to encourage students to stay here after graduation.

JP: That’s wonderful that she’s become the new Hillel Advisor at Drake!

JB: So we’ll be hosting a number of the Shabbat dinners and other Hillel events.

JP: That’s excellent. Now, what’s in the cards for you? What are you aiming for?

JB: Just continued personal and professional growth here. We just got married. It’s a new world, married life. It’s another opportunity to get that much more involved with the community, to officially join a synagogue, to be a part of the community in that way.

JP: Hopefully your professional career will take off pretty soon. We hope you will find the right job.

JB: ...pretty soon. There is a very good life to be had here in Des Moines — beyond the winters. And I’d much rather raise a family here than in many other places. We have quite a gem in Des Moines.

JP: Well, we wish you both the very best, and I thank you for the interview.

JB: You’re welcome.

BETH EL JACOB SYNAGOGUE

“Get Inspired - The Rosh Hashanah Alternative”

A Woman’s View

It happens every year. Rosh Hashanah comes up and you feel as if you “must” attend services. But, coming to a traditional Rosh Hashanah Service leaves you...lost. You sit, try to find the spot in the prayer book but not knowing Hebrew is, well, sort of a major issue. The Chazzan goes on, and on, and on... Getting “inspired” is one of the last things you are feeling... Are we close?

This year Beth El Jacob is offering an alternative to all the davening with two special programs to be held in the Pruce Library. Join other women in learning more about the reason behind the prayers, about how to get inspired by attending or not. Each session is limited to only 10 participants. There will be two sessions each day with the first starting at 10:30AM and ending at 11:30AM and the second at Noon ending at 1:00PM. And, yes...we’ll have a nosh as well!

Come spend an hour talking about our Jewish Roots, our Jewish New Year and get inspired...it can’t hurt...only help! Call to confirm your place for the first or second session. And...yes, we’ll be holding this BOTH days of Rosh Hashanah! 515-274.1551

Round Beth El Challah & Honey Cake – 5.00 ea buy 10 - 11th Free
Cinnamon Sugar Round Challah – 7.00 ea or 3 for \$20

September 6th – Dinner and Music – The Zarnow Band 5:00PM
October 18th – Annual Tribute Dinner & Gala

For more information on nearly everything: www.BethElJacob.org

TEMPLE B’NAI JESHURUN
HIGH HOLIDAY SCHEDULE

Friday, September 4
6:00 p.m. Classic Shabbat
6:00 p.m. Family Shabbat
7:15 p.m. Potluck

Saturday, September 5
9:00 a.m. Torah Study
10:00 a.m. Shabbat Service

Friday, September 11
6:00 p.m. Erev Shabbat

Beginning High Holidays
Saturday, September 12 (S’lichot)
9:00 a.m. Torah Study
10:00 a.m. Shabbat Service
6:00 p.m. S’lichot Service

Sunday, September 13 (Kever Avot)
9:00 a.m. – 12:00 Noon Sunday school
12:30 p.m. Woodland Cemetery
1:00 p.m. Glendale Cemetery

Friday, September 18 (Erev Rosh Hashanah)
6:00 p.m. Family Service with Torah Service-Creation (no sermon)
- Kol B’yachad Choir
8:00 p.m. Rosh Hashanah Full Service- Professional Choir

Saturday, September 19 (Rosh Hashanah)
8:30 a.m. Classical Oriented service with Professional Choir
11:30 a.m. Modern Reform service with Kol B’yachad Choir

Sunday, September 20
11:30 a.m. Family Service for Tashlikh at Raccoon River

Friday, September 25 (Shabbat Shuvah)
6:00 p.m. Erev Shabbat

Sunday, September 27 (Kol Nidre – Erev Yom Kippur)
6:00 p.m. Early Kol Nidre service with Professional Choir
8:00 p.m. Late Kol Nidre service with Professional Choir

Monday, September 28 (Yom Kippur)
8:30 a.m. Classical Oriented service with Professional Choir
11:30 a.m. Modern Reform service with Kol B’yachad Choir
1:30 p.m. – 2:30 p.m. Interlude Program
3:00 p.m. – 4:00 p.m. Family Service with Torah Reading and Reading of Jonah – Kol B’yachad Choir
4:15 p.m. Healing Service
5:15 p.m. Yizkor and Neilah
7:00 p.m. Break the Fast

Friday, October 2 (Erev Sukkot)
6:00 p.m. Sukkot Service

Saturday, October 3 (Sukkot)
9:00 a.m. Torah Study
10:00 a.m. Shabbat Service

Friday, October 9th (7th day Sukkot – Erev Simchat Torah)
6:00 p.m. Simchat Torah Service

Saturday, October 10
9:00 a.m. Torah Study
10:00 a.m. Sh’mini Atzeret Service

TIFEREETH ISRAEL SYNAGOGUE

2009 HIGH HOLIDAY SCHEDULE 5769/5770

with Rabbi Steven Edelman-Blank and Cantor Deborah Bletstein

Saturday, September 12 - Selichot
6:00 p.m. Community Selichot Services – Services and Program at The Temple

Sunday, September 13 - Kever Avot
1:00 p.m. Community Kever Avot, Glendale Cemetery

ROSH HASHANAH (September 18 – September 20)
Friday, September 18 - Erev Rosh Hashanah
7:30 p.m. Evening Ma’ariv Service
Saturday, September 19 - Rosh Hashanah Day 1
8:30 a.m. Services in Sanctuary
10:00 a.m. Alternative Services in the Bookey Chapel
10:00 a.m. Youth Services
4:30 p.m. Tashlikh Service and Z’mirot (singing) at the pond behind the Art Center
6:00 p.m. Mincha/Ma’ariv Services at Tifereth Israel Synagogue

Sunday, September 20 - Rosh Hashanah Day 2
8:30 a.m. Services in Sanctuary

YOM KIPPUR (September 27 - 28)
Sunday, September 27 - Kol Nidre
6:00 p.m. Food Drive - Drop donations off in the circle drive of the synagogue
7:00 p.m. Services in Sanctuary

Monday, September 28 - Yom Kippur Day
9:00 a.m. Services in Sanctuary
10:00 a.m. Alternative Services in the Bookey Chapel
10:00 a.m. Youth Services
11:30 a.m. Yizkor/Memorial Service
5:30 p.m. Mincha / Neila / Concluding Service
Break the Fast!

You are cordially invited to attend the Break-the-Fast following the conclusion of Yom Kippur. Please note: All times listed above are estimated. Babysitting will be provided for above services. Please call the Tifereth office at 255.1137 for more information. To ensure that we will be properly staffed, it is recommended that you call the office to RSVP. Thank you!

FAMILY MEMORIAL SERVICES

Kever Avot

Sunday, September 13

12:30 pm Jewish Emanuel Woodland Cemetery

1:00 pm Jewish section of Glendale Cemetery

Conducted by the Jewish clergy

SEARCH THE INTERNET AND HELP THE JEWISH COMMUNITY.

At no cost to you , you can help raise money for the Jewish Federation by using www.GoodSearch or www.GoodShop.com to search the Internet.

GoodSearch.com is a search engine which donates 50% of its revenue to charities and schools designated by its users. Use GoodSearch exactly as you would any other search engine. Because it’s powered by Yahoo! You get proven search results. The money GoodSearch would donate to Jewish Federation comes from its advertisers – the users and the organizations do not spend a dime!

To start: go to www.GoodSearch.com or www.GoodShop.com and under the “Who Do You GoodSearch for?” banner, enter “Jewish Federation of Greater Des Moines.” This will identify Jewish Federation as the beneficiary of your searches.

IOWA JEWISH LEADERSHIP MEET



Jewish representatives from seven communities in Iowa met at the Hillel in Iowa City in June. Attending from Des Moines were Rabbi David and Julie Kaufman, Barb Hirsch-Giller, Jody Hramits and Mark Finkelstein.

"Her piano playing subtly hints at her geographical origins near Tel Aviv, while remaining open to the many musical sounds of New York City's jazz scene."

ANAT FORT

with Gary Wang - bass & Roland Schneider - drums

Monday, September 14 • 7:30 p.m.
The Caspe Terrace • Waukeez
\$25 for adults • \$15 for students

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Presented by Abe Goldstien & Jackie Garnett



ISRAELI JAZZ PIANIST ANAT FORT SEPT 14 AT THE CASPE TERRACE



The latest export from Israel appears to jazz musicians. Clarinetist Anat Cohen, guitarist Gilad

Hekselman, bassist Omer Avital and trumpeter Avishai Cohen are just a handful of Israeli-born jazz musicians who split their time between Israel and New York City, building their reputations worldwide.

On September 14, Abe Goldstien, local jazz promoter and leader of the Java Jews, is proud to present Israeli jazz pianist Anat Fort in concert at The Caspe Terrace. "I've been looking for a pianist to play on the magnificent Steinway in this incredible venue and I found one," says Goldstien, who has presented several "Jazz at The Caspe Terrace" events over the past several years, including a live recording session for Trio-X and the standing room only performance by clarinetist/mandolinist Andy Statman.

About Anat Fort

Born near Tel Aviv, Fort studied classical piano as a child and began improvising from an early age, all the while remaining open to the many musical sounds of her environment. In the early 1990's, she came to the United States to study jazz, looking to balance a natural tendency towards freer playing with a firm grounding in the tradition. Her sojourn resulted in her self-produced debut album "Peel," and commissions to write for various ensembles including chamber and chorus and orchestra. Her most recent commission was premiered at the Opera House in Tel Aviv.

Fort received two artist-in-residence grants from the Jerome Foundation as well as the Creative Connections award from Meet the Composer. An important presence on the New York City alternative jazz scene and equally highly regarded

in her homeland, Anat currently splits her time between Israel and the U.S. and performs with bassist Gary Wang and drummer Roland Schneider in her touring band, the Anat Fort Trio. You can learn more about Fort and her music at www.anatfort.com.

Catch A Rising Jazz Star In Waukeez

"This is Central Iowa's opportunity to catch a rising star in the jazz scene," notes Goldstien, who was so impressed by her recent recording, "A Long Story" on ECM Records, that he immediately tried to entice her to The Caspe Terrace. Goldstien is not the only jazz fan impressed by Fort. The Village Voice writes, "Pianist Fort has a charming way of dispensing pastoralism and an insightful way of lining that pastoralism with depth. Her trio has the kind of poise that lets her move from terra firma to the stratosphere." George Robinson of The Jewish Weekly echoed those comments, saying, "Fort writes music that is ... a skillful mix of the romantic and the cerebral, like watching a flower open, an enthralling combination of geometry and color, but always with a propulsive swing."

The Caspe Terrace Is The Perfect Setting For The Anat Fort Trio

If you've been to musical performances at The Caspe Terrace you know what a special and intimate setting it is for music. If you haven't been there, you have missed a chance to experience music and the musicians up close and personal. Plus, in addition to the trio's performance, the Waukeez Area Arts Council will host an after concert reception so you can meet and talk with the musicians.

The Anat Fort Trio will take to the stage at The Caspe Terrace at 7:30 p.m. on Monday, September 14. Tickets are \$25 for adults and \$15 for students. (See the ad in this issue of the Jewish Press for a \$5.00 savings on adult tickets.) Seating is limited to 150 people, so get your tickets soon. Tickets are available by calling Abe at 515-279-6452 or via email at abe@trilixgroup.com.

[focus on art]

Jacques Lipchitz



Jacques Lipchitz (1891- 1973) was a Cubist sculptor. He was born Chaim Jacob Lipchitz, son of a Jewish building contractor in Druskininkai, Lithuania, then within the Russian Empire. At first, under the influence of his father, he studied engineering, but soon after, supported by his mother he moved to Paris (1909) to study at the Ecole des Beaux-Arts and the Academie Julien.

It was there, in the artistic communities of Montmartre and Montparnasse that he joined a group of artists that included Juan Gris and Pablo Picasso and where his friend, Amadeo Modigliani, painted "The Sculptor Jacques Lipchitz and His Wife Berthe Lipchitz."

Living in this environment, Lipchitz soon began to create Cubist sculptures. In 1912 he exhibited at the Salon National des Beaux-Arts and the Salon Automne with his first one-man show held at Léonce Rosenberg's Galerie L'Effort Moderne in Paris in 1920. In 1922 he was commissioned by the Barnes Foundation in Merion, Pennsylvania for five bas-reliefs.

With artistic innovation at its height, in the 1920s he experimented with abstract forms he called transparent sculptures. Later he developed a more dynamic style, which he applied with telling effect to bronze figure and animal compositions.

With the German occupation of France during World War II, and the deportation of Jews to the Nazi death camps, Jacques Lipchitz had to flee France. With the assistance of an American journalist in Marseille, he escaped the Nazi regime and went to the United States. There, he eventually settled in Hastings-on-Hudson in New York. He was one of 250 sculptors who exhibited in the 3rd Sculpture International held at the Philadelphia Museum of Art in the summer of 1949. He has been identified in the LIFE Magazine photograph showing 70 of his sculptures. In 1954 a Lipchitz retrospective traveled from the Museum of Modern Art in New York to the Walker Art Center in Minneapolis and the Cleveland Museum of Art. In 1959, his series of small bronzes "To the Limit of the Possible" was shown at Fine Arts Associates in New York.

Beginning in 1963 he returned to Europe where he worked for several months of each year in Pietrasanta, Italy. In 1972 his autobiography was published on the occasion of an exhibition of his sculpture at The Metropolitan Museum of Art in New York. Jacques Lipchitz died in Italy. His body was flown to Jerusalem for burial.

From: Wikipedia.com For more information, see www.jacqueslipchitz.com

Rabbi Joins Grinnell College Staff

Grinnell, IA - Rabbi Howard Stein has joined the student affairs staff at Grinnell College to support the campus Jewish community and to coordinate student community service activities.

Stein was ordained at Hebrew Union College in Cincinnati in June after completing a program of pastoral education and academic Jewish studies. He also pursued graduate coursework in Jewish communal service at Brandeis University, and as a student rabbi, served congregations in South Dakota, Colorado, and Tennessee. Stein also holds a B.S. in computer science from Cornell University and completed graduate work at the University of Maryland, College Park.

As Grinnell's campus rabbi, Stein will work with students to coordinate Jewish cultural programming and religious activities. He will also serve as community service coordinator for student groups working with local non-profit and volunteer organizations.

In Memoriam

We note with sorrow the recent passing of

Sarah Armel

Hyman Booth

Arnold Caplan

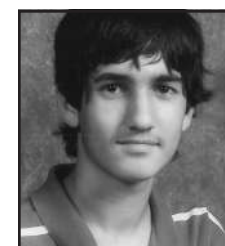
Ruth Degraff

Gertrude Greenhill

Dave Hoffman

Sarah Lickhalter

Bar Mitzvah



Logan Abdulghani,
Please join me in celebrating the Bar Mitzvah of my son, Logan Abdulghani, on September 5, 2009, 9:00 am, at Tifereth Israel Synagogue. A Kiddush luncheon will follow the service.

Tammy Abdulghani

Iowa Jewish Historical Society

"FROM DISTANT PLACES TO DUBUQUE SHORES: 175 YEARS OF JEWISH PRESENCE" Exhibit Coming to Des Moines

**Collaborative Effort with Temple Beth El
in Dubuque and the State Historical Society of Iowa**

Opening on September 9, 2009 in the Library of the State Historical Society of Iowa, "From Distant Places to Dubuque Shores: 175 Years of Jewish Presence," a five-panel exhibit on loan from Temple Beth El in Dubuque, celebrates the unique role that Dubuque's Jewish community played in the history of the city and our state. Bringing this unique exhibit to Des Moines continues the Iowa Jewish Historical Society's collaboration with the State Historical Society of Iowa.

Conceived and designed by Karin Pritikin, Vice President of Temple Beth El, this exhibit tells the story of Alexander Levi, a French Jew of Spanish descent who emigrated to the United States and arrived in Iowa in 1833—the same year Dubuque was founded. Levi's story parallels that of many immigrant entrepreneurs of different nationalities who made good and then took leading roles as philanthropists in their communities. What makes his story unique is the fact that Levi was the first foreigner to become a naturalized citizen of Iowa.

Levi started as a fur trader and then turned his talents to creating a thriving grocery business before becoming a successful miner and mine provisioner. In 1847, he opened what would become one of the most successful retail stores of his time. In addition to his successful business life, Levi was a leader of Dubuque's Jewish community, founding the first two Jewish congregations in Dubuque and purchasing land for a Jewish cemetery.

Levi's is also the story of the continuous Jewish contribution to the history of Dubuque. The five panels of the exhibit expand these stories, connecting Levi and the Jewish community to Dubuque's 175-year history and to the history of our state and country. The exhibit also asks questions designed to encourage visitors to learn about and record their own family histories.

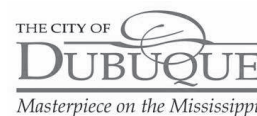
Enhancing these stories are several multi-media presentations, including "The Sounds of Judaica," a multi-media video presenting Jewish music from the middle East to Europe and beyond written and performed by Karin Pritikin; "A Stroll Through Linwood Cemetery: Sharing Memories of Dubuque's Jewish Community," a video of Temple Beth El's oldest congregant, Frank Farber, recalling fascinating stories of the people he has known who are buried in the cemetery; and "A Living Legacy: The Levi Family of Dubuque," a photo slide show of images from the Levi family who reconnected with Dubuque during the preparation of the exhibit after an absence of over 80 years!

Gather up your family and bring your neighbors to see this informative exhibit that was funded through a competitive award from the City of Dubuque, a mini grant from Humanities Iowa/National Endowment for the Humanities, and a contribution from Chicago philanthropist Dick Jaffee of Oil Dri, whose family has Dubuque roots.

• **What: "From Distant Places to Dubuque Shores: 175 Years of Jewish Presence Exhibit"**

• **Where: the Library of the State Historical Society of Iowa**

• **When: Sept. 9 through Dec. 3 (except Oct. 23-27)**



Iowa Jewish Historical Society Patron Dinner to Feature Karin Pritikin October 25

Mark Sunday, October 25 in bright red on your calendar and join the Iowa Jewish Historical Society for our Annual Patron Dinner. This year, our featured speaker will be Karin Pritikin, a remarkable woman with a delightful sense of humor who devoted more than 1,000 hours of volunteer time to researching, designing, and constructing "From Distant Places to Dubuque Shores: 175 Years of Jewish Presence," the very special traveling exhibit that will open in the Library of the State Historical Society of Iowa on September 9.

As Vice President of Temple Beth El in Dubuque and volunteer Director of the Alexander Levi Heritage Project, Karin led the team and personally did a lot of the work that brought Alexander Levi's story and the history of Dubuque to life. It was Karin who secured several highly-competitive grants that made the exhibit possible. And it was Karin, a former musician who enjoys singing 17th through 20th-century cantorial music and chanting from the Torah at Temple Beth El services, who wrote and performed the Judaic music that is an integral part of the exhibit. When several members of the Iowa Jewish Historical Society Board of Directors journeyed to Dubuque last fall to see the exhibit and to meet Karin, we knew immediately that we wanted to share her knowledge, expertise, and entertaining stories with the Jewish community in Des Moines.

In her talk, "Jewish History Writ Large and Small," Karin will explore the theme of family history in the context of her work on the Alexander Levi exhibit as she reveals some of the surprises she encountered in researching and designing the exhibit. As Karin states:

All of us, to some extent, want to know where we come from, literally and metaphorically. But the intensity with which we, as individuals, pursue our connection to the past depends on a combination of personal propensity and serendipity. The Alexander Levi Project feels very strongly that the onus is on all of us to not lose the connection to our founders' stories—whether of our religious or civic leaders or our family matriarchs and patriarchs. Their lives and accomplishments can be distilled into teachable moments that not only help us understand who we are and where we came from but also give us the stuff and substance with which to create bridges of understanding and collaboration with others.

Karin believes that the story told in "From Distant Places to Dubuque's Shores: 175 Years of Jewish Presence" appeals to people of all backgrounds, regardless of their faith affiliation. Alexander Levi was a French-speaking immigrant of Spanish origin, whose religion required strict observation of dietary laws and prescribed numbers for services and whose liturgy was celebrated in a combination of archaic Spanish, German, French, and Hebrew. As a newcomer to the upper Mississippi region, he would have to adapt to new surroundings while creating a viable community for those who followed.

Come join us on Sunday, October 25 in the Bookey Lodge at The Caspe Terrace to hear more of this fascinating story and to see the exhibit, which we will bring to the site from the State Historical Society of Iowa for this occasion. Watch your mail for your invitation and let Karin guide you through this important piece of Iowa and Jewish history.

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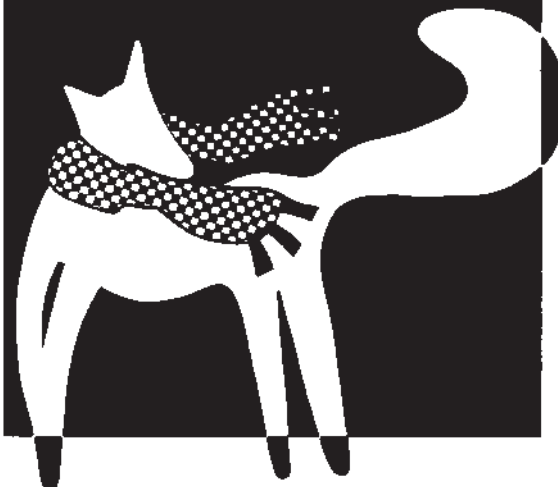
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[calendar]

Mazel Tov



Mazel Tov to **Sarah-Rose Ballard** for receiving the President's Education Award and congratulatory

letter, signed by President Obama from The White House, in recognition for Outstanding Academic Excellence!"

Joshua Mandelbaum, son of Norman Mandelbaum and Jill Tobis Mandelbaum, graduated from the University of Iowa Law School. Joshua was a Co-President of his class. He served as an articles editor for the Law Review. He was captain of the University's Mock Court team and was awarded Best Brief and Best Advocate in the school's competition. At graduation Joshua was honored by the Iowa State Bar Association's Future Leader award. Joshua has accepted a position with the Davenport firm of Lane Waterman.

Mazel Tov to **Joy Argaman** and her parents Roselind and Sheldon Rabinowitz. A veteran competitor in the



Maccabiah Games, Joy brought home the Gold in the 50+ women's doubles tennis tournament this summer. This brings Joy's overall total, over 5 Maccabiah Games, to 7 of a possible 10 medals. Very cool.

Friday Aug 28	6:00 pm
Sunday Aug 30	5:00 pm
Thursday Sept 3	12 Noon
Saturday Sept 5	9:15 am
Sunday Sept 6	1:30 pm
Monday Sept 7	
Sunday Sept 13	9:00 am
	12:00 Noon
	12:30 pm
	1:00 pm
Monday Sept 14	6:30 pm
	7:30 pm
	7:30 pm
Wednesday Sept 16	
Saturday Sept 19	
Monday Sept 28	
Saturday Oct 3	
Saturday Oct 10	
Sunday Oct 11	9:00 am
Thursday Oct 15	12:00 Noon
Saturday Oct 17	10:00 am
Monday Oct 19	7:30 pm
Sunday Oct 25	
Sunday Nov 1	

Temple service to honor Peter Pintos
"Serve it Up!" Campaign Kick-off at the Des Moines Marriott
Senior Lunch at the Temple
Logan Abdulghani Bar Mitzvah at Tifereth
Spiro Unveiling at Glendale
LABOR DAY
First day of Jewish Community School
Temple Sisterhood at Planned Parenthood Book Sale
Classic Car Show and Family Fun BBQ at Beth El Jacob
Temple Kever Avot Service at Woodland
Community Kever Avot Service at Glendale
Federation Executive Committee Meeting at 1800 36th St.
Federation Board of Directors Meeting at 1800 36th St.
The Anat Fort Trio at The Caspe Terrace
First day of Wednesday Community School classes
ROSH HASHANAH
YOM KIPPUR
SUKKOT
SHEMINI ATZERET
SIMCHAT TORAH - Joint TBJ/TI Simchat Torah Family Program at Tifereth
Senior Lunch at Tifereth
Zachary Hockenberg Bar Mitzvah at the Temple
Federation Board of Directors Meeting at The Life Center
IJHS Fall Event at The Caspe Terrace
IJSLC Donor Thank-You Reception



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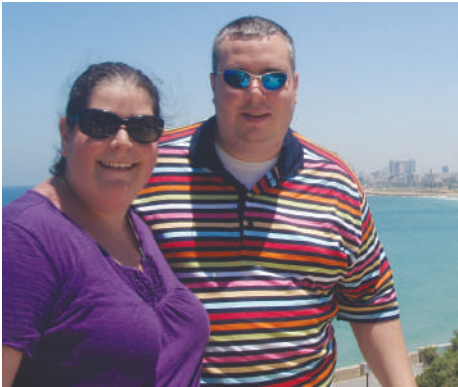
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Jewish Federation of Greater Des Moines

Federation's Leadership Forum Israel Mission, 2009



Fifteen graduates of the Federation's Leadership Forum, supported by a grant from the Steven Blank Leadership Development Fund of the Des Moines Jewish Foundation, traveled to Israel this past June. The group met with Young Leaders from our Israel Partnership region, the Western Galilee, and saw the amazingly beautiful natural sites, historical resources, and the vibrant educational and social service institutions that make our participation and funding of Partnership 2000 important and productive. As well, the group floated in the Dead Sea, explored Jerusalem, Sfat, and the Golan Heights, and had occasion to hit the beaches in Tel Aviv, participate in Jewish text study about Jewish values, visit a hi-tech corporation, hear firsthand from an Israeli Arab journalist. They also met with young Israelis from Ethiopia and many, many more exciting things, some of which are portrayed in the pictures on this page. Read, as well, the reflections of trip participants, on page 9.

Participating in the trip: Randi Schwartz Carr and Chris Carr, Valerie and David Cohen, Christine and David Copeland, Jule and Steven Goldstein, Jacob Lederman, Krista and Brian Pearl, Justin Schoen, Michael Siegel, Kim and Ken Waltman, accompanied by Federation President, Judy Deutch and her husband Larry Deutch, Elaine Steinger, Executive Director and Mark Finkelstein, Missions staff.

