


THE GREATER DES MOINES **Jewish Press**

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HANUKKAH 5770!

FIRST CANDLE OF HANUKKAH IS LIT THE EVENING OF DECEMBER 11

HANUKKAH IS CELEBRATED FOR EIGHT DAYS AND NIGHTS, STARTING ON THE 25TH OF KISLEV ON THE HEBREW CALENDAR (WHICH IS NOVEMBER-DECEMBER ON THE GREGORIAN CALENDAR). IN HEBREW, THE WORD "HANUKKAH" MEANS "DEDICATION."

THE HOLIDAY COMMEMORATES THE REDEDICATION OF THE HOLY TEMPLE IN JERUSALEM AFTER THE JEWS' 165 B.C.E. VICTORY OVER THE HELLENIST SYRIANS. ANTIOCHUS, THE GREEK KING OF SYRIA, OUTLAWED JEWISH RITUALS AND ORDERED THE JEWS TO WORSHIP GREEK GODS.

IN 168 B.C.E. THE JEWS' HOLY TEMPLE WAS SEIZED AND DEDICATED TO THE WORSHIP OF ZEUS.

SOME JEWS WERE AFRAID OF THE GREEK SOLDIERS AND OBEYED THEM, BUT MOST WERE ANGRY AND DECIDED TO FIGHT BACK.

THE FIGHTING BEGAN IN MODIIN, A VILLAGE NOT FAR FROM JERUSALEM. A GREEK OFFICER AND SOLDIERS ASSEMBLED THE VILLAGERS, ASKING THEM TO BOW TO AN IDOL AND EAT THE FLESH OF A PIG, ACTIVITIES FORBIDDEN TO JEWS. THE OFFICER ASKED MATTATHIAS, A JEWISH HIGH PRIEST, TO TAKE PART IN THE CEREMONY. HE REFUSED, AND ANOTHER VILLAGER STEPPED FORWARD AND OFFERED TO DO IT INSTEAD. MATTATHIAS BECAME OUTRAGED, TOOK OUT HIS SWORD AND KILLED THE MAN, THEN KILLED THE OFFICER. HIS FIVE SONS AND THE OTHER VILLAGERS THEN ATTACKED AND KILLED THE SOLDIERS. MATTATHIAS' FAMILY WENT INTO HIDING IN THE NEARBY MOUNTAINS, WHERE MANY OTHER JEWS WHO WANTED TO FIGHT THE GREEKS JOINED THEM. THEY ATTACKED THE GREEK SOLDIERS WHENEVER POSSIBLE.

JUDAH MACCABEE AND HIS SOLDIERS WENT TO THE HOLY TEMPLE, AND WERE SADDENED THAT MANY THINGS WERE MISSING OR BROKEN, INCLUDING THE GOLDEN MENORAH. THEY CLEANED AND REPAIRED THE TEMPLE, AND WHEN THEY WERE FINISHED, THEY DECIDED TO HAVE A BIG DEDICATION CEREMONY. FOR THE CELEBRATION, THE MACCABEES WANTED TO LIGHT THE MENORAH. THEY LOOKED EVERYWHERE FOR OIL, AND FOUND A SMALL FLASK THAT CONTAINED ONLY ENOUGH OIL TO LIGHT THE MENORAH FOR ONE DAY. MIRACULOUSLY, THE OIL LASTED FOR EIGHT DAYS. THIS GAVE THEM ENOUGH TIME TO OBTAIN NEW OIL TO KEEP THE MENORAH LIT. TODAY JEWS CELEBRATE HANUKKAH FOR EIGHT DAYS BY LIGHTING CANDLES IN A MENORAH EVERY NIGHT, THUS COMMEMORATING THE EIGHT-DAY MIRACLE.

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Building Relationships, Securing The Future



Elaine Steinger
Executive Director

Fall is here and that means the All-in-One Campaign is in the air as well! The kick off to the Campaign came on August 30th at Serve it Up! and the response to it was as overwhelming as it was gratifying. Those in attendance were truly touched by the stories they heard from actual recipients of Federation support and it showed in their gifts ... a card for card increase of 9%!

The structure of this year's campaign is building on the human element, so effectively demonstrated that night. Every generation worries that the goals they have

achieved will not continue and that is true for the Federation as well. Therefore, the focus on the early portion of the campaign has been to connect major donors with members of the young leadership of the Federation to build relationships and establish communication that will serve the Federation as it heads towards its 100th year of existence.

So far, the response has been extremely gratifying. Our young leaders have learned so much by talking with those who have been involved with the Federation for years and in turn, these individuals have been impressed with the commitment and skills of those taking the reins of the Federation.

It's a long-overdue undertaking and one that will serve our Jewish community for years to come.

IF YOU WANT THE ANSWER, ASK THE BEST

Members of the young leaders of the Federation are making appointments to have dinner this month with the major donors of the Federation.

Are you surprised to know that the main topic of conversation ISN'T about fund raising?

Why is this news? While these donors do provide valuable resources to the All-in-One Campaign, one of their

most important assets is their knowledge of the Federation's history and their view of the future.

As new leadership steps into roles with the Federation, passing on this history along with any advice and assistance is critical. We look forward to these evenings establishing a mentor relationship that will only grow stronger in the years ahead.

JEWISH FEDERATION COMMUNITY SCHOOL

Maccabee Readers Program started in October

The Maccabee Readers program is back again this year and will have a focus on Jewish Heroes. Participants will have the opportunity to explore biblical, historical, and modern—including comic book—heroes. Among the list of possible biblical, fictional and real-life heroes are Abraham and Deborah, Rebecca Gratz and Baron Edmund James de Rothschild, as well as superheroes from comic books—some who are Jewish, like The Thing from Fantastic Four, and some who just embody Jewish values such as Superman and Batman. Also included on the list are everyday people like Sandy Colfax, Albert Einstein and Anne Frank who contributed to the world in their own ways.

The program is a voluntary library reading program designed for students in Preschool through 5th grade to help them look at the many different resources for Jewish learning. One of the goals of the program is to foster an awareness in our children to see that their Jewish life is, and can be, an integral part of their every day life and to promote a wide range of exposure to different topics during the year. The main purpose of this voluntary program is to get our children excited and aware of their Jewish heritage in new ways through reading, listening to and exploring different topics each month outside of the JFCS classrooms.

A new reading worksheet is introduced each month with new authors and topics for the students to discover something new on their own and have fun doing so at the same time. This year's format should encourage many of the kids to explore the books in our JFCS library, their home libraries, school and public libraries, and see how Judaism has influenced modern (and dare we say, pop) culture.

The program began in mid-October and will run monthly throughout the school year. It is our hope that parents will encourage their children to pick up a book and read Jewishly, even if their child doesn't participate in the program every month.



Be a Mensch Program

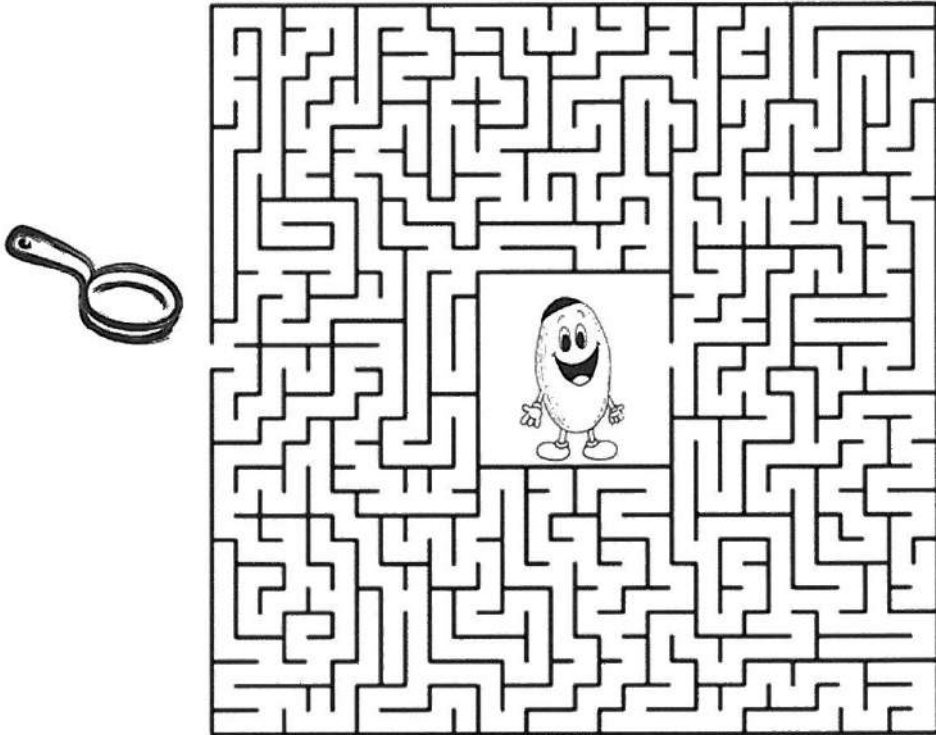
Following on the heels of the successful Chesed (kindness) program last year, the students will continue getting classroom visits from Suse Cohen. This year's focus is on Tzedakah (justice). They are beginning the year with an exploration of what it means to be a mensch and how that can be a part of their everyday lives. During the year students will be led through an exploration of different forms of Tzedakah and how it can be used for tikkun olam (healing the world).

To kick things off and to create pride and awareness, locally designed Chesed themed buttons are available for purchase. Prices are \$2 for the first one and \$1 for each additional button purchased. The profits will be added to the school Tzedakah funds and used to help both locally and in Israel, during the course of the year. If you are interested in purchasing any of the buttons, please contact JFCS at 277-5566 or email GrowWithUs.jfcs@gmail.com for more information.

JFCS Annual Book Fair

The JFCS annual book fair will be held Sunday, November 15th from 9am-1pm in the Tifereth Israel Social Hall. This is a community event and everyone is welcome to explore and order from the many adult and children selections available. This is a great opportunity to get some Chanukah shopping done, and help support National Jewish Book month as well as the JFCS library.

Help Catch the Runaway Latke!




through
your Federation
gift.

Please share your story:

Thank you for making
it possible for Learning
about the Jewish holidays
and doing them.

From,
Dahlia
4th grade

 **JEWISH
FEDERATION**
of Greater Des Moines

What Has The Federation Done Lately?



Judy Deutch
President

- The Caspe Terrace was put to good use when Abe Goldstien and Jackie Garnett presented Anat Fort in performance on Monday, Sept. 14th, attended by approximately 90 people.
- Through All-in-One Campaign dollars, we purchased a digital monitoring blood pressure machine for an 86-year old client who replied with humor, “Thank you from the bottom of my heart!”
- Jewish Federation Community School is beginning its new year focusing on the theme of tzedakah.

And isn’t that what we’re all about? As we reflect upon the meaning of Rosh Hashana and Yom Kippur, personal responsibility is a recurring theme. Our Federation makes it possible for all of us, individually and collectively, to impact our community.

So what’s new?

Stuart Oxer has accepted the additional responsibility as Campaign Chair and I am impressed with the way he has re-energized the campaign. This fall we introduced “Dinner with a Donor.” Some Leadership Forum graduates along with some members of our Board are taking some of our most generous givers out for dinner. We think the donors will enjoy meeting young, enthusiastic members of our community and hearing how they and their families are involved with the Federation. The hosts will learn about and thank the donors for their contributions to our community. Larry and I are looking forward to getting to know some donors better.

John Mandelbaum has offered to chair our Long Range Planning Committee. We feel it is important to look at concrete ways we can plan for the future and feel it is vital that a cooperative spirit will help all of us improve our community.

The Board of Directors has been having monthly meetings at a variety of sites so we can see first-hand how our dollars are being used. In August we joined the seniors at the Jewish Family Services luncheon held at Tifereth. In September, in an activity room at an apartment complex behind Target in WDM, two “New Russian Americans” told us how appreciative they were of the services offered by Milla Verhov-Karno, the Federation’s Immigrant Support Coordinator. Milla takes individuals to doctor appointments and translates medical information for them. It’s my goal as president to make you aware of what the Federation does each day to improve lives in the Jewish community and to stress the personal responsibility that each of us has to make these things possible. I hope my column helps bring home these points.

Shalom
– Judy

THANKS

Thank you JCRC, for facilitating our student group’s visit to the US. Holocaust Memorial Museum in Washington, D.C. The Holocaust Museum was a very significant part of our itinerary.
– Creative Visions, Des Moines

UJC BECOMING “THE JEWISH FEDERATIONS OF NORTH AMERICA”

In October, the United Jewish Communities (UJC) Board of Trustees approved a new name – The Jewish Federations of North America – and a new logo for the organization that represents 157 Jewish Federations and 400 independent Network Communities across the continent. “Our new name makes a clear and bold statement that we embody the Jewish Federation system,” said Jerry Silverman, President and CEO of the umbrella organization. The new name aligns with 90 percent of local Federations’ names. Until additional changes are made, the organization to which our local Jewish Federation is affiliated remains online at www.ujc.org.

THANKS

A special thanks to Karen Engman for contributing photos we used in our center spread in the Sept/Oct edition of the Jewish Press from “Jews Love Baseball.” Karen serves as President of the Iowa Jewish Historical Society and is a featured writer of Chef Du Jour. Karen, thank you for sharing your many talents.

ISRAEL BIKE TRIP

The Regional Development Task Force of our Israel Partnership (P2K) is offering a unique bike trip to Israel – to take part in the 2nd Western Galilee Marathon, May 5-12, 2010.

This opportunity is for serious bikers, who want to explore Israel, particularly the Western Galilee, on their bike with Israeli counterparts. A professional guide will join them for the entire time, organize and transport their bike equipment. If interested, contact jcrc@dmjfed.org

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We are always happy to consider articles and information for publication. We reserve the right to edit submissions for space considerations and clarity.

Vol. 26, No. 2, Nov/Dec 2009



Scientists Develop Protein to Regrow Blood Vessels

A new protein injection developed by Israeli researchers can trigger the regrowth of blood vessels around the heart, offering a potential alternative to risky bypass surgery.

Israeli researchers have developed a protein-based injection that can spark the regrowth of tiny blood vessels, offering hope of an alternative treatment to the hundreds of thousands of people undergoing open-heart surgery every year.

In heart disease, blood vessels are either clogged or die off, starving the heart of oxygen and leaving it highly vulnerable to a cardiac attack. Open-heart surgery, though it carries many risks, is now a frequent treatment for heart disease.

At present, in the US alone, some 700,000 people undergo open-heart surgery annually according to the American Heart Association.

In their groundbreaking research, Dr. Britta Hardy and her partner Prof. Alexander Battler of Tel Aviv University developed a protein that can be injected straight into the muscles of the body, triggering the regrowth of tiny blood vessels in just a few weeks.

"The biotechnology behind our human-based protein therapy is very complicated, but the goal is simple and the solution is straightforward," says Hardy. "We intend to inject our drug locally to heal any oxygen-starved tissue."

New blood vessels grow in weeks

Hardy first began exploring this field in the hope of preventing leg amputations. She believed that proteins from the human body could be used to trigger the growth of new blood vessels and she discovered through experiments on diabetic mice, in which she saved their legs that were wasting away, that her theory was correct.

In tests in animal models, researchers injected the drug into the animals' legs. So far, says Hardy, they have seen no side effects or inflammation in the wake of the treatment. "The growth of new blood vessels happens within a few weeks, showing improved blood circulation,"

she says.

Research on the procedure was recently published in the international journal Biochemical Pharmacology.

Hardy, of the university's Sackler School of Medicine, says the protein solution could also be added as a coating to a stent.

At present, stent implantation brings with it a high risk for blood clots, which means patients must take blood thinners. "We could coat a stent with our peptide, attracting endothelial stem cells to form a film on the surface of the stent," Hardy explains. "These endothelial cells on the stent would eliminate the need for taking the blood thinners that prevent blood clots from forming."

From diabetes to heart disease

Hardy studied a library of peptides and tested them in the laboratory, confirming her theories. She then took some of the isolated and synthesized peptides and tested them in diabetic mice whose legs were in the process of atrophying.

Although diabetes is known to decrease blood circulation, Hardy discovered that her therapy reversed the decrease. "Within a short time we saw the formation of capillaries and tiny blood vessels. After three weeks, they had grown and merged together with the rest of the circulatory system," she says.

In mice with limited blood circulation, she was able to completely restore blood vessels and save their legs. It was then a short step to studying the applicability of the research to cardiac patients.

If investment goals are met, Hardy anticipates toxicity studies and Phase I trials could be complete within two years. She is confident that a new therapy could become commercially available relatively quickly as clinical results are almost immediate.

"It's pretty obvious if there is regrowth or not," she explains. "Our technology promises to regrow blood vessels like a net, and a heart that grows more blood vessels becomes stronger. It's now imaginable that, in the distant future, peptide injections may be able to replace bypass surgeries." www.israel21c.org

INNOWATTECH OF ISRAEL GENERATES ELECTRICITY FROM ROAD TRAFFIC

Innowattech's first-of-its-kind project demonstrates how Israeli technology can generate electricity from generators installed beneath a road's asphalt layer.

The innovative green energy technology developed by Haifa-based Innowattech in association with Technion I.I.T (Israel Institute of Technology) was recently tested in a complete-system pilot project in cooperation with the Israel National Roads Company along a 30-foot stretch of highway in northern Israel.

The technology is based on piezoelectric materials that enable the conversion of mechanical energy exerted by the weight of passing vehicles into

electrical energy, without stealing any energy whatsoever from the vehicles. The technology does not increase the vehicles' fuel intake or affect the road infrastructure.

The technology enables the supply of electricity to various road-side applications, such as traffic lights, billboards, police speed cameras, communication systems, road signs, etc., as well as transfer of the harvested electricity into the electric grid, to supply electricity to households.

Innowattech has also developed its technology for harvesting energy from movement of trains, airplanes and pedestrians.

www.Israel21C.org

Another Conversational Hebrew Class Forming

GET COMFORTABLE SPEAKING BASIC, CONVERSATIONAL HEBREW.

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Instructor: Mark Finkelstein

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— Judy Deutch, President, Jewish Federation

If interested, contact 277-6321 x 218 or dorothea@dmjfed.org

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

Jewish Family Services - Individuals, families, seniors and children

Senior Adult Programs - Senior Adult socialization

Resettlement Program - Case management and health services for seniors

Jewish Family Life Education - Sponsorship of community-wide programs

Volunteer Opportunities - Numerous volunteer projects

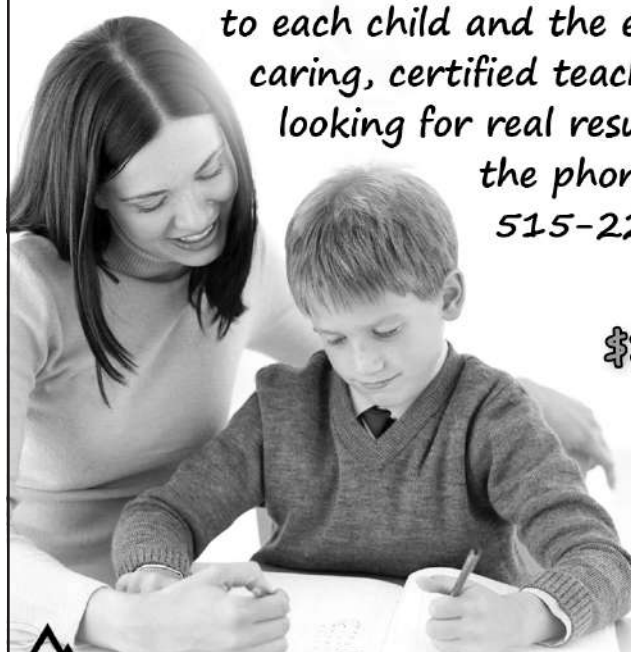
Tzedakah - Last year assisted 180 community members in need

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



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My Life's Journey – So Far

By Lyanna Kroloff (Grund) Lindgren



Walking through this journey called life and enjoying all of the wonderful experiences this road takes us, we glide along on a well-made flat road. Then, unexpectedly, we come upon hills and valleys or ditches and holes. Most of us are fortunate to be able to handle whatever comes our way.

However, why at times does it feel that we get more bumps and bruises than others? My father told me that “G-d gives it to those who can handle it.” Ha! Sometimes, I would like to “not have to handle it” or at least pick and choose, if I could, what G-d throws in my path. Unfortunately, we don’t have that option. As the “Pink Ant” says, “Life is not the way it’s supposed to be. It’s the way it is. The way you cope with it is what makes the difference.” Isn’t that the truth! In my experience, though, I have found that once I got past that hill, valley, ditch or huge hole in the road, I grew and felt blessed to have had that sidetrack in my life.

As Director of the Jewish Federation Community School for the past 14 years, (wow, has it been that long?), and growing up locally, there are so many Jewish community members that I have had the pleasure to meet, to work, volunteer and pray with, raise my children with, cry and laugh with, share life simchas and experiences with, and be friends with.

On September 13, 2009, I shared with my religious school parents at orientation during our first day of Sunday School, the diversion my life took during my recent walk on the nicely paved road I was cruising through until April of this year. I would like to share with you, through this article, my personal experience and thoughts. Please bear with me, as I’ve never been one to openly write about myself, my opinions or feelings in this manner before, but I feel under the circumstances, I need to.

In April, on my birthday, I was diagnosed with Breast Cancer (invasive ductal carcinoma). Luckily, due to my yearly mammogram, my gift was that it was caught in time. My smooth road just took a nose dive into one of the biggest pot holes I had ever run into. My diagnosis was stage 2B/3A with a 5 cm tumor in my left breast and at least two major lymph nodes testing positive. Wow!

This all happened so quickly. I thanked G-d that school was ending and Engman Camp Shalom was in good hands, thanks to Kathryn, Jeremy and David and all of the hired counselors (as I’m also the overseeing Director of the Jewish Federation’s summer camp). I was now ready to jump through whatever hoops I needed to as I knew it was curable as long as I followed my treatment plan.

At this time, I was also engaged and planned to get married during the summer. We decided to step it up a bit and in May, had a small private family wedding. I introduced my new husband, Bill Lindgren, during the September parent orientation.

I started chemo treatment in May. For those of you who have been blessed not to experience cancer personally, treatment was at times, unbearable, but my Jewish faith, family, friends, etc. helped me through. I never felt that G-d had turned away from me nor did I ever blame him or anything else because my body carried a cancer cell. I also never lost my faith in G-d. I was never angry that this happened to me. I took it a day at a time and became the little train that could.

Chemo treatment finished in August and on September 21, right after the new Sunday School year started, I had a single mastectomy with 11 lymph nodes removed. I was only in the hospital overnight; insurance won’t let you stay much longer, but I made sure I ate all of my meals! The surgery went better than planned. What a “super girl” I was; in and out of surgery, recovery and in my room in 3 ½ hours. The diagnosis after surgery was that I was now cancer free. Yeah!!! Again, I thanked G-d for watching over me, with help, I’m sure, from my grandparents and father watching from above and all of you praying for me that day.

Now, after surgery, reports show that the cancer in the breast and lymph nodes was all contained. The cancer in the tumor was low grade, which means it was not a fast growing cancer and no cancer spread outside of the lymph nodes.

In late October, I started radiation, which will last for six weeks and should end in December. Hopefully, as you read this, I finally will have some hair on my head and I’m not wearing my scarf, fuzzy hat or my long curly haired wig. But, whatever it is, I’ll deal with it because I know I can. As I stated above, with the different journeys we take during our life, hopefully, we feel blessed, learn and grow from each experience. I truly believe that cancer has given me so much more than it has taken away.

As I stated above, with the different journeys we take during our life, hopefully, we feel blessed, learn and grow from each experience. I truly believe that cancer has given me so much more than it has taken away.

continued on page 17

Ashkenazi Descent at Greater Risk for Breast and Ovarian Cancers

Genetic Testing Can Detect Mutation in DNA

My life changed drastically in February of 2009. In one short week, I found a lump in my breast, had a biopsy that proved malignant and had a mastectomy. I had breast cancer 12 years ago, but at that time it was suggested a lumpectomy and radiation was all that I needed. This time the cancer came back with a vengeance and the treatment was quite aggressive.

I am sharing this because of information I only recently discovered. It is about genetic testing. The majority of Jewish individuals in the United States are of Ashkenazi descent. People of this background have a much higher risk of carrying the mutation that causes breast and ovarian cancer. 1 in 40 people of Ashkenazi descent have the mutation; whereas 1 in 300 of the rest of the population have the mutation. If you carry this mutation you have a high risk of breast and ovarian cancer, and your children have a 50% risk of having the mutation. There are, of course, other factors to determine if you are high risk and if this test is appropriate for you or a loved one.

Breast cancer seems to be an epidemic. Thanks to many, it is no longer a secret to talk about or treat, and there have been great strides made. One of the strides is a simple blood test (BRCA test) that can

determine if you carry this mutation. I am not a genetic counselor, nor am I suggesting everyone run out and get the test. I just want people to be aware of this mutation that runs so high among Jewish people. Educate yourself about the BRCA test. Talk to your doctor to see if testing is appropriate for you. We need to be proactive about our breast care. This mutation also significantly increases the risk for ovarian cancer. The average risk for ovarian cancer is 1.5%, but with the mutation it can be as high as 45%.

Usually this test is very expensive, running thousands of dollars. However, if you are of Ashkenazi Jewish descent it is \$535, as the laboratory knows exactly where to look in the DNA to find the mutation. Such a deal! My insurance covered my test.

I have received wonderful care from the John Stoddard Center, and I am hopeful with my prognosis, but have learned we all need to be our own advocate.

– **Karen Muelhaupt**

For more information go to Iowa Methodist Medical Center at www.johnstoddardcancer.org; Mercy Medical Center at www.mercydesmoines.org; or The American Cancer Society at www.cancer.org

JEWISH FEDERATION OF GREATER DES MOINES

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senior news



Upcoming Luncheons:

Thursday, November 12th

12:00 Noon at Temple B'nai Jeshurun. We are looking forward to another informative presentation with Ed Bell, a professor in the college of Pharmacy at Drake University. He will be discussing vaccines such as flu, shingles, etc. and also more information on medications. He welcomes questions and concerns!



Thursday, December 10th

12:00 Noon at Beth El Jacob Synagogue. We will have the privilege of listening to the music provided by the Zarnow Fund in honor of Abraham, Regina, Paul, Sidney, Silvia and Ralph Zarnow. Also Sherry Knox, Prevention Specialist/Outreach Counselor for Polk County Crisis and Advocacy Services will be talking about the five levels of hoarding and the impact of hoarding. Don't miss this interesting topic!



OASIS/Senior Adult program celebrated their 3rd Annual Volunteer Recognition Banquet on October 21, 2009!

The Ideal Gift To Give Is...



Yourself

Harold Gotsdiner, a volunteer for the OASIS/Senior Adult program, feels good about the path he has taken since retiring. He now assists seniors in need of transportation. Many of them are friends he has grown up with and known most of his life. Dorothy Schatz, for whom Harold provides transportation to doctor appointments, luncheons, social activities says "He is always on time and takes his volunteer responsibilities seriously. What would I do without him?" Elizabeth Sherman states, "He is a kind, patient, and committed gentleman. I am very thankful for his service." Harold comments that being able to do something for the community makes him hopeful that he is making a difference in the world. He is an admirable volunteer and a man of few words. Nothing speaks louder than actions. Harold logged 6,148 miles in the last two years transporting Seniors in our community. He enjoys doing what he is doing and words of appreciation expressed are enough for Harold. This is what it is all about, that deed of kindness. Reaching out and helping someone in need.

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for independent seniors
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Lights! Camera! Action!



Julie Kaufman

Let me first start by giving a tremendous thank you to all the people who helped package meals over the Labor Day weekend. As I mentioned in last month's article, Project Elijah Foundation partnered with Meals from the Heartland to bring people all across the state of Iowa together to help package meals for those in need. In just two days Project Elijah was able to package 185,000 Kosher meals. All of these meals were sent to help Jewish families in Israel. A very special thank you must go out to Andy Marcus, Diane Pratt and Jessie Pratt who all went above and beyond to help this food packaging occur.

We are also dedicated to feeding American Jewish families, so the month of October was a busy one. We packaged meals in Minneapolis and Minnetonka, Minnesota as well as Los Angeles, California. All of the food packaged at these events will stay in those local communities. In addition, Project Elijah Foundation also attended the Iowa Hunger Summit and the World Food Prize in October.

It has been a very busy few months but what a wonderful time it has been! As people come together at these packing events amazing things seem to happen. The impossible seems to be a little less impossible and a feeling of kedushah fills the air and people not only feel, they know, that they have made a difference, and we are all better for it.

Project Elijah Foundation is growing by leaps and bounds. There are months that we are very busy and can use volunteers in a variety of ways. If you are interested in helping, please give me a call. As always, thank you for all of your support, together we can and do make great things happen. May you all have a happy and sweet New Year.

Shalom,
Julie



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A Great Miracle by David Friedgood



Our Bible and other ancient Jewish texts contain many stories of miraculous occurrences. Our ancestors did not question the ultimate power of God. Miracles were one of His ways to demonstrate to us mortals who is ultimately in control of our existence in this world. Often it was through miracles that God intervened in our forefather’s lives. For them, God was always present. If they behaved properly, following divine laws and rules, extraordinary events (miracles) occurred as a reward for good behavior. Miracles were seen as proof of God’s providence. Miracles also served as a sign of God’s existence. One Hebrew word for miracle is nes, which means ‘a sign’. Those who benefited from the nissim (miracles) were often seen as deserving – through their actions and good deeds.

Here are some well known examples: Moses is sent to Pharaoh to demand that the Hebrew slaves be freed. Understandably Moses is reluctant to face the monarch, whom he knows well, without proof of God’s power. “But Moses spoke up and said, “What if they do not listen to me, but say: The LORD did not appear to you?” The LORD said to him, “What is in your hand?” And he replied, “A rod.” He said, “Cast it on the ground.” He cast it and it became a snake...” (Exodus 4:1-3) Later God says: “if they are not convinced by these signs and still do not heed you, take some water from the Nile and pour it on the ground, and it... will turn to blood...” (Exodus 4:9) After the deliverance from Egypt, Pharaoh had a change of heart and chased after the fleeing Israelites. The people found themselves between the Red Sea and the pursuing Egyptian army. Only the manifestation of God as a pillar of fire at night and a cloud during the day separated the people from disaster. “Then Moses held his arm over the sea and the LORD drove back the sea with a strong east wind all that night, and turned the sea into dry ground.” (Exodus 14:21) Israel escaped, and the pursuing Egyptians drowned in the Red Sea waters. “Thus the LORD delivered Israel that day from the Egyptians... And when Israel saw the wondrous power which the LORD had wielded against the Egyptians, the people feared the LORD; they had faith in the LORD and his servant Moses.” (Exodus 14:30-31) Forty years later Moses tells the people that even natural events can be seen as a sign of God’s benevolence – in a sense a miracle. “If then you obey the commandments that I enjoin upon you this day..., I will grant the rain for your land in season... Take care not to be lured away to serve other gods... for the LORD’s anger will flare up... and

He will shut up the skies so that there will be no rain and the ground will not yield its produce, and you will soon perish...” (Deuteronomy 11:13-15)

By the medieval ages Jewish scholars were questioning the nature of miracles. Some tried to explain them as natural events – a line of study still actively pursued by Biblical researchers. The Hasidic master, the Baal Shem Tov, is quoted as responding to a naturalist who proved that the splitting of the Red Seas occurred as a natural anomaly, not at all miraculous. The Baal Shem Tov answered: “Don’t you know that God created nature? He created it so, that at the hour the Israelites passed through the Red Sea it had to divide. That is the great and famous miracle!” Maimonides states that man’s nature is never changed by miraculous events. God can change nature, but He chooses not to. The Almighty has set the world, as we know it, on its course. He has also given us free will, the ability to decide what is right and wrong. Man benefits from God’s providence in direct relation to how well he understands what God wants – what is ultimately good and beneficial for all mankind. More recently the great Physicist Albert Einstein is quoted as saying: “...a legitimate conflict between science and religion cannot exist... Science without religion is lame, religion without science is blind.”

We are entering the Hanukah season, where we celebrate the miracle of Jewish existence. We recall the majesty of Judah Maccabee and his small group of fighters who stood up to Roman tyranny in the 2nd century BCE. Their nes was that a small flask of oil, enough to kindle the Temple menorah for one day, lasted eight days until a new supply of oil could be processed. Our very lives, and all that we experience each day, is miraculous. We know, as the Talmud states clearly, that our God does not expect us to sit back and passively wait for miracles to change our lives – to save us. It doesn’t really matter whether the miracle of life is God’s work on earth, the result of purely natural phenomenon, or simple chance (good luck). As in the time of the Maccabees, miracles are more likely to occur to sustain us as a result of our deeds. Ultimately we are judged by our actions, our performance, not just our piety and intentions. As each of us strives to repair our broken world the light of God’s providence shines ever more brightly – over each of us, our families, and the whole world - to all our benefit.

Happy is the nation whose God is the LORD, the people He has chosen to be His own.

The LORD looks down from heaven; He sees all mankind.

From His dwelling-place He gazes on all the inhabitants of the earth –

He who fashions the hearts of them all, who discerns all their doings. (Psalms 33:12-15)

Rabbinical Perspective

Letter to a Friend in the Peace Movement By Rabbi David Kaufman



Friend,
I too seek peace. In fact, I seek Shalom. Shalom is not simply an absence of violence, but the absence of the threat of violence.

I think that the simplest way to get people to stop fighting is to make the cost of fighting so high that they want to avoid it. War SHOULD BE hell. We don’t want people to believe that they can wage war without grave consequences, not only to them, but to innocents around them. We want everyone around those seeking war to say, “Stop! You’re ruining my life! You may even kill me by fighting!” War SHOULD NOT be a clean and precise game in which only players on the field wearing uniforms at the moment are affected. That kind of thinking leads to more war and it is even worse when ONLY those who do not want war apply this kind of thinking to it.

Look at the Taliban operating in Pakistan who strolls through valleys and villages in Pakistan slaughtering women and children on their way to school. They certainly don’t operate by that rule. Yet we will refuse to fight them to stop them because they are among their own civilian population. Hence they can with relative impunity slaughter civilians and we will with grave difficulty attempt not to yield ground rapidly. That process will only lead to the end of freedom in the world and the suffering of millions and millions more people under the rule of tyranny at the hands of those who do not value the lives of ANY innocents at all.

The way to end the Palestinian conflict against Israel and the Jewish people, which is really what it is right now, a war that Israel does not want, but the Palestinians prolong and have for over SIXTY YEARS, is for those seeking to slaughter every Israeli Jew, or every Jew, to stop trying to do so and to start trying to live at peace.

In the meantime, organizations that condemn Israel’s attempts to stop attacks against its citizenry, to stop it from trying to defend its people, are not bringing peace, but advancing the militant cause against Israel, giving it strength and moral support. I believe that this is the great failing of the peace movement, namely that while it condemns Israel’s use of force, it never offers an alternative beyond hope that the prospective murderer will lay down his arms if his target refuses to defend himself. That target is Israel.

This is precisely why peace will come when the Palestinians stop fighting and Israelis have come to believe that NOTHING that Israel concedes, from checkpoints to land exchanges, will end the conflict until then. If you want evidence of this, just look at the West Bank as opposed to Gaza. Israel faces greatly reduced threat from the West Bank due to the construction of the separation barrier and the result is a population thriving to such an extent that President Abbas, talking about the ability of the Palestinians to wait for concessions said that “Until then, in the West Bank we have a good reality... the people are living a normal life.” And President Carter, with whose views I generally disagree, stated of Gaza, “Under occupation, this community was relatively peaceful and prosperous.” The absence of conflict

brings prosperity. The problem is that the Palestinian leaders, neither Hamas nor Fatah, seek the absence of war as their top priority and the peace movement’s efforts, which are aimed at hampering Israel’s ability to make that desire to continue war problematic for the Palestinians, embolden fighters and prolong the very war they seek to end.

Friend, you asked me NOT if I supported attacks on civilians or thought they were justified. If any attacks were deliberately aimed at civilians, they most definitely would not be justified and I would consider them to be crimes. I do not believe that the vast majority of such accusations by the Palestinian side are accurate, nor does Israel, which has offered evidence to this effect.

You asked me, in essence, if what Israel did brought it peace. The answer to that question is a definite “Yes.” The problem for us both then is what that means for the process of settling the conflict to prevent further death and suffering. As for your belief that non-violence brings about peace, please offer me a single example of a situation in which the use of non-violent resistance worked against an attacking nation or people that did not value the lives of innocents on the other side? Non-violent resistance only works if the person you are telling, “Over my dead body,” is not willing to oblige you.

Friend, Hamas nor its civilian supporters, which considering the 2005 election results could be said to consist of the majority of Palestinians, (though I should say that the real support group could be somewhat smaller, but does include the vast majority of Gazans) should not be considered “people of good will.” They do not seek peace with Israelis, but seek to eradicate Israel and expel or kill the Jews.

Jewish history has taught that it is a certainty that those who seek to kill our people will do so if we refuse to defend ourselves. Those who did not fight against the NAZIS were led like lambs to the slaughter. Those who huddled in churches and synagogues during the Crusades were burned alive in them. Those who tried to work with the Inquisition, received the Auto-de-Fe, burning alive at the stake after being tortured. And NEVER has any nation come to the defense of Jews under attack. Never in history. Not once, anywhere. No American soldier has died in the defense of Israel, nor of Jews. Even the liberation of the death camps was done as part of the war against the Nazis, not to save the Jews. The US didn’t even waste bombs trying to blow up the rail lines to save Jews. And not one American soldier has ever been sent to fight in any of Israel’s wars.

So a second major problem that we face is the fact that while Israelis know that military strength gives them a measure of security, they also know that abandoning the use of that strength has historically resulted in slaughter, not peace, and those nations whom they might consider friendly to Jews during peacetime have never come to their defense in war. That understanding will not be overcome by calls to stop fighting.. For those seeking to bring peace to Israelis and Palestinians then, it is vital to understand that unless Israeli security is guaranteed, enduring peace will never come and Israelis will never concede what would be necessary for a thriving and free Palestinian state. Israelis see their active defense as an existential necessity; an obligation, not a choice.

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Mark John Conley



Jewish Press: *Where are you from originally, Mark?*

Mark John Conley: I'm from Des Moines! My family resided in Beaverdale. I went to Samuelson Elementary, Meredith Middle School, and Hoover High School.

JP: Where did you attend college?

MJC: I went to Iowa State University for my degrees. I have an undergraduate degree in Speech and Theater and then I went on for a Masters degree in Organizational Communications.

JP: Has your training in Organizational Communications helped you?

MJC: Yes, that's pretty much what I am doing. I am Marketing Manager at Wells Fargo Financial. I manage a team of copywriters that address a variety of topics affecting customers and internal management. I've been at Wells Fargo for over twelve years, but I've been in my current position for a little over a year.

JP: Relating back to your degree in Speech and Theater, I understand that you've been involved in many community theater productions.

MJC: Yes, and theater, in a way, has been a catalyst to my path to Judaism. I had been cast in Jewish roles seven times – I was kind of the Kaye Ballard of Des Moines, Iowa. (Chuckling, along with the interviewer.) As part of the character study for each of those roles, I wanted to know a little bit more about Judaism, and so each time I dug a little deeper.

The last time I was cast as a Jewish character, Louis, in Tony Kushner's "Angels in America." The character is very human, who actually leaves his partner because he has been diagnosed with AIDS. One of the things that character has to do – and it is rather abhorrent to him – is that he has to say Kaddish for Roy Cohn, the attorney for Joe McCarthy, and so, in the script it was all transliterated and I hadn't an inkling about the pronunciation. So, initially, I sought help from Temple B'nai Jeshurun and ended up attending a musical Shabbat service there. Laura Berkson, the cantorial soloist was singing, and the minute I entered the sanctuary, I felt as if electrical currents were going up my back. I just got the sense that it was in Judaism where I needed to be and where I belong. Yes, much of what I heard was in Hebrew, which I didn't understand. But I found myself crying, the experience was so moving.

JP: How long ago was that?

MJC: It was several years ago. So then I contacted the Rabbi and subsequently attended classes taught by Rabbi Kaufman and Rabbi Padorr. My conversion ceremony was June of last year. And now I am preparing for my bar mitzvah in January of 2010.

JP: You're preparing diligently for it....

MJC: I am. I have been studying Hebrew with Wendy Beckerman, who is in charge of preparing Temple students, for two years now. You might be interested to know that I've had my Hebrew debut over Yom Kippur, when Wendy had me chant the blessing for the Haftarah. There were all kinds of formulaic tunes going through my mind and you get up there – what's my note? (Chuckling.) But it just went off without a hitch, and a number of people came up to me later and said, "Wow, you really hit it." So that made me feel good. It was like an extra boost in the final lap, to get the rest of it done for the bar mitzvah.

JP: Which haftarah will you be doing?

MJC: My parasha is Sh'mot, the beginning section in Exodus. I chose that because the parasha resonated with me so much. I identify a lot with Moses, who figures prominently in the text, insofar as I metaphorically consider my life before Judaism kind of my own Egypt, if you will. I was wandering and Judaism led me to where I feel I should be. My own Hebrew name is Moshe (Moses.) Moreover, I was inspired by the story of Moses, having led his people to a better life, and that aspect of the story, in particular, influenced my

choice of a bar mitzvah project. I started thinking about refugees, and about a stranger in a strange land. That's why I approached the Iowa Bureau of Refugee Services with the intention of working with our refugees. Particularly because I have an interest in the English language – I used to teach English part time at Iowa State and Des Moines Area Community College. So teaching English to refugees seemed a natural endeavor.

JP: Tell us about the students you teach?

MJC: The students are typically folks who have come to the United States within the past five months. They have an absolutely incredible desire to learn. I bring picture books to class and they point to things and ask: what's that? What's that? They want to broaden their vocabulary. I have them do mock telephone calls. We work on telling time, figuring out the bus schedule, making change. I have them conversing with one another. We work on developing life skills they need on an everyday basis. I love working with them. And it is an extension of my Judaism. One door leads to another door and to yet another door.

JP: You've obviously found much value in teaching English as a second language as an outgrowth of your Judaism.

MJC: Yes, from the Judaic standpoint, it is the practice of Tikkun Olam, which resonates strongly in me.

JP: What other avenues have opened up to you Judaically?

MJC: There are so many things. But I love exploring Jewish culture.

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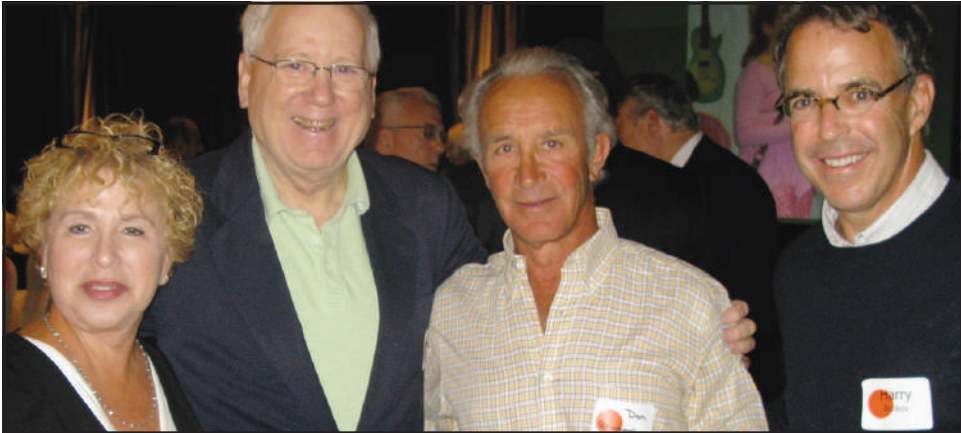
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After the evening was over, the buzz in the community was just as exciting as the dollars raised for the campaign...\$118,000 after the event, and with pledges coming in, we've raised a little more than \$200,000. "The event was a terrific kick-off to a wonderful new year," says Judy Deutch, president of the Board of Directors. "We've set a goal of increasing last year's donations by at least 10% and we're off to a great start."

Thank you to all who worked on Serve it Up! and to all who attended ... you are making it possible for the Federation to continue to reach out, to serve and to meet the needs of our Jewish community.



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The Jewish Guide to Winter Hobbies By David Moskowitz



Editor's Note: "Ask Dave" has gone on involuntary hiatus. That's what happens when you don't get any letters. The Jewish Press has been advised that "Dave" is traveling the country in search of "questions" that he can "answer." We will consider restoring "Ask Dave" to the Jewish Press lineup if, in the future, we determine that we have an enormous need for filler. In its place, we are happy to present this month's form of filler.

It's autumn. By day, the shadows are lengthening and by night, the harvest moon swells over the spent cornfields. That means its time for Jews to bring an end to their summers of athletic achievement, return to their homes, and hibernate until spring. During winter, Jews are exactly like bears, except with better educations and a lower likelihood of waking up in the middle of the night with an insatiable desire to kill a baby deer.

What hobbies will keep us busy during the long, dark days of winter (particularly the "holiday" season featuring the "other" new year) *(note to self for possible future column idea: what was so wrong with Rosh Hashanah that the rest of the world had to invent an entirely different concept for the calendar and for New Year's Day?)*. Our fun Jewish hobbies!

Our Jewish hobbies are not mere luxuries; they are the buffer that separates us from the realization that it is 12 degrees outside and that spring is only 150 days off. Our hobbies make these desultory Iowa winters speed by, and deliver us to the budding days of spring like Jewish flowers, filled with newly-developed talents to deploy in the hopeful season of life. Here is a list of Jewish hobby ideas to fill your winter, because hobbies are the perfect way to express your love for life – well, that's an overstatement. Hobbies are something not awful to do for a little while until you get completely bored.

HOUSEHOLD PROJECTS

Nothing is more central to Jewish identity than home maintenance projects, from carpentry to plumbing to electrical. For example, Jews love learning and collecting lots of books for possible future opening or reading. But where are we supposed to keep all of these unopened books? Bookshelves! A great hobby is building bookshelves to keep all the books! Here are some simple steps to follow to build excellent bookshelves. By spring, you will be a real Jewish carpenter!

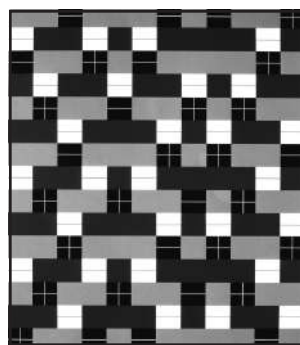
1. Call carpenter
2. Ask carpenter to come over and build bookshelves
3. Observe carpenter building bookshelves
4. Pay carpenter

See how easy this is? The same techniques can be applied to developing other household hobbies.

continued on page 17

[art]

Anni Albers (1899-1994)



Anni Albers is perhaps the best-known textile artist of the twentieth century. She worked primarily in textiles, but later in life also worked as a printmaker. She produced numerous designs in ink washes for her textiles, and occasionally experimented with jewelry. Her woven works include many wall hangings, curtains and bedspreads, mounted "pictorial" images, and mass-produced yard material. Her weavings are often constructed of both traditional and industrial materials, for example sometimes combining jute, paper, and cellophane.

She was born Annelise Else Frieda Fleischmann in Berlin on June 12, 1899 of Jewish descent. Her mother was from an aristocratic family in the publishing industry and her father was a furniture maker. Albers took up painting at an early age and studied under an impressionist from 1916 to 1919. Upon seeing a portrait of hers, Oskar Kokoschka asked Albers sharply, "Why do you paint?" causing Albers to question her artistic ability. She attended the Kunstgewerbeschule in Hamburg for only two months in 1920, but in April 1922 went to the Bauhaus at Weimar.

Albers studied under Georg Muche and Johannes Itten at Walter Gropius' Bauhaus. During her second year, Albers was unable to enroll in a glass workshop since she was a woman and instead reluctantly enrolled in a class on weaving. Despite her reluctance, her instructor, Gunta Stolz, taught Albers to love the tactile construction challenges presented by weaving.

In 1925, Anni married Josef Albers, who had rapidly become a "Junior Master" at the Bauhaus. That same year, the Bauhaus moved to Dessau and shifted its focus from craft to production, prompting Albers to develop many functionally unique textiles that combined properties of light reflection, sound absorption, durability, and minimized wrinkling and warping tendencies. For a period, Albers studied under Paul Klee until she accepted a teaching position in 1928 to teach next to the Klees and Kandinskys.

When the Bauhaus closed in 1933 under pressure from the Nazi party, Anni and Josef Albers accepted teaching positions at the experimental Black Mountain College in North Carolina. Both taught at the college until 1949, during which time Anni Albers' weavings were shown throughout the United States, culminating in her 1949 show at the Museum of Modern Art, the first textile show at that museum. Albers was established as the most well known weaver of her day.

After leaving Black Mountain College in 1949, Josef Albers accepted a position as chair of the design department at Yale and Anni began working from their new home in Connecticut.

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In the Kitchen With Kaiti Muelhaupt

by Karen Engman



You would never guess that this tri-athlete “work out queen” Kaiti Muelhaupt loves to spend her Wednesday nights baking. She shares her tea cakes, biscotti, bars and cookies with her friends, family, co-workers and running group. Now she can add challah to that list of baked goodies.

Kaiti, who is 37 and the daughter of Karen (Kaplan) and John Paul Muelhaupt, grew up in Des Moines, attending Hanawalt, Merrill and Roosevelt High School. She remembered that Tweedlebaum was the Hanawalt mascot. She graduated from the School of International Service at American University. She has an older sister Molly who is married and lives in Seattle and a younger married brother Aaron who lives here in Des Moines.

After college, Kaiti returned to Des Moines and started working with the Hispanic community. She worked for the Greater Des Moines Partnership for

seven years on the “welfare to work” side with Bridges to Iowa. She’s currently a probation parole officer at the Fort Des Moines Residential facility, working exclusively with male clients.

She works out daily either running, biking or swimming. Kaiti also takes yoga classes (including Bikram yoga also known as hot yoga) and kickboxing. She plays classical guitar, and especially likes Russian and Spanish composers. Kaiti doesn’t own a television, preferring to listen to NPR or read. She has met men from all over the country on J-Date, even receiving messages all in Hebrew from an Israeli!

Heading to Spain, for a four week TEFL (Teaching English as a Foreign Language) course, Kaiti is hoping to teach in the future and do some world traveling.

Her recipe for White Russian Kahlua Cake can actually raise your blood alcohol level if you follow her instructions. She and her fellow workers gave each other BT (Breatholizer) tests after eating this Kahlua treat and did register some

presence of alcohol in their systems.

Kaiti has a great smile, bubbly personality and was fun to interview. The Jewish Press thanks her for sharing this cake recipe with our readers and wishes her well on her travels. If you have a recipe to share or a question I can research, please call Karen (515-274-3300) or email (aengmandsm@yahoo.com)

After my last article, I heard from both my

mother Betty Abrams and my mother in law Eskie Shepard that I used the wrong Yiddish word to describe a juicy and browned brisket. I was advised to use the word “frabrent” which actually means burnt while I was searching (and still can’t find) a word that phonetically is spelled “frabruttna.” This was the Yiddish we used to describe my Mother’s brisket so any reader who knows the word I seek please call or email me!

KAHLUA WHITE RUSSIAN CAKE A Recipe from Kaiti Muelhaupt Dairy

3 tablespoons Kahlua	¾ teaspoon baking soda	¾ cup fresh dairy buttermilk
2 tablespoons vodka	¼ teaspoon salt	1/3 cup apricot jam, warmed
3 ounces white baking chocolate	½ cup butter	2 cups fresh whipping cream
2 cups sifted cake flour or 1 ¾ cups sifted all-purpose flour	2 tablespoons Crisco shortening	½ cup powdered sugar
¾ teaspoon baking powder	1 ¼ cups granulated sugar	¼ cup Kahlua - I use more :)
	3 large eggs	2 teaspoons vodka - I use more :)

In a pan combine the Kahlua, vodka, and white chocolate over simmering water and melt. Remove/cool.

In a bowl measure sifted flour with baking powder, baking soda, salt, whisk until mixed.

In mixer cream the butter, shortening, and the sugar until nice and fluffy. Add the eggs one at a time, combining well after each. Beat in the cooled white chocolate/Kahlua mixture, and combine.

Add flour and buttermilk alternating in three portions, combine after each. Combine after last addition.

Pour cake batter into three greased and floured 8 inch cake pans. Bake at 350 degrees 20 to 25 minutes, until a few crumbs cling to a toothpick. Remove and cool for 5 minutes. Invert onto rack, cool completely.

Combine the whipping cream, Kahlua, vodka and confectioner sugar, whip with whisking beaters until stiff.

Place one cake bottom up onto serving plate, place 3 tablespoons warmed apricot jelly and spread evenly, cover with 1/3 of the whipping cream and spread evenly over the apricot layer. Place second cake bottom side up and spread the last of the warmed apricot jelly and 1/3 of the whipping cream over that.

Place the last cake bottom side up and cover the whole top and sides of cake with the remaining whipping cream to cover and coat the cake entirely.

Place covered in the refrigerator for at least 12 hours before serving.

{ Rethink your drink. }

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Israel

COMING HOME "TO LIVE AS A JEW IN ISRAEL WITH MY CHILDREN"

Ksenia Yurkovskaya comes from a provincial village near the Russian city of Krasnodar on the Black Sea. The village has few Jewish people. When her father and two brothers made aliyah, Ksenia was married and her husband did not want to go to Israel. However, on her first visit Ksenia had the feeling that this was home, and longed to bring her two small children to Israel.

Upon her divorce, Yurkovskaya immediately started the aliyah process. "I did not want to live in a place that was just close to other Jews. And I did not want to be a tourist in Israel. I was determined to live as a Jew in Israel with my children," says Yurkovskaya.

The process of leaving Russia and moving to Israel with two young children, David, age 11, and Yeva, age eight, was not easy. But Yurkovskaya explains that once she made her decision she had a feeling deep within herself that this was right. And this feeling has been with her every step of the way, giving her strength to move forward.

"I cannot believe that we are in Israel," says Yurkovskaya the day after she arrived with 227 other new immigrants

from the former Soviet Union. "I feel like this is a dream, but I know that I am now part of my nation and my country."

Yurkovskaya and her children will start their life at the Jewish Agency's pastoral IBIM student village in southern Israel, which has begun a new program for absorbing young families. The program gives new immigrants a soft landing in Israel.

Yurkovskaya's Israeli family is amazed at how quickly she has accomplished a major part of the aliyah process. "My relatives said that I did in half a day what took them weeks to do running from one government office to another."

Yurkovskaya worked as a cosmetician in Russia. Now she feels that she can lift her wings of independence, walk with her head held high and maybe even go to college to get a degree in psychology. "The



sky is the limit here," says Yurkovskaya. "My children are happy and I know that we will have a good life here."

[history]

ONE OF WORLD'S OLDEST SYNAGOGUES UNCOVERED NEAR THE SEA OF GALILEE

New York - October 1, 2009: A 2,000-year-old synagogue from the Second Temple period was discovered this month during archaeological excavations by the Israel Antiquities Authority in Migdal near the Sea of Galilee.

The 390-square-foot synagogue contains mosaic floors and walls covered with frescos. Also, a square stone featuring sides adorned with reliefs and engraved with a seven-branched menorah was discovered in the hall atop a pedestal with a triangular base.

"This is the first time a menorah decoration was discovered from the Second Temple Period," says Dina Avshalom-Gorni, Excavation Director, Israel Antiquities Authority, "And the synagogue that was

uncovered joins just six other synagogues in the world that are known to date to the Second Temple Period."

The location of the synagogue, Migdal, is mentioned in ancient Hebrew text as playing an important role during the Great Revolt and serving as the main base of Josephus Flavius, commander of the rebellion in the Galilee.



For more information, visit www.antiquities.org.il. For more information about travel to Israel, visit www.goisrael.com.

Mazel Tov



David Adelman, a graduate of the Federation's Leadership Development Forum is running for Des Moines City Council. His opponents, in

the race for the all-city seat, are Leisha Barcus, Cyndi Chen, Skip Moore, and David Rosenfeld.



Mazel tov to the **Lipsman** family on the appointment of **Julie Lipsman's** husband, **David Jacobson**, as

U.S. Ambassador to Canada. Julie is the daughter of **Zeldene Lipsman** and the cousin of **Paulee Lipsman**.



paparazzi pic

Adam Moskowitz commenting on a picture **Michael Moskowitz** took with **Larry David**, "Big deal, I can get a picture with Dad anytime I want." (see David's picture on page 12)

Send us your favorite photo with a celebrity to jrcr@dmjfed.org. We would love to share it.

The Goldstone Gaza War Report

Unjust, wanting in truth and has harmed the prospects for peace in the Middle East.

By Warren Goldstein, PhD. in Human Rights Law, and is the chief rabbi of South Africa

Much has been written and said about the inaccuracies, shortcomings and the moral inversion of the United Nations Human Rights Council's Mission presided over by Judge Richard Goldstone and his three fellow members. Most critics have understandably addressed the political and military issues involved. It is important, however, also to deconstruct the Goldstone Mission's Report from a legal point of view.

This is so because the report uses the veneer of respectability that comes with legal methodology, and with the presence of an internationally respected judge, to gain credibility. Law is a very powerful weapon to give respectability to contemptible actions and opinions. The South African Apartheid Government was very legalistic in its approach to racial oppression, and was punctilious about promulgating proper laws, and about maintaining a fully functioning judiciary to give the façade of respectability to its repugnant policies.

The United Nations, through its various organs, but particularly through its Human Rights Commission, uses the superficial veneer of law and legal methodology to give credence and credibility to its anti-Israel agenda. The Goldstone Mission is a case in point. Careful analysis reveals that the legalities utilized are merely a cover for a political strategy of delegitimizing Israel. Judge Goldstone claims that the Mission "is not a judicial enquiry [but is] a fact-finding mission."

This is a distinction without a difference. The Mission's Report makes numerous factual findings, and some legal, just as if it were a judicial body.

The Report could have salvaged some measure of integrity had it stated that its findings, both legal and factual, were only prima facie. It did not do so.

Judges make factual and legal findings which have practical implications. There are very real consequences for Israel resulting from the findings of the Mission. Apart from holding Israel liable in international law to pay war reparations, Judge Goldstone refers the findings to the highest authorities of international law, including the United Nation's General Assembly and the Security Council, and he recommends the commencement of criminal investigations in the national courts of the state signatories to the Geneva Convention of 1949. Of course, the Report also inflicts very great and real harm to Israel's reputation in the court of world opinion. This has serious political, economic and military implications for Israel's future, and for its very survival.

Any civilized legal system requires that justice be done on two levels: procedural and substantive. The Goldstone Mission is replete with procedural and substantive injustices. From a procedural point of view, there are four main areas of injustice.

FIRSTLY, THE Human Rights Council's Resolution S-9/1 establishing the Mission expressly states that it "[s]trongly condemns the ongoing Israeli

military operation [in Gaza] which has resulted in massive violations of the human rights of the Palestinian people," and in so doing pre-judges the guilt of Israel. The Resolution refers many times to Israel's guilt in a very lengthy document which is phrased in wide, undisciplined and aggressive language. Furthermore, it calls upon the Mission to investigate Israel's conduct and not that of Hamas. Although Goldstone and the President of the Human Rights Council purported to extend the ambit of the mandate, the legal basis for their doing so without the express authority of the Council is not clear.

The second procedural injustice is that the members of the Mission publicly expressed beforehand their opinions on this conflict. The most explicit in this regard, Professor Christine Chinkin, was one of the signatories to a letter published in the Sunday Times of London which stated that "Israel's actions amount to aggression, not self-defense, not least because its assault on Gaza was unnecessary." The letter is published under the heading "Israel's bombardment of Gaza is not self-defense - it's a war crime."

The other three members, Judge Richard Goldstone, Hina Jilani and Desmond Travers, all signed a letter initiated by Amnesty International stating: "Events in Gaza have shocked us to the core." Thus, all four members of the Mission, including Goldstone himself, expressed public opinions concerning the Gaza conflict before they began their work.

Thirdly, the Goldstone Mission violated another basic principle of justice, audi alteram partem - let the other side be heard. At least due to the procedural injustices already referred to, the State of Israel correctly refused to cooperate with the Mission. Once it had done so the Mission ought, if it were objective and fair, to have accepted Israel's right to remain silent and then ought to have desisted from making findings whether factual or legal. But it did not do so, and as any lawyer knows unanswered allegations often prove unreliable and in almost all conflict situations there are serious disputes of fact, and often of law as well.

The Mission's findings were based on accepting the allegations of only one party to the conflict. The Mission did not try to cross-examine or challenge the witnesses in any real way. There is a lengthy, fascinating article by Jonathan HaLevi of the Jerusalem Center for Public Affairs in which he analyses in detail the methodology employed by the Mission in respect of witnesses. He demonstrates that there was a lack of adequate cross-examination of the testimony of the witnesses. Unproven allegations of Hamas officials were accepted as established facts. Even the most basic questions were not asked; when, for example, allegations were made of Israel's bombing civilian installations, witnesses were not asked whether there were Hamas fighters or weaponry in the vicinity, or whether any attacks had been launched from the area.

There is a fourth procedural injustice which undermines the integrity and credibility of Judge Goldstone and the three other members of the Mission: There simply was not enough time to do the job properly.

Any lawyer with even limited experience knows that there was just not sufficient time for the Mission to have properly considered and prepared its report. One murder trial often takes many months of evidence and argument to enable a judge to make a decision with integrity. To assess even one day of battle in Gaza with the factual complexities involved would have required a substantial period of intensive examination. According to the Mission's Report, the Mission convened for a total of 12 days.

They say that they considered a huge volume of written and visual material running into thousands of pages; they conducted three field trips; there were only four days of public hearings; and yet in a relatively short space of time the members of the Mission agreed to about 500 pages of detailed material and findings with not one dissenting opinion throughout.

They made no less than 69 findings, mostly of fact, but some of law and within those 69 there were often numerous sub-findings.

All of this was quite simply physically impossible if the job had been done with integrity and care.

The fourth procedural injustice also demonstrates the total sham of this process.

continued on page 17

Jewish Community Relations Commission In Review:

Recent activities of the Jewish Community Relations Commission

The on-going work of the JCRC pertains to ensuring the safety and wellbeing of the Jewish community, building bridges with interfaith groups, educating on matters of importance to the Jewish community, and advocating for Israel in its search for peace. Listed below are just a few of the services on your behalf that your contributions to the All-in-One Campaign have enabled most recently:

- Rectified a "religion in the schools" problem. JCRC was informed that eleven flyers advertising an after school religious club were being displayed indiscriminately throughout a local public school. Following discussion with the principal, the principal consulted with the school district and complied with policy determining appropriate placement of the information on school property.
- Developed better understanding of the Holocaust with others/Building bridges of understanding. The Reverend at the Maple Street Missionary Baptist Church of Des Moines graciously invited JCRC to teach and lead discussion primarily about the Holocaust. The sessions, with class attendance numbering 35 individuals per meeting, were extremely well received and served as a means of imparting knowledge and finding commonalities between the African-American and Jewish communities.
- Exposed anti-Israel incitement. The Israeli-Palestinian conflict may be very complex, but portraying Israel as the Third Reich is false and malicious. Such portrayals are intended to demonize and delegitimize the Jewish state. When a recent letter in the Des Moines Register contained a not-so-thinly-veiled likening of Israel to the Nazis, the JCRC countered with a letter exposing and deploring the hateful analogy.
- Contested discrimination against Jews. Whether or not the Iowa political parties will move the 2010 Iowa caucuses off of the Jewish and Seventh Day Adventist Sabbath is as of yet undetermined. JCRC, however, coordinated efforts with the Jewish Council for Public Affairs in bringing the consensus request of 16 national Jewish organizations to the parties that individuals not be forced to choose between religious observance or participating in the electoral process.
- Bolstered the security of Jewish community facilities. In light of the continuing threat of terrorism aimed at the Jewish community nationwide, JCRC participated in workshops offered by Iowa Homeland Security and federal agencies intended to help communities develop effective means of protecting synagogues, educational, medical, recreational and office facilities - buildings considered to be "soft targets."
- Educated about Israel. JCRC screened an important documentary featuring Alan Dershowitz called "The Case for Israel," and held discussion afterwards. The occasion provided an opportunity to broaden understanding about the challenges to Israel's security, its right to exist and to defend itself against terrorism.
- Kept the community informed about Jewish news. News about Jewish security issues, Israel and the peace process, and world Jewry breaks daily. Concerned about how the news is reported? The JCRC provides accurate news reports and information on Jewish political issues to the community and beyond online at jcommunitynews.blogspot.com and at twitter.com/jewishnewsblog Most currently the InfoBlog has been tracking the threats to the Middle East and the West by a belligerent Iran seemingly intent on developing nuclear weapons.



Mark and Rev. Keith Ratliff of Maple Street Baptist Church

BETH EL JACOB SYNAGOGUE

November 7 – Shlock Rock with Lenny Solomon.
Following Shabbos Morning Services, we will have a musical scholar in residence for our oneg, speaking on “The Spiritual & Halachic Implicatins of Using Non-Jewish Music In Davening.” Mr. Solomon has been working on various musical projects, recently bringing 23 Beatles tunes to life as zemirots. After Shabbos, we'll have an evening concert.

November 13 – 2nd Shabbos Challenge Weekend
Our first Shabbos Challenge was a success, with 32 attendees. If you'd like to experience an orthodox Shabbos, call us for details. Space is limited, so make your reservation today! Subsidies are available.

November 18 – Rosh Chodesh Kislev Breakfast
following morning minyan

November 21 – Malava Malka
Food, Fun & Games following Shabbos. 7PM, \$18/family

November 26 – Thanksgiving Dinner
\$10 each, RSVP required

November 11 – Congregational Chanukkah Dinner
Following services, \$10 per person, RSVP required.

November 13 – Chanukkah Party at 5PM

November 18 – Rosh Chodesh Tevet Breakfast
following morning minyan

We also wish to extend an invitation to all women, Bat Mitzvah and up, to join our womens Tehillim Group. Women have reached to the Book Of Psalms since King David gave us this treasure nearly 3,000 years ago. BEJ will be hosting an ANEINU Tehillim Chaburah. The uniqueness and power of this new type of group lies in the collective strengths of all the women gathered. Some of the women are veteran Tehillim sayers, others painstakingly recite the ancient words, while still others will use an English translation. The Book Of Psalms is pre-divided into 24 pamphlets. Each woman takes a different pamphlet and says it silently, but in the presence of all the other women. There is no pressure to keep to a regulated pace because each woman recites her own Tehillim chapters within her own time frame. Together, in an abbreviated amount of time, they complete the entire Book Of Psalms simultaneously. Each woman will select a book randomly, until all the booklets have been recited. This takes approximately 1/2 hour. There is no commitment. Just come out and join us and experience the power of Tehillim/Psalms. Sundays at 8:30AM, Wednesdays at 8PM.

As always, weekday minyanim meet at 7AM, and all are invited. Friday evening services for November and December are at 4:30PM, and Saturday evening at 4:15PM. Thanksgiving Day, sleep late, come to 9AM minyan!

TIFERETH ISRAEL SYNAGOGUE

Hanukkah Schedule
Friday, December 11th—yad Shabbat Hanukkah for young families
Services at 6:00 p.m. with special dinner to follow

Saturday, December 12th—first day of Hanukkah
Morning services at 9:00 a.m. with Shabbat café at 11:45 a.m.

Sunday, December 13th—second day of Hanukkah
Morning Minyan at 9:00 a.m. with torah reading

Tuesday, December 15th—fourth day of Hanukkah
Morning Minyan at 7:00 a.m. with torah reading

Friday, December 18th—last night of Hanukkah
Evening services at 6:00 p.m.

Saturday, December 19th—eight day of Hanukkah
Morning services at 9:00 a.m. with Shabbat café at 11:45 a.m.

Come learn with us this fall!
Adult Education at Tifereth Israel

Surviving Synagogue led by Rabbi Edelman-Blank,
Dates: Thursdays, Oct 29th, Nov 5th, Nov 12th & Nov 19th
Time: 7:00 p.m.; Location: Tifereth Israel

Jewish Searches for God led by Rabbi Edelman-Blank,
Dates: Thursdays, Dec 3rd, Dec 10th & Dec 17th
Time: 7:00 p.m.; Location: Tifereth Israel

Learning to Read Hebrew led by Cantor Bletstein,
Dates: Thursdays, Oct 29th, Nov 5th, Nov 19th, Dec 3rd, Dec 10th & Dec 17th
Time: 10:00 a.m.; Location: Tifereth Israel

Perek Yomi (Bible study) led by Michael Kuperman,
Sundays at 10:00 a.m. at Tifereth Israel (except for Jewish holidays)
Special Spiritual Sidetrip Session: Yom Kippur after morning services

Tifereth Israel Book Club led by Simma Stein, organized by Gwen Griger
Dates: Sundays, Nov 15th, Feb 7th, May 16th & Aug 8th
Time: 4:00 p.m.; Location: Borders Bookstore

Please RSVP for all classes at 255.1137

TEMPLE B’NAI JESHURUN

Hanukah Happening At Temple B’nai Jeshurun
The Temple Sisterhood will be hosting a family evening of Hanukah games, food, and fun at the Temple on Friday, December 4. Appropriate entertainment for all ages, but, especially for children and the young at heart. Please RSVP to the office so we know how many latkes to make! 274-4679.

Nosh And Shop
The Temple Sisterhood will have a “Nosh & Shop” at the Temple on December 6 beginning at 10 AM. Enjoy some bagels and cream cheese and conversation while getting those “just right” items for those children you dropped off at school in the morning.

Announcing Havdallah Beit Cafe
End Shabbat the fun way! Have a cup of Java! Enjoy local music! Starting at 7 PM there will be music, food, and a program appropriate to the season. Coordinated by Laura Berkson. The kickoff will be November 14, all other following Havdallah Beit Cafe’s being the first Saturday of the month, Dec. 5, Feb. 6, Mar. 6, Apr. 3, and May 1.

Fall & Winter Worship Schedule At The Temple
On Erev Shabbat, Friday
The first Friday of the month will feature Classic Shabbat in the Chapel at 6:00 pm. Family Shabbat will run concurrently at 6:00 pm in the Sanctuary with potluck following at 7:15 pm. The second Friday of the month will be the Erev Shabbat service from the Gates of Prayer Siddur. The third Friday of the month will be music Shabbat. The fourth Friday of the month will be the Erev Shabbat service from the Gates of Prayer Siddur. The fifth Friday, when there is one, will be Classic Shabbat.

Shabbat Morning Programming
At 9:00 am
Sacred Text Study will meet every Saturday Morning
This group will go through the Torah verse by verse, regularly discussing other texts and articles related to Judaism along the way.

Book Club will meet on 1st Saturday Morning of the Month (Nov. 7, Dec. 5, Feb. 6, Mar. 6, Apr. 3, May 1) Book Club will be led by a variety of members of the congregation with books to read to be determined by members of the group.

Women’s Torah Study will meet on the 2nd Saturday (Nov. 14, Dec. 12, Jan. 9, Feb. 13, Mar. 13, Apr. 10, May 8) Women’s Torah Study will be led by Sally Frank and will utilize the new WRJ Women’s Torah Commentary.

Parent and Child Study will meet on the 3rd Saturday (Nov. 21, Dec. 19, Jan. 16, Feb. 20, Mar. 20, Apr. 17, May 15) Parent and Child Study will be led by volunteers yet to be determined.

At 10:00 am
Full Torah Service on the 2nd Shabbat (Nov. 14, Dec. 12, Jan. 9, Feb. 13, Mar. 13, Apr. 10, May 8) This service will include a full Torah and Dvar Torah which may be given by a volunteer. Contact Rabbi Kaufman if you are interested in reading or offering a Dvar Torah.

Tot Shabbat on the 3rd Shabbat (Nov. 21, Dec. 19, Jan. 16, Feb. 20, Mar. 20, Apr. 17, May 15) This service is designed for children age six and younger.

At 11:00 am
Taste of Judaism (Oct. 31, Nov. 7, 14, 28, Dec. 5 and 12) Rabbi Kaufman will teach a six session class exploring the basic teachings, history, and practices of Judaism
Coffee, Bagels, and Cream Cheese will be available for all Shabbat Morning Programs (Donations Accepted)

At 7:00 pm
Havdallah Beit Café
Every 1ST Saturday Night (Nov. 14, Dec. 5, Feb. 6, Mar. 6, Apr. 3, May 1) Coordinated by Laura Berkson, this program will vary and will include participation by volunteers.

DRAKE HILLEL

Drake

Hanukkah Party

2009/5770!

December 10th at 7PM

Pomerantz Stage in Olmsted Student Center

Please join Drake Hillel for our annual Hanukkah party. We will have food, games and the JAVA JEWS! This should be a lot of fun and we hope to see you there. If you have any questions please email: duhillel@drake.edu

Journey from page 5

Not only do I try to enjoy each and every day so much more than before, but my personal and professional life has been enhanced and changed forever because of the outpouring of love, care and concern from family, friends and community members that have been involved in some way during this difficult journey.

There are so many of you I need to thank and I know that once I start listing names, I'll forget someone but, there are those that need special attention.

My two personal angels started with me at the beginning – Alice Friedgood, who came to almost every chemo treatment and has continued to take care of me with her support on a regular basis along with Kathy Lindgren, who many of you know as a local family physician but also my new sister-in-law, who reviewed all of my medical reports, treatments and my reactions. Both of these women made sure I received the best care from all aspects and that I understood each step I took; tremendous personal and professional support and continued friendship from Elaine Steinger; Barb Berven, who listened as I shared some of my experiences and feelings with her on a regular basis; Lisa Anolik Ikola, my best friend from California, was only a phone call or a plane ticket away and stayed with me during my surgery and my one night in the hospital. She was my personal nurse. My brother, Steve Kroloff, who lives in Highland Park, IL, called me weekly to see how his “sis” was doing and also came in for my surgery and he never comes back to Des Moines! And to the Rabbis and Cantors for their prayers and phone calls. To my family, (Bill, my husband; Shaynna and Jacob Grund, my children; and Pat Kroloff, my mother) I know it was not easy to see me go through this process, as they saw me almost daily. They never gave up on me, they were always there, even when I didn't look or feel so good or wanted them to drive somewhere to get me what I was hungry for right now! Or to make me my favorite home cooked meal. Specifically, to my husband, Bill, for loving me as you do, for who I am, for better or worse. Without you, I do not think I would have been able to be so positive, cheery and strong.

Many of you who have joined me during this journey have commented about my strength, my positive attitude and my zest for enjoying life each and every day since this trip began. It is because of all of you - from those I have listed above, to those who celebrated with me during my last week of chemo treatment, those who have called or sent notes, and those who prayed for me from near and far. Whatever your involvement, I truly believe that each and every one of you helped me through this journey. Positive energy has and continues to be all around me.

To sum up these past seven plus months, I am more aware of how precious life is and how very thankful I am to have my family and friends and all of you who have been there for me for whatever reason. You have all made an impact in my life, no matter how small your contribution may have been.

Finally, if you don't do this already, please make sure that yearly, you get a full physical with complete blood work and

whatever additional tests may be needed to make sure you are completely healthy. I've been doing this for years and always felt lucky that my reports were always A+. The cancer they found developed within one year between April of 2008 to April of 2009 when I had my yearly mammogram. Had I not done this on a regular basis, I may not have been so lucky. I have always been pretty healthy. I never thought I would have any major health issues in my life, especially cancer. If you take anything away from this article, please take this advice. Life is too short as it is. Stop making excuses as to why you can't take care of yourself. Just do it!

Hobbies from page 12

COOKING

If you're like me, the perfect Jewish hobby is cooking. Our grandmothers certainly seem to have been into cooking. Why else would we have grown up eating food that was only popular during the 1800s in certain areas of the Eastern European Pale of Settlement? My own bubbe wouldn't even attempt to cook a chicken unless she first saw it walking around and could observe and critique its style of walking, as if a chicken without some kind of irritated hip joint would make it less odious (“It's a chicken, grandma! It's a wretched animal no matter how it walks! Can't we just go to McDonald's and get some McNuggets?”).

That's why an even more perfect Jewish hobby is eating, so let's just skip the cooking part and move directly to the eating. Winter in Des Moines affords innumerable opportunities to perfect the hobby of cooking by others.

1. In the absence of the Downtown Farmers' Market, you can go to Costco on a Sunday. Pick up one of those big rolling carts suitable for toting a widescreen television, and then roam the aisles “pretending” to shop – while actually spending your time in search of free samples of delicious food! I love this hobby! Each aisle at Costco is a delightful treasure hunt for “cooking hobbyists” - with a lunch lady waiting for you at the end (safely ensconced in surgical garb) serving special surprise treats! A mouthful of Caesar salad! Recently-defrosted salmon with a packet of processed béarnaise sauce! Burrito-ish fragments! This is my idea of developing a cooking hobby – I hope spring never comes!

2. Many Des Moines restaurants have excellent chefs who have perfected their own cooking skills. As a mere cooking hobbyist, you can't possibly compete with them. So eating out is a great way to support local businesses while working on your cooking hobby. Sometimes, it's better to “observe” before you actually “do.” Slow it down, Mario Andretti and spend the winter in cooking-observer mode.

3. Collecting cookbooks. Think how great they will look on those bookshelves that carpenter guy is building. When he is done, you can browse the shelves of your new bookshelf and read about the recipes those chefs in the restaurant are using when they cook dinner for you.

ANXIETY

Worrying about things is the perfect Jewish hobby. We must love it or we wouldn't spend so much time doing it! Worrying about things is the perfect hobby because you always have time for it, you can do it anywhere, and it is never

finished. In fact, if there was an Anxiety Olympics, it would be held in Tel Aviv and the Jews would be the perennial world champions, like the Chinese table tennis team. As we approach the dark days of another Iowa winter, here are some anxiety themes you can work on. By spring, you will have perfected the one hobby that is truly our own.

1. The “wrong thing.” Let's face it: this theme is prevalent in Jewish teachings and in multiple episodes of *Curb Your Enthusiasm*. Did I accidentally forget to call my father on his birthday? When I was at the Kum N' Go, did I remember to pay for this copy of today's *Des Moines Register*, or is it okay not to pay for it because they didn't deliver today? Should I put money in the tip cup at the HuHot if the guy isn't looking?

2. Unintentional offense. Another fundamental element of Jewish anxiety is the imaginary or unintentional offense: If you're not sure you recognize someone at the movie theatre, does it count as a “snub” when you walk by them without saying anything? Did [insert the name of almost anyone you know] hear me say that I thought they gained weight?

3. Health. A timeless theme. Do I look sick? What is this thing on my shoulder? Was that a twinge I just felt? Should I wear a surgical mask at the airport to prevent H1N1? Does this cough sound unusual to you? Even the longest and coldest winter can be filled with internet-fueled unqualified speculation about the most mundane and imaginary health issues.

4. Money. It doesn't get any more basic than this theme. It is the foundation of all Jewish suffering and hobby craft. Do I really need to buy the new X-Box 360 or should I save the money for something important? Should I file an extension on my taxes to buy some time to pay them? How am I going to pay this tuition bill?

ICE HOCKEY

Jews simply love ice hockey. Whether it's delivering a crushing back check to drive the opponent's forward into the boards, or dropping the gloves and slugging a thuggish defenseman in the face, ice hockey keeps Jews busy all winter long. Jews thrive on sports that involve punishing physical contact, like football, rugby, and lacrosse, and avoid dainty sports like golf and tennis where no roughhousing is possible. So when the thermometer sinks into the single digits, lace up your skates, hit the ice, call your dentist, and start dreaming about that victory skate with the Stanley Cup.

THE “CLASSICS”

Another way to idle away a chilly winter evening is to awaken one of the “classic” Jewish hobbies. These include hemming pants, matchmaking, and controlling the world's media and financial organizations.

I would keep going but writing this article is stressing me out; I need to save my anxiety for the winter when I have plenty of time to work on my Jewish hobbies.

Albers from page 12

She was commissioned by Gropius to design a variety of bedspreads and other textiles for Harvard and spent much of the 1950s working on mass-producible fabric patterns. In 1963, Albers experimented with printmaking at the Tamarind Lithography Workshop in Los Angeles and thereafter spent most of her time on lithography and screen-printing. She

published two books, *On Designing* and *On Weaving*.

Albers had several more exhibitions of her textile and print work after her husband died in 1975 and received half a dozen honorary doctorates and lifetime achievement awards since that time. In 1980 she received the second American Craft Council Gold Medal for “uncompromising excellence.” She continued to make prints and to lecture until her death on May 9, 1994 in Connecticut.

Goldstone from page 15

THE SUBSTANTIVE injustices of the Goldstone Mission's Report are too numerous to mention in this article, but one illustrates how far the Mission was prepared to go, and that relates to the very important legal element of intent. Goldstone and his Mission impute the worst of intentions to the actions of the State of Israel, finding that Israel's conduct was motivated by a desire to repress and oppress, and to inflict suffering upon the Palestinian people, and not primarily for the purpose of self-defense. It does this without any evidence and then, without any supporting evidence, asserts that many of Israel's military operations such as that of Lebanon were motivated by the same goal.

The Mission fails to mention a modern leading military expert, Colonel Richard Kemp (the former commander of British forces in Afghanistan), who said, “From my knowledge of the IDF and from the extent to which I have been following the current operation, I do not think there has ever been a time in the history of warfare when an army has made more efforts to reduce civil casualties and deaths of innocent people than the IDF is doing today in Gaza.”

By contrast, on the Palestinian side, there is very clear evidence as to Hamas's intentions - the Hamas Charter openly calls for the destruction of Israel, irrespective of borders. It also calls for the murder of all Jews worldwide. Hamas's clear intention was to murder as many Israeli civilians as possible and to use its own civilian population as human shields. But not a word of Hamas's expressly stated intentions appear in the report.

One aspect of the evidence, presented to but not accepted by the Goldstone Mission, was that of Hamas leader Fathi Hammad, who said: “This is why we have formed human shields of the women, the children, the elderly and the mujahideen, in order to challenge the Zionist bombing machine. It is as if we are saying to the Zionist enemy: We desire death while you desire life.”

These procedural and substantive injustices demonstrate the complete lack of integrity and fairness of the process. It looks like law, but it is not. It is just politics.

The Goldstone Mission is a disgrace to the most basic notions of justice, equality and the rule of law. And it is dangerous. Injustice will only lead to more death and destruction.

The Talmud says “The world stands on three things: truth, justice and peace.” These three values are linked. There can never be peace without justice and truth.

The Goldstone Mission is unjust and wanting in truth. It has, therefore, harmed the prospects for peace in the Middle East. *The opinion editorial originally appeared in the Jerusalem Post on October 14, 2009*

Programming Co-Sponsored by the Iowa Jewish Historical Society
Continues in the Library of the State Historical Society of Iowa

From Distant Places to Dubuque Shores:
175 Years of Jewish Presence

Iowa's Honorable "Menschen"

By Dr. David Gradwohl, Professor Emeritus, Iowa State University
Originally published in The CHAIowan, Fall 1998



Alexander Levi has been credited with being the "founder of Jewry in Iowa." He was born March 13, 1809 in Alsace, a province on France's eastern border with Germany. Levi came to Dubuque on August 1, 1833 and opened a grocery store there. Over the years, he expanded his commercial operations into dry goods, clothing and also the lead mining operations that were pivotal in the early settlement of Dubuque. Levi's business interests were successful and he became one of Dubuque's most prominent leaders. In 1847 Alexander Levi traveled back to France to marry a distant cousin, Minette Levi. They ultimately had five children: Eliza, Emile, Gustave, Celine (Celia), and Eugene.

In addition to his charitable contributions for Jewish causes, Levi's philanthropy extended to the Presbyterian and Catholic Churches in Dubuque. He was instrumental in the formation of Dubuque's first Jewish Congregation in the 1860s and contributed land for the Jewish section that became known as the Alexander Levi Cemetery Association of Dubuque. Alexander Levi died in Dubuque on March 31, 1893 and is buried in the cemetery section that he established. A tall obelisk marks the grave of Iowa's first Jewish Pioneer.

In 1837, Levi traveled to St. Louis along with several other foreign born residents of the Iowa Territory. The story is told that as these men were standing in line waiting to become official citizens of the United States, the gentleman in front of Levi asked him to change places because he wanted to observe the process before taking part in it. Whether or not these were the actual circumstances in St. Louis, Alexander Levi is the first recorded foreigner to become a naturalized citizen in Iowa. Even more astounding is the fact that Iowa is the only state in the American Union in which the first naturalized citizen was a person of Jewish faith.

The Exhibit: From Distant Places to Dubuque Shores: 175 Years of Jewish Presence, the five-panel exhibit on loan from Temple Beth El in Dubuque, is on display in the Library of the State Historical Society of Iowa Building from 9 am – 4:30 pm Tues - Sat. The exhibit tells the story of Alexander Levi and the unique role that Dubuque's Jewish community played in the history of the city and Iowa. Be sure to see the exhibit that was designed by Karin Pritikin, Vice President of Temple Beth El in Dubuque. Additional artifacts related to Alexander Levi that are part of the State Library's collection are also on exhibit.

Historical Library hosted Author
Adele Anolik Book Signing

Sept. 29, 2009, DES MOINES – The State Historical Library hosted author Adele Anolik for a book signing and discussion about concentration camp survivors who moved to Des Moines after World War II.

Anolik signed copies of "The Liberation of the Concentration Camps: The Des Moines, Iowa, Survivors" (Ice Cube Press, 2008) at the State Historical Library in Des Moines. The event was presented in conjunction with the Historical Library Reading Room exhibit "From Distant Places to Dubuque Shores: 175 Years of Jewish Presence."

Anolik was project director of the Des Moines Holocaust Survivors Project, which compiled video testimonials of Des Moines residents who survived the Holocaust. She married one of the Des Moines survivors, Charles Anolik.



IJHS Volunteers Needed

We want as many people involved in the work of the Iowa Jewish Historical Society as possible. Below are just a few of the activities where your help is greatly needed.

- The CHAIowan – Are you interested in interviewing people in the Jewish community to learn their family's story and then write a short article for our newsletter or Jewish Press?
- Are you interested in learning more about the historic artifacts that are housed in archives of The Caspe Heritage Gallery and how to take care of them?
- Are you good on a computer and can help inventory, update and computerize our database of artifacts?
- Do you like to help design and present special programs for the general public and school students?

If any of these activities or others appeal to you, please call Sandi Yoder at 205-0379 or email her at ijhs@dmjfed.org.

The Iowa Jewish Historical Society wishes to say a special thank you to the following people and organizations for helping make our Jews Love Baseball fundraiser a success.

Speaker: **Dr. Martin Abramowitz**
Emcee: **Larry (Deutch) Morgan**

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[calendar]

Tuesday through Saturday, 9 am-4:30pm, through December 3, 2009:

"From Distant Places to Dubuque Shores: 175 Years of Jewish Presence", a traveling exhibit showing at the Library of the State Historical Society of Iowa.

Sunday, November 1 5:30-7:30 pm IJSLC Donor Thank-You Reception

Thursday, November 12 12:00 pm Senior Luncheon at the Temple

Sunday, November 15 9:30 am Federation Board of Directors at Tifereth Israel

9:30 am-1 pm JFCS Book Fair at Tifereth

Wednesday, November 25

NO SCHOOL

Thursday, November 26

THANKSGIVING

Sunday, November 29

NO SCHOOL

Thursday, December 10 12:00 pm

Senior Luncheon at Beth El Jacob Synagogue

Saturday, December 12

CHANUKAH

Sunday, December 13 9am-12:00 pm

Community Chanukah celebration at Tifereth

Monday, December 14 7:00 pm

Federation Board of Directors at The Caspe Terrace

Sunday, December 20

Winter Break, NO SCHOOL

Friday, December 25

NATIONAL HOLIDAY

*As the EL AL plane came in for a landing at Ben Gurion airport,
the voice of the captain came on:*

"Please remain seated with your seat belts fastened until this plane has come to a complete stop and the seat belt signs have been turned off. We also wish to remind you that cell phones may not be used until the exit doors have been opened."

"To those who are still seated, we wish you a Merry Christmas, and hope that you enjoy your visit to Israel. To those of you standing in the aisles and talking on your cell phones, we wish you a Happy Hanukkah, and welcome back home."

Letter from page 8

Failure to meet that obligation has repeatedly throughout history meant death for Jewish communities that chose that path. Those who argue otherwise, to the vast majority of Israelis, are speaking nonsense at best or are seen as aiding those who would exterminate them at worst.

Friend, I know that you want peace and prosperity for Israelis as well as for Palestinians. I only explain what I do so that you understand why your suggestions are not reasonable options in the minds of the Israelis.

Conley from page 9

I really didn't know much about klezmer music and that's been very interesting. In another area entirely, I have developed a sense of keeping kosher – me, the grandson of a hog farmer! (chuckling.) I find that my exploration into kashrut is a constant reminder of being Jewish and that is very powerful to me. And I am planning to go to a GLBT Shabbaton at the JCC in New York which will bring together Jews from across all the streams of Judaism. So I am very excited about that.

JP: Well, Mark John Conley, thank you so much for this marvelous interview. All the best to you, and we'll see you at your bar mitzvah on January 8th at the Temple.

In Memoriam

We note with sorrow the recent passing of

Norma Cranberg

Morris Fishman

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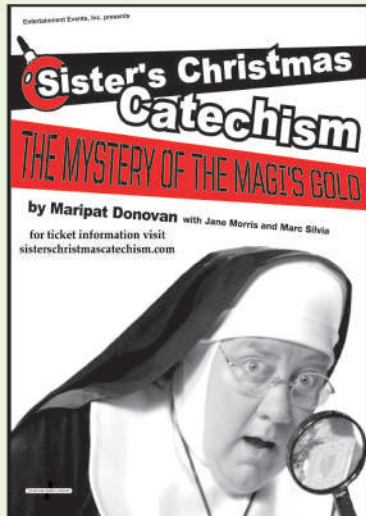
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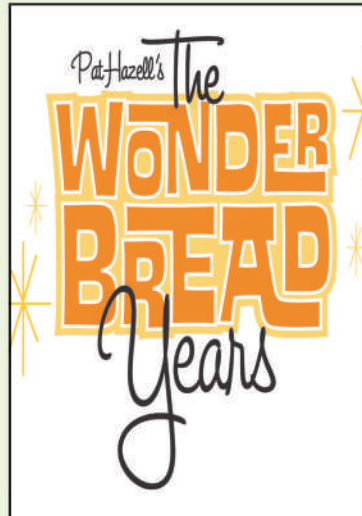
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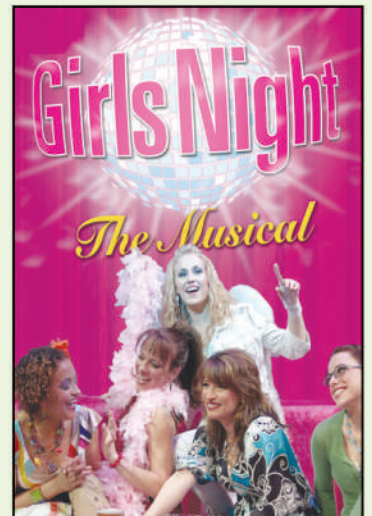
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senior care

Our seniors are the threads that weave the tapestry of our history and rich traditions. You can earmark your gift to offer social activities or help ease the burden of many of the challenges our seniors face: Social Outings (movies, plays, community events), Transportation to Doctor or Pharmacy co-pay, Groceries for a Week, In-home Safety Modifications, Adult Programming or the Iowa Jewish Senior Life Center.*

community

Our community's boundaries extend to faraway places such as Israel, Darfur and Russia. You can provide needed funds locally and abroad for programs such as: The Project Elijah Foundation's* Kosher Manna Program for feeding disadvantaged Jewish people worldwide, Partnership with Israel, Iowa Jewish Historical Society, The Caspe Terrace Tree Fund, Des Moines Jewish Foundation's Various Funds (please call 277-6321 x211 for more information), General Community Tzedakah Fund, Mischkiet and Aliber Holocaust Education Funds or Community Interfaith Relations.

*Independent organizations

For more information call Cathie at 515-277-6321 x224.



What do you hold close to your heart? Special moments in time create lifetime memories. You can honor one of life's simchas or remember a loved one through the TRIBUTE PROGRAM offered by the Jewish Federation of Greater Des Moines and the Des Moines Jewish Foundation. An acknowledgement card in your name will be sent. You designate how the gift will be used by the Jewish Federation or you can contribute to an existing fund managed by the Des Moines Jewish Foundation. Let someone know that you are thinking of them while supporting what's close to your heart.