

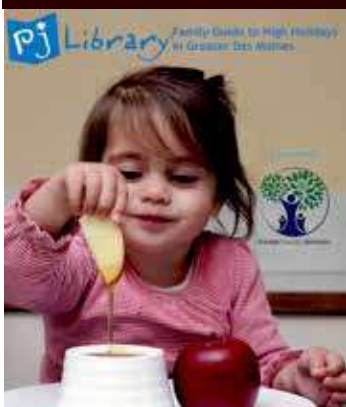


THE GREATER DES MOINES JEWISH PRESS

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Shanah Tovah 5776

from the Jewish Federation of Greater Des Moines



GUIDE TO THE HIGH HOLIDAYS IN DES MOINES

Celebrating the High Holidays with children?

Check out our guide to navigating your way through the holidays at www.jewishdesmoines.org/5776 or scan the QR code to the right.

This booklet includes great craft ideas as well as times for all services in the Greater Des Moines area.



Jewish Federation of Greater Des Moines
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Community Report July / August Education



Engman Camp Shalom field trip

Beit Sefer Shalom / Gan Shalom Preschool / Engman Camp Shalom

- Online registration is OPEN at: www.jewishdesmoines.org/bss for the 15-16 school year!
- Enhanced Computer Lab at Beit Sefer Shalom this year.
- Gan Shalom Camp ran 10 weeks this summer and ended on Friday, August 14, 2015.
- Gan Shalom Preschool 2015-2016 will start Monday, August 24, 2015. www.jewishdesmoines.org/gs/enroll to enroll now!
- Gan Shalom Parent Orientation on Tuesday, September 1, 2015 at 8:30 a.m.
- Engman Camp Shalom ran 9 weeks of camp this summer and served 50 children throughout the summer.
- Our End of Camp Carnival was held 8/7/15.
- ECS received the American Camping Association Accreditation for the 1st time this summer.



Gan Shalom Summer Camp



Jewish Family Services

Senior Care & Family Outreach

Jewish Family Services and Outreach

- Started our new and improved Kibitz 2.0 program, which features great activities for children of all ages that will complement the adult component of our program. We have also shifted some of the times that we will be meeting to accommodate families with varying schedules.
- Conducted focus groups to ensure we are meeting the needs of all of our community members. Received great feedback about new programming opportunities as well as gaps in our services for active adults.
- Became a charter member of the new Central Iowa Grant Professionals Association, which will allow us better access to various funding opportunities we may be able to take advantage of.
- Held monthly senior luncheons, visited the Des Moines Art Center with seniors and enjoyed lunch at Baru at the Art Center. We all had a great time on this special outing!
- Attended Central Iowa's Wellbeing Conference, which outlined how we can improve our community's overall health and wellness, including looking at improving measures beyond physical wellbeing.

Community

Jewish Community Relations Commission

- Convened the annual meeting of Iowa Jewish communities.
- Participated in commemoration of victims of the Bosnian genocide.
- Facilitating development of the West Des Moines – Mateh Asher Partnership.
- Collaborated with Homeland Security in Caspe security audit.
- Continuing assessment of antisemitism and the dangers of an empowered antisemitic Iran.

History

Iowa Jewish Historical Society

- Presented our first cooking class using recipes from the IJHS cookbook—Beyond Matzo Balls: Celebrating 100 Years of Jewish Cooking—on August 14 at the Culinary Loft at the Des Moines Social Club. Thanks to the generosity of Teresa Adams-Tomka of Kitchen Collage and our sponsors, more than a score of people learned to cook a variety of favorite foods from the cookbook and sampled them throughout the class. The event raised several thousand dollars to support IJHS' education and preservation activities.
- The IJHS received a grant of \$21,340 from the Historical Resources Development Program (HRDP) administered by the State Historical Society of Iowa! The two-year grant will enable the IJHS to preserve more than 250 interviews that were done with members of the statewide Jewish community from the 1970s to 2006 as well as original TV shows done by the Federation and tapes of special occasions in history of the Jewish community. This is the second time that the IJHS has been awarded an HRDP grant for care of our collections.
- On October 26, the IJHS will be delighted to host members of the Ray Society, Drake University's lifelong learning organization. Among the highlights of the tour will be our two newest exhibits—Food in Jewish Life and The Memorial Boards from the Sons of Israel Congregation, Marshalltown, Iowa.



Honoring The Victims of Srebrenica



Digitizing the IJHS Collection

Message from the President

TO A SWEET NEW YEAR



David Adelman, President

Rosh Hashanah is simultaneously a time of great celebration and subtle trepidation. We celebrate the completion of one year and the beginning of the next. Two months into my presidency I am filled with a sense of pride. Our Federation is strong and continuing to have a positive impact on the lives we touch. Engman Camp Shalom had another successful summer leaving an indelible impact on a multitude of children’s lives. Jewish Family Services continues to make inroads in the Jewish community and the broader non Jewish community helping those who need some assistance, camaraderie or navigating a difficult life event. Beit Sefer Shalom and Gan Shalom start this fall reaching more and more children in our community. Every 4 years Iowa is the pulse of the political world and the Federation is taking advantage of this by establishing the Presidential Speakers Series. We have invited every announced presidential candidate to share their views on different topics. Everything the Federation does reverts back to our mission: “To enrich Jewish living through connection, education and compassion.” With movement towards success inevitably there are hiccups. I appreciate those in our community with patience and constructive criticism as we attempt to make your Federation work for the totality of our community.

On Rosh Hashanah the Book of Life is opened before G-d and we become advocates for our personal inscription into this book. We review the choices we have made over the past year, our actions and our intentions, as we attempt to honestly evaluate ourselves. As we celebrate the High Holidays and welcome a sweet new year we must not rest on our past laurels but rather strive to fulfil our mission in a greater fashion. Ultimately we hope our names are

inscribed in the Book of Life, an image that speaks clearly of securing our destinies in a positive way for the coming year.

Throughout the Jewish High Holidays, let’s focus on our family, friends and our community, be respectful to those whose views we disagree and celebrate our common ground. There are far too many conflicts within our world to be torn apart. I hope, when drafting my president’s message a year from now the Federation has provided services to more people and continues to be viewed as a pillar of good in greater Des Moines.

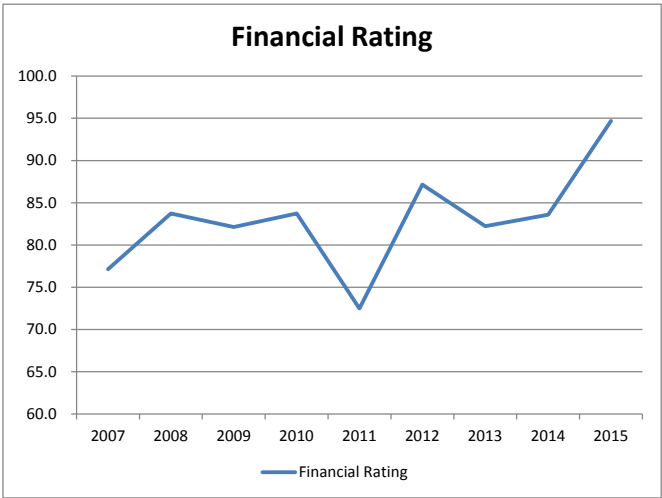
May you all be inscribed and sealed for a good & sweet new year. L’ Shana Tova

The Jewish Federation of Greater Des Moines has earned our first 4 star rating from Charity Navigator.

We received a rating of 94.7 out of a possible 100. Our improved rating is attributed to reducing our administrative and fundraising expenses from 19% of revenue to 13% and for receiving a 100% score in transparency by disclosing all required financial documents on our website.

Visit <http://goo.gl/rnElnl> to see our 4 star rating.

	2007	2008	2009	2010	2011	2012	2013	2014	2015
Financial Rating	77.1	83.7	82.1	83.7	72.5	87.2	82.2	83.6	94.7
Programming %	77.1	76.5	76.8	84.9	81.4	80.4	80.1	80.8	86.6



THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.

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THE GREATER DES MOINES

Jewish Press

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Beit Sefer Shalom's New Board Members for 2015-2016 / 5776 School Year



Randi Schwartz Carr,
Treasurer

Fun. Energetic. Mother. Wife. Friend. Artistic. Passionate volunteer. Traveler. Cook.

Randi and her husband Chris live in West Des Moines. Together they have three children; Isadora (8), and 2 three year-old twins, Zeke and Brodie. The family also shares a love for the family dog, Louie. Randi grew up in the Des Moines area and came back to Des Moines to marry Chris and join the family business. Over the years Randi has served on various boards in the Jewish community spanning a number of the synagogues and the Jewish Federation. She has a passion for volunteer work and helping others.

Randi owns her own accounting practice in West Des Moines. She worked for a major corporation directly out of college and later decided that she wanted to be a part of the family business. The business kept Randi and her husband in the Des Moines area. She

is very passionate about helping people whether that is with complicated tax code or in the larger community.

She holds a B.A. from the University of Iowa and has extensive business and accounting practice course work.

Randi's goal for the 2015-2016 school year is to help Beit Sefer Shalom be as fiscally responsible as possible and help the school move in a positive direction.



Melanie Choos,
Programming Chair

Devoted wife and mother. Trusted friend. Hard-working healthcare professional. Sports fan.

Melanie and her husband, Brandon, moved to Des Moines from South Florida in 2007. They live in Waukee and now have one son, Dillon, who will be entering first grade at Eason Elementary this fall. Dillon attends Beit Sefer Shalom and, as a family, they enjoy family Shabbat services at Temple B'nai Jeshurun.

Melanie is a Physician Assistant with UnityPoint Clinics. She currently works in Family Medicine and Urgent Care but has always loved healthcare ranging from Pediatrics to Sports Medicine. Melanie received her Bachelor's of Science degree in Exercise Physiology from SUNY Buffalo and went on to complete her Master's Degree and Physician Assistant training at Barry University in Miami, Florida.

Melanie's goal for the 2015-16 school year is to coordinate programming for Beit Sefer Shalom students, families, and staff that will help celebrate milestones throughout the school year.



Jill Mollison,
Personnel Chair

Loving Wife and Mother. Community Volunteer. Adventure seeker. Avid runner. Traveler.

Jill is from West Des Moines. After spending years traveling the world either surfing or crewing on yachts, she moved back to West Des Moines where she met her husband, Jim. They have 5 children ages 3 (Jake), 4 (Charlie), 6 (Jack), 7 (Ellie) and 10 (Samantha) and 2 dogs. Jill and her family are members of Temple B'nai Jeshurun.

Jill is a Real Estate Broker for Bassman Real Estate. When she's not out putting deals together, she enjoys being able to volunteer at Western Hills Elementary where her children attend school.

She went to Iowa State University and Mira Mesa College in San Diego.

Jill's goal as Personnel Chair is to provide a voice for the teachers of Beit Safer Shalom. She is committed to finding out what is working for the teachers and what issues can be improved upon. She is very excited to be able to be the liaison between the teaching staff and the Beit Sefer Shalom Board of Directors.



Leah Jones, Volunteer
Coordinator Chair

Devoted Mother. Lifelong Learner. Education Advocate. Exercise Devotee. Recreational Cook. Animal Lover. Avid Gardener. Music Enthusiast.

In 1991, Leah moved to Des Moines from Nebraska to attend Drake University, and stayed in the community after graduating. Currently, she lives in central Des Moines and now has five children; Nick, Jordana, Nathaniel, Gabriella and Avi, as well as two spoiled cats, Durango and Luna. Over the years, Leah and her family have been active in both Tifereth Israel Synagogue and the Judaic Resource Center. This past year, she has enjoyed being a regular parent volunteer at Beit Sefer Shalom. Additionally, she volunteers at Furry Friends Refuge animal shelter and tutors adult ESL students in English.

Leah worked in a variety of careers after finishing college, including pre-school teacher, postal worker and running a small business. During this time, she worked part-time so she could stay home with her children during the day and homeschool them. In 2010, she enrolled her children in Des Moines Public schools and returned to Drake University to pursue a master's degree in education. During that time, she also began to work with adults with intellectual disabilities at Mosaic on a part-time basis. After receiving her degree and teaching certificate, Leah accepted a position as a Title 1 Reading Interventionist at Harding Middle School in Des Moines, and has taught there for the past two years. She is looking forward to shifting to a new role in the 2015-16 school year at Harding as a sheltered ESL teacher.

Leah holds a B.A. in English and History from Drake University. In addition, she later returned to Drake to complete her Masters of Arts in Teaching, with endorsements in English, reading and ESL.

For the 2015-16 school year, Leah's primary goal is to increase parent engagement in the school, in an effort to fill a need for the school as well as to build stronger feelings of ownership in the school and greater involvement in their children's Jewish education.

Beit Sefer Shalom

The Jewish Federation Community School

NOW ENROLLING FOR THE 2015-2016 SCHOOL YEAR

SCHOOL BEGINS SUNDAY, SEPTEMBER 13TH!

PRE-SCHOOL - 12TH GRADE

- High-quality Jewish education that meets the diverse academic, social and emotional needs of our students
- Safe and nurturing environment where students develop a strong Jewish identity and families engage in their own Jewish educational experience
- Provides a unified educational approach. Whether affiliated or unaffiliated, are welcome and find common ground in our religious program

Go to www.jewishdesmoines.org/bss/registration to enroll on-line
Call 987-0899 to enroll by phone or request an enrollment application.

Needs-based scholarships available.

A processing fee of \$25 will be added to each application if received after the 9/2/15 enrollment deadline

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Gan Shalom Preschool Summer Camp 2015 had a great summer!



Another fun Gan Shalom Summer Camp comes to an end. We enjoyed being with familiar friends and making new ones. We focused on STEM (Science, Technology, Engineering and Math) activities for the children this summer. We planted the garden bed with sunflowers, zinnias and marigolds. Later in the summer, the children found radishes, tomatoes, carrots and one little pumpkin. We painted moon rocks, made telescopes,

dressed up as astronauts and did the moon walk dance. There is a lot of wildlife at Caspe Terrace. We found a huge toad outside of the classroom door. The kids loved watching it hop home. We also found a groundhog hole. It was pretty deep. We enjoyed spending time with our visitors the Nature Lady, the Waukee Librarian, Menace soccer players, Dramatykes, the Tzofim Friendship Caravan and the Rabbis.

We are kicking off our Gan Shalom Preschool 2015-2016. We have many exciting plans for the children and families. Our teachers enjoyed meeting the families and children during our transition week before the start of school, on Monday, August 24th. Our goals here at Gan Shalom are to provide the best conditions possible to promote the growth for children emotionally, mentally, physically, socially, and spiritually. Especially, to find joy and satisfaction in creative work and learning.



Engman Camp Shalom Summer Camp 2015 was a Blast!



This has been an amazing summer at Engman Camp Shalom. We had 8 incredible themed weeks of camp where we had a field trip to match our theme and we even had a bonus ninth week where every day was a field trip. Some of the great places we went over the summer were The Science Center, The Blank Park Zoo,

Adventureland, Sky Zone, Kil'n Time Ceramic Studio, Zip Zone, GlowGolf, Valley View Aquatic Center, and much more.

We had some fantastic programs that we ran throughout the summer. We had the Tzofim (Israel Scouts) Caravan come in and run programs for the campers and perform Hebrew and Yiddish music for the community. We had Red Cross swim lessons for 4 weeks of the summer. We also had 2 great weeks of Menace Soccer Camp. There were wonderful programs run on site as well throughout the summer like our Maccabia (Color War) week. There was a whole lot of fun happening at ECS this summer and while it is time to say good bye, we know there will be plenty more fun to be had at Engman Camp Shalom Summer 2016!





The Jewish Center for Early Childhood Development

ENROLLING NOW!

Ages 2-5

Located on 40+ acres of land

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Creative Curriculum Gold

Hands-on, age appropriate learning

Library media center

State-of-the-art playground

Before and after care

Summer program

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www.ganshalompreschool.com

Ganshalom@dmjfed.org

Connections Matter!



Jewish Family Services is now co-coordinating an exciting new community effort, Connections Matter. This effort strives to motivate community-wide change by engaging individuals and community leaders to promote and foster positive, healthy relationships in their communities.

The idea is that helping each other become healthy, thriving individuals by building healthy relationships, however big or small, will create healthy communities for us all. These caring connections can give a child a great start, help an adult with a history of trauma heal, or even improve the health of a neighbor or well-being of a family.

We can all create positive change by being healthy and supportive friends, neighbors, and family members to each other.

On September 30th (at 9.00 am-noon and 5.30-8.30 pm) and October 1st (from 9.00 am- noon) Connections Matter will be hosting trainings to help individuals deliver this message with facts, stories, tools, and materials to carry the message into your community. ALL ARE WELCOME TO ATTEND!

If you are interested in learning more about Connections Matter, please visit the website at www.connectionsmatter.org where you can also register for the training. If you would like more information from Jewish Family Services on this important work, please contact Mollie at mollie@dmjfed.org or 515.987.0899 ext. 230.

Grandparents Can Help Protect Against Whooping Cough with Tdap Vaccine

The arrival of a new grandchild is a time of great joy and pride. Will the baby look just like your son or daughter? Maybe he'll have your spouse's dimple, or develop your sense of humor.

Before you cuddle with your new, little bundle, though, it's important to get a Tdap vaccine, which protects against whooping cough (also called pertussis), tetanus and diphtheria. Ideally, you should get the vaccine at least 2 weeks before visiting the baby.

Whooping cough spreads easily and can cause severe illness and even death. It is especially dangerous for infants under 6 months of age, who are too young to be well protected by vaccines for whooping cough.

"Babies who get whooping cough often catch it from family members, including grandparents, who may not even know they have whooping cough," said Dr. Melinda Wharton, Acting Director of the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control and Prevention (CDC). "That's why it's important that parents, grandparents, and other family members get a Tdap shot to prevent getting—and spreading—whooping cough."

Although most adults were vaccinated against whooping cough as children or may have had the disease as a child, protection wears off over time. Tdap is a vaccine recommended for all adults—including pregnant women—as well as teens and preteens. The shot is especially important if you're going to be around a new baby—like your grandchild.

Tdap vaccine also provides important protection for you from whooping cough and its serious symptoms, which can last as long as 10 weeks or more.

Of course, vaccinating the adults around infants is no substitute for childhood immunization. Infants and young children need five shots of the childhood vaccine, DTaP, for maximum protection from whooping cough. According to CDC's immunization schedule, DTaP shots are recommended at 2 months, 4 months, 6 months, 15 through 18 months, and 4 through 6 years old.

Do you think that whooping cough is a disease from your childhood and not a problem today? It's actually common in the United States, and cases usually peak every few years. In 2010, which brought large outbreaks, there were 27,550 reported cases of whooping cough and 25 deaths among babies younger than 1 year old. And it looks like we're on track for a record year in 2012 with large numbers of whooping cough cases being reported.

You and your new grandchild have so many special moments ahead of you. So, talk to your doctor about getting the whooping cough vaccine. That way, you can protect yourself and your grandchild and start making happy, healthy memories together.

To learn more about whooping cough and vaccination, visit www.cdc.gov/whooping_cough, or talk with your health care professional.

"Grandparents Can Help Protect Against Whooping Cough with Tdap Vaccine." CDC



Upcoming Events

- **Senior Luncheon—Thursday, September 10th from 12.00-1.30 at Tifereth Israel Synagogue**
- **Kibitz 2.0—Sunday, September 27th from 11.00-12.00 at Caspe Terrace**
- **Kibitz 2.0—Sunday, October 18th from 12.00-1.00 at Caspe Terrace**
- **Senior Luncheon—Tuesday, October 20th from 11.00-2.30 at Prairie Meadows**
- **Rick Recht Concert and Family Dinner—Wednesday, October 28th from 5.30-7.30 at Caspe Terrace**

PJ Our Way Comes to Des Moines



We are excited to announce that Des Moines is the newest chapter of PJ Library's PJ Our Way. PJ Our Way offers children ages 9-11 a selection

of high-quality books with Jewish themes. Books are mailed to kids' homes, and after reading, kids can post comments and reviews onto the PJ Our Way website. In addition to these books, programming throughout the year specifically targeting the PJ Our Way readers will engage families and children in Jewish learning in newer, bigger, and broader ways.

To learn more about PJ Our Way visit www.pjourway.org or contact Mollie at mollie@dmjfed.org or 515.987.0899 ext. 230

KIBITZ 2.0
Workshop Series at Caspe

- 9.27** 11.00 am – 12.00 pm with brunch
"CREATING A FAMILY MISSION STATEMENT"
Facilitated by Tasha Hausmann
- 10.18** 12.00 pm – 1.00 pm with lunch
"TEACHING TZEDAKAH AND TIKKUN OLAM"
Facilitated by Rabbi Steve Edelman-Blank
- 12.9** 5.30 pm – 7.00 pm
INTERGENERATIONAL HANUKKAH PARTY AND DINNER

This is for all parents in our community, from those raising toddlers through teens. Our programs will integrate adult learning and will also offer activities and lessons for children.

CASPE TERRACE | 33158 UTE AVENUE | WAUKEE

Beit Sefer Sha'om
Jewish Family Services
PJ Library

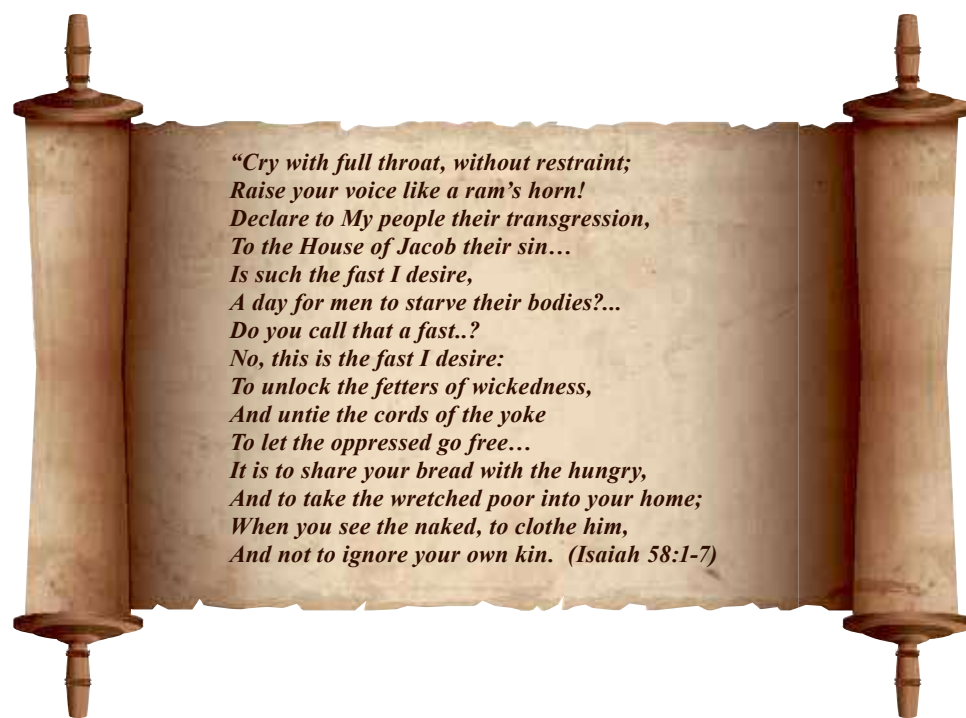
How to Approach the King by David Friedgood

As we get closer to the High Holidays (Yamim Noraim), I am reminded of a discussion group I joined in during Mike Kuperman's class several weeks ago. The group reviewed the life and philosophy of the great sage Rambam (Maimonides). We discussed words written nearly 800 years ago, but seem fresh and appropriate for us 'Modern' Jews in the 21st century. The question was a simple one: 'What is the meaning of Life?' Specifically, how do we mortals establish a connection with that which is pure, true, and everlasting? I paraphrase the Rambam from his penultimate work (the last being a treatise on Medicine) – Guide of the Perplexed:

"I will begin the subject with a simile. A king is in his palace, and all his subjects are partly in the country, and partly abroad. Of the former, some have their backs turned towards the king's palace, and their faces in another direction; and some are desirous and zealous to go to the palace, seeking "to inquire in his temple", and to minister before him, but have not yet seen even the face of the wall of the house. Of those that desire to go to the palace, some reach it, and go round about in search of the entrance gate; others have passed through the gate, and walk about in the ante-chamber; and others have succeeded in entering into the inner part of the palace, and being in the same room with the king in the royal palace. But even the latter do not immediately on entering the palace see the king, or speak to him; for, after having entered the inner part of the palace, another effort is required before they can stand before the king - at a distance, or close by - hear his words, or speak to him." (Part III, chapter 51)

The Rambam goes on to explain: The people farthest from the king are those with no religion. He considers them irrational and ignorant. Those in the country, away from the palace, possess religious belief and thought, but hold on to false doctrines. They

king. But, only those who have a true knowledge of God, as far as this knowledge is possible for man to attain, are near the truth. Only they have reached the goal and are in the palace in which the king lives.



are mistaken in their knowledge or misled by others. Those who desire to enter the palace represent the majority of people. The multitude that have some knowledge of the laws and commandments, but are ignorant as to their meaning. Those that arrive at the palace, but go around without actually entering, represent people who limit their devotion to practical law and ritual. They do not endeavor to establish the true meaning of religious belief and practice. The group that undertakes the study of religious principle and philosophy are able to enter the ante-chamber of the

Our Bible, on which Judaism is based, does not question the existence of God, or see a need to provide any proof of His being. It begins with the statement "When God began to create heaven and earth". (Genesis 1:1) God exists and was there at the beginning of time. Moses, our Lord's ultimate prophet, sums up what we Jews are to know about our Deity with the words "Hear, O Israel! The LORD is our God, the LORD is One". (Deuteronomy 6:4) There is no other, only God. Our King is all there is. We are all a part of the Divine presence. Later Moses sums up what it is that

our God wants from us. "And now O Israel, what does the LORD your God demand of you? Only this: to revere the LORD your God, to walk in His paths, to love Him, and to serve the LORD your God with all your heart and soul, keeping the LORD's commandments and laws, which I enjoin upon you today, for your good." (Deut.10:12-13) According to the Rambam, it is study and learning that enables us humans to understand and ultimately approach the Lord, our King.

The Yamim Noraim is a season of introspection. As we each examine our lives, review our past year, and plan our future, remember the words of our Prophets and Rabbis. Our God exists, in our lives and without. Admittance to the ante-chamber and ultimately to the King himself, depends on true belief, and our knowledge of the nature of our universe. We are all students on a lifelong journey of learning, as knowledge of our nature can never be complete. The prayers, rituals, fasts, and readings of Rosh Hashanah and Yom Kippur are not for show. They are not for our Lord. Rather, they are for us. They help each of us delve into the ultimate truth, that will bring us closer to our King and Creator, as we all work together toward Tikun Olam – the repair of our broken world. This is not a 'trivial thing'. It is our very lives and the lives of our families, our people, and of all humankind.

***L'shana Tova tikatevu
v'techatemu!***

***May we all be written and
inscribed for a good and fulfilling
New Year.***

From the JCRC

Enabling Jewish teachers to attend High Holiday Services easier this year

It should be a little easier this year for teachers in the Des Moines Public Schools to absent themselves to attend High Holiday services. Contractual changes over the past few years had made it difficult to figure out how teachers could fulfill their religious needs without undue penalization. The amount of paid time off accorded to teachers in general had decreased significantly over prior years, and regulations made it impossible to use 'family days' or 'sick days' for religious reasons.

For the upcoming academic year only, the school contract, negotiated between the Iowa State Education Association (in which

most teachers are members) and the district's administration, provides three 'personal days' which can be used for religious leave. Unfortunately, the contract reduces the number of personal days to two for the subsequent 2016-2017 school year. So in the next school year, teachers from all backgrounds who desire to take more than two personal days away from the classroom would need to take a day off without pay.

Certainly there are more than two or three major Jewish holidays that observant Jews would desire to take off from work. The days most focused on are the two days of Rosh HaShanah and Yom Kip-

pur, much less the evenings prior to each, which are part of each holiday. (This year, the two days of Rosh HaShanah and Yom Kippur all fall on weekdays. That is not the case each year.)

The fact is that a school policy cannot only be formulated to meet the need of only the Jewish teachers. Certainly, other teachers may have reasons during the school year for which they would desire to absent themselves, and providing personal days is indeed a financial expense to the school district. It is likely, however, that few if any other teachers have a religious obligation similar to observant Jewish individuals to attend

specific services during the school day. Leaving aside any legal complexities, and there are many, there is an aspect involved here about ensuring the ability, one way or another, for Jewish teachers to absent themselves for at very least (from a practical standpoint) the most important days on the Jewish calendar. It is in some ways a diversity issue. Quite a challenge. But for the present year, things will be OK.

Mark Finkelstein

In the Fall Kitchen
by Karen Engman

It's almost a new year (5776) with fall, football games and family holiday dinners just "around the corner." Stews and one-pot meals are the perfect menu for an evening at home with friends and family.

This chicken stew is a versatile dish that adapts many combinations of herbs, spices and vegetables. It can even be prepared with leftover chicken or turkey. If your children don't like mushrooms, substitute green beans, broccoli or cauliflower. Pair this stew with a green salad or rice and an apple crisp for dessert. Kathy Elsner's Cranberry Apple Crisp on page 164 of the Iowa Jewish Historical Society's Beyond Matzo Balls cookbook is delicious and easy to make. The cookbook is also available for purchase online at jewishdesmoines.org/cookbook

As always, I'm looking for people to interview, new recipes to share with our readers and any cooking questions I can research. Contact Karen Engman by email (karen.engman@gmail.com) or by phone (515-274-3300).



Chicken Stew

- ¼ cup olive oil
- ¼ cup flour
- 2 whole chicken breasts (raw), boneless, skinless and cut up into bite sized pieces or shredded rotisserie chicken
- 3 stalks Celery, sliced crosswise
- 5 carrots, sliced
- 1-2 onions, chopped
- 1 large or 2 small golden beets, peeled and diced
- ½ Lb. mushrooms
- 1 sweet red pepper, chopped
- 2-4 cups chicken broth
- 1 bay leaf
- 2-4 garlic cloves, minced, or garlic powder
- Salt and pepper to taste
- Frozen peas

Heat olive oil in bottom of soup pot, add flour slowly while stirring with whisk to combine to form a roux. Keep whisking until a deep golden color then add cut up vegetables. Coat all vegetables with roux and then add broth slowly to desired thickness. Add garlic, salt and pepper * to taste. Add chicken and cook until chicken is done. Add bay leaf and place covered pot in 350 degree oven for 1-2 hours or until vegetables are tender.

Add frozen peas and reheat heat stew until they are hot and tender.

Option: Add fresh, chopped parsley

Serves 4-6

*For **Middle Eastern Chicken** version add all or any from this list of spices: ground cardamom, ground cumin, curry powder, ground ginger, tandoori spice, fennel seed, 1 cinnamon stick, ground allspice, turmeric, and ground coriander. Serve with raisons, coconut and chopped cashews.

Note: Try any combination of your favorite vegetables!

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Join us as we gather together as a community to learn, explore our traditions, and read stories about this year's theme **"LOVE: DEVOTION, DESIRE AND DECEPTION"** This event is for all ages and all community members, with breakout sessions from our youngest PJ Library readers to adults.

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Meet Mark Davis, Development Director at The Jewish Federation of Greater Des Moines



Jewish Press: Mark Davis, thank you for coming on board with the Jewish Federation as Director of Development.

Mark Davis: I'm very excited to work for the community.

JP: I hear that you are a very active member of Temple B'nai Jeshurun!

MD: I am! Yes. It's been a wonderful experience. The Temple has been very welcoming and supportive to me, because I'm coming back to my tradition at a later age. Everything is very interesting. I'm trying to take in as much as I can and learn as much as I can.

JP: Please tell us a bit about your background, Mark.

MD: I was born and raised in Des Moines. My dad was Arthur Davis, whom many will remember from the Temple and as mayor of Des Moines. I attended Greenwood Elementary, Merrill Junior High and Roosevelt High School. I spent a few years in Seattle but came back to Des Moines to raise a family. This is home.

JP: Were you aware how civically minded your dad was?

MD: I don't think I fully appreciated, or understood, his civic mindedness until I was starting high school. Then I began to understand better what he was trying to do and why. By the time he was mayor, I was well aware of his intent. In fact, many of the community related projects he was involved with, I found very meaningful.

JP: Where did life take you after high school?

MD: I went to the University of Iowa for a year, but found that wasn't working. At some point, I went, along with a friend, to Alaska to work in the fish canneries. And shortly thereafter that interesting experience, I ended up moving to Seattle.

JP: What have some of your work experiences been, aside from your short stint at the fish cannery?

MD: I worked in the business world in a number of ways. I was in

sales most of my adult life. Here in Des Moines, I started with Frank Fazano at The New England agency, and then I worked in a wonderful job for Dick Olsen, a former mayor in Des Moines, at the Principal Financial Group. I sold life insurance and securities. And about then I started to get involved with non-profit organizations. As someone with an understanding of working with business leaders and CEOs, I was looked on as someone who could help the non-profits tell their

story. And I was happy to help do that and to see if I could get the business people as passionate about the things we're passionate about.

JP: Which non-profit were you most involved with?

MD: I worked for the National Multiple Sclerosis Society here in town. I was their area director for five years. I was on the board of Winefest Des Moines for a number of years. I was on the Des Moines Public Library Foundation. I was president of Very Special Arts Iowa, which brought artists with disabilities into classrooms and volunteered with a number of other nonprofit organizations.

JP: You obviously identify with the breadth of Jewish community life and have found your place within the Jewish Federation. What is it that you hope to accomplish in your new position?

MD: Obviously there is a financial element that is important to developing the community's resources. But as I myself grow in connection to the community, I hope to help educate our diverse Jewish community members about the rich history of Jewish life. I think we can begin to broaden people's lives if we can talk to people about what the Federation does, what it can mean to be Jewish in Iowa -- to look at our preschool, our historical society, the Drake Hillel. Along with the congregations, the Federation is doing fantastic work. And I don't think that people know much about it. I feel very positive about the future of our Jewish community, and I'd like to try to convey that. I'm also very interested in talking with people to see what they're passionate about.

JP: We wish you all the best, Mark.

MD: Thank you, kindly.

The Israel Film Series

Thursday, September 10 7:15 pm at The Caspe Terrace

An encore screening of:

Body and Soul: The State of the Jewish Nation



Body and Soul - The State of the Jewish Nation presents a comprehensive examination of the broad and deep connections between the Jewish People and the Land of Israel. World-renowned historians, archaeologists, political scientists, religious leaders, and international law and media experts trace the evocative evolution of the relationship between the Jewish People and their homeland that is over 3,000 years old.

"Jewish identity is born in a journey to the Land of Israel", declares Rabbi Lord Jonathan Sacks of the United Kingdom. That journey moves through the First and Second Temple periods and the Middle Ages, then to modernity, where the development of political Zionism catalyzed the blossoming of a new Jewish spirit. That renewal of Jewish spirit resulted in the rebirth of Jewish sovereignty in the Land, an event that Harvard University Professor Ruth Wisse declares "a miracle of truly Biblical proportions."

The screening is sponsored by the Jewish Federation of Greater Des Moines.



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Beth El Jacob Synagogue welcomes new Assistant Rabbi, Avi Dzik



On Tuesday August 11th, Beth El Jacob Synagogue welcomed the newest member of their professional team. **Rabbi Avi Dzik**, the new Assistant Rabbi at Beth El Jacob, arrived with his wife Karen and their two children, two-year-old Netanel and newborn Moriah Leah.

With an electrifying Friday night 'Shabbat Ruach' service and dinner on their first Shabbat in Des Moines, the Dziks were welcomed officially to the community.

Rabbi Avi will be spearhead-

ing the already well-established JSOC (Jewish Students On Campus) program, which provides Jewish educational and social opportunities to Central Iowa Jewish students on multiple university campuses, as well as expanding on Beth El Jacob's young professional programming.

Born and raised in New York City, Rabbi Avi attended Jewish day schools there and continued his Jewish education in Yeshiva in Israel for a year and half. He then returned to New York where he received his BA in mathematics, Masters in Jewish education and Semicha (Rabbinic ordination) from Yeshiva University. Rabbi Avi made Aliyah to Israel in 2006. His hobbies include playing and coaching sports and general health and nutrition.

Karen grew up in London and graduated from the University of Leeds with a degree in Spanish and French. She made Aliyah in 2001 and has worked with many Jewish social organizations.

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As many of you may have noticed, we have a new weekly e-newsletter that keeps the community informed of what's going on at The Caspe Terrace as well as our upcoming events. If you would like to receive our emails, please contact Jodi at jodi@dmjfed.org to subscribe.



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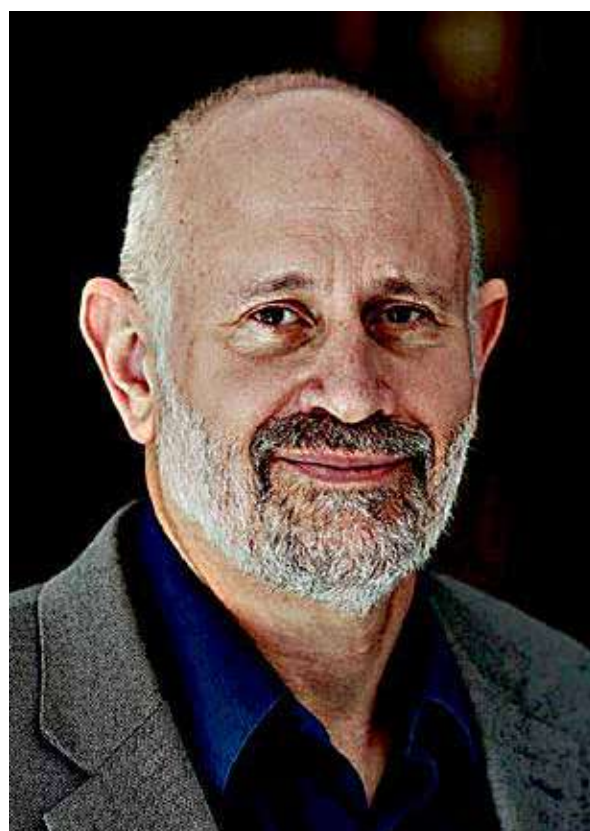
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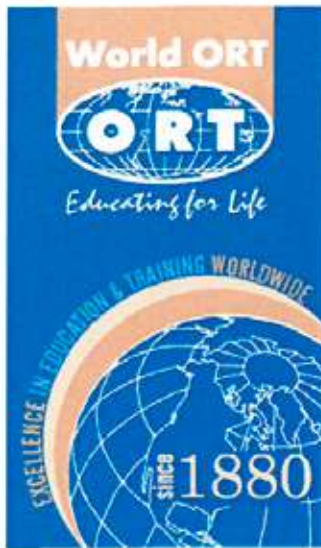
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World ORT thanks Jewish Federation of Greater Des Moines

Jewish Family Services upholds its mission to support Jewish families and individuals at home in Iowa and around the world. The following letter describes one way Jewish family Services has carried out this mission.



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Att: Mssrs. David Adelman and Stuart Oser
Jewish Federation of Greater Des Moines
33158 Ute Avenue
Waukee, IA 50263
USA

August 18, 2015

Dear Mr Adelman and Mr Oser

Vocational Training for Ethiopian immigrants to Israel KeshetNet: Increasing self-sufficiency for women in the former Soviet Union

World ORT thanks the Jewish Federation of Greater Des Moines for its generous donation of \$2,000, which has been split equally to benefit the two above-mentioned projects.

The integration of new Ethiopian immigrants into Israeli society continues to be a major issue. Language difficulties, cultural differences, lack of previous formal education and lack of basic experience in an organized and demanding work environment, all serve to widen the gap between new olim and the rest of the population, in turn lowering their chances of finding decent employment. The challenge of employment is absolutely critical for the adult olim and is the single greatest obstacle to their successful integration.

World ORT is therefore establishing a range of vocational courses throughout Israel's periphery regions of the Galilee and the Negev, where many of the olim have settled. Taking into account the locality, the vocational areas in short supply and the abilities of the olim to develop new skills, the courses are teaching different vocations to around 20-30 immigrants at a time. Participants have already benefited from jewellery-making courses, elderly caregiver courses, beginners' computer courses, computer technician courses and tablet and cell technician courses. The Federation's \$1,000 donation will go towards the establishment of a future course: possible vocations include domestic electrical appliance technicians, locksmiths, interior design, office management, basic and advanced Excel and swimming pool management, among others.

The Federation's further \$1,000 donation is supporting women in the former Soviet Union (the FSU) who are living as single mothers, unemployed or living at subsistence level. This is a particularly pressing problem in the peripheral areas of the FSU, far from the economic and cultural centers. Employment opportunities are scarce, as are the means to develop new skills, resulting in those women, and their children, falling into a vicious circle, unable to escape their difficult situation.

ORT-KeshetNet has been established to teach participants relevant skills, and to provide guidance in seeking meaningful employment. ORT-KeshetNet centers are located in 16 towns with small Jewish communities in peripheral areas of the FSU. Approximately half of the women served by the ORT-KeshetNet program are Jewish. The Federation's generous donation of \$1,000 will allow up to ten women to receive life-changing training and support in order to become economically independent and self-sufficient.

World ORT thanks the Jewish Federation of Greater Des Moines for its invaluable support towards two projects which have already helped to secure employment for struggling members of society in Israel and the FSU and promise to help many more.

We look forward to continuing this partnership in the future.

Yours sincerely


Shmuel Sisso
Director General & CEO, World ORT

Computerized Treatment May Combat PTSD Symptoms

Tel Aviv University, NIMH, and Creighton University researchers devise a computerized training program to curb debilitating syndrome for veterans

Tel Aviv — Some 10-15 percent of combat veterans struggle with wounds invisible to the naked eye: post-traumatic stress. Their lives are ridden with debilitating symptoms: insomnia, flashbacks, depression, anxiety, guilt, and ever-present tension. While there is no cure-all for post-traumatic stress disorder (PTSD), cognitive behavioral therapy — which actively reprocesses traumatic events to reduce symptoms — has seen some success.

A new study from researchers at Tel Aviv University, Creighton University in Omaha, Nebraska, and the National Institute of Mental Health suggests an entirely new approach to treating PTSD. The research discusses a cutting-edge computer program capable of alleviating PTSD symptoms by reducing fluctuations in attention toward and away from perceived threats. The research was published in the American Journal of Psychiatry and led jointly by Dr. Yair Bar Haim, head of TAU's School of Psychological Sciences and director of TAU's Laboratory for Research on Anxiety and Trauma, Dr. Daniel Pine of the NIMH Emotion and Development Branch, and Dr. Amy Badura-Black of the Department of Psychology at Creighton University.

"This approach is entirely different from existing treatments," said Dr. Bar Haim. "Our approach is bottom-up. Our targets are basic, attention-level cognitive processes. We try to normalize and regulate this behavioral system by providing very simple computer tasks, retraining the neural network to better balance threat vigilance and avoidance.

"Our results were promising," Dr. Bar Haim reported. "The program produced a significant reduction in severe PTSD symptoms, with a similar success rate as cognitive behavioral therapy."

The human threat-monitoring system

According to Dr. Bar Haim, humans have a "threat monitoring

system" which fluctuates all the time, generating responses to potential threats in the environment and nullifying reactions to non-threatening stimuli.

In the computer training program, two stimuli (threatening or neutral) appear on the screen, followed by a target (an arrow) pointing left or right. The researchers hope to retrain the participant's neural network to regain the balance between threat avoidance and threat vigilance. The treatment entailed four to eight sessions of computerized training, each of which lasted 10-15 minutes.

"In PTSD, the system is in disarray, with high fluctuations — between vigilance to threats on one hand and threat avoidance on the other," said Dr. Bar Haim. "Our promising new treatment for PTSD targets a neurocognitive mechanism to mediate that system, and change attention patterns that go in disarray. If you can influence this pattern, maybe you can affect other symptoms of PTSD."

The training implicitly teaches participants that threatening stimuli are irrelevant to performing a specific task, requiring them to attend equally to threatening and neutral stimuli. The study determined that the training program reduced symptoms by reducing this variability in attention.

A safety (Inter)net for vets?

For the purpose of the study, teams of researchers from TAU and Creighton University conducted parallel trials testing the program on US and Israeli combat veterans; the results in both groups were the same.

"Our cost-effective treatment could even one day be available over the Internet," said Dr. Bar Haim. "You would need a psychologist to diagnose you and monitor your treatment, but the therapy itself could be administered over the Internet or through short visits to the clinic."

The researchers are continuing to explore the effect of the program on larger samples in Israel and in the US.

Source: American Friends of Tel Aviv University (www.aftau.org)

In profile: Doris Ulmann, American Pictorialist Photographer



Doris Ulmann (1882 – 1934)

was an American photographer, one of the foremost photographers of the 20th century. She is best known for her dignified portraits of the people of Appalachia, particularly craftsmen and musicians. Ulmann's early work includes a series of portraits of prominent intellectuals, artists and writers: William Butler Yeats, John Dewey, Max Eastman, Sinclair Lewis, Lewis Mumford, Joseph Wood Krutch, Martha Graham, Anna Pavlova, Paul Robeson, and Lillian Gish.

Doris Ulmann was a native of New York City, the daughter of Bernhard and Gertrude (Mass) Ulmann, Reform Jewish immigrants from Germany. Educated at the Ethical Culture Fieldston School, a socially liberal organization that championed individual worth regardless of ethnic background or economic condition and Columbia University, she intended to become a teacher of psychology. Her interest in photography was at first a hobby but after 1918 she devoted herself to the art professionally. She practiced Pictorialism and was a member of the Pictorial Photographers of America. Ulmann documented the rural people of the South, particularly the mountain peoples of Appalachia and the Gullahs of the Sea Islands, with a profound respect for her sitters and an ethnographer's eye for culture. Ulmann was trained as a pictorialist and graduated from the Clarence H. White School of Modern Photography. Her work was exhibited in various New York galleries, and published in Theatre Arts Monthly, Mentor, Scribner's Magazine, and Survey Graphic.

In an interview with Dale Warren

of Bookman, Doris Ulmann referred to her particular interest in portraits. "The faces of men and women in the street are probably as interesting as literary faces, but my particular human angle leads me to men and women who write. I am not interested exclusively in literary faces, because I have been more deeply moved by some of my mountaineers than by any literary person. A face that has the marks of having lived intensely, that expresses some phase of life, some dominant quality or intellectual power, constitutes for me an interesting face. For this reason the face of an older person, perhaps not beautiful in the strictest sense, is usually more appealing than the face of a younger person who has scarcely been touched by life."

From 1927, Ulmann was assisted on her rural travels by John Jacob Niles, a musician and folklorist who collected ballads while Ulmann photographed. In 1932 Ulmann began her most important series, assembling documentation of Appalachian folk arts and crafts for Allen Eaton's landmark 1937 book, *Handicrafts of the Southern Highlands*. In failing health, she suffered a collapse in August 1934 while working near Asheville, North Carolina and returned to New York. Doris Ulmann died August 28, 1934. Doris Ulmann was an extremely private person and left no documentation other than her images.

As art objects, her photographs are part of many museum collections including the Smithsonian and the J. Paul Getty Museum.

Adapted from Wikipedia.



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An Exceptional First Visit to Israel by Chris Diebel, Managing Director, LPCA Public Strategies



On July 11th, a small delegation of progressives from Iowa and New Hampshire took off on a seven day journey to Israel sponsored by the American-Israel Education Foundation. No one outside of the AIPAC-affiliated group had ever made the trip. Whatever the group's preconceived notions of the country may have been, it is quite safe to say they were shattered upon exiting Tel Aviv's beautiful airport.

The first thing that struck me was the beauty of the land. I'll admit to making the assumption that the country would primarily consist of sweeping desert vistas and the occasional Mediterranean

oasis. Instead, I was shocked to see the vast changes of landscape as we traversed the country. The mountainous region around Jerusalem was surprisingly lush with evergreens, olive groves and wild rosemary interspersing the trademark Israeli limestone architecture.

Outside of the cities, the agricultural diversity was also a welcomed surprise. Traditional crops gave way to groves of date palms, avocado trees and a wide variety of fruit trees. And then there was the wine. Many of us had no clue that Israel was home to so many quality vineyards. The rows of vines were beautiful to witness, but the fruits of their labor (pun intended) provided us with a delicious end to a jam-packed schedule each evening.

Knowing there was much to see in a week, our tour guides left little time unscheduled. Each day began with breakfast at 7:45am and a speaker kicking things off at 8am. From there, we would load into our motor coach and criss-cross the country seeing historical sites and visiting present-day landmarks that helped tell the story of Israel's past, present and future.

Each day concluded with a dinner around 8pm that also featured timely speakers. We heard from professors, journalists, elected officials, diplomats,

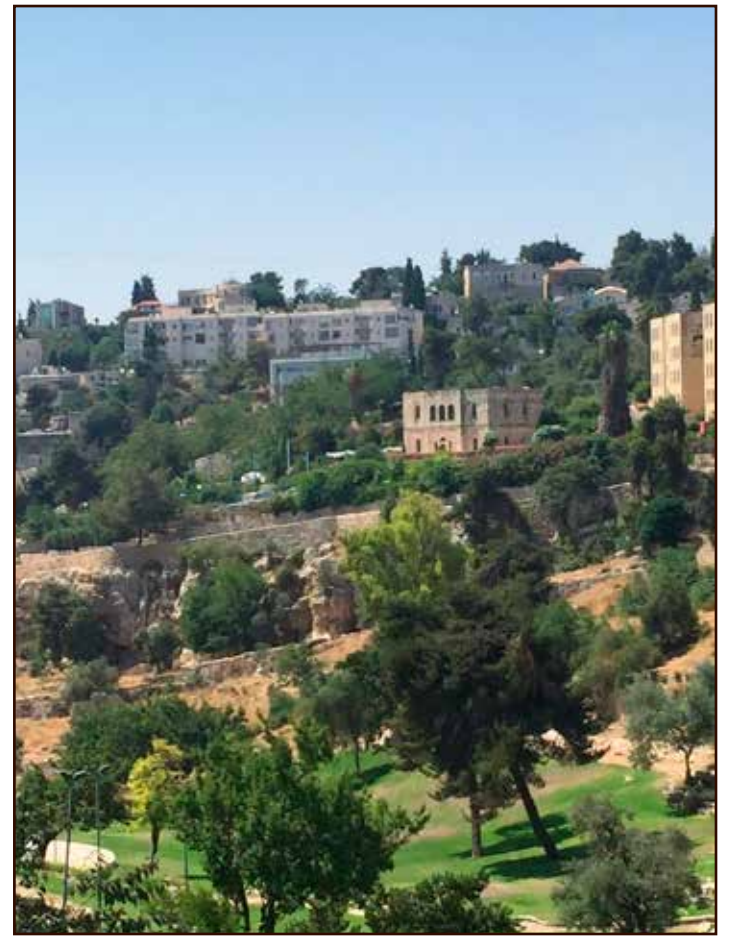
authors, military officials, representatives from minority groups and every day Israelis. The level of access was extraordinary.

Going into this trip, some of us expected a sales pitch. As a public relations consultant by trade, I was at very least anticipating a whitewashing of the uncomfortable realities that Israel faces. Nothing could have been further from the truth. Our guides were open and honest at every turn. In fact, they scheduled a day within the Palestinian Authority to gain a firsthand account from their former Prime Minister, Dr. Salam Fayyad, as well as the current head of negotiations for the Palestinian Liberation Organization, Dr. Saeb Erekat.

We visited border towns scarred by mortars and heard from Israeli minorities on the challenges they face within their own country. We drove through the settlements that are frequently discussed in the international news and saw firsthand that they are far from the portable "refugee camp" imagery many of us may envision. Instead, most are very much permanent suburbs with significant infrastructure, schools, parks, etc. The notion of simply moving a settlement becomes far more complicated

when witnessed firsthand.

The experience was fascinatingly complicated to say the least. Yet if I had to sum Israel up in one word, it would be "proximity." The weight of that word is profound because the country is so close to so many forces seeking to destroy them. Yet the Israeli people persevere and their country remains a lone beacon of democracy and tolerance in a part of the world where there is little-to-none of either. Israel is battle-scarred, yet beautiful. There are rolling hills of pastoral calm one moment, then intensely close urban centers rubbing up against hostile characters the next. The country's international flare is grounded by roots that are equal parts Mediterranean and Middle-Eastern. Israel is perfectly imperfect. And I can't wait to go back.



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The need to promote Jewish pluralism in Israel by Yohanan Plesner

David Azoulay, Israel's Minister of Religious Services, last month asserted that Reform Jews are not Jewish, have lost their way, and must be returned to halakhic Judaism. This statement is outrageous and unacceptable from both a Jewish and a democratic perspective.

Judaism is not a first name; it is a family name that includes diverse individuals and groups who define their connection to religion in a variety of ways. Reform, Conservative, Orthodox, Reconstructionist and secular Jews are all members of the Jewish people. No group can — nor should — reject the Jewish identity of another group. Many non-Orthodox Jews in the US and throughout the world have a deep commitment to their Jewish identity and feel a profound connection with the Jewish people and Israel; they do not need Minister Azoulay's stamp of approval. His comments attempt to delegitimize millions of Jews, and contradict the humanistic, pluralistic, and liberal values of Judaism.

From a democratic perspective, Minister Azoulay's statement is unfortunate and even dangerous. Delegitimization, exclusion, and humiliation of groups that are perceived as "the other" — whether other streams of Judaism or minority groups — are intolerable in a democratic state, and are particularly egregious in a society already as polarized as Israel. Statements advocating exclusion lead to intolerance and legitimize discrimination, racism, and in extreme cases, verbal and physical violence.

The Minister of Religious Services would be well advised to remember that he holds a public office and has been tasked with serving the public interest. The ministry that has been entrusted to him is not for him to use as he sees fit or to negatively brand those who are not like him or do not share his opinions. He and some other ministers in the current government must internalize the fact that they are public servants in a democratic state with core values that include equality, freedom of expression, and human dignity. They are public servants, and as such may not promote their own agenda while crushing fundamental democratic values.

Prime Minister Netanyahu has condemned the statement, but that is not enough. He is responsible for

the health of Israeli democracy. The Prime Minister must promote policies that foster respect and oppose remarks that stand in opposition to Israeli democracy and the resilience of the State of Israel. Similarly, his government must take clear steps to prove it stands behind his statement that, "Israel is the home of all Jews" and Education Minister Naftali Bennett's affirmation that, "all Jews are Jews."

For starters, the Israeli government must grant equal recognition to the three central movements within Judaism, including equal funding for all. According to a study by IDI's Guttman Center for Surveys, approximately 8 percent of Jews in Israel define themselves as Reform or Conservative. This is a sizeable minority and its equal rights must be protected.

Furthermore, the Israeli government must ensure state budgets for religious services are allocated to all streams of Judaism in Israel in accordance with their needs. The State of Israel funds the religious institutions of many religions. And given that according to the Israeli Democracy Index, 60 percent of the Israeli public believes the status of the different streams of Judaism should be equalized (a consistent sentiment since 1981), it is unconscionable that these movements not receive funding. Such discrimination is intolerable in a democratic state.

Delegitimizing some streams of Judaism while strengthening the monopoly of Orthodox Judaism also weakens the solidarity between the Jewish people in Israel and the Diaspora. As a frequent visitor to Reform and Conservative synagogues in the United States, I have witnessed the deep commitment of these Jews to the State of Israel. It is vital to the future of the Jewish State that we further these relationships, foster dialogue on core issues, and include all the streams of Judaism. This can and should be facilitated through support for pluralistic Jewish education that recognizes diversity.

It is past time to heed their call: It is time to recognize Reform and Conservative Judaism in Israel.

Source: <http://blogs.timesofisrael.com/author/yohanan-plesner/>

How to Navigate the Politics of Israel on Campus by Robert Satloff

It's that time of year when thousands of parents pack their cars and drive their daughters and sons to college. If your child is a freshman, like mine is this year, the experience is both exhilarating and terrifying -- for parent and child alike.

One of the most confusing and difficult issues students and their parents will confront is the politics of Israel on campus.

First, a message to parents: relax. American colleges and universities are still the finest, safest, most exciting institutions of higher education in the world. You're not sending your child off to Dante's seventh circle of hell -- far from it!

Second, that said, this problem is serious. On some campuses, the environment can be hostile and threatening. The BDS movement -- the movement that advocates boycott, divestment and sanctions on Israel -- is powerful and scary.

Your hometown newspaper may be filled with op-eds about the nuanced details of the Iran nuclear agreement. But on campus, many students are debating whether Israel even has a right to exist. They hear nice-sounding terms like "one-state solution" and "democratic state for all Arabs and Jews" and obviously don't realize that these are code words for the destruction of Israel.

There can be a lot of cognitive dissonance in this debate. Who, for example, are often the leaders of the most virulently anti-Israel groups on campus? Who often run groups calling for Israel's destruction? A surprising number are Jews or Israelis. This can be very confusing for a freshman. Let's be candid, this can be confusing for anyone.

Also, the local politics of campus groups may be different than the politics on the national level. In Washington, groups may fight each other over specific policy issues, such as the wisdom of the Iran nuclear deal or whether to pressure Israel on the peace process. On campus, though, the situation can be very different because the debate is often on much more fundamental issues, such as Israel's right to exist. The result is that groups that disagree in Washington may work together on campus to fight the delegitimization of Israel. And depending on the specific campus, they may share common adversaries, groups with quaint, appealing names like Students for Justice in Palestine and the Jewish Voice for Peace.

So, what sort of practical advice can I offer? Students, this is especially for you.

First, get informed. When you choose courses, it makes sense to find out if your professor has endorsed the academic boycott of Israel. To do that, check out two websites: More than 1200 professors and instructors are listed by name as endorsing the US Campaign for the Academic and Cultural Boycott of Israel here: <http://www.usacbi.org/endorsers/>

You can find another 100 of the

most prominent scholars in America listed on this website as endorsing the boycott of Israeli academic institutions: <http://www.jadaliyya.com/pages/index/18811/over-100-middle-east-scholars-and-librarians-call>

I don't necessarily urge boycotting these people as a way to counter their boycott of Israel. Some of these are fine professors. I know: sadly, both my favorite undergraduate professor of Arabic and my doctoral dissertation advisor are on one of these lists.

But be aware. Be informed. Check with other students about how these professors teach. And if you experience the slightest problem in class connected to this issue -- if your professor advocates a boycott of Israel in your class or if your professor singles you out with extra assignments, low grades, or public ridicule because you expressed sympathy for Israel -- speak up; talk with your advisor; tell campus authorities; let Hillel know or contact the Israel on Campus Coalition (www.israelcc.org).

What about campus life? Engaging in debate, challenging others, and being challenged in your own views -- that's what education is all about. And Israel is a legitimate topic. Israelis debate Israel, the peace process, and the conflict with the Palestinians all the time; it's ok for students to debate these issues, too. But there is a time when debate crosses a line.

How do you know when that line is crossed? When speakers start calling Israelis "Nazis," it's easy. But it's not always so cut and dried. In my view, there are three tests. I call them the "Three C's."

First, is the argument correct? Are the facts right? For example: If someone starts talking about ethnic cleansing of Palestinians, raise your hand and ask "How could there be ethnic cleansing if the Palestinian population of the West Bank and Gaza is about three times more today than in 1967, when the Israeli occupation started?"

The problem is that checking facts isn't easy. The person spouting the lie will probably speak with confidence and certainty.

So that leads me to the second C -- context. Does the argument put the Israeli-Palestinian dispute in its proper context? For example: If a speaker condemns Israel for killing Gazans in the conflict last summer, does he also mention the thousands of Hamas rockets that triggered the fighting? Or if a speaker criticizes Israel for the excessive use of force toward Palestinians under occupation, does she say anything about the unspeakable crimes committed by Middle East regimes against their own people, such as the hundreds of thousands of innocents killed by the Assad regime in Syria in just the last three years?

Again, the goal here isn't to stifle debate. It's to make sure it is fair. But sometimes even demanding context is difficult. ...continued on pg 22

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The Words We Utter

By Rabbi David Kaufman,
Temple B'nai Jeshurun



The High Holidays bring with them an increased focus on our choices. "Choose life," the Torah urges us. Our traditional prayer dialogue is of blessings and curses, of turning and returning, of open gates and opportunities for change. The High Holidays are also a time when we are to think about our conduct toward one another with a special focus on the words we say.

We are reminded that our words are like feathers scattered from a pillow into the wind, easy to spread and nearly impossible to take back. In our liturgy, we are urged to be mindful, not just of what we have said and done, but of what we might yet say and do. Shofar blasts awaken us from our stupor, our state of insensitivity about our habitual conduct, if not from something more like slumber.

In our services, we will hear the words, "Atem Nitzavim!" "You stand this day," reminding all of us that

we are under inspection and judgment. For some of us, this will be taken in the traditional way, standing before God, soul bared, the ledger of good and not-so-good deeds open alongside the Book of Life. For others among us, it will be we ourselves gazing inward in Heshbon Nefesh, an accounting of the soul, as we consider the way we live our lives, our past, present, and future.

This year, we find ourselves amid a political climate full of often heated discussion and debate. Political discussions too easily devolve into name-calling, labeling, and worse. This High Holidays, may we be particularly mindful of our dialogue with one another. While we may feel impassioned about our opinions, let us be aware that others are equally impassioned about theirs. May we pay attention to our conduct and the words that we say. Let us choose life for our relationships and our community by being respectful of one another.

Remember that Moses' anger at the people ultimately cost him the opportunity to enter the Promised Land. How much more so may anger let loose irresponsibly damage our relationships? We are only human. Let us work together to bring the most blessings into our lives and to make our community the best place it can be.

L'shanah Tovah Tikateivu!

Why Blow?

By Rabbi Yossi Jacobson, Lubavitch of Iowa

בס"ד



The Torah describes that moment of Life as, He Blew into the Nostrils of Adam a breath of life, a living soul (A Soul of Speech). It was this day that G-d Himself BLEW from His inner essence, creating life for every one of us from that day and beyond!

Just like everyone knows that when we suffer a loss from a loved one, we know in our hearts and feel in our mind that they live on with G-d in a very special way, how much more, when we are alive with our loved ones, it is because of G-d's BLOW of life that lives within each and every one of us.

This is the reason why the Torah commands us to BLOW the shofar on Rosh Hashanah, to relive and remember the very first BLOW of life that G-d Himself gave us at this special time, recognizing that G-d is "our everything" and therefore we should be everything for G-d!

Through learning G-d's Torah and committing ourselves to His Mitzvos, we are choosing to live with the Blow and source of all life!

Chanie and I want to wish Our Community a year of full of much Health, Wealth and much Nachas coupled with Simchas and may we come to live and witness the greatest blow of life, the coming of Moshiach Now!

The Question is asked "Why is the Holiday of Rosh Hashanah, the Jewish New Year, barely mentioned in the Torah?" If anything, it says "The first day of the seventh month should be a day of Teruah", a day to blow the Shofar. There is no mention of G-d as being the King and Creator of the world, or that it is the New Year of the Human Race or even the special foods that we should eat on this day!

The whole purpose of Rosh Hashanah is to blow the shofar! To understand this significance, we have to go back to the First Rosh Hashanah ever celebrated.

5776 years ago, on the first of the month of Tishrei, on a Friday, G-d created Adam the first Human being.

Tick Tock

By Rabbi Leib Bolel, Beth El Jacob Synagogue



Two elderly Jews who haven't seen each other in fifty years meet, slowly recognize one another, and embrace. They go back to the apartment of one of them to talk about the days long ago.

The conversation goes on for hours. Night falls. One asks the other, "Look at your watch. What time is it?" "I don't have a watch," says the second.

"Then look at the clock."

"I don't have a clock."

"Then how do you tell the time?" "You see that trumpet in the corner? That's how I tell the time."

"You're crazy," says the first, "How can you tell the time with a trumpet?" "I'll show you." He picks up the trumpet, opens the window and blows a deafening blast. Thirty seconds later, an angry neighbor shouts out, "Two-thirty in the morning and you're playing the trumpet?" The man turns to his friend and says, "You see? That's how you tell the time with a trumpet!"

The philosopher and great Rabbi of the Middle Ages, Maimonides, gives us similar perspective as to why we blow the Shofar through the month of Elul and Rosh Hashanah.

The blowing of the Shofar is a wake-up call, a wakeup call to our accountability toward the productivity of our lives. God is, so-to-say, asking each and every one of us, "Have you utilized the time I have given to you well? Has it been spent selfishly or to help others? For positivity or negativity?" We go to Synagogue on the High Holidays and connect with God.

We thank Him, communicate with Him and make requests of Him. We may even make a commitment to ourselves to go beyond our regular scope of goodness in order to merit the life we wish for, be it health, happiness or financial.

The Shofar is the wake-up call challenging us all to access how we have conducted our past year, used the opportunities presented to us, and managed the challenges.

With the fast paced society that we live in, it is often time itself that hinders the visions we have for ourselves. We are constantly clock watching: How much time do I have left at work today? and What things do I need to check off my list today? How much time do we spend on the latest technologies, be it social media or spending endless hours on XBOX's?

I have never heard from anyone who is coming to the end of their lifecycle that they wish they could have spent more time in the office, or played more video games. What I have heard is the wish that they would have spent more time with their friends and family, been involved more in good causes, explored life more than they had and made more of a difference.

Once a year, we need a trumpet-call--the Shofar--to remind us of the value of time and how we have the opportunity to spend it.....wisely.

L'shanah Tovah!



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Our Beautiful Grounds at The Caspe Terrace as seen from the air!



The Gan Yeladim and flag pole next to the Alex Richards Pavilion



View to the West of the grounds entrance at 33158 Ute Ave.



Eastern view of Staroselsky Clubhouse, Bookey Lodge and the Bucksbaum Arts and Historical wing



Southwest view of the Bucksbaum Arts and Historical Wing, Bookey Lodge and the Staroselsky Clubhouse



Top down view of the Kirsner Family Playground for children 3 - 12



Top down view of the Gail and Stanley Richards Playground for children 2 - 5



West view of the Bookey Lodge Staroselsky Clubhouse and Shalom Education Group School Wing



Eastern view of Gail and Stanley Richards Playground, Alex Richards Pavilion, the Gan Yeladim and Shalom Education Group school wing



Northwest view of Engman and Clayman basketball court, baseball backstop with bleachers, campfire pit, Gail and Stanley Richards Playground, Alex Richards Pavilion, Kirsner Family Playground, Bucksbaum Garden and the Gan Yeladim sitting area all North of the Shalom Education Group School Wing.



Top down view of all the wonderful facilities at The Caspe Terrace. For more information about the facilities and interior images visit jewishdesmoines.org

Jacqui Kalin by Larry Deutch



Jacqui Kalin has traded her Panther purple for Bulldog blue. The Sioux City native who embraces her Judaism with the same passion she embraces basketball was recently named Drake University's coordinator of women's basketball operations. "I felt an immediate excitement when I was offered this opportunity," she says. "I can learn so much from this coaching staff."

Kalin is the greatest women's basketball player in University of Northern Iowa history. She was a two-time Jackie Stiles Missouri Valley Conference (MVC) Player of the Year award winner. She graduated UNI as the school's career leader in scoring, 3 point field goals made, free throws made, free throw percentage, assists and games started. To accomplish those records she had to overcome injuries that sidelined her for two full seasons...an ankle injury prior to her sophomore season and a torn ACL before her senior season.

After her decorated college career, Kalin made Aliyah to Israel, becoming an Israeli citizen. She participated in the 2013 Maccabiah Games helping her team win a gold medal. "That was so special for me," she recalls, "being around so many incredible athletes who happened to be Jewish. I felt an automatic connection to them. It made me even more passionate about my Judaism."

Kalin played two seasons of professional basketball in Israel. She played her first season for the Ramat Hasharon professional club before moving to the Ramat Chem club for her final season.

She was a member of the Israeli National Team last summer during the qualifying tournament for the 2015 European Championship. "My love for Israel was so much more than just basketball. I loved the people, the culture, and the language."

She credits her love of Judaism to her very supportive family, her parents, two brothers and a sister. She celebrated her Bat Mitzvah in Sioux City and gained a strong Jewish identity attending Herzl Camp in Wisconsin for eight years.

Kalin's passion for Judaism influenced her decision to attend UNI. "I considered some schools in the east but then I thought about the opportunity I had in small community like Cedar Falls. I knew I'd be the first Jewish kid many of my classmates were meeting."

She excelled in the classroom as well as on the basketball court becoming the only player in MVC history to win Player of the Year and Scholar Athlete of the Year in the same season twice in a career. Kalin earned a bachelor's degree in exercise science with an emphasis in sports psychology in December of 2010 and a master's degree in kinesiology/sports psychology from UNI in May of 2013.

As she settles in Des Moines, Kalin looks forward to reconnecting with her cousin Sara Coleman. She plans a career in college athletics either in coaching or administration. "I think of all of the people who influenced me and now I have the chance to play in forward."



Cross-Israel Road Bike Trip

DISCOVER ISRAEL BY BIKE

October 19 - 24, 2015

(not including travel time)



PARTNERSHIP2GETHER is offering a once in a lifetime experience to discover Israel by bike—from the northern border with Lebanon in the Western Galilee, to the eastern border with Syria along the Golan Heights, to southern Israel in the Jordan Valley to Eilat.

This opportunity is for serious bike riding enthusiasts who want to explore the Western Galilee and Israel in an exciting, unique way, and have the opportunity to do so with Israelis. The **Cross-Israel Road Bike Trip** is one of the best ways to get to know Israel's topography, demographics, borders, scenery and history.

You'll arrive for a week, spending two days in the Western Galilee visiting with people in your partnership community then continuing for a four day bike ride to locations across Israel. This bike trip will take you from the north to south while passing along Israel's borders, giving you a full experience of Israel and its special characteristics. Professional bike instructors and a tour guide will accompany you, explaining about locations on the way while assisting with transportation of equipment and other needs. The trip will culminate in a **total of approximately 336 miles/540 km. cycling and some 24,600 feet/7,500 m. cumulative elevation climb.**

COST

\$1,900 not including airfare and private health insurance. This price is based on a shared double room, a single room is available for an additional \$350 for the five nights.

This trip is managed by 'Mishlachot', headed by Harel Nachmani and the Gran Fondo Israel office is the support office for the trip.

WHAT IS PARTNERSHIP2GETHER?

PARTNERSHIP2GETHER, a program of The Jewish Agency for Israel and The Jewish Federations of North America, promotes people-to-people relationships through cultural, social, medical, educational and economic programs. This Partnership is between the 13 communities of the U.S. Central Area Consortium, Budapest, and Israel's Western Galilee.

CROSS-ISRAEL ROAD BIKE TRIP ITINERARY:

- Oct. 19 10:30 am pick up at Ben Gurion Airport (vehicle for the bikes and equipment), drive to the Western Galilee, check into hotel, assemble bicycles, get organized, dinner with Israeli participants and P2G staff
- Oct. 20 Breakfast and depart for a ride near the hotel, lunch and Partnership discussion, home hospitality dinner by the Israeli bikers
- Oct. 21 Start at Rosh HaNikra to Adamit Park continuing towards Tzfah through Biriya Forest, across the Jordan River via the Bnot Yaakov Bridge, descend to the Sea of Galilee, ascend to the Golan heights and end in Kibbutz Afik for overnight stay. (Possible to stop and continue with the group car after 72 miles/115 km or do the full route: 81 miles/131km, total cumulative climb: 9,514 ft/2,900 m.) **Cycling map:** <http://goo.gl/maps/g1hsH>
- Oct. 22 Descent via Hamat Gader, view the Syrian/Jordanian borders from the Golan Heights, continue on Route 90 to the Dead Sea, arriving at Kalia beach. Overnight in Kibbutz Kalia on the shores of the Dead Sea. (Total ride: 94 miles/152 km, total cumulative climb: 3,373 feet/1,028 m.) **Cycling map:** <http://goo.gl/maps/gildf>
- Oct. 23 Cycle along the Dead Sea then ascend to Metzoke Dragot, descend to the Dead Sea and then to Masada. Ascend to Masada (bicycles in cable car), Masada tour, carry bikes along the Western Battery and climb the road to Arad for lunch—possibility for Shomrei Shabbat via private car—drive to Mitzpe Ramon for overnight in iBike Hotel. (Total ride: 56 miles/90 km, total cumulative climb: 6,400 feet/1,950 m.) **Cycling map without ascent from Masada to Arad:** <http://goo.gl/maps/AEhwE> / **Cycling map for Masada-Arad route:** <http://goo.gl/maps/kzB8w>
- Oct. 24 Mitzpe Ramon to Eilat via Route 12 adjacent to Egyptian boarder, view from Mt Hezekiyahu of Egyptian boarder, finish in Eilat. Festive dinner together then drive to Ben Gurion airport for departure. Possible flight to Ben Gurion airport for additional cost. (Total ride: 103 miles/165 km, total cumulative climb: 5,520 ft./ 1,682 m.) **Cycling map:** <http://goo.gl/maps/BhMB0>

FOR MORE INFORMATION

Harel Nahmani at transalp.israel@gmail.com
or Heidi Benish, P2G Resource Dev. Coordinator, HeidiB@jafi.org

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www.westerngalilee.org.il

Sen. Al Franken: Why I Support the Iran Deal

(CNN)After careful review, I have decided that I will vote in support of the agreement the United States and our international partners reached with Iran last month.

It's not a conclusion I came to lightly. Since the deal was announced, I've consulted with nuclear and sanctions experts inside and outside government; Obama administration officials, including Energy Secretary Ernest Moniz; ambassadors from the other countries that negotiated alongside us; advocates for Israel on both sides of the issue; my constituents in Minnesota; and, of course, my colleagues in the Senate.

But it is a strong one. This agreement is, in my opinion, the most effective, realistic way to prevent Iran from getting a nuclear weapon anytime in the next 15 years. It does so by imposing a series of physical limits on Iran's nuclear program, especially its production of the fissile material it would require to make a bomb. The agreement's verification provisions are extremely strong: 24/7 monitoring of, and unfettered access to, Iran's nuclear sites and ongoing surveillance of Iran's nuclear supply chain.

That means: In order to make a nuclear weapon in the next 15 years, Iran would have to reconstruct every individual piece of the chain -- the mining, the milling, the production of centrifuges, and more -- separately and in secret. The regime would have to run the risk of any of these steps being detected by international inspectors or our own comprehensive intelligence efforts. It would risk losing everything it gained from the deal, and the re-imposition of sanctions.

You don't have to trust the regime's intentions to understand the reality it would face: Attempting to cheat on this agreement would carry an overwhelming likelihood of

getting caught -- and serious consequences if it does.

We'll still have work to do to diminish the threat Iran poses to our national security and the safety of our allies in the Middle East, beginning with Israel. As sanctions are lifted, the non-nuclear threat to the region may grow, and we'll need to bolster our support to regional counterweights such as Saudi Arabia, and increase our support of and cooperation with Israel, accordingly. And, of course, we'll need to maintain our terrorism-related sanctions, which are unaffected by the deal.

But there's no doubt in my mind that this deal represents a significant step forward for our national security. It's worth noting that many of the restrictions in the deal expire after 15 years -- leading some to express concerns about what might happen in year 16.

There will still be major checks on Iran's nuclear program after that date, including continued heightened monitoring and permanent, specific prohibitions on several of the steps necessary to build a bomb. Iran must never, ever have a nuclear weapon -- and we will still have every option we currently have, up to and including the use of military force, to prevent that from happening.

But we also must begin now to make the case to the world that the danger posed by an Iranian nuclear weapon will not expire in 15 years -- and remind Iran that, should it begin to take worrisome steps, such as making highly enriched uranium as that date approaches, we stand ready to intervene.

That said, we don't know what the world will look like in 15 years. As long as this regime holds power, Iran will represent a dangerous threat to our security.

...continued on pg 22

Rabbi William Gershon: Why I Can't Support the Iran Deal

Ever since attending a meeting at the State Department with Secretary of State John Kerry and his team on the Iran deal in April, I have wanted desperately for there to be a satisfactory diplomatic solution to Iran's ambitions for a nuclear weapon.

I prayed that the administration would leverage the strength that crippling sanctions achieved, which brought Iran to the negotiating table in the first place in order to force it to renounce its insidious proclamations to destroy Israel and its predilections to declare "Death to America." I had hoped that the deal would force Iran to submit to unimpeded inspections -- including at all military sites.

Given Iran's duplicity and its flagrant violations of the Nuclear Non-Proliferation Treaty in the past, I would have hoped that Iran would be required to explain what weaponization efforts it has already engaged in so that it could be determined to what degree Iran could cheat in the future. I would have expected sanctions to be lifted very gradually, as each set of compliance could be verified over time, and for Iran to completely dismantle its nuclear infrastructure so that there is no chance of Iran going back on its word.

Unfortunately, the agreement achieves none of these goals.

But the most troubling aspect of the agreement is that within 15 years, Iran will be legitimately positioned as a threshold nuclear state with the ability to acquire a nuclear weapon with almost zero breakout time. In the life of nations, 15 years is but a blip. And as if that were not enough, the agreement allows Iran, in five years, to build and sell non-nuclear weapons. Within eight years it would be allowed restart its intercontinental

ballistic missile program, which, if left unchecked, could pose not only an existential threat to Israel, but also to the United States. While this deal, in theory, will delay Iran's ability to acquire nuclear weapons, it will have the ability to one day accomplish its evil goals.

I appreciate all of the efforts of the administration to work out this deal, but I believe it is gravely flawed. I take this position not just because I believe the agreement does not sufficiently reduce the risk of a hegemonic Iran, given Iran's intentions and duplicity, but also because one needs to view this deal in the context of the Iranian narrative, which at its heart is anti-Semitic and dedicated to the destruction of Israel. We need to be mindful of one of the most important lessons of history, and that is when an enemy declares its intention to destroy you, you take the enemy at its word.

Along with legitimizing Iran among the comity of nations, the agreement also comes with an influx of billions of dollars that could be used to fund Iran's global terrorist network and purchase the world's most-advanced weapons. Even more troubling is that Iran will now have the cash to further upgrade the tens of thousands of rockets in Hezbollah's arsenal with independent guidance systems capable of targeting any site in Israel. In such a scenario, the initial fear is not that Iran will nuke Israel, but that it will be allowed to further its military ambitions to the point that Israel could be faced with its first conventional strategic threat since the Yom Kippur War.

...continued on pg 22

Statement on the Proposed Iran Nuclear Deal from the Jewish Federation of Greater Des Moines August 09, 2015

The Jewish Federation of Greater Des Moines issued a statement on July 14th 2015, as did many Jewish organizations around the country, on the public introduction of the Joint Comprehensive Plan of Action on Iran's Nuclear Program. We expressed our thanks to President Obama, Secretary Kerry and their P5+1 partners for their extraordinary efforts intended to contain Iran's nuclear program for a decade or longer. We brought attention to the untrustworthy and aggressive nature of the Islamic Republic of Iran. We urged close scrutiny of the Plan by Congress and concluded by affirming that the goal must be to ensure that Iran never be allowed to possess nuclear weapons and our hope that the goal be achieved through the application of diplomatic and economic pressure. Most of the Jewish organizations issuing statements that day expressed similar sentiments.

Since July 14th, various experts have presented assessments of the Plan and have highlighted positives and negatives within their analyses. As a result of these studies and of the congressional testimonies presented on the topic, a number of Jewish organizations, including some of the larger Federations around the country, have made their position known about the proposed deal. Several Jewish American organizations have voiced their support for the Plan; most of the organizations have voiced disapproval. Among those who have come out in explicit opposition to the Plan are the organizations informally considered to be the "watchdogs" of the American Jewish community, namely the American Jewish Committee, the ADL, and the American Jewish Congress. None of the Federations, to date, have expressed support for the Plan; two Federations, to date, have announced they are taking no position while others may simply not

issue statements. And about a dozen of the Federations have come out in opposition to the Plan, including: Boston, Los Angeles, Philadelphia, Miami, Detroit, Baltimore, Washington, D.C., Houston and Dallas. In addition, a number of members of Congress have expressed their position, with both support and opposition coming from both sides of the aisle.

We acknowledge that there are diverse views within our community on this important topic, and it is therefore with humility that our JCRC and Federation Board puts forth our statement today in a manner that transcends partisan political concerns, as it must, in dealing with one of the world's most dangerous and anti-Semitic regimes.

Our position is that the Jewish Federation of Greater Des Moines is opposed to the deal, as it stands. This means that we can reconsider

our position in light of the Administration appropriately addressing, prior to when Congress votes on the JCPOA, the reasonable clarifications and additional measures to strengthen the American enforcement of the Plan, as recommended by members of the Iran Study Group of the Washington Institute for Near East Policy (including, as it does, Dennis Ross.) The document outlining the Iran Study Group's recommendations is online at: <http://bit.ly/1MOBICf>.

We look forward to evaluating additional information on this matter as more details become public, and we thank everyone for their interest in the topic.

Resource: The Jewish Federations of North America Update page on the Iran Nuclear Agreement <http://jewishfederations.org/update-iran-nuclear-agreement>

Contact: [jrcrc@dmjfed.org](mailto:jcrc@dmjfed.org)

“Bagels and Lox” by David Benkof

DavidBenkof@gmail.com
Difficulty Level: Medium

- Across
- 1 * Actor Dustin known for playing Screech
- 8 * “Finding Nemo” voice actor Albert
- 14 Something K’tonton often appears to be
- 15 He might wear a Polo T-shirt
- 16 2010 Israeli film with a musical name
- 17 Seder plate lettuce
- 18 Along with HOT it’s one of Israel’s leading cable companies
- 19 “August: ____ County” (2013 film released by The Weinstein Company)
- 21 “Break ____” (something to say before the Purim spiel)
- 22 When tripled, a Richard O. Fleischer-directed film that’s actually not about Jewish learning
- 23 Word that Jews capitalize when writing about God
- 24 * “Book of Mormon” creator Matt
- 28 The Dead Sea gets less than 50 millimeters of it every year
- 30 Start of Steve Wynn’s Vegas
- 33 ____ Alto (place where Brin and Page invented Google)
- 34 Like Ed Asner’s character’s assistants in a 2003 comedy
- 36 1980s Interior Secretary who referred to “liberals of the Jewish community” in a controversial letter
- 37 Place to breakfast
- 38 * Barbra’s ex Elliott
- 39 Architectural feature of Calcutta’s Neveh Shalome syagogue
- 40 Rent
- 41 Knife created by Barry Becher
- 42 Go off the derech
- 43 Zayin variant
- 44 “____ if you love Israel” (bumper sticker)
- 45 * “Blowin’ in the Wind” singer-songwriter Bob
- 46 Reuben alternative
- 47 Morales whose mother was an ILGWU activist
- 50 Felix Salten’s Bambi, for example
- 52 NYU’s Jonas Salk, Woody Allen, and Idina Menzel
- 53 Masada was struck by a battering one
- 56 Bird family whose females are olive-colored
- 57 Brazilian city in the title of a 1964 Stan Getz hit
- 59 For Jewish communal jobs, this kind of salary is \$42,000
- 60 “Game of ____” (Hit show written by D.B. Weiss and David Benioff)
- 61 The men whose clues are starred in this puzzle all have one
- 62 * Celebrity fitness guru Richard

- Down
- 1 June 6, 1944
- 2 British-American actress Skye
- 3 They make shidduchim, grammatically
- 4 Sondheim’s “Marry ____ Little”
- 5 Kind of people machers are
- 6 “Schmegegge!”
- 7 “All drained of brilliance in the ____ light of the Zoo” (line from “Howl”)
- 8 Yoni was Bibi’s
- 9 Refuse to leave one’s homeland
- 10 Minerals that are sometimes blue and white
- 11 Ron Howard role on a sitcom created by Aaron Ruben
- 12 Saul was the first
- 13 “Fershtay?”
- 15 Halachic ____-nup
- 20 * Paul Simon’s collaborator Art
- 23 Certain polytheist
- 24 * Olympian gold medalist Mark
- 25 Lake near 53-Down
- 26 “Please, ____ save now!” (verse from the Hallel prayer)
- 27 “Lo!”
- 29 Has reason to go to Mt. Sinai
- 30 Place for an Israeli flag
- 31 Having left Haifa
- 32 * Radio “shock jock” Howard
- 34 Noodge
- 35 Something a Biblical character might gird
- 36 ____ Gravy (bygone Ben & Jerry’s flavor)
- 44 Place to find some El Al planes
- 45 What anti-Zionists want Israel to do in Gaza
- 46 David, compared to Goliath
- 48 USA Network legal drama starring Gabriel Macht
- 49 Prefix for Caesarea’s theater
- 50 For some, macaroons on Passover is theirs
- 51 How the Torah is read at the end of the High Holidays
- 52 Ryan O’Neal’s “Chances ____”
- 53 Site of Temple Emanu-El, the oldest Jewish congregation in Nevada
- 54 How to respond to the Hamotzi
- 55 St. of Barney Frank
- 56 ____ Mahal (Atlantic City casino Carl Icahn has invested in)
- 58 Adolph Cremieux was a fameux one in 19th century France

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*answer key on pg 25

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Letter Perfect

...continued from pg 20

But it's possible that, by 2031, Iran may no longer be controlled by hard-liners determined to harm our interests. More than 60% of Iran's population is under the age of 30. These young Iranians are increasingly well-educated and pro-American.

Indeed, while critics have eagerly pointed out what they see as flaws in the deal, I have heard no persuasive arguments that there is a better alternative. All the alternatives I have heard about run the gamut from unrealistic to horrifying.

For example, some say that, should the Senate reject this agreement, we would be in position to negotiate a “better” one. But I’ve spoken to representatives of the five nations that helped broker the deal, and they agree that this simply wouldn’t be the case.

Instead, these diplomats have told me that we would not be able to come back to the bargaining table at all, and that the sanctions regime would likely erode or even fall apart, giving Iran's leaders more money and more leverage -- and diminishing both our moral authority throughout the world and our own leverage.

And, of course, Iran would be able to move forward on its nuclear program, endangering our interests in the region -- especially Israel -- and making it far more likely that we will find ourselves engaged in a military conflict there.

Some critics seem to lust after such a conflict, with one of my colleagues suggesting that we should

simply attack Iran now, an exercise he believes would be quick and painless for the United States. But this is pure fantasy, at least according to what our security and intelligence experts tell us. And it's certainly not the lesson anyone should have learned from the disastrous invasion of Iraq.

In March, 47 of my Republican colleagues took the unprecedented step of sending a letter to Iran's leaders just as these sensitive negotiations were nearing an accord. It was a clear attempt to undermine American diplomacy -- and a signal that they would oppose any deal with Iran, no matter its terms.

It's not surprising that these critics now oppose the finished deal. But it is disappointing that they refuse to acknowledge, let alone take responsibility for, the dire consequences that would almost certainly result from killing it.

Diplomacy requires cooperation and compromise. You don't negotiate with your friends; you negotiate with your enemies. Indeed, no one who's for this deal has any delusions about the nature of the Iranian regime, any more than American presidents who made nuclear arms agreements with the Soviet Union had delusions about the nature of the communist regime there.

For a long time, it has looked like our only options when it came to Iran would be allowing it to have a nuclear bomb or having to bomb the country ourselves. This agreement represents a chance to break out of that no-win scenario. And to take the extraordinary step of rejecting it -- because of clearly unrealistic expectations, because of a hunger to send Americans into another war, or, worst of all, because of petty partisanship -- would be a terrible mistake.

...continued from pg 14

So that's why I suggest you apply the third test. It requires no special knowledge of the Middle East, no advanced degree in history, politics or public policy. It comes from your gut.

The third C is “constructive”: Is what the speaker saying constructive? Is it about bringing people together and building for peace, or is it divisive, ripping communities apart and tearing down one side as the way to build up the other? Remember -- you can rely on your own conscience and good judgment. You can decide if what you hear is constructive or destructive.

And if you do get involved, remember that these rules apply to you too. Be correct, keep it in context, and always, always stay constructive.

Remember: this is not just a Jewish issue. The vast majority of Americans -- young and old -- supports a strong U.S.-Israel partnership and support a real and secure peace between Israelis and Palestinians. Anti-Semitism and anti-Zionism on campus is an issue that affects everyone, Jews and non-Jews alike.

By Robert Satloff, executive director of the Washington Institute for Near East Policy. Excerpt.

...continued from pg 20

President Barack Obama, whom I and other Jewish leaders had the privilege of meeting with last week at the White House, told us that virtually the entire world except for Israel supports this agreement.

I am reminded of the words of Sigmund Freud: “My Jewish background taught me that even if the rest of the world told me I was wrong, I might still be right.”

Could it be that the whole world is wrong and Israel is right? After much reflection and research, I have come to the conclusion that, in this case, Israel is right and the rest of the world is wrong.

Now is the time to make your views known. I hope you will consider my position and do what you can to communicate with your representatives in Washington by asking them to reject this deal.

William Gershon is senior rabbi of Congregation Shearith Israel in Dallas. The opinions he expressed here are his only and do not reflect the views of any organization.

In Memoriam
We note with sorrow the recent passing of

Naomi Goldford
Melwa Bucksbaum
Ethel Carson
Hermiene Green
Muriel J. Perlman
Rabbi Dr. Marvin Luban
Jerry Dann



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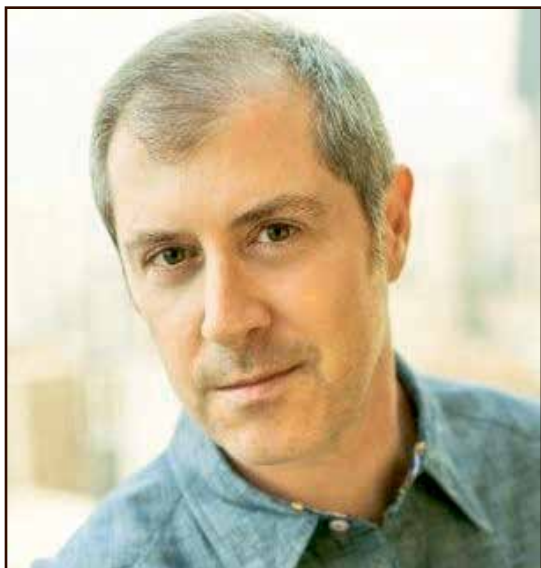
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A Visit from the Richards'



Stan and Gail Richards came to enjoy the young children at play at camp. They were greeted by Federation's Education Director Sophie Homonoff (left) and our Office Manager, Gayle Brimeyer (right.)

Ames Jewish Congregation Welcomes new Rabbi



Rabbi Niles Goldstein

The Ames Jewish Congregation is excited to introduce its new rabbi, Rabbi Niles Elliot Goldstein. Rabbi Goldstein has had a diverse and colorful career path in the rabbinate. He was the founding and senior rabbi of The New Shul in Manhattan's Greenwich Village, where he led the innovative community for over a decade.

He has also worked at a Reform congregation in

New Rochelle, NY, CLAL: The National Jewish Center for Learning and Leadership, the Steinhardt Foundation, as well as in interfaith settings. Rabbi Goldstein has taught and served on the faculties of Hebrew Union College, New York University, and Loyola University Chicago. He is a frequent speaker and scholar-in-residence at synagogues throughout North America, and he is the award-winning author or editor of 10 books, most recently *Eight Questions of Faith: Biblical Challenges that Guide and Ground Our Lives*. Rabbi Goldstein was ordained by Hebrew Union College in New York where he also received an M.A. in Hebrew Letters. He holds a B.A. with honors in philosophy from the University of Pennsylvania. In his free time, Rabbi Goldstein enjoys the outdoors, travel, sports, and the martial arts.

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Contact Rabbi Steven Edelman-Blank at 515-255-1137 or rabbiedelman-blank@tifereth.org for more information.



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OR CALL 515-274-1551



Iowa Jewish Historical Society

August 14 IJHS cookbook event

On August 14th, The Des Moines Social Club’s new Culinary Loft was filled with the aromas and tastes of Jewish food as the Iowa Jewish Historical Society held its first cooking class using recipes from the new cookbook - Beyond Matzo Balls: Celebrating 100 Years of Jewish Cooking.

Sponsored by the IJHS and Teresa Adams-Tomka from the Kitchen Collage, the class featured instruction on preparing Hummus (recipe by Susan Madorsky) Salmon Ring (Jackie Blank); Challah (Karen Engman) salad; fresh crunchy veggies with Green Goddess dressing (Ruth Engman), Rouladen (Hanna Gradwohl); and Pear & Apple in Phyllo with Cream and Calvados on the side (Melva Bucksbaum). Everyone in the class enjoyed feasting on the different courses as they were prepared throughout the morning.

The IJHS wants to thank everyone who made this fun and exciting event such as success!

Teresa Adams-Tomka for donating her time and expertise to make this event possible;

Cyd Koehn for her generosity is helping present the event;

Shelley Brody, Mary Kay Buchsbaum, Susie Glazer Burt, Jeanne Levitt, Kimberly Shadur, Rebecca Swartz Solomon, Patsy Tobis, and Robbie Winick for underwriting the event;

Patsy Tobis and Jan Farber for their hard work in creating and presenting the event;

Janice Rosenberg for her great photographs;

And ALL the participants!

Thanks to the generosity of all these supporters, all the funds raised will be used for the preservation and education activities of the Iowa Jewish Historical Society. The cookbook is available online at <http://jewishdesmoines.org/our-pillars/iowa-jewish-historical-society> as well as at the museum and the Federation’s offices at The Caspe Terrace.



Dalton Kuntz from Kitchen Collage



Kitchen Collage's Teresa Adams-Tomka with Challah made from a recipe by Karen Engman



Marcie Morrison, Lori Long, and Rose Lee Pomerantz



Patsy Tobis and Janice Rosenberg



Margo Blumenthal, Shelly Hill, and Liz Proctor



Deniz Franke and Angel Grubb



Joanne Sandquist and Pat Kingfield



Salmon Loaf recipe by Jackie Blank

Iowa Jewish Historical Society Awarded \$21,430 Grant

The Iowa Jewish Historical Society is delighted to announce that we have received a grant of \$21,430 from the REAP/Historical Resources Development Program (HRDP) administered by the State Historical Society of Iowa.

The funds will be used to preserve hundreds of interviews that were done with members of the state-wide Jewish community from the 1970s to 2006 as well as original TV shows done by the Federation and tapes of special occasions in history of the Jewish community. These interviews are on audio and video tapes that are too old to pop into a cassette player or VCR. Each tape has to be carefully digitized by a professional with specialized equipment before we can listen to the tapes and provide access to these personal, community, and world histories. These tapes contain a wealth of untapped information. All are one-of-a-kind interviews that provide personal perspectives and insight into Jewish life—religious beliefs and practices, “outside” events that had an impact on the Jewish community, personal accounts of anti-Semitism, life in Nazi Germany, World War II, the Holocaust, immigration to the U.S, religious customs, and daily life.

But these descriptions of the materials on the tapes are just the

tip of the iceberg! Only 23 of the 400+ tapes have been preserved as part of a pilot project. Most of these tapes originated before the Historical Society was formed and, most likely, contain information about Iowa's Jewish heritage that does not exist in any other format!

The grant covers a two-year period and requires the Historical Society to raise nearly \$11,000 in a cash and/or in-kind match.

The grant funds will be used for the first phase of the project—digitizing hundreds of the taped interviews, creating summaries of the information on each tape, and making a list of the tapes and summaries available on the web. Later phases, which will have to be funded separately, will complete the digitization of all the tapes and make excerpts and full copies of the tapes available to the public.

Donations to help with the required match are needed. Please mail your gift to IJHS, 33158 Ute Ave., Waukee, IA 50263 with a notation that the funds are to be used for this project. Thank you!

If you have questions about the project, please email: ijhs@dmjfed.org or call us at 515-987-0899 ext. 216.

*CROSSWORD ANSWER KEY



Preserve Our Past and Help Shape Our Future

Join the Iowa Jewish Historical Society

Whether you are a recent arrival in Iowa or have lived here all your life, the artifacts, photos, manuscripts, and other treasures that the Iowa Jewish Historical Society collects and preserves are your history. They are the irreplaceable record of the accomplishments, contributions, and personal stories of Jews in Iowa.

Help preserve our history so that you and future generations can learn from the past as you shape our future.

Your application form is below or you may join online at **www.jewishdesmoines.org**.

Name _____

Address

City, State, and Zip Code

Membership Levels

Membership Year: July 2015 though June 2016

Lifetime - \$5,000

Benefactor - \$1,000

Sponsor - \$500

Institution - \$100

Patron - \$100

Individual or Gift Membership - \$36

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

Please make your check payable to the IJHS and send it to
33158 Ute Ave., Waukegan, IA 50263.

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

Best Wishes for Happy and Sweet New Year.

Bruce Sherman

Dave Lettween and families



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Rosh Hashanah and Yom Kippur 5776

- * **Saturday, September 5, 2015: Selichot**
7:30pm — Services and Program
- * **Sunday, September 13, 2015: Erev Rosh Hashanah**
7:00pm — Erev Rosh Hashanah Services
- * **Monday, September 14, 2015: First Day Rosh Hashanah**
9:00am — Morning Services
10:00am — Alternative and Youth Services
4:30pm — Tashlikh Service at Grays Lake
— Minchah and Maariv Services
- * **Tuesday, September 15, 2014: Second Day Rosh Hashanah**
9:00am — Morning Services
- * **Friday, September 18, 2015: Erev Shabbat Shuvah**
6:00pm — Shabbat Shuvah Evening Services (Music Shabbat)
- * **Saturday, September 19, 2015 Shabbat Shuvah**
9:30am — Shabbat Shuvah Morning Services (Shabbat Greatest Hits)
- * **Sunday, September 20, 2015: Kever Avot**
1:00pm — Service at Glendale Cemetery
- * **Tuesday, September 22, 2015 Erev Yom Kippur**
5:00pm — DMARC Food Drive
6:45pm — Kol Nidre Service

*

Wednesday, September 23, 2015: Yom Kippur
9:00am — Yom Kippur Morning Services and Yizkor
10:00am — Alternative and Youth Services
5:15 p.m. — Minchah and Neila Services, Break the Fast

Schedule Subject to Change

Recurring Events:

Minyan: Tuesdays (NOTE TIME CHANGE) 7:15 am
Services: Fridays— 6:00 pm Shabbat Evening Services
Saturdays- 9:30 am Shabbat Morning Services
11:30 pm Shabbat Cafe
12:30 pm Shabbat Minchah Meditation

Special Events for September and October 2015

September 2015

Friday, September 4th — 7:00 pm Shabbat Evening services — Note time change this week only
Saturday, September 5th — 9:30 am Clara Mintzer Bat Mitzvah

October 2015

Saturday, October 3rd — 9:30 am Ezekiel Egherman Bar Mitzvah
Sunday, October 4th — 4:30 pm Harvest Dinner

Friday, October 9th — 6:00 pm School Shabbat
Tuesday, October 13th — DMARC David Bear Lecture Series — Yaakov Ariel
Sunday, October 25th — 2:00 pm Shelter Dinner prep
Saturday, October 31st 10:30 am Jr. Congregation and Tot Shabbat

Adult Education:

Introduction to Judaism / Conversion Class — Rabbi Edelman-Blank:
Contact the Tifereth office for more information 515-255-1137

Spirituality Study and Discussion Group - Patrick Courtney:
Saturdays after Meditation (1:30 pm)

S.T.E.P. (Sunday Torah Education Program) - Michael Kuperman:
Sundays at 10:00 am

Jewish Women's Book Group —
Sunday, October 18th — 2:00 pm

Holiday Schedule

S'Lichot

Saturday, September 5, 2015
7:00 p.m. S'Lichot Prayer Service

Erev Rosh Hashanah

Sunday, September 13, 2015
7:00 p.m. Erev Rosh Hashanah Service
9:00 p.m. Instrumental Voices Service

Rosh Hashanah

Monday, September 14, 2015
10:00 a.m. Morning Service / Youth Group Aliyah
11:30 a.m. Temple Lunch
2:00 p.m. Afternoon Family Service
3:30 p.m. Tashlikh Service at Raccoon River Park

Kever Avot

Sunday, September 20, 2015
12:30 p.m. Woodland Cemetery
1:00 p.m. Glendale Cemetery

Erev Yom Kippur Kol Nidre

Tuesday, September 22, 2015
7:00 p.m. Erev Yom Kippur Kol Nidre Service
9:00 p.m. Instrumental Voices Service

*Please Check The Temple Calendar for any Changes or Updates to Schedule
www.templebnajeshurun.com

Yom Kippur

Wednesday, September 23, 2015
10:00 a.m. Morning Service
12:00 p.m. Interlude I
2:00 p.m. Family Service
3:00 p.m. Musical Interlude
4:00 p.m. Healing and Yizkor Service
5:00 p.m. Neilah Service
6:00 p.m. Break the Fast Meal

Erev Sukkot

Sunday, September 27, 2015
9:00 a.m. Put up Sukkah
4:00 p.m. Sukkah Decorating and Service, Youth Group to help; followed by Dinner



Temple B'nai Jeshurun
5101 Grand Avenue
Des Moines, Iowa 50312



CANS FOR COINS

PLEASE CONTINUE TO BRING IN YOUR CANS!

Youth Group will be collecting pop cans (cans only please) every Friday night until the Des Moines Area Hunger Hike.

Money collected for this very worthwhile event will be donated to the Hunger Hike on October 11, 2015. Please bring, when you attend services on every Friday night, your pop cans (cans only please). The Youth Groupers will take them back to the stores and collect the donations. Please make sure they are in a secured bag and tied strong.

Thank you in advance from the Temple Youth Groupers!



High Holidays 2015		
1st Night Selichot – Sept 5 Selichot.....9:00pm Erev Rosh Hashanah – Sept 13 Extended Selichos followed by Shachris.....6:30am Mincha.....7:15pm Candle lighting.....7:09pm (Candles available in Shul) Maariv (Evening Services).....7:30pm 1st day Rosh Hashanah – Sept 14 Shachris.....9:00am Torah Reading.....10:15am Rabbi's Sermon.....10:45am Shofar Blowing.....11:00am Mincha.....6:45pm Tashlich.....7:00pm followed by Maariv 2nd Day Rosh Hashanah- Sept 15 Shachris.....9:00am Torah Reading.....10:15am Rabbi's Sermon.....10:45am Shofar Blowing.....11:00am Mincha.....7:00pm Nightfall.....8:06pm Fast of Gedalia Sept 16 Fast starts.....5:32am Shachris.....6:45am Fast ends.....7:53pm	Shabbos Shuva – Sept 18 Candle lighting.....7:01pm Sept 19 Shachris.....9:30am End of Shabbos.....7:59pm Kol Nidre – Sept 22 Selichos & Shachris.....6:45am Fast begins & Candle Lighting.....6:54am Kol Nidre.....7:00pm Yom Kippur– Sept 23 Shachris- 9:00am Torah Reading.... 10:30am YIZKOR.....11:00pm Mincha.....5:45pm Neilah.....6:45pm BREAKING OF THE FAST.....7:52pm Erev Succos- Sept 27 Candle lighting.....6:45pm Mincha Maariv.....6:50pm 1st day Sukkos- Sept 28 Shachris.....9:00am Shake the Lulav.....9:45am Mincha followed by Maariv.....6:45pm Candle lighting.....7:43pm 2nd Day Sukkos- Sept 29 Shachris.....9:00am Shake the Lulav.....9:45am Mincha.....6:50pm Nightfall.....7:42pm	Chol Hamoed Shachris.....6:45am Shabbat – Oct 2 Candle lighting.....6:37pm Mincha.....6:45pm Oct 3 Shachris.....9:00am End of Shabbos.....7:35pm Hoshana Rabba- Oct 4 Shachris.....6:45am Candle lighting.....6:33pm Mincha and Maariv.....6:45am Shemini Atzeret- Oct 5 Shachris.....9:00am YIZKOR Mincha.....7:00pm Candle lighting..... 7:32pm Maariv followed by : SING & DANCE CELEBRATION..... 7:30pm Simchat Torah – Oct 17 Shachris.....9:00am SING & DANCE CELEBRATION..... 10:00am Mincha.....6:40pm Nightfall.....7:30pm

Recurring Events
 Morning Minyan Times:
 Sunday: 9:00 a.m.
 Monday: 6:45 a.m.
 Tuesday: 7:00 a.m.
 Wednesday: 7:00 a.m.
 Thursday: 6:45 a.m.
 Friday: 7:00 a.m.
 Shabbat: 9:00 a.m.

Daily after morning minyan: Two study groups to choose from that will study a range of Jewish topics, from

the Weekly Torah portion to Mishna & Talmud and Jewish Law.

Tuesdays:
 The “Shiur” at 7:00 p.m. – covers Jewish learning on self- improvement, interpersonal relationships, weekly portion and current events. Please contact the office to attend.

August
 August 14th 6:30pm Shabbat Ruach to welcome Avi and Karen Dzik



Ames Jewish Congregation High Holy Day Services		
Sunday, September 13 8:00 p.m. Erev Rosh Hashanah services.		
Monday, September 14	10:00 a.m.	1st day Rosh Hashanah Morning Services
4:00 p.m.		Children's service
4:45 p.m.		Tashlich
Tuesday, September 15	10:00 a.m.	2nd day Rosh Hashanah Services
Tuesday, September 22	8:00 p.m.	Kol Nidre Services
Wednesday September 23	10:00 a.m.	Yom Kippur Morning services
3:45 p.m.		Children's service
4:30 p.m.		Afternoon services
6:00p.m.		Yiskor
6:45 p.m.		Neilah
7:30 p.m.		Community Break-the Fast



ROSH HASHANAH
 Sunday, Sept. 13, 2015
 Light Candles at: 7:10 pm
 Evening Services: 7:00 pm
 Monday, Sept. 14, 2015
 Morning Services: 10:00 am
 Shofar Sounding: 11:00 am
 Mincha: 6:30 pm
 Followed by Tashlich Service
 Evening Services: 8:00 pm
 Light Candles* after 8:08 pm
 Tuesday, Sept. 15, 2015
 Morning Services: 10:00 am
 Shofar Sounding: 11:00 am
 Evening Services: 7:00 pm
 Holiday Ends at 8:07 pm

FAST OF GEDALYA
 Wednesday, Sept. 16, 2015
 Fast Ends at 7:56 pm

SHABBAT SHUVA
 Friday, Sept. 18, 2015
 Light Candles at 7:01 pm
 Evening Services: 7:00 pm
 Saturday, Sept. 19, 2015
 Morning Services: 10:00 am
 Evening Services: 7:00 pm
 Shabbat Ends at 7:59 pm

YOM KIPPUR
 Tuesday, Sept. 22, 2015
 Morning Services: 7:00 am
 Afternoon Service: 0:00 pm
 Light Candles at 6:54 pm
 Fast Begins at 0:00 pm
 Kol Nidrei Services: 7:00 pm
 Wednesday, Sept. 23, 2015
 Morning Services: 10:00 am
 Yizkor Memorial Service: 11:30 am
 Afternoon Service: 5:30 pm
 Neilah Closing Service: 7:00 pm
 Fast Ends at 7:52 pm
 Followed by light refreshments
 Shabbat
 Friday, Sept. 25 2015
 Light Candles at 6:49 pm
 Say Blessing 5
 Evening Services: 6:45 pm
 Saturday, Sept. 26, 2015

Morning Services: 10:00 am
 Evening Services: 6:45 pm
 Shabbat Ends at 7:47 pm

SUKKOT
To purchase a Sukkah or a Lulav and Etrog set, please call 515-277-1718.
 Sunday, Sept. 27, 2015
 Light Candles at 6:45 pm
 Evening Services: 6:45 pm
 Monday, Sept. 28, 2015
 Morning Services: 10:00 am
 Evening Services: 6:30 pm
 Light Candles* after 7:43 pm
 Tuesday, Sept. 29, 2015
 Morning Services: 10:00 am
 Evening Services: 6:30 pm
 Holiday Ends at 7:41 pm
 Shabbat Chol Hamoed
 Friday, Oct. 2, 2015
 Light Candles at 6:40 pm
 Evening Services: 6:45 pm
 Saturday, Oct. 3, 2015
 Morning Services: 10:00 am
 Evening Services: 6:30 pm
 Shabbat Ends at 7:40 pm
 Hoshanah Rabbah
 Sunday, Oct. 4, 2015
 Morning Services: 10:00 am

SHEMINI ATZERET & SIMCHAT TORAH
 Sunday, Oct. 4, 2015
 Light Candles at 6:33 pm
 Evening Services: 6:30 pm
 Followed by Kiddush & Hakafot
 Monday, Oct. 5, 2015
 Morning Services: 10:00 am
 Yizkor Memorial Service: 11:00 am
 Evening Services: 6:30 pm
 Followed by Kiddush & Hakafot
 Light Candles* after: 7:31 pm
 Tuesday, Oct. 6, 2015
 Morning Services: 10:00 am
 Followed by Kiddush & Hakafot
 Evening Services: 6:15 pm
 Holiday Ends at 7:29 pm
 * Light from a preexisting flame.

COMMUNITY B'NAI MITZVAH



Adam, Mara and Cora Egherman are proud to announce that **Ezekiel Rune (Zeke) Egherman**, 8th grader at Cowles Montessori in Des Moines, will be called to the Torah as a Bar Mitzvah on **October 3rd, 2015 at 9:30 a.m.** at Tifereth Israel Synagogue. Zeke is an aspiring computer programmer whose interests include web design, graphics, and riding his bicycle around town to capture portals on Ingress—a game that combines geocaching and Capture the Flag. All welcome to a kiddiush luncheon following services.



Clara Mintzer will be a 7th grader at Stilwell Junior High School in West Des Moines. She is involved in the school orchestra, Lego Robotics, and the Kids Care Club. She plays the piano and the violin. For her mitzvah project she is raising money for the Back Pack Program of the Food Bank of Iowa, and she will also be packing the meals during the school year. Clara is the daughter of Michael Mintzer and Alla Mintzer Zaprudsky. She will be called to the Torah as a Bat Mitzvah Saturday, **September 5 at 9:30 am** at Tifereth Israel Synagogue. A Kiddush luncheon will follow the service.

RICK RECHT

**Jewish Federation of Greater
Des Moines**

**10.28.15
6:00PM**

**Tickets: \$5 per person, \$18 per family
RSVP is Required!**

Beit Sefer Shaom



rickrecht.com • facebook.com/rickrechtworld



For more info & to RSVP please call
Mollie Giller at 515-987-0899 ext 230
or email mollie@dmjfed.org

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