

THE GREATER DES MOINES Jewish Press

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Message from the President

"On Common Ground"



Judy Deutch
Federation President

What a wonderful time to be involved with the Jewish Community!

This fall we had a groundbreaking ceremony at The Caspe Terrace to build a new facility for the Jewish Federation Community School. There we were on common ground, literally – all of us – young and old – benefactors and recipients, coming together to share the excitement of that landmark occasion.

The JFCS exists because our congregations have asked the Federation to jointly educate our children. Their Boards passed resolutions to support the new school. And so, the presidents and rabbis of those congregations that send their children to our school stood with me – literally – and dug the first shovels of dirt as we broke ground.

In order to achieve this common ground it takes the work of many people. We have incredibly generous donors, but it takes all of us, figuratively, to build a new school. We need our lay leaders' expertise, our committed Federation staff to work out the details, our rabbis' guidance, our dedicated teachers to educate our children, our parents to support the work of the school and our wonderful children to learn the skills taught in the classroom.

We are figuratively and literally coming together on common ground. But, even more important than what happened on that November afternoon, it's really all about our children and grandchildren and their children who will experience first-hand the fruits of our labor.

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Prime Minister Of Canada: Hate Targets The Jewish Homeland



Prime Minister
Stephen Harper

"Harnessing disparate anti-Semitic, anti-American and anti-Western ideologies, hate targets the Jewish people by targeting the Jewish homeland, Israel, as the source of injustice and conflict in the world, and uses, perversely, the language of human rights to do so."

– Stephen Harper

On November 8, 2010, Canadian Prime Minister Stephen Harper made the following remarks at the Ottawa Conference on Combating Anti-Semitism:

"Members of the Steering Committee, fellow parliamentarians, ladies and gentlemen, let me begin by saying how delighted I am to see so many of you from around the world, gathered here in Ottawa for the second annual conference of the Inter-parliamentary Coalition for Combating Anti-Semitism.

"It is a sign, not only of your commitment to our common cause, but also of the momentum established at the London Conference last year. It is, therefore, a great sign of hope.

"History teaches us that anti-semitism is a tenacious and particularly dangerous form of hatred. And recent events are demonstrating that this hatred is now in resurgence throughout the world.

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Tu B'Shevat

Jewish Arbor Day Celebrated January 20

Tu B'Shevat, the 15th day of the Jewish month of Shevat, is a holiday known as the Jewish Arbor Day or the New Year of Trees. More broadly, it is the Jewish "Earth Day." The word "Tu" is not really a word; it is an acronym for the number 15 in Hebrew.

On Tu B'Shevat, some people plant trees. Custom has it, as well, to collect money to plant trees in Israel at this time of year. Traditionally, Tu B'Shevat is the new year for the purpose of calculating the age of trees. See Leviticus 19:23-25, which states that fruit from trees may not be eaten during the first three years; the fourth year's fruit is for G-d, and after that, one may eat the fruit.

One Tu B'Shevat custom is to eat from the Seven Species of fruits and grains (Shivat HaMinim) described in the Bible as being abundant in the land of Israel. The Shivat HaMinim are: wheat, barley, grapes (vines), figs, pomegranates, olives and dates (honey) (Deut. 8:8).

REFORESTATION PROGRAM

Israel suffered its worst forest fire ever. Donate now to the Jewish National Fund's reforestation program at www.jnf.org

In December, a fire in the Carmel Forest near Haifa burned out of control for more than three days. Forty-two people died, homes were lost and more than 12,500 acres of forests destroyed. JNF foresters estimate over 5 million trees were burned.

Now, the long road to recovery has begun. Staying true to its mandate of caring for the needs of the land and people of Israel, JNF Operation Carmel Renewal: From Black to Green will help rebuild and renew the Carmel Forest.

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“my federation...”

Growing up in Des Moines my family was active in the Jewish Community. When we were living in Des Moines I remember participating in Jewish events. Walk for Israel, Preschool with Mrs. Berg and Mrs. Garland, Bar and Bat Mitzvahs and eventually going to Hebrew school and preparing for my bar mitzvah with Pinchas Spiro z”l. 20 years later living in Iowa, with my own family to raise, I remember looking for these pillars in my Jewish life to now be there for my family.

6 years ago I walked into Lyanna Lindgren’s office to say hi and see what was involved in registering my son Jacob with the JFCS. Within minutes we were talking about how she was in need of a new Kindergarten teacher at the Hebrew school. I said yes and began teaching at the school. Teaching kindergarten has let me share my knowledge of Hebrew and Judaism with over 100 children including my own.

While teaching for the Federation I, and eventually my whole family, have been fortunate to become involved in many branches of the Jewish Federation. During the summers I have been able to work at Engman Camp Shalom as “Chef David” and teach children how to make fresh delicious kosher food. My wife and I were also privileged to be invited to participate in the Federation’s Young Leadership Forum, then travel to Israel to visit our sister region in the Northern Galilee. Now we are able to give a little back and support the building of the new school at The Caspe Terrace.

The Federation has made all of those things possible for me and my family and has given us the Jewish staples we were looking for in Des Moines!

– **David Copeland (with wife Christine, Jacob and Miriam)**



Thank you for supporting the All-In-One Campaign

Share your story. Tell us how the Jewish Federation has impacted your life. Send an e-mail to tom@dmjfed.org or call Tom Wolff at (515) 277-6321 x 222.

The Jewish Federation Community School Progresses into the Future

By Dr. Steven Goldstein



Federation President Judy Deutch and Dr. Steven Goldstein

On Sunday, November 7th, G-d participated in the Jewish Federation Community School groundbreaking at The Caspe Terrace by providing a beautiful fall day. Over 150 people were in attendance for the event. The new school building will be 7,400 square feet. There will be eight classrooms as well as offices and a teacher resource room. The school will be connected to the original Caspe building via an enclosed walkway that will allow year-round easy access. The Staroselsky Lounge will be reconfigured to become a library/conference room, not only for the school, but for the entire community.

The groundbreaking was attended by past, present and future Federation presidents. Rabbis Kaufman and Edelman-Blank along with the presidents of their respective congregations, Dick Kirsner and Steven Weiss, all took part in the ceremony by shoveling some dirt. After the official ceremony the children all had an opportunity to dig some holes in the school boundaries. An arts and crafts project was arranged by Lyanna Lindgren to have all the children and families decorate tiles that will be used in the new school. A kosher hot dog lunch was provided to all.

This project is a big win for the Jewish community. This is a step forward for the community and gives the School a permanent home for decades to come. Numerous families have given both generous financial support and guidance to get this project done. As the next generation takes the reins of the Federation and Jewish community, projects such as this will be more difficult to raise funds for.

Many people have asked why build at The Caspe Terrace. The simple answer is that much of the infrastructure is there. There is an auditorium, a great room, kitchens and an arts and crafts workroom. There is an abundance of parking. Many of the kids are already familiar with the property from attending Engman Camp Shalom. There is the Kirsner family playground, that will be relocated to the north side of the Richards Pavilion, which the kids will be able to use before and after school. No other location in the area was able to offer these amenities.

The biggest detractor from this project is that it moves the school away from the places of worship. Both Temple B'nai Jeshurun and Tifereth Israel offer an abundance of family activities. We encourage you to partake in these events with your children.

As with any large community project, we will always hear a variety of opinions. We listened throughout the process and as a result, some very fine ideas were incorporated into the project. We are proud that the community pulled together to build something for the future of our children. A few individuals, however, remain vocally opposed. Unfortunately, a few families are even planning to keep their children out of school next year to protest the new school. To those people I ask, who are you punishing? Your children will be the only ones affected by the loss of their education. Are we really that selfish that we can't get out of bed 10 minutes earlier on Sunday morning? To them I say, come and join us when you can. You are always welcome.

Not only is the school moving out to The Caspe Terrace, but the Federation offices are in dire need of a new home. The unfinished ground level of the Staroselsky Lounge will be made into offices for the Federation staff.

This was a continuing step in a process that began on the shores of the Mediterranean Sea, in a hotel in Tel Aviv. The congregational merger had failed and several of the young leadership were talking about the future of the school. Multiple options were discussed and deemed improbable. I raised the suggestion that the Federation build a new school at The Caspe Terrace. Elaine Steinger then challenged me to get it done. Several meetings with donors, congregational boards and parents determined that the project was not only feasible, but favored by the majority.

At the groundbreaking, in an attempt to keep my remarks brief, I failed to thank several people who deserve praise for their work towards this goal. I would especially like to recognize Brian Pearl, Stuart Oxer, Sheldon Ohringer, Ken Waltman, Barb Hirsch-Giller, Judy Deutch, Elaine Steinger and Bruce Sherman. I would like to thank everyone else who has not been mentioned for their help. But most of all, I could not have persevered in this endeavor without the help of my wife Jule.

WHITE SUPREMACIST RALLY AT THE CAPITOL FAILED TO MATERIALIZE

A 'Christian Identity' neo-Nazi group, the Aryan Nations, had obtained a permit to rally at the Capitol on Saturday, November 20, which they declared "National White Pride Day." They did not show up. Law enforcement had, however, coordinated with JCRC to ensure the safety of the Jewish community in any eventuality. For information about the Aryan Nations, a paramilitary hate group founded in the mid-1970s, see www.ADL.org.

get the latest from the Jewish Federation

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The Jewish Federation joins in commemorating



Martin Luther King, Jr. Day

honoring the life and legacy of a true American hero
Monday, January 17, 2011.



Jewish Federation
OF GREATER DES MOINES

THE GREATER DES MOINES

Jewish Press

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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.

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Jewish Federation
OF GREATER DES MOINES

JEWISH FEDERATION COMMUNITY SCHOOL

Tu B'Shevat, the 15th day of the month of Shevat, is the New Year for Trees. This year the holiday falls on January 20, 2011. Also known as the "Birthday for Trees," this holiday provides a wonderful opportunity for teaching kids the importance of caring for trees, why trees are important and experience the taste of fruits from Israel.

Ways to celebrate in the home:

- Decorate the Trees Outside and Feed the Birds
- Simple bird feeders can be made to decorate the trees outdoors and give the birds and other critters their first spring treat. There are many ways to make simple bird feeders using basic supplies. Where string and other non-organic materials are used, be sure to remove them when the treats are gone.
- Tie one end of a string to the end of a pine cone. Cover the pine cone with peanut butter and roll in bird seed. Tie the other end of the string to a tree.
 - Hang uncooked corncob pieces in the tree along with plain rice cakes and bread.
 - Apples, grapes, pomegranate halves, pears, and other fruits with a stem make great spring critter treats. For the non-tree climbing critters, sprinkle raw nuts and seeds at the base of the tree.

Tu B'Shevat is the New Year for Trees. Customs include eating a new fruit on this day and planting a tree. However, if Jewish families live where planting trees on this day is unseasonable, try celebrating this day with children by walking in nature or creating tree-oriented craft projects.

Take a Nature Walk – Ideas for Walking With Children

Although the temptations may be to walk quickly from point A to point B, slowing down can give both adults and children a better appreciation of nature. To encourage a slower pace, try bringing along a camera with the assignment that each individual has to take five photos of trees and make each photo unique. So, take a close-up of bark, tip the camera back and take a view of the branches overhead, take a distant shot of a tree, etc. Or, if it is not too cold outside, consider making rubbings by laying paper over the bark of different trees and rubbing with the side of a crayon. Use the rubbings to do an art project when you get home.

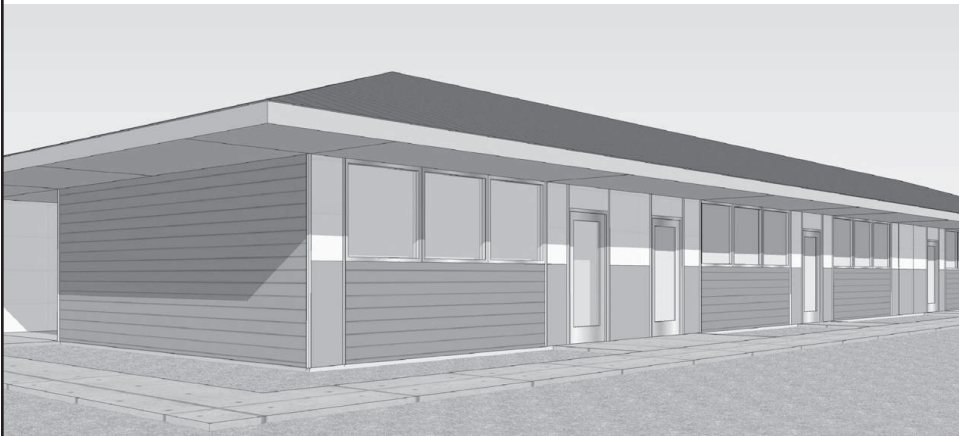
Play a tree-focused game of "I Spy," with players taking turns calling out, "I spy with my little eye ..." Or, try a memory scavenger hunt where each player tries to remember three to seven special things they notice about trees while on their walk.

Family Art and Craft Activity and Project

Perhaps after taking a nature walk – or even observing nature through a window, return home and have each person write a small poem or create a piece of tree-oriented artwork on a 4" x 6" index card. Create a "poetry and art" mobile by attaching each piece to string that is wrapped onto a branch.

Building the Foundation for Generations to Come

Coming 5772 The New Jewish Federation Community School at The Caspe Terrace!



As we all consider the future of the Jewish Community in Des Moines, what is more important than the education of our children? To address this concern, a group of parents of religious school pupils initiated the current campaign to build a new, modern, state-of-the-art facility at The Caspe Terrace. Recognizing the importance of this project, a group of donors have already made substantial financial commitments. It is important that this have broad range community support and we invite you to join with us in insuring the success of this effort.

WAYS YOU CAN DONATE:

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- TO MAKE A DONATION** call The Jewish Federation at (515) 277-6321

The 7 Species - Shevat Haminim

Draw a line from the Hebrew word to the English word on the right.

SE'ORAH

D'VASH

ANAVIM

TE' ENAH

CHITAH

ZAYIT

RIMMONIM

GRAPES

DATE HONEY

FIGS

POMEGRANATES

OLIVE

BARLEY

WHEAT

Answers: SE'ORAH – BARLEY; D'VASH – DATE HONEY; ANAVIM – GRAPES; TE' ENAH – FIGS; CHITAH – WHEAT; ZAYIT – OLIVE; RIMMONIM – POMEGRANATES

PLANT

TREES

Change the word "Plant" into "Trees" in 6 steps by changing one letter at a time.

Example:
OAT to HAY in 2 steps:
OAT
HAT
HAY

Answers: PLANT; PLANS; PLAYS; PRAYS; PREYS; TREYS; TREES

A Painful Assumption

by Rabbi Steven Edelman-Blank



American Jewish history is full of examples of the ways members of the Jewish community have worked for issues of equality and justice. Jews have been involved in most of the major social justice movements of the past century. We need to continually take pride in this history. However, our pride cannot blind us from examining the ways that we fail to meet our own ideals and create painful distinctions within our community.

One of these distinctions is the belief held by some, publicly or privately, that Jews by Choice (converts to Judaism) are somehow “less Jewish” than people who were born into Judaism. In my conversations with friends who have converted, I have heard too many stories of how their Jewish identities have been challenged and even degraded by fellow Jews. They hear comments that either explicitly deny their “Jewishness” or more subtly discredit it.

Simply put, this belief is wrong. Our tradition does not support it. There are some expressions of the idea of an innate “Jewish soul” in our literature, but this does not represent any majority view. Jews by Choice are as Jewish as anyone else. Period. It is prohibited to even remind a Jew by Choice that they were not born into the religion. Our recent past shows that nothing good follows when people outside of the Jewish community try to define who is Jewish by blood. Why would we want to copy them?

If the tradition rejects this idea, why does it still persist within the Jewish community? I would like to suggest that part of the answer lies in a truth that is not usually discussed. I think that many of the Jews who profess this belief are actually expressing their own insecurity about being Jewish, even if they are not consciously aware they are doing it. For a variety of historical factors, many Jews have little connection to Jewish tradition. Often, they were not provided with a good Jewish education. They might have been brought up in households in which Jewish observance was considered overly ritualistic or simply based on superstition. The main way that they connect with their heritage now is by knowing that they were born as Jews.

I would suggest that this situation causes them to feel unconsciously threatened by Jews by Choice. Why? Let's look at conversion in Judaism. We often discuss the ritual aspects, such as immersion in a mikvah (a ritual bath). However, what is the main thing we ask of someone who wants to become Jewish (at least in a Conservative Jewish context)? We ask them to get educated in the tradition and try observing several parts of the religion. This combination of education and observance takes time and effort. However, it has been my experience that most of the people that make this effort and participate in a good conversion program end up being more knowledgeable than the majority of “born Jews” around them. Other Jews even start to go to them for answers to questions about Judaism.

Let's imagine how challenging this could be to someone whose main connection to the tradition is his or her birth. He or she encounters someone who converted. The person who converted seems to know more about Judaism. The person who converted also seems to behave “more Jewishly.” If I am a person whose identity is primarily based on being born Jewish, I may react in two ways. One way might be to question my own Jewish background and even my life choices. Why do I not know as much as this other person? Why do they seem more comfortable with the tradition than me? This type of thinking can cause some negative emotions and feelings of inadequacy. A second approach in this situation would be to sidestep any bad feelings. I could just say that the person who converted may be more knowledgeable or practice observance more, but he or she will never be “as Jewish as me” because he or she was not born Jewish. The latter approach allows me to feel more secure in my own identity. I am fine just as I am. However, it involves making a judgment of Jews by Choice which is not only rejected by our religion, but is also denigrating, and when vocalized, extremely hurtful.

Actually, in the long run, any discussion of “who is more Jewish” is not particularly helpful to anyone. It is a waste of time. Each of us is on our own journey. We all have ways we can improve. There is always more to learn. We just need to accept where we are and look to see what steps we want to take to further our spiritual lives. Instead of spending time worrying about who is “the Jewiest Jew,” let's focus on the ways we can support each other in making our individual journeys.

CHOOSING A SYNAGOGUE IN A NEW TOWN?

by Jill Marks

Oh my God, we're moving? These are pleasant words to people who want to move, but absolutely devastating to those who are uprooted from communities when they are well integrated and have a large network of friends. Moving is one of the most stressful experiences in life and I feel like a reluctant expert due to our six major moves.

The house is sold, the movers have come and gone and you're now in a brand new city waiting for the truck to pull up in front of your new home. You unpack, get the kids settled into their new schools- if you still have kids at home, sign up for utilities and cable TV, open a new bank account and, just like that, you are a resident in a city where you know no one and have absolutely no connections. Your husband or wife goes off to work and what do you do?

Most people can't even conceive of moving, so please allow me to give you a glimpse into what it's like. It feels like going into a state of shock! You realize, right away, that you've lost your entire support system of dear friends and/or family living nearby, you don't know your way around town, you have to find new doctors and a good dentist, you have to find a good insurance agent and get a driver's license and new plates for your cars.

continued on page 12



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Photo enlarged to show detail. Actual key size 1.5 inches.

senior news

Upcoming Luncheons:

Thursday, January 6th, 12:00 Noon at Beth El Jacob Synagogue - Come and join us for an educational program presented by Amy Massey, manager of Lifeline, and Philanna Grier, Lifeline assistant. They will provide us with the latest information and updated technology on Lifeline. Also we are fortunate to have music provided by the Zarnow Fund in honor of Abraham, Regina, Paul, Sidney, Silvia and Ralph Zarnow. Don't miss this informative and fun luncheon.

Thursday, February 3rd, 12:00 Noon at Beth El Jacob Synagogue - We are looking forward to another informative presentation by Sherry Knox, from Polk County Crisis and Advocacy Services. She will present on the Introduction to Independent and Assisted Living Apartments and the difference between these residential complexes. We again will be privileged to listen to music provided by the Ralph Zarnow Fund. Come learn, listen to music and enjoy being with friends.



The Ideal Gift To Give Is...

Yourself

Lois Brown has always been the volunteer who says "I can do that for you." She is committed to helping others. Lois is a hard worker who has been challenged many times in her own life and proceeds forward to make the best out of every situation. She is a strong, caring and kind person and is appreciative of the Jewish Federation, her family and friends. Shirley Berck, whom Lois provides transportation and purchases groceries for, stated that "Lois volunteers for me with sincerity and dignity and always makes me feel wanted and needed." Another individual, Sally Luftman, for whom Lois provides transportation to Doctor's appointments stated, "She is a fine and wonderful person who is a great asset to the Jewish community." That's what the OASIS volunteer program is all about, deeds of kindness, reaching out and helping someone in need.

– Pat Nawrocki, Project Services Manager.



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Justice by David Friedgood



The election season is now past, but I still find myself thinking about Judges and their role in society. For those readers whose memories are short, or for those turned off by election shenanigans, let me remind you that our Iowa electorate voted out three competent Supreme Court Justices because they did not conform to “the will of the people.” Their specific affront was interpreting Iowa constitutional law as prohibiting discrimination against individuals seeking marriage partners of the same sex. Our Torah has a lot to say about the role of Judges. In fact, it contains one of civilizations oldest recorded systems of jurisprudence. Let me review the Biblical role of Judges and reflect on how it may apply in 21st century Iowa.

Moses gave three lengthy speeches to the Israelite people prior to his death. These are recorded in the book of Deuteronomy. In his 2nd discourse Moses tells the people: “You shall appoint Judges and officials for your tribes... and they shall govern the people with due justice. You shall not judge unfairly: you shall show no partiality; you shall not take bribes, for bribes blind the eyes of the discerning and upset the plea of the just. Justice, Justice shall you pursue, that you may live and thrive and occupy the land that the LORD your God is giving you.” (Deuteronomy 16:18-21) We the people – have a religious and moral obligation to establish a fair, impartial judicial system. We are guided by God’s law, but justice is interpreted and administered by human beings. The repetition of the word “Justice” implies more than respect for the law. Each of us is obligated to actively pursue the goal of righteousness. We must set up a just society for all inhabitants. And, who is to be favored in court? Are Judges to measure a defendant’s stature or wealth before rendering a decision? Are they to take a poll and gauge the “will of the people” before ruling? In the 3rd book of the Torah we are commanded: “You shall not render an unfair decision: do not favor the poor or show deference to the rich; judge your kinsman fairly.” (Leviticus 19:15) Rashi, in the 11th century, comments on this verse stating: “You shall not say this is a poor man, and the rich man is obligated to support him... or show deference to the rich.” Also, Justice is not reserved for the Jews in our midst: “Hear out your fellow man, and decide justly between any man and a fellow Israelite or a stranger.” (Deuteronomy 1:16) Clearly the law, as interpreted by competent Judges, is to be blind to individual circumstance. The law is to be applied evenly – to rich and poor; male and female. The same law applies to all races, ethnic groups, and to those of minority sexual persuasions.

It is not easy to judge fairly. Judges can be under tremendous pressure to rule

in a particular fashion. They may be in physical danger as a result of their opinion. Magistrates are therefore commanded to: “Fear no man, for judgment is God’s.” (Deuteronomy 1:17) Our Judges have no choice. They can do nothing but interpret the law, fairly and impartially to the best of their ability. If changing times reveal deficiencies in the constitution that governs us, it is the law that needs to change, not those applying it. A Judge whose opinion is swayed by popular mood or the whim of politics is the one who is to be removed from office.

As Rabbi Joseph Telushkin points out, our Biblical narrative is obsessed with the ideal of justice. The obligation for righteousness in society is not confined to the judiciary. Each of us carries an obligation to treat our fellow fairly as we strive for tikun olam (the repair of our broken world). “When you encounter your enemy’s ox or ass wandering, you must take it back to him.” (Exodus 23:4) If our enemies are to be treated with this degree of compassion and honesty, how much more so friend’s and neighbors? I believe we are obligated to follow the example of Abraham, our oldest forefather. When God informs Abraham that he is about to destroy the wicked cities of Sodom and Gomorrah, Abraham had the chutzpah (audacity) to argue with his deity: “Will you sweep away the innocent along with the guilty?” In pleading for human life, Abraham had God agree to spare the cities if only 10 good citizens could be found there. The 1st Jew, our forefather, stands up to God demanding justice. “Far be it from You! Shall not the judge of all the earth deal justly?” (Genesis 18) In noting the absolute primacy of Justice in the Bible, the German poet Heinrich Heine states “since the time of Abraham, Justice has spoken with a Jewish accent.”

My friends – if we are to build a just and fair society for ourselves and our children, we all must actively pursue justice. Justice with a Biblical emphasis, repeated and repeated over again. Justice for all of society – blind to social and political position. Justice applied and Justice pursued in a fair and just manner. This goal is subverted by our intimidating those Judges appointed by merit to apply the law of our land. For all our sake – we must do better.

*Thus said the LORD to the House of Israel:
Seek good and not evil, That you may live,
Hate evil and love good,
And establish Justice in the gate;...
But let Justice well up like water,
Righteousness like a mighty stream. (Amos 5:4,14-15,24)*

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Groundbreaking Event for the Jewish Federation Community School at The Caspe Terrace

Shovels Of Earth Make Way For Jewish School In Waukee

That was the headline in the Des Moines Register's November 12, 2010, newspaper and we are very excited to get those shovels digging! On Sunday, November 7, the Jewish Federation of Greater Des Moines held a ceremonial groundbreaking at The Caspe Terrace for the new Jewish Federation Community School building. We would like to thank the following for their kind generosity that have donated to the project to date:

- Anonymous Donor
- Don & Margo Blumenthal
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[the pesky diner]

Red China Bistro

By Jarad Bernstein



Local blogger Jared Bernstein is The Pesky Diner is online at www.thepeskydiner.com

Welcome to The Pesky Diner! After months of threatening to start a food blog, I finally made the leap. This blog will document my food adventures around Des Moines as a pesky diner. Be sure to read the “About” page to learn what makes me pesky. In short, I maintain a mostly kosher diet. This limits what I order when eating out. Thanks to my wife and coworkers for encouraging me to finally get this thing going. And yes, the blog will be getting a design makeover when I find the time. Until then, you’ll have to deal with a bare bones look.

MY FIRST REVIEW!

Last night my wife and I tried out the new hotness in town: Red China Bistro. Also along for the meal were five of our neighbors, so we got to see quite a few dishes.

THE SCENE

First, since Red China is new and most of you probably haven’t been there yet, let me give you the general feel of the place. From an aesthetic point of view, Red China is awesome! Modern is the name of the game here whether you’re talking artwork, chairs, color palette, or even the bathroom. Ok, so maybe the artwork in the bathroom featuring a naked woman isn’t so modern, but the red lighting makes it feel modern. You’ve got to visit just to take it all in. I’d love to see more places like this in Des Moines, and I feel lucky to be living just down the street.

ON TO THE MENU

A handful of options for folks like me were listed. Appetizers included spring rolls, egg rolls, curry vegetable turnovers, veggie dumplings, salmon roulade, and seared ahi.

I was disappointed that the main dishes only give diners an option of chicken, beef, or shrimp. Would it be that tough to add tofu as an option? Well maybe it would be difficult to get people to pay \$15 for a tofu dish. Main options for me included a salmon dish, seared ahi, two different mixed vegetable combos, and I think that was it.

Five soups are available, but they all have meat-based stock! I really wanted to try their coconut curry soup or their ginger rice soup, but no dice.

The mixed drink list was fun, and not surprisingly, vegetarian.

WHAT I ATE

Mai Tai – Well executed! This was delicious, large, and came with a skewered cherry and orange. The waitress apologized that they didn’t have umbrellas. I’d say it was worth the \$8.

continued on page 12

Kaballah Insights for Shevat and Adar I

by Michelle Garland

I write this article as a fire blazes through Har Carmel (Haifa) in Israel, to date the largest and deadliest fire we can recall. So far, 40 people have been killed as their bus was engulfed in rapid moving flames. The majority of these people were civil servants on their way to help with evacuation efforts.

Tonight will also be the second night of Chanukkah, the miracle of lights. We light fire to mark the beginning of every holiday and Sabbath, as a definitive marker of separating from the mundane to the holy. By the time this article is read, what will we have learned by this great fire of destruction that took lives and consumed a mountain? Why did this happen during Chanukkah? What are we to learn from this? Finally, how does this relate to our lives, here in Iowa??

While living in Haifa Israel, I attended Rosh Chodesh gatherings at Moshav Modiin and began to learn of the energy that surrounds each month. These all day gatherings completely renewed my depleted energy from the past month and allowed for me to make a breaking point in my mind and say “the events of last month are just that and what did I learn from them? Now it is time to let go of anything that happened in the previous month and focus on the energy and healing that will occur in the month to come.”

My husband at the time would even take a day off of work to stay home with

our baby so I could attend these gatherings that seemed to keep me spiritually “high” for the coming weeks and affected the energy of our entire household in a brilliant and illuminating way.

Since returning from Israel, I try to call my women at the Moshav every month and just listen to the Rosh Chodesh gathering and try to feel their energy and prepare myself for the month to come. I also read a book, “Kaballah Month By Month : A year of Spiritual Practice and Personal Transformation” by Rebbitzin Melinda Ribner.

I hope the information shared in this column will help illuminate a fire in your life and the lives of all around you as the holy secrets known for thousands of years will now be shared with you. May THIS be the fire we seek to spread.

The months covered in this journey will be Shevat and Adar, starting on January 6th and February 4th.

Let us first begin by clearing out the cobwebs from the month of Tevet and then proceed to learning the healing energies of the months to follow.

In Tevet, we worked on purification, of transformation of negative emotions as a way to heal anger. This is the darkest and coldest time of the year in North America and many of us experience darkness in our physical and spiritual lives as a reflection of the world around us, which has become dark, cold, dead.

continued on page 13

In the Kitchen with Suzann Simon

by Karen Engman



While waiting at **Simon Tire and Auto Repair** on East Walnut to get the oil changed in my car, Suzann Simon shared her surprising recipe for poached fish. Though she refers to herself as the “Tire Queen,” perched behind a desk in a showroom full of tires, she still knows her way around a kitchen. The waiting area has a good supply of Martha Stewart and cooking magazines as well as the requisite auto mechanics guides.

Growing up in Pittsburgh, PA., as Suzann Kaufman, where she was a high school cheerleader and avid tennis player, I bet she never envisioned a life in Des Moines, IA selling tires and servicing automobiles. She graduated from Boston University and I was impressed to learn that she was a cheerleader there too, but she wouldn’t demonstrate her splits or jumps for me. She earned a Masters

in Secondary Education in Mathematics from the University of Pittsburgh.

Harry Simon was working for the Lee Norse Company in Pittsburgh when they met while on “blind dates” with other people. As Suzann tells it, their dates watched a football game on television while she and Harry did the dinner dishes. After that, their first date was a tennis match which she won. They dated for a year and then married in 1974 and returned to Des Moines where Harry joined the family business.

Suzann taught math to seventh and eighth graders in Johnston for six years. She learned to keep a kosher home and they both were active members of Tifereth Israel Synagogue. They had two sons; Mitchell (30) who is a bond trader in New York City and Morgan (27) who is a computer consultant in Chicago.

Before Harry died four years ago, Suzann was an Adjunct Professor at DMACC West Campus. She’s an excellent baker of holiday

strudel and cinnamon rolls but has little time for that now. There’s no mah jongg or tennis with her work schedule but she volunteers by raising funds for the Juvenile Diabetes Research Foundation.

Suzann returns home to Pittsburgh to visit her mother Irene Kaufman whenever possible and she still remains close to her mother-in-law Ruth Simon

who resides at Deerfield.

The Jewish Press thanks Suzann for sharing this fun and easy recipe for Dishwasher Poached Fish with our readers. She says it really works. I’ve included my favorite Cucumber Sauce as an accompaniment. If you have a recipe to share or a question I can research, call Karen Engman (515-274-3300) or email (aengmandsm@yahoo.com).

Dishwasher Poached Fish

A Recipe from Suzann Simon meat

Fish – whatever you have caught or bought (sole, flounder, trout, salmon)
butter
lemon juice, or thin sliced lemon
seasonings

Put each fish filet on a sheet of heavy duty foil; add butter, lemon, and seasonings. Seal tightly. Place sealed packages in the top rack of dishwasher. SKIP THE DETERGENT!!! Run through the entire cycle. Open foil and serve. Couldn’t be easier!

Cucumber Sauce

1 large cucumber
1 tsp salt
½ cup sour cream
½ cup mayonnaise
½ Tbsp dill weed or chopped fresh dill to taste

Peel cucumber; cut in half lengthwise and scrape out and discard seeds. Chop cucumbers finely (in processor) and place in bowl and sprinkle evenly with salt. Chill for 2 hours. Drain well. Mix with sour cream, mayo and dill. Chill and serve with fish (especially salmon or trout). Makes 1-2 cups.

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Ground from page 1

- Our children will enjoy safe, comfortable classrooms that are conducive for learning.
- Our children will use technology to better connect to Jews across the nation, in Israel, and throughout the world.
- Our children will benefit from the total environment that The Caspe Terrace has to offer.

As far as the financial impact on the community, I want you to know that our new school wing has been funded with new dollars. One million dollars has been pledged and that will cover the building costs. The building will also be fully endowed. We thank our most generous givers. But, we're not done yet! We are asking for help with the furnishings and the extras so important in education. Consider making a pledge to the school. I know you will want to join with us in this effort. And, I want to remind you, these pledges are in addition to our All-In-One Campaign.

Together, we are literally building a new environment for learners.

Together, we are figuratively collaborating as an entire community.

And, most important, we are building the future for our children.

– Shalom, Judy

(See photo spread on pages 8 and 9.)

Anti-Semitism from page 1

That is why the work of the Inter-parliamentary Coalition for Combating Anti-Semitism has never been so important or timely as it is now.

“On behalf of the Government of Canada and all Canadians, I commend you and support you in the great and important work that you are doing.

“Ladies and gentlemen, colleagues, two weeks ago I visited Ukraine for the first time.

“In Kiev I laid a wreath at Babi Yar, the site of one of the numerous atrocities of the Holocaust. I was left there with much the same impression as I had in Auschwitz in 2008 – that such horrors defy all comprehension.

“At the killing grounds of Babi Yar, I knew I was standing in a place where evil – evil at its most cruel, obscene, and grotesque – had been unleashed. But while evil of this magnitude may be unfathomable, it is nonetheless a fact.

“It is a fact of history. And it is a fact of our nature – that humans can choose to be inhuman. This is the paradox of freedom. That awesome power, that grave responsibility – to choose between good and evil.

“Let us not forget that even in the darkest hours of the Holocaust, men were free to choose good. And some did. That is the eternal witness of the Righteous Among the Nations. And let us not forget that even now, there are those who would choose evil and would launch another Holocaust, if left unchecked. That is the challenge before us today.

“The horror of the Holocaust is unique, but it is just one chapter in the long and unbroken history of anti-Semitism. Yet, in contemporary debates that influence the fate of the Jewish homeland, unfortunately, there are those who reject the language of good and evil. They say that the situation is not black and white, that we mustn't choose sides.

“In response to this resurgence of

moral ambivalence on these issues, we must speak clearly. Remembering the Holocaust is not merely an act of historical recognition.

“It must also be an understanding and an undertaking. An understanding that the same threats exist today. And an undertaking of a solemn responsibility to fight those threats.

“Jews today in many parts of the world and many different settings are increasingly subjected to vandalism, threats, slurs, and just plain, old-fashioned lies.

“Let me draw your attention to some particularly disturbing trends. Anti-Semitism has gained a place at our universities, where at times it is not the mob who are removed, but the Jewish students under attack. And, under the shadow of a hateful ideology with global ambitions, one which targets the Jewish homeland as a scapegoat, Jews are savagely attacked around the world, such as, most appallingly, in Mumbai in 2008.

“One ruthless champion of that ideology brazenly threatens to ‘wipe Israel off the map,’ and time and again flouts the obligations that his country has taken under international treaties.” I could go on, but I know that you will agree on one point: that this is all too familiar.

“We have seen all this before. And we have no excuse to be complacent. In fact we have a duty to take action. And for all of us, that starts at home.

“In Canada, we have taken a number of steps to assess and combat anti-Semitism in our own country. You will no doubt hear from my Canadian colleagues about the measures we have taken to date.

“I will mention for the time being that, for the first time, we are dealing with Canada's own record of officially sanctioned anti-Semitism. We have created a fund for education about our country's deliberate rejection of Jewish refugees before and during the Second World War.

“But of course we must also combat anti-Semitism beyond our borders, an evolving, global phenomenon. And we must recognize, that while its substance is as crude as ever, its method is now more sophisticated.

“Harnessing disparate anti-Semitic, anti-American and anti-Western ideologies, it targets the Jewish people by targeting the Jewish homeland, Israel, as the source of injustice and conflict in the world, and uses, perversely, the language of human rights to do so. “We must be relentless in exposing this new anti-Semitism for what it is. Of course, like any country, Israel may be subjected to fair criticism. And like any free country, Israel subjects itself to such criticism – healthy, necessary, democratic debate. But when Israel, the only country in the world whose very existence is under attack – is consistently and conspicuously singled out for condemnation, I believe we are morally obligated to take a stand. Demonization, double standards, delegitimization, the three D's, it is the responsibility of us all to stand up to them.

“And I know, by the way, because I have the bruises to show for it, that whether it is at the United Nations, or any other international forum, the easy thing to do is simply to just get along and go along with this anti-Israeli rhetoric, to pretend it is just being even-handed,

and to excuse oneself with the label of ‘honest broker.’ There are, after all, a lot more votes, a lot more, in being anti-Israeli than in taking a stand. But, as long as I am Prime Minister, whether it is at the UN or the Francophonie or anywhere else, Canada will take that stand, whatever the cost. And friends, I say this not just because it is the right thing to do, but because history shows us, and the ideology of the anti-Israeli mob tells us all too well if we listen to it, that those who threaten the existence of the Jewish people are a threat to all of us.

“Earlier I noted the paradox of freedom. It is freedom that makes us human. Whether it leads to heroism or depravity depends on how we use it.

“As the spectre of anti-Semitism spreads, our responsibility becomes increasingly clear. We are citizens of free countries. We have the right, and therefore the obligation, to speak out and to act. We are free citizens, but also the elected representatives of free peoples. We have a solemn duty to defend the vulnerable, to challenge the aggressor, to protect and promote human rights, human dignity, at home and abroad. None of us really knows whether we would choose to do good, in the extreme circumstances of the Righteous. But we do know there are those today who would choose to do evil, if they are so permitted. Thus, we must use our freedom now, and confront them and their anti-Semitism at every turn.

“That, Ladies and Gentlemen, is the purpose of our intervention today: our shared determination to confront this terrible hatred. The work we have undertaken, in our own countries and in cooperation with one another, is a sign of hope.

“Our work together is a sign of hope, just as the existence and persistence of the Jewish homeland is a sign of hope. And it is here that history serves not to warn but to inspire.

“As I said on the 60th anniversary of the founding of the State of Israel, Israel appeared as a light, in a world emerging from deep darkness. Against all odds, that light has not been extinguished. It burns bright, upheld by the universal principles of all civilized nations – freedom, democracy and justice.

“By working together more closely in the family of civilized nations, we affirm and strengthen those principles. And we declare our faith in humanity's future in the power of good over evil.

Source: <http://pm.gc.ca/>

Synagogue from page 5 The list goes on. My husband had his job, of course, but what about me? What am I going to do to meet people and make new friends, aside from going to my exercise classes? Since we're Jewish, going to the synagogue was always first on our list. For purposes of discussion, synagogue can be Reform, Conservative or Orthodox. We attended services, met the head rabbi and joined. What next?

What are the challenges, advantages and responsibilities of being new to a synagogue? The challenges are obvious: How will we meet people, how will we become integrated into synagogue life, how will we fit in? Let me present a common scenario for many newcomers. You arrive early for your very first service;

you enter the sanctuary, recognize absolutely nobody, so you sit down and wait for the services to begin. Will anyone notice you, will anyone make an attempt to meet you or ask you if you're new to town or to the synagogue? Surprisingly and inexplicably, most people do not approach someone when they see a new face in the synagogue!

Next comes the Oneg Shabbat. You may hear a “Shabbat Shalom” from someone; you may even hear a “How do you do” after a polite handshake and exchange of names. Someone may even ask you what brought you to the new city or where you're from. Does anyone ask you if you'd like to join them at their home for lunch or dinner or to go out together to a restaurant? Does anyone ask for your phone number and follow up with a call to get together? This rarely happens. I wonder if it's really that difficult for most people to put themselves in the place of the new congregant?

Now on to the advantages of joining a new synagogue. New congregants often bring a wealth of new ideas for programming, fundraising and social events from their previous synagogues. They also have the opportunity to experience new traditions, learn new melodies and to meet new people. Sometimes it's actually nice to be the new kid on the block!

Successful synagogue affiliation comes with responsibilities. The new congregant needs to show up, as it's unlikely that someone is going to come knocking at your door to get you involved. It also helps to read the synagogue bulletin, attend a variety of community programs, take classes or join committees and don't forget Sisterhood and Brotherhood. Remember that it does take time to become fully integrated. In a nutshell, the process of finding one's home in a new synagogue is a two-way street. It pays for both parties- the newcomer and the synagogue- to make a sustained effort. And welcoming a newcomer is a great mitzvah we can all perform.

Pesky Diner from page 10

Veggie Dumplings – I was disappointed in these, maybe because they were boiled and not pan fried. One order comes with five dumplings, which basically looked like round ravioli. The filling had a distinctly green taste, probably spinach. This flavor easily overpowered the tasteless dough. The small amount of dipping sauce provided was a new flavor to me, but it was so-so. One of our neighbors ordered the veggie curry turnovers. They looked amazing and I'll be trying those on our next trip.

Seared Ahi Napoleon – The waitress asked how I wanted this cooked. I said rare, but then thought it through and realized that seared tuna should be served seared. I corrected myself and wondered why the waitress asked this question. The tuna came out just all right. I can do better at home. The sear wasn't really all that seared. The middle was perfectly pink and the outside grayish. The flavor just wasn't there, even though the presentation was awesome. What stole the show in this dish was the coconut risotto the tuna was served on. DELISH! Oh G-d, did I just become Rachel Ray? Sorry about that. At least I didn't say Yum-O. Seriously though, this risotto was good. It was thick, but not heavy. The coconut flavor

stood out and I loved it.

Fortune Cookie – Red China Bistro has thankfully carried over some traditions from Cafe Su, including a fortune cookie half dipped in chocolate. (Cafe Su and Red China are sister restaurants.) The cookie was a sweet ending to a good meal.

SERVICE

So writing about service isn't going to be a main feature of this blog, but it does contribute to my overall impression of a place. For a restaurant that just opened, the servers know their stuff! Our waitress was knowledgeable and patient with all of our table's questions. She didn't know if any of the soups were vegetarian, but quickly got an answer from the kitchen for me. As nice as she was, the food was slow coming. This wasn't so bad as we were a table of seven and had plenty to talk about. This will hopefully improve. Unfortunately, there was one unacceptable aspect to the service we received. The food was not brought out all at once. Everyone ordered soup or appetizers and it had to have been about seven minutes between when the first dish came out and my dish arrived at the table. Others at the table were more than half done with their dish by the time mine came out. Main courses were also not delivered all at once, although the gap was closer to 3-4 minutes. Still unacceptable, but hopefully something that can be worked out in the coming weeks.

FINAL DAMAGE

As you may have read in the Metromix review, this place is not cheap. My wife and I ordered two entrees, an appetizer, a small soup, and one drink. With tip, the total came to \$70. This will be a special occasion type place for us. We will return, and as I wrote earlier, this is a GREAT addition to Des Moines, especially to the Ingersoll area.

Kaballah from page 10 There are no leaves on the trees and grass is brown (if you can see the grass), but we have faith and know from experience that eventually the snow will melt, the temperature will rise, and we will catch sunshine on our faces as we experience a rebirth in the spring.

Shevat marks a hidden and mystical time of new beginnings and rebirth of inner renewal which we will heal through eating. During this month trees begin to come back to life as their sap rises, however we do not see this from outer appearances, it is an inner renewal. The same is happening within us, our creative and healing juices are beginning to flow and will start to become actualized in the following month. For now is a time of hidden/inner renewal.

Interesting how eating is the area of healing for this month and also corresponds to the secular new year, when many people have made decisions to start doing things differently in the following year which often includes change of diet.

Kabbalistic readings tell of Divine Sparks of Light that came out of Egypt and are still floating around today. These Holy Sparks find their way to sources of life, hoping to one day be reunited with the Creator, H'Kodesh Barachu and it is our duty to help these sparks find their way back home. How can we do this? It is said that the sparks are often found in the foods we eat, and when we say the proper Bracha over the food, we release

the energy of the spark to "do its job" within us, by impregnating other Holy Sparks already within our body.

Some people want to know, "How can I become or feel more Jewish?" What better way to ignite the fire of the Holy Sparks already within you than by eating! The key is to say the proper Bracha to release the energy of the spark. If this is not done, the Holy Sparks will leave your body in the form of waste, go the waste management facilities (assuming one uses a toilet), is somehow restored to drinking water and might take a journey to becoming water for fruit bearing plants, that will one day, eventually make it to the way of a person again to fulfill its mission, to release its energy to impregnate other Holy Sparks within us until we are returned to the creator.

The letter for the month of Shevat is the Tzaddi, which is often referred to as the tzaddik who is often hidden as (s)he is connected to the highest worlds and helps bring down blessing to the people of this world. For instance, the highest level of giving Tzedekah is as an anonymous donor. When tzedekah is given in this way, the person giving is doing so on a hidden level, so as not to gain favor in the eyes of the benefactor or community, but purely for the sake of the Mitzvah and gaining favor in the eyes of Hashem.

Another kabbalistic tradition is to celebrate a Tu B'Shevat Seder in which four glasses of wine are poured to represent the four worlds ("The Four Worlds" a letter by Rabbi Yosef Yitzchak Schneersohn). The first cup of wine is white, for the world of Atzilut, the world of the most intimate connection with Ain Sof, which is the highest and deepest level of our soul. While we drink this cup of wine, we meditate on the letter yud, which represents this world as we absorb into oneness with H'Kodesh Barachu. (If you drink a full cup of wine on an empty stomach, I find that oneness tends to happen at a faster rate!)

The second cup of wine should be mostly white wine with some red wine mixed in and is representative of the world of Beriya, the world of creation, separate and outside of Ain Sof. Although each of us has sparks of Hashem within us, this is the world that separates us from Hashem forcing us to engage in the soul's outer shell (klippah) taking the form of a human body. It could take other forms depending on which cycle of the gilgulim (reincarnation) you are on in your spiritual journey, but since you are reading this article, we will all agree that your current gilgul has been raised to the level of a human being.

While we drink this glass of wine, we should meditate of the letter hay as we open our neshama (soul) to the blessings of the angels from the world of Atzilut, who reside with Hashem, much like the angels who came to visit Avraham Avenu.

The third cup of wine is mostly red, with some white mixed in and is poured for the world of Yetzerah, the world of formation which corresponds to the soul level of ruach (spirit), likened to the spirit one might exuberate at a football game where the feelings of spirit are coming from the heart. During this glass of wine we meditate on the letter vav in our heart as we imagine our hearts opening to the

blessings of the angels of this world.

The fourth and final cup is completely red wine and is poured for the world of Assiyah, the world of action, which corresponds to our physical world in which we do things and to make a difference in our lives, the lives of others, the future, and the worlds to come.

Each letter meditated on during the four cups of wine spell out the Divine name; Yud, Hay, Vav, Hay. As each letter is distinct and holds meaning when put together in a particular order spell the name H'Kodesh Barachu. The same should be done as we work to integrate each of the worlds to form one universal truth. (For further information on knowledge of the Aleph Bet, I suggest "The Hebrew Letters:

Channels of Creative Consciousness" by Rabbi Yitzchak Ginsberg or "The Hebrew Alphabet: A mystical Journey by Edward Hoffman.")

In the month of Adar the weather is getting warmer, the days longer and the buds begin to develop on the trees. There is a feeling of happiness and joy knowing that the outside world is coming back to life again as we all 'defrost' from the previous months. During this month, we will heal through joy and laughter.

Michelle Garland, PhD in Curriculum and Instruction (Education) - Iowa State University, M.S.E. in Curriculum and Teaching Management (K-6 Principal) - Drake University, B.A. in Elementary Education - University of Northern Iowa



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Iowa Jewish Historical Society Receives Grant

The Iowa Jewish Historical Society is delighted to announce that it has received a grant of \$7,000 from the Beverly Blank Perry Foundation to undertake several new pilot projects.

The first project is to digitize all the photos and paper records in the Blank Family Collection held by the Iowa Jewish Historical Society for use in several upcoming documentary film projects. Digitizing the collection will also enable the Society to provide better access to and preservation of the collection. IJHS has more than 250 Blank Family photos, letters, newspaper clippings, scrapbooks, etc. that will be part of the project.

All of the work will be done in-house, including scanning and making digital copies of all the photos and creating the related metadata listing the size of the picture, the color depth, the image resolution, when the image was created, searchable keywords, etc. The metadata will make it easier to search and access the collection.

The grant covers staff time as well as the purchase of new

equipment needed to complete the project and to update the Blank Family exhibit in the Caspe Heritage Gallery.

This grant will also fund a pilot project to make the newly-digitized material available on the Iowa Jewish Historical Society's website. Making digitized copies of the photos and other items in the Blank Family collection available on the website will make them more accessible to researchers and the general public. This pilot project is important because it will help pave the way for eventually making most of the Society's collection available online. By increasing our online content, we can further our mission to "preserve the history of the Jewish people of the state of Iowa and to deepen community understanding of Jewish history and culture through educational programming and exhibitions." With this generous grant, the Blank Family collection will be the beginning of an enhanced online future for IJHS.

The Iowa Jewish Historical Society is excited and grateful to the Beverly Blank Perry Foundation for this new opportunity!

LINDSEY SMITH JOINS IJHS STAFF



Lindsey Smith, a museum collections and exhibits specialist, joined the consulting staff of the Iowa Jewish Historical Society in October. In addition to her work with the Caspe Heritage Gallery, Lindsey is an Archivist with Des Moines University and has her own company, Exhibitsmith. She specializes in writing and developing museum exhibits; preserving and documenting historic collections; and teaching preservation classes for professional and community organizations.

Lindsey comes to the IJHS with a bachelor's in history from the University of Illinois at Urbana-Champaign and a master's in historical administration from Eastern Illinois University, where she focused on collections care and management, material culture, and local history. She's currently pursuing a certificate of advanced study in archives and records administration online at the University of Wisconsin-Milwaukee.

Lindsey will be working Wednesday and Friday mornings from 8 am until noon, concentrating on getting us caught up on accessioning and cataloguing the artifacts that have been given to the Society during recent months. Once that process has been done, she will be doing a complete inventory and updating of the Society's collections database.

Renew Your Membership in the Iowa Jewish Historical Society

As we celebrate more than 200 years of Jewish life in Iowa, your support of the Iowa Jewish Historical Society can make a very real difference. Without your help and financial support, the stories of Jewish life in Iowa and the documents and artifacts that we preserve could be lost to future generations.

Please consider purchasing a gift membership for family and friends!

Membership Levels

Lifetime Member	\$5,000
Benefactor	\$500
Sponsor	\$100
Patron	\$100
Individual or gift membership	\$36

Please make checks payable to the Iowa Jewish Historical Society or IJHS and mail to:

IJHS
910 Polk Blvd.
Des Moines, IA 50312

Volunteers Needed

Are you interested in learning how to work with the special artifacts that tell the story of Jewish heritage in Iowa? help with new exhibits for the Caspe Heritage Gallery? Help research and write stories for the CHAIowan?

Please call Executive Director Sandi Yoder at 205-0379 to find out more!

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january • february

[calendar]

Saturday, Jan 1		New Year's Day
Thursday, Jan 6	12 Noon	Senior Lunch at Beth El Jacob Synagogue
Saturday, Jan 8	7:30-9:30 pm	Beit Café at the Temple
Monday, Jan 17		Martin Luther King, Jr. Day
Tuesday, Jan 18	5:30-6:45 pm	Fed. Executive Committee Meeting at The Caspe Terrace
	7:00-8:30 pm	Fed. Board of Directors at The Caspe Terrace
Thursday, Jan 20		Tu B'Shvat
Saturday, Jan 22	7:00 pm	Temple Sisterhood Havdalah Event
Thursday, Feb 3	12 Noon	Senior Lunch at Beth El Jacob Synagogue
Saturday, Feb 5	9:00 am	Josh Waltman Bar Mitzvah at Tifereth
	7:30-9:30 pm	Beit Café at the Temple
Sunday, Feb 13	12 Noon	Tifereth Women's League Lunch
Monday, Feb 21		Presidents' Day

Let us know...

Has your family had a celebration? A Bar/Bat Mitzvah? How about sharing with the community? We'd all love to see photos of your anniversary party, new grandchild, son's wedding, or any simcha.

The **Jewish Press** is **your** community newspaper and we'd like to publish more local news, but you need to tell us about it. Please help us to sharpen our local focus with your news. Send photos, information or stories to jcrc@dmjfed.org.

In Memoriam

We note with sorrow the recent passing of

Harold Goldman

Doloris Rosenberg

Dr. Martin Rosenfeld

Dr. Peter Zaprudsky

[short takes]

INTERFAITH THANKSGIVING SERVICE



Representatives from different faith groups participated in an Interfaith Thanksgiving Service prior to the holiday. Co-coordinators for the program were Rabbi David Kaufman of Temple B'nai Jeshurun and Rev. Dave Nerdig of Faith Lutheran Church. The program was endorsed by community organizations including JCRC.

MEETING DR. BARRY RUBIN



Noted Middle East scholar and analyst Dr. Barry Rubin gave a presentation for Drake University's Center for Global Citizenship in October. Here he is shown at the JCRC's luncheon flanked (from left) by JCRC Chair Steve Schoenebaum, Mark Finkelstein, Rabbi David Kaufman, Federation Executive Director Elaine Steinger, and Sheldon Rabinowitz.

LORBER PRESENTED FOR RAY SOCIETY



In November, Fred Lorber conducted a three-part class for Drake University's adult education program, The Ray Society. Shown with Lois Fingerman who helped coordinate the series, Fred's topic was "Living in Nazi Occupied Austria." The series set a new record for enrollment.

Why Take Conversational Hebrew?

"I incorporate the knowledge into my teaching"

Did you know that the Torah scroll has a total of 304,805 letters, 79,976 words and 5,845 sentences? I can chant those. I love biblical Hebrew. I thought to myself one day, that maybe, just maybe, it was time to learn a little more conversational Hebrew. At almost 60 years of age, I felt that I needed to exercise my brain a little more. So one day, I enrolled in a conversational Hebrew class. Well, I just love it. I now know that if someone should ask me-Where is the bathroom? —I can answer them, or at least point them in the right direction. Should someone ask me the color of my hair or the color of my bike, I could answer him or her. On our own, the class spends our Monday mornings working the Rosetta Stone Program and once a week we come together to work on grammar and conversational Hebrew. This class has tied a lot of loose ends up for me. I now understand (depending on the day), the past, present and future tenses of Hebrew verbs. Who would have thought that I would be reading for fun the book 501 Hebrew Verbs? Who would have thought I would be conjugating verbs just for fun? This class has helped me tremendously while teaching students at the Jewish Federation Community School. I have been incorporating more conversational phrases in my Sunday and Wednesday school schedules and the students really seem to enjoy this. For fun or for any practical reason, consider studying conversational Hebrew!

— Wendy Beckerman

"Both fun and useful"

Learning conversational Hebrew has been and continues to be a wonderful experience. Even though I have been teaching 3rd grade prayer Hebrew at JFCS for 14 years, this new endeavor turned out to be a great challenge and a demanding discipline. That is not to say learning conversational Hebrew isn't "fun", because it is!! Not only do I hope that someday I will be able to converse in Hebrew, but I also hope to incorporate some of this new knowledge within my 3rd grade classroom. Actually, I'm doing that already and the students are very receptive!

Learning Hebrew as an adult has also helped me empathize with my students as they learn a new language. This conversational Hebrew class has given me the opportunity to grow in my understanding of Judaism and I would recommend taking a similar class to anyone who is seriously dedicated to studying. The rewards gained are definitely worth the effort expended.

— Pat Johnson



Jewish Federation Hebrew class members David Cohen, Wendy Beckerman, Pat Johnson. (Instructor Mark Finkelstein)

Bar Mitzvah



Joshua Delbridge Waltman will be called to the Torah as a Bar Mitzvah on Saturday, **Feb. 12, 2011** at 9:00 am at Tifereth Israel

Synagogue. Kim and Ken Waltman invite the Jewish community to join their family in celebrating this special occasion. A Kiddush luncheon will be served following services at the Caspe Terrace.

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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 Julie 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.