

THE GREATER DES MOINES Jewish Press

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Our Federation: A Bright New Future



Barb Hirsch-Giller
President

It is a brand new year and the Federation's wishes for you include excellent health, a sense of peace in your life, and the experience of joy and contentment that a life engaged with good works and loved ones brings! May 2012 be the year of your hopes and dreams.

I'd like to share with you a snapshot of my very important time at the 2011 General Assembly Jewish Federations of North America (JFNA). Elaine and I learned so much about what is happening with Federations large and small and, amazingly, it seems that we are all facing very similar challenges. At the Small Cities session, we found ourselves hearing echoes of our conversations here at home: **WHO** are we now, in 2011? **WHAT** is it exactly

that we care about? **WHERE** do we want to put our precious and often diminishing resources? **HOW** do we market our critical services both to our funders and the larger Jewish and non-Jewish communities with which we are increasingly involved?

Answers to these and so many more questions are extremely complex today but certain themes were powerfully expressed:

---The JFNA defined the work of Federations in two essential points. First, we "care for people in need here at home, in Israel and around the world. Second, we nurture and sustain the Jewish community today and for future generations." We want to "feed, clothe, comfort and rescue people in need." We want to "inspire, educate and connect people to their Jewish identity." We implement dreams with the funds that we raise.

---Federations need to change and adapt quickly in response to funding and funders who care deeply about addressing contemporary need for DIRECTLY caring for people. We do not want our dollars to disappear into an amorphous funding pot about which we have no knowledge or input in its use. We want to embrace our Jewish values of charity, generosity and profoundly moral behaviors as we go about our work throughout the world and give our dollars.

---DO NOTHING ABOUT ME—WITHOUT ME! The amazing younger leaders who are generating the changes in communities all over the world will not stand for autonomous leadership. The new paradigm that is emerging is not a top-down form of governance but a "go-to" place that makes good stuff happen! We collaborate; we are collectively empowered to care for the most marginalized citizens of our world. Do nothing about me—without me; the generations who will follow our leadership are smart, creative and deeply caring for not only the space within their view but for the global world. The Federations of the future will not be looked upon as "welfare" agencies anymore; it's all about the fact that we are a global Jewish people with Israel at our core.

This process of change in the Des Moines Federation will have begun by the time you are reading this article. The **Visioning Cabinet** of the Federation, chaired by David Adelman, will have had its first meeting and started the process of examining every aspect of this Federation and its work—every agency, every committee. We will be defining a Mission Statement that clearly reflects what we can and cannot do for our local and global citizens. We will be a central body in the search for a new Federation director to succeed Elaine. BUT we are a CABINET, not a body independent of YOU, our community. We will be calling you, inviting you, imploring you to work right along side of us as we move into our thrilling future. Come along for the ride—we promise you something new and wonderful. **We do not want to do anything about you—without you!**

- Barbara Hirsch-Giller

February 7 Is Tu B'shevat, The Jewish Arbor Day

On Tu B'Shevat (the 15th of the Hebrew month, Shevat) we celebrate a New Year for the Trees, rejoicing in the fruit of the tree and the fruit of the vine, celebrating the splendid, abundant gifts of the natural world, which give our senses delight and our body's life.

Tu B'Shevat marks the beginning of spring in Israel. Sustaining rains are at the peak of their power and the world responds, brimming with buds of fragrant life. To mark this moment, school children plant trees. Often these trees have been provided by the contributions of Jewish students abroad through the good offices of the Jewish National Fund.

For Jews outside of Israel, Tu B'Shevat is a celebration of the renewal of vision and awareness, a celebration of connections and connectedness to our own inner-selves, to the social world of human beings, and to the natural world and its Source.

The Tu B'Shevat Seder

In the 17th century, the Kabbalists, the Jewish mystics of Safed, developed a special seder (order service). Their efforts were influenced by the esoteric meaning in the verse Deuteronomy 20:19: "For man is like the tree of the field".

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Ames Congregation To Host MLK Day Program, January 15

The annual program conducted by the Ames religious community honoring the legacy of Martin Luther King, Jr. will be hosted this year by the Ames Jewish Congregation. The program, to be held on Sunday, January 15th, will include the participation of the congregation's Rabbi, David Wirtschafter. For additional details, please contact the congregation at ajciowa@gmail.com. The synagogue is located at 3721 Calhoun Avenue in Ames.

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We've helped over
275,000 young Jews
strengthen their
roots in Israel.
Thanks to donors
like you, here's
one of them.



From farm-focused, eco-Israel experiences to Birthright and MASA programs, Jewish Federation is actively supporting innovative new projects that inspire a deep love of Israel and Jewish life. It's a successful strategy we apply to every issue we tackle. From feeding the hungry and helping the unemployed to supporting local Jewish education, together we do a world of good. **Donate. Volunteer. Make a difference today.**



Jewish Federation
OF GREATER DES MOINES

Welcome To Life And The New Calendar Year!



Elaine Steinger
Executive Director

Welcome to life and the new calendar year! Nothing stays the same. As human beings, we are constantly evolving. Our personal relationships, financial security and health are but a few of life’s checks and balances that unfortunately, many of us take for granted. Life is fluid, forever moving, unpredictable, and subject to change without notice or warning. But one thing is for sure, life’s constant change is what should keep each of us humble, honest and above all else, thankful.

Through good times and bad, family remains our immediate source of love, security, and validation. There’s no doubt that we’ve all heard the adage, “charity begins at home.” Let’s face it; all of us describe taking care of the basic needs of those most immediate to us as prudent stewardship. But I would also suggest the concept of our larger family, the Jewish community, of educating our children about the importance of tzedakah is equally incumbent upon each of us as we endeavor to lead by example and set the tone and expectation for future generations of children whether they be Jewish or not. Good deeds resonate and legacies perpetuate from generation to generation.

To each of you reading this column who participate in the programs and services of the Federation and gives financially of your resources or of yourself, thank you. Whether you are a member of the Federation’s staff, a patron, benefactor, a volunteer or board member, I personally appreciate and I am thankful that you remain engaged, committed and so generous. We work diligently to best represent your acts of loving kindness in a manner that is both purposeful and in keeping with the Federation’s underlying mission of tikkun olam here in Des Moines, Israel and around the world.

Remind yourself of any good fortune of health and basic needs you have. Make contact with those around you by letting them know they are an important and meaningful part of your life. Surprise yourself and a complete stranger by doing the unexpected. In short, be thankful because you can and because you should.

Now to look towards this year’s campaign and our future.

Do you remember the candy called “NOW and LATER?” It was a combination of Laffy Taffy and Starburst, and I loved it as a child. I vividly remember their slogan – “Eat some NOW, and save some for LATER!”

As I was thinking about our Federation Annual Campaign, this favorite childhood candy came to mind, and the reason will become clear in a minute. I am very aware of the needs of the Jewish community each day. I constantly talk and meet with community members to better assess their needs and work with staff to determine how we can best support the needs and wants of the community. I reflect often on what the Federation needs today—and on what it will need three years, five years, and 10 years down the road. I try to take a step back and look at the big picture. Whereas the Annual Campaign sustains us for today, it is our endowment that will sustain us into the future.

I was recently contacted by two different individuals about the Federation’s endowment. The first wanted to know how she could leave money to the Federation to continue her gift to the Jewish community and to the Jewish causes that are so special to her. We talked about sustaining her Annual Campaign gift and also about setting parameters for other special Jewish projects. We discussed the simplest method, a will, and how her estate planner can ensure that this will happen. It was a really positive conversation.

The second call was from an estate attorney in town. He was calling to get information on behalf of one of his clients and wanted to know how he could best meet his client’s needs and desires. We talked about the various methods for transferring wealth to the Jewish Federation (or to any non-profit) as well as what could work best for this client. Additionally, we talked about the amount of money it would take to sustain this donor’s Annual Campaign contribution in a PACE (perpetual annual campaign endowment) fund. By the way, it takes 20 times your annual gift (at 5% interest) to sustain your current Annual Campaign contribution. So if you give \$1,000 a year, you would want to leave \$20,000 in your will to put \$1,000 into the PACE campaign fund annually forever.

These two community members and donors to the Jewish Federation were in different stages of their estate planning. These two donors are in different income brackets and in different phases of life. But both women are taking the necessary steps to be part of the future of their Jewish community. What an incredible mitzvah!

I’ve always wondered why more people don’t make estate planning a part of their lives. People are philanthropic and passionate about their giving for many, many years – then most pass away without creating any type of legacy for those organizations. Why is that? You give and you set an example for your children and for others in the community. Why not continue setting that same example for years to come?

There are small Federations across North America that begin each Annual Campaign with a positive number - \$50,000, \$200,000 or more. These communities start off with donations because people have left endowment bequests to the Federation’s Annual Campaign – and these endowments spin off approximately 5% in interest each year (on average). You do not need to be wealthy to leave your mark on the future!

Please consider speaking with me about the many ways you can create a Jewish Legacy with the Federation. Speak to your financial and/or estate planner. Endowment money comes from all donors, at all levels. Add your name to the growing number of community members who have already made estate plans for the Federation. If you’ve done so already, thank you – and, please let me know that you have done so. Speaking from experience, it is really a positive and uplifting thing to do: for you, your family and for your Jewish community. It’s as sweet as candy to take care of our community NOW and LATER.

Thank you so very much.... Elaine

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IOWA PRESIDENTIAL CAUCUSES, JANUARY 3
JCRC encourages all eligible voters to participate in the Iowa Caucuses to be held 7pm, Tuesday, January 3, 2012. Caucus locations will be listed in the newspaper.

MARTIN LUTHER KING, JR. DAY, MONDAY, JANUARY 16, 2012
In Commemoration of the Life and Legacy of the Rev. Dr. Martin Luther King, Jr.

CORRECTIONS
In the November/December 2011 edition of the Jewish Press several donors were incorrectly listed. The corrections are noted as follows. Community Division: Denise and Max Rothschild; Leadership Division: Steven Adelman and Kathy Elsner-Adelman; Mitzvah Division: Liz and David Adelman; Pomegranate: Molly Sandler.

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We are always happy to consider articles and information for publication.

We reserve the right to edit submissions.

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JEWISH FEDERATION COMMUNITY SCHOOL

JFCS 4TH GRADE TIKKUN OLAM

After the High Holy Days, Mrs. Hjelmaas' fourth grade class discussed the concept of Tikkun Olam and finding Jewish ways in which to help our local community. These students learned that Tikkun Olam is the imperative to repair the world so that it reflects the divine values of Justice (tzedeka), Compassion (chesed), and Peace (shalom). Tikkun Olam is identified with working for social justice, peace, freedom, equality, and the restoration of the environment.

One of the projects they decided on as a class was to collect donations from JFCS families to give to the Des Moines Area Religious Council's Food Pantry. These items were received and delivered to DMARC prior to Thanksgiving. Recently, DMARC stated "now more than ever" supplies are needed as many families who have helped in the past are unable to give this year.

Below is a picture of the fourth grade class. First grade is also included as they, along with the rest of the school, supported this food drive.



JFCS SHABBAT SERVICE

Friday, November 4 was an exciting night for the students of the Jewish Federation Community School as they celebrated Shabbat at Temple B'nai Jeshurun. It was our first school Shabbat service of the year and we want to thank all the parents and staff who participated and supported our students as they shined a spotlight on the hard work they have already put in this year learning some of the many things they will need in the future for their bar and bat mitzvahs.

Children from the preschool through sixth grade led many of the prayers and sang songs during the evening service. Any one in attendance could see just how proud the kids were to share what they knew with the community. We also want to thank Laura Sparks and Sam Miller for their musical leadership and accompaniment during the evening and Rabbi Kaufman for his spiritual guidance. Afterwards everyone enjoyed a Shabbat dinner in the social hall as families and others from the community ate and talked.

Be sure to mark your calendars for the next JFCS Shabbat scheduled for Friday, February 10, 2012. The whole community is invited to join the students and their families at Tifereth Israel Synagogue for services and dinner afterwards.

ANNUAL JFCS BOOK FAIR

The annual JFCS Book Fair was held the morning of Sunday, November 20. With hundreds of books, CDs and DVDs available to peruse and order, there was something for everyone's tastes. Students, parents and other community members were invited to browse a wide variety of Jewish themed books ranging in topics from holiday cooking to spirituality, from storybooks to memoirs. This year the event was held in conjunction with the Hanukkah Bazaar held in the Bookey Lodge at The Caspe Terrace. It was a one-stop-shopping trip with the synagogue gift shops and breakfast served by the Maccabee Deli.



Each year JFCS holds this event at the beginning of the national Jewish Book Month as an opportunity to make available to families and community members the wide variety of Jewish titles that are currently available and to help families with their Hanukkah shopping as well.

Jewish Book Month is an annual event on the American Jewish calendar dedicated to the celebration of Jewish books. It is observed during the month proceeding Hanukkah, thus the exact date changes from year to year.

In 1925, Fanny Goldstein, a librarian at the West End Branch of the Boston Public Library, set up an exhibit of Judaic books and used it as a focus of what she called Jewish Book Week. In 1929, the event was adopted by communities around the country. During its first fifteen years, the annual date of the program coincided with the holiday of Lag B'Omer or Shavuot, regarded as scholars' festivals. In 1940, the event was moved to pre-Hanukkah to promote books of Jewish content as Hanukkah gifts. This timetable remains in place to this day. Jewish Book Week became so popular and so filled with activities that it was extended to a one-month period in 1943.

This event is held locally to support the purchase of new books for the Jewish Federation Community School library collection. We want to extend a thank you to all of our community members who came out and supported the book fair, the gift shops and the Maccabee Deli with their purchases.

MOTHER'S CIRCLE

On Sunday, November 6, the Jewish Federation Community School held its first Mother's Circle class at The Caspe Terrace in the Staroselsky Lounge. This program is open to any woman who is not Jewish and raising or planning to raise her children Jewish. You may join at any time during the year. This program provides free education and support for women of other religious backgrounds who are raising Jewish children and meets twice a month throughout the school year.

The purpose of this program is to give these mothers a comfortable and safe place to discuss and share with their peers similar Jewish situations involving their families and extended families, learn about Judaism, explore Jewish holidays and rituals, discover how to enrich their families' Jewish experience, and deepen their connection to the religion within their families.

The Mothers Circle is a program of the Jewish Outreach Institute and is made possible locally by the Jewish Federation of Des Moines. If you are interested, please contact our facilitator, Julie Kaufman, at (515) 221-1787 or Lyanna Lindgren at (515) 987-0899 ext 232 or jfcsdm@gmail.com.

Fundraising Effort Continues for JFCS

We are not done yet! There are many community members that were involved during this process and with our generous givers this dream became a reality.

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- Students' Desks and Chairs for one classroom - \$20,000
- Named School and Federation Offices - \$50,000
- Naming a classroom - \$100,000+

For more information or to make a donation, contact The Jewish Federation, 33158 Ute Avenue, Waukee IA 50263 or call Elaine or Lyanna at (515) 987-0899.



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Drake University Represented at the General Assembly by Laura Sigal



Ben Mogerman, Laura Sigal and Raizel Small

On November 6th Ben Mogerman, Raizel Small, and myself set off to Denver, Colorado to represent Drake University at the Jewish Federations of North America General Assembly. For all Jews, the General Assembly is a great place to learn and meet other Jews. As students at a small school, with a small Jewish population, we have learned just how great the General Assembly truly is.

The General Assembly gave us the opportunity to talk to other small Hillels.

From other students we learned of new program ideas, ways to help increase attendance, and how to manage when the school does not fund you. We even had the opportunity to meet with Wayne Firestone, the national President of Hillel. Firestone left us with the inspirational message that it only takes the voice of one person to make a serious change.

Not only was the General Assembly a great place to get tips for our Hillel it was a chance to meet new Jewish friends across the country, and reconnect with old ones. The Jewish Federation even bussed us to a Matisyahu, Ylove, and Diwon concert one night to give us a taste of fun Jewish culture.

After gaining valuable Hillel ideas and meeting some great young Jewish leaders, we learned more about current events and Jewish values. Masa program alumni spoke to us about their experience traveling to Israel. Rabbi Elie Kaunfer discussed continuity in Judaism. Ambassadors Michael Oren and Dan Shapiro talked American-Israeli relations. Congresswomen Debbie Wasserman Schultz spoke of representing the Jewish people.

Breakout sessions discussed current Israeli events as Jewish ones. There was an exhibit hall full of exciting programs and opportunities, as well as, some great free loot.

An official Twitter hashtag was even created for this years General Assembly. All weekend you could follow the attendees thoughts by searching #JFNAGA. The Jewish Federation of North America worked hard to bring the General Assembly into modern technology, with screens all around displaying the latest tweets.

I met so many great people and made some great connections. By chance in a break out session I sat next to the radio personality Bibi Report. I passed Rick Recht in the hallway at least once a day. I connected with friends that I met last year. I ran into other Herzl Camp alumni.

I went to the Jewish Federations of North America General Assembly with a love for Israel and Judaism and left with great new ideas for Hillel, some sweet new Jewish friends, and even an internship at American-Israeli record label Shemspeed. I cannot think of a better way to have spent my weekend than in Denver with 3,000 other people who share my values. I am so thankful that I was able to attend the 2011 Jewish Federations of North America General Assembly.

[medicine]

Israeli Cancer Vaccine Could See Light In 2017

Vaxil BioTherapeutics, a biotechnical company based in Ness Ziona, near Tel Aviv, Israel has produced a ground-breaking therapeutic vaccine for cancer patients which could prevent about 90 percent of cancers from coming back.

Vaxil was founded in 2006 by Dr. Lior Carmon and the vaccine is now in clinical trials at the Hadassah University Medical Center in Jerusalem. The vaccine could be available as early as 2017 to administer on a regular basis, not only to help treat cancer but in order to keep the disease from recurring.

The vaccine is being tested against a type of blood cancer, 'multiple myeloma'. If the substance works as hoped, its platform technology, VaxHit could be applied to 90 percent of all known cancers, including prostate and breast cancer, solid and non-solid tumors.

"In cancer, the body knows something is not quite right but the immune system doesn't know how to protect itself against the tumor like it does against an infection or virus. This is because cancer cells are the body's own cells gone wrong," says Julian Levy, the company's CFO. "Coupled with that, a cancer patient has a depressed immune system, caused both by the illness and by the treatment." The trick is to activate a compromised immune system to mobilize against the threat.

A traditional vaccine helps the body's immune system fend off foreign invaders such as bacteria or viruses, and is administered to people who have not yet had the ailment. Therapeutic vaccines, like the one Vaxil has developed, are given to sick people, and work more like a drug.

The new vaccine works by activating the immune system by "training" T-cells to search and destroy cells with the MUC1 molecule, typically found only on cancer cells. More than 90 percent of common solid tumor cancers bear the MUC1 molecule, as well as many non-solid tumors, including lymphoma, leukemia and multiple myeloma.

Advanced-stage cancer will still require chemotherapy or surgery to remove a large tumor, Vaxil CEO Julian Levy noted, but if the cancer is brought down to size, the body will then be able to fight it, with ImMucin seen as a long-term approach to prevent recurrence.

According to Data monitor, the value of the market for cancer vaccines is expected to reach \$4.5 billion by 2014. *Source: nocamels.com*



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senior news

Senior Volunteer Program - Are you looking for a way to put meaning back into your life while helping others? Become a Senior Volunteer and help us reach out and care for someone in need. The rewards are many and the need is great.

TO LEARN MORE about volunteer opportunities or any of our programs, contact Pat Nawrocki, Jewish Family Services Manager, at 987-0899 ext 210.

Upcoming Luncheons:

Thursday, January 12th 12:00
Noon, at Tifereth Israel Synagogue.
Please welcome back healthy and full of energy, The Fat Cat Mr. Jim Wangeman who will entertain us with his wonderful music. Also we will welcome Philanna Grier, Lifeline Assistant, who will provide information about Lifeline that helps you live independently at home.

Thursday, February 9th 12:00 Noon at Beth El Jacob Synagogue. Come listen to the delightful music provided by the Ralph Zarnow Fund. Also be informed by Jan Collins, Community Liaison Specialist for Visiting Angels who will provide a program on prevention of falls and winter safety tips.



The Ideal Gift To Give Is... Yourself



Gwenn Copple is a compassionate, caring and fun-loving person who enjoys being a volunteer. We are so very fortunate to have her in the Senior Adult Program. She always has a smile on her face and is always willing to assist a client in any way possible. If you look at her past, Gwenn has been volunteering since her move to Des

Moines in 1973. She has been active with Variety Club, Junior League and Jewish Life Center for many years. It's just a way of life for Gwenn. She says being with her clients has been very rewarding. "It's an incredible fun experience and laughter is always a part of our visit." She would highly recommend being a volunteer for the Senior Adult program to anyone.

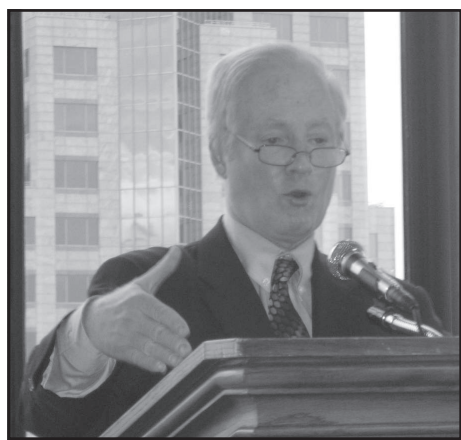
Thelma Kardon, whom Gwenn regularly takes to Walmart to shop for groceries and pick up prescriptions, says she appreciates Gwenn and all that she does for her. Thelma's motto which is written on her kitchen wall is "Don't Forget To Smile." Thelma says that Gwenn is always smiling and she just loves Gwenn and how she appears at her door with a big, big smile. Thelma says she laughs a lot and is full of fun. "Some things that can sometimes be challenging in life become lots of fun with Gwenn. She makes me feel so honored and welcomed, and she can't do enough for me."

Shirley Berg said that Gwenn is always so cheerful and pleasant to be around. She has provided manicures for the residents at the Jewish Life Center for over 20 years. She was always very lovely, respectful and helpful to the residents. That's what the Senior Adult Program is all about, deeds of kindness, reaching out and helping someone in need.

Pat Nawrocki, Jewish Family Services Manager

Jewish Community Relations Commission

Emerson: On-Going Arrests Thwart Islamist Attacks In U.S.



Steven Emerson, a leading authority on Islamic extremist networks, spoke in Des Moines in late October. He addressed an audience of 600 at Point of Grace Church in Waukee, providing evidence of both a demonstrably violent and alternately covert jihad being conducted against the United States and the West. This is a delicate topic and Emerson made clear that the subject dealt with the extremist element within Islam and did not pertain to average American Muslims, the vast majority of whom are peaceful, loyal Americans. Emerson's points included that:

(i) there continue to be Americans being sentenced for the attempted commission of terrorist acts; (ii) the FBI and justice system have identified groups who are "front organizations" for groups listed as international terrorist organizations by the U.S. State Department; (iii) there are individuals, some of whom have attained prominence in leadership positions, who in public have condemned terrorism in general, but who have been taped, even in English, calling for jihad against America; and (iv) the mainstream media tends to call certain Islamist leaders 'moderate' when in fact they are only moderate in comparison to groups affiliated with al Qaeda.

The program was sponsored by the Jewish Community Relations Commission of the Jewish Federation and JFed Forum.

-Mark Finkelstein,,
JCRC Director



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- For more information call Elaine at (515) 987-0899 ext 231 or Linda at (515) 987-0899 ext 211.**



Lot by David Friedgood



Our Bible tells stories of many men and women. Some are virtuous individuals, others not so good; but, all of them are trying to find their way in this world as best they can. These stories serve as lessons, giving us, today, some direction as to how we can best conduct ourselves when faced with the dilemmas of our lives. Some stories contain obvious moral points. In others, the message is less clear. For the last 2,500 years these tales have generated endless commentary and argument by Biblical scholars, and lay people. The story of Lot is particularly troubling. Is Lot truly a righteous man, deserving of God's providence? Or, is he like most of us - a person with moral flaws, trying to make the best decisions he can in this uncertain world? See what you think.

In Genesis we are told that God commands Abram (his name has not yet changed to Abraham) to leave his Father's house and travel to a foreign land where "I will make of you a great nation, and I will bless you..." (Genesis 12:2) Abram is 75 years old when he packs up his wife Sarai (not yet Sarah) and his brother's son Lot. They go out as God commanded to face the unknown together. Abram and Lot prosper in their adopted home of Canaan. Inevitable problems arose and the land could not support them staying together: "And there was quarrelling between the herdsman of Abram's cattle and those of Lot's cattle." (Genesis 13:7) Abram took the initiative and, to keep family peace, offered Lot his choice of territory. Abram would go in the opposite direction. "Lot looked out about him and saw how well watered was the whole plain of Jordan, all of it..., like the garden of the LORD." (Genesis 13:10) Despite being inhabited by the wicked residents of Sodom and Gomorrah, Lot chooses to go east. He crosses the river Jordon, and settles in the plain of Jordan. Abram goes west, staying in Canaan. In commenting on this story the 13th century mystical book Zohar (The Book of Enlightenment) likens God's approach to Abram as infusing him with 'soul-breath'. Abram's body is literally fused with the Almighty spirit. The commentary continues: "And Lot went with him." This is the 'Deviser of Evil,' destined to enter along with the 'soul-breath' once a human is born." (Zohar 1:35b) Pure goodness (God's presence) enters Abram along with evil (identified as Lot). According to the text, righteousness and vice are present in all human beings. By separating himself from Lot, Abram is trying to remove the evil inclination from his soul.

Later, the King of Elam takes Lot hostage during a war between Elam and the Kings of Sodom and Gomorrah. Abram intervenes and restores Lot's freedom and property, along with that of Sodom's King. Abram refuses a reward from the King of Sodom,

wanting to have nothing further to do with him saying: "I will not take so much as a thread or a sandal strap of what is yours; you shall not say, 'It is I who made Abram rich'". (Genesis 14:23) Lot returns to Sodom. Later God discusses with Abraham His plans to destroy Sodom and its environs because of the inhabitant's iniquity. Abraham argues with his God and they agree to spare Sodom if only 10 good people can be found there. God then dispatches two angels to Sodom. They meet Lot at the city gate and he immediately offers them the hospitality of his home. That night all the men of Sodom gather at Lot's door: "And they shouted to Lot and said to him, "Where are the men who came to you tonight? Bring them out to us, that we may be intimate (ie: rape) them." Lot defends his guests: and said, "I beg you, my friends, do not commit such a wrong. Look, I have two daughters who have not known a man. Let me bring them out to you, and you may do to them as you please; but do not do anything to these men, since they have come under the shelter of my roof." (Genesis 19:5-8) The angels then pull Lot away from the crowd and the next morning they escape Sodom with Lot, his wife and two daughters. God then destroys Sodom and Gomorrah with a 'sulfurous fire.' So, what are we to make of Lot's behavior during this adventure? The Rabbis generally praise him for his hospitality and willingness to sacrifice his well being for the sake of strangers. Lot receives less praise for his disregard of his daughter's welfare. The 13th century scholar Nachmanides is particularly critical of Lot. He declares that a man is obligated to face death rather than permit the woman under his protection to be dishonored. Some modern commentators defend Lot, rationalizing that the Sodomites had no interest in woman. It was the men they wanted. Knowing this, Lot felt his daughters would be safe.

After the annihilation of Sodom, Lot and his daughters were living in a cave, isolated from the world. Lot's wife had turned into a pillar of salt on the plain outside Sodom. The two women conspired to have incestuous sexual relations with their father while he was drunk at night. "The older one said to the younger, "Our father is old, and there is no man on earth to consort with us in the way of the world. Come, let us make our father drink wine, and let us lie with him, that we may maintain life through our father." (Genesis 19:31-32) Out of these unions, two sons were born - Moab (ancestor of the Moabite tribe), and Ben-ammi (ancestor of the Ammonites). Both of these tribes were to become enemies of the Israelites in later generations (though King David traces his ancestry to the Moabite woman Ruth). What are we to think of this behavior? Rabbi Telushkin states a man cannot be drunk enough to unknowingly have forbidden sex with his daughters. Did Lot know what he was doing? Did he think he was the last man alive and needed to perpetuate the human race?

continued on page 15



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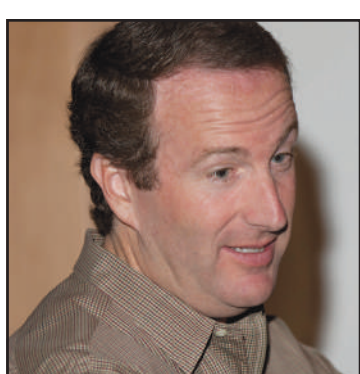
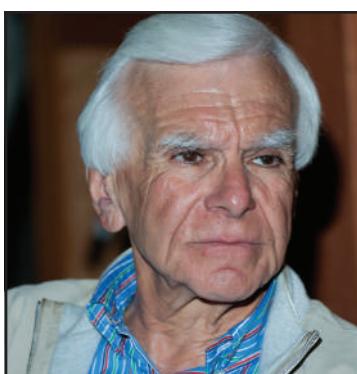
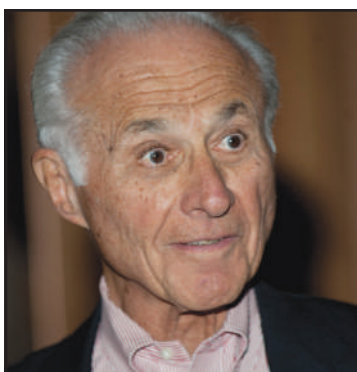
Women's Division Luncheon

The Women's Philanthropy Division gathered at The Wakonda Club on October 23rd for an enjoyable luncheon. President, Barb Hirsch-Giller welcomed the attendees. Chair of the event was Janice Rosenberg who shared some wonderful pictures from the Iowa Jewish Historical Society. Beth Ohringer spoke of how the Federation welcomed her and her family to Des Moines. Rounding out the afternoon was Andra London of the trio Visions. Her voice was amazing and her performance touching.

Attendees included: Tammy Abdulghani, Whitney Allen-Giller, Chelsea Bear, Jeanette Bear, Judy Blank, Margo Blumenthal, Linda Carpenter, Virginia Dennett, Judy Deutch, Beverly Ellis, Mollie Giller, Sharon Goldford, Wendi Harris, Barb Hirsch-Giller, Jodi Jacklin, Lyanna Lindgren, Evelyn Mintzer, MaryAnn Nadel, Beth Ohringer, Melodee Pomerantz, Gail Richards, Janice Rosenberg, Melanie Sandler, Elana Schneider, Cantor Linda Shivers, Stacy Siepmann, Elaine Steinger, Laurie Wahlig and Sandi Yoder.



Men's Campaign Dinner Event



On the evening of October 23rd, Kent Rosenberg chaired the Men's Campaign Dinner Event at The Caspe Terrace. The evening started with drinks and cigars on the deck. When everyone was finally coaxed in for dinner, Kent welcomed everyone. Larry Engman asked to speak and was very eloquent in speaking from his heart about giving to the Des Moines Federation. Then Comedian Willie Farrell took over. The laughs were heard all the way to Des Moines. An enjoyable evening was had by all attendees: David Adelman, Phil Bear, Ed Bell, Rabbi Bolel, Larry Deutch, Rabbi Edelman-Blank, Larry Engman, Robb Engman, Jeff Farber, Bernie Feldman, Mark Finkelstein, Harvey Giller, Alan Givant, David Goldman, Bud Hockenberg, Rabbi Jacobson, Rabbi Kaufman, Sheldon Ohringer, Stuart Oxer, Brian Pearl, Jeff Pomerantz, Will Rogers, Brook Rosenberg, Kent Rosenberg, Scott Rosenberg, Ron Rosenblatt, Justin Schoen, Dave Swartz and Michael Wolnerman.

photos by Laurie Wahlig



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[humor]

League of Jewish Super Heroes Defeat Villains Using Uniquely Jewish Super Powers

by David Moskowitz¹



Editor's Note: We got your hopes up, didn't we? Last month, our readers breathed an enormous sigh of collective relief as they finally were able to enjoy reading an issue of the Des Moines Jewish Press that was devoid of the annoying and unfunny "column" written by Mr. Moskowitz. Victory for the staff of the Jewish Press! We all were finally able to think about a future Jewish Press focused more clearly on its core mission, which we can't exactly remember, and may not have actually thought about, but was either (a) courageous investigative journalism that stands up to tyranny and oppression or (b) recipes for Aunt Edith's health salad and monthly photo galleries of everyone's spouse. But that's when Mr. Moskowitz's big city lawyers got involved. Our small staff had no choice but to acquiesce to his outrageous demands and restore his "column" in the name of "free speech" and "we need something to fill the space." The only concession we received was retaining our editorial ability to write this introduction to his column, and our further agreement to let Mr. Moskowitz write it on our behalf. Take that Mr. Moskowitz: another enormous legal victory for the Jewish Press! So without further delay, we present the latest and hopefully final installment of his "humor." We can already not feel the laughter.

If you are anything like me² you grew up loving comic books and wishing you were a super hero. Super powers would enable me to do a whole bunch of stuff I couldn't otherwise do: beat up the bullies at my crypto-fascist junior high school, and use X-ray vision to... learn more about girls.³ I didn't really care about defeating evil super geniuses like Lex Luthor, but it sure would have been great to drop Gary Evans⁴ into an active volcano and watch him beg for mercy. Super powers were cool⁵ and they sure would have come in handy in junior high school⁶.

But I also felt that there was something missing. And I think you have a pretty good idea of what that was. Something Jewish! Nothing would have been better than a league of Jewish super heroes who could police the world, defeat evil villains, and eliminate our stereotype as weak but intellectual sheep. If a league of Jewish super heroes existed today, the world would almost immediately be a better place. Goodbye Ahmadinejad!⁷ So long all French people!⁸ Adios Louis Farrakhan!⁹ Jewish super heroes would immediately take care of the world's unfinished business, all of which should have been taken care of a long time ago, and free up valuable Jewish time to concentrate on our normal activities¹⁰, none of which include writing columns for the Jewish Press.

Here is my lineup for the League of Jewish Super Heroes, and their distinctively Jewish super-powers and story lines. Bad guys beware!

Doctor Accounto¹¹. Doctor Accounto has the power to manipulate an evil-doer's business records to expose otherwise undetectable financial monkey business. In a famous confrontation, Doctor Accounto aims his Accounto-Beam at the private records of former Lehman Brothers CEO Richard Fuld¹² ... at the private records of former Bear Stearns CEO Alan Schwartz¹³... at the private records of the investment firm of Bernie Madoff¹⁴ ... at the private records of Countrywide CEO Angelo Mozilo. OK, finally someone we can work with, who fits the theme of this article a little better. The Accounto-Beam exposes Wall Street's evil risk leveraging and delivers the accounting records into the welcoming arms of the SEC, where they will be systematically ignored¹⁵.

¹ Not his real name.

² Trust me, you're not.

³ I am making this embarrassing disclosure in the spirit of journalistic transparency. Now this column will seem slightly more authentic, even though it is entirely fictional.

⁴ Name of actual anti-Semitic bully at Roosevelt Junior High School, Westfield, New Jersey, circa 1970, has been changed to protect the anti-Semitic.

⁵ Read this clause out loud in Beavis's voice.

⁶ I don't know how much longer I can keep up these footnotes, but they are a quiet tribute to author David Foster Wallace, whose mountainous footnotes were always more interesting than his novels. Footnotes are also a challenge to the typographic skills of the staff of the Jewish Press. Between learning to kern and defending lawsuits, they must be exhausted!

⁷ Enjoy your new home embedded inside a diamond crystal on an asteroid circling Jupiter!

⁸ Try baking your horrible pastries and preparing your awful croque monsieur glorified ham sandwiches from inside a crowded cell in Arkham Prison!

⁹ You won't be bothering anyone anymore if everything you say comes out sounding like backwards gibberish!

¹⁰ Despite popular belief in much of the Arab world, none of these activities are catalogued in the racist forgery known as The Protocols of the Elders of Zion.

¹¹ I like the idea of calling an accountant "doctor" since accountants are the only professionals who can't call themselves doctor; even chiropractors seem to have figured that one out. And don't tell me lawyers can't: they are juris doctors!

¹² Oops, strike that, he's Jewish.

¹³ Oops, strike that, he's Jewish.

¹⁴ Oops, strike that, he's Jewish. Well, maybe not: Madoff is an equal-opportunity villain.

¹⁵ Any resemblance between the fictional SEC described in this material and the real SEC is purely coincidental and legally protected under the fair use doctrine (see Campbell v. Acuff-Rose Music, Inc., 510 U.S. 569 (1994)). Besides, the Jewish Press is essentially judgment-proof.

continued on page 15

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In the Kitchen with Gail Stricker by Karen Engman



Winning a blue ribbon at the Iowa State Fair is such a thrill and to have it be your very first entry is doubly exciting! Gail Stricker's sole entry for the food contests at the state fair this past summer was her Harvest Acorn Squash. She attended the judging with her husband Scott, Elyse Weiss, and a friend from work. She won \$36 and a discount coupon to Pierce's Pumpkin Patch in Chariton, which sponsored the squash competition. It was such a great experience Gail plans to enter more items next summer.

Gail Zalomek grew up in Rochester, New York. While working at the Sidney Hillman Health Center, one of the first HMOs in the country, a co-worker wanted Gail to meet her son. That "fix-up" led to marriage and eventually a move to Des Moines in 1977, when Scott took the job of Economic Development Director for the city. He now works for Home Plastics.

Gail majored in economics in college

and then earned a Masters in Education and Reading from Drake University. She is a librarian at the Iowa Library for the Blind and Physically Handicapped, which houses one of the largest Braille collections in the country. Gail's job includes helping students who can't read standard textbooks and who need assistance in selecting books and other learning materials.

For the past seven years, Gail has chaired the Braille Challenge, a state wide competition testing Braille reading, spelling and comprehension. The winners go on to national finals in Los Angeles. Gail has been active in the Sisterhood at Temple B'nai Jeshurun and ORT when it was a viable organization in Des Moines.

She likes to read and do arts and crafts projects, especially rubber stamping and card making. She stays active with yoga and zumba. Dining out with friends and spending time at the Des Moines Farmers Market selecting fresh produce for soup making are also some of her favorite activities.

Scott and Gail have two daughters. Suzanne (32) who lives in Boulder, CO and owns an acupuncture clinic and plans to get married in Barbados on March 19. Simonne (29) lives in Des Moines and is a guidance counselor at Clive Elementary School.

The original recipe for Harvest Acorn Squash came from an old Rochester Hadassah cookbook that she purchased for a shower gift. Gail says her family enjoys

this recipe at all their holiday dinners, including Passover and her friends often request it too. This vegetarian dish can be prepared parve or dairy.

The Jewish Press thanks Gail for sharing her Blue Ribbon stuffed squash recipe with our readers. If you have a recipe to share or a question about a recipe I can research, call Karen Engman (515-274-3300) or email (aengmandsm@yahoo.com)

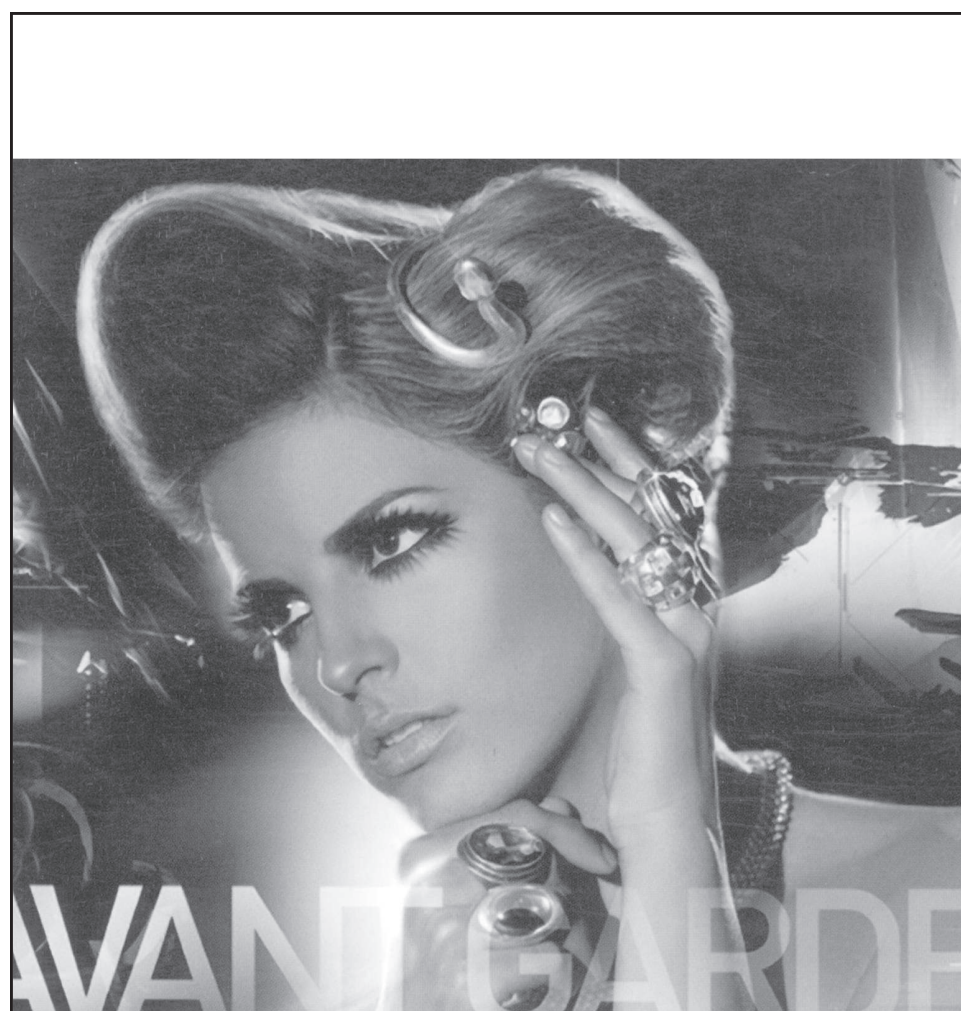
Harvest Baked Squash

A Recipe from Gail Stricker

parve

- 3 large acorn squash
- 1 cup water
- 1 20-ounce can of pineapple tidbits
- 1 ½ cups diced apple, unpeeled
- 1 cup celery
- ½ cup chopped walnuts
- ¼ teaspoon cinnamon
- ½ cup margarine
- ½ cup brown sugar, packed
- ¼ teaspoon salt

Cut squash into halves. Scoop out seeds. Place cut side down in large glass baking dish. Add water and bake at 350° for 45 minutes. Meanwhile, combine drained pineapple, apples, celery and walnuts. Melt margarine; blend in sugar, cinnamon and salt. Pour over pineapple mixture tossing lightly to combine. Remove squash from oven: drain off water and turn cup side up. Spoon pineapple mixture into squash, return to oven and bake 15-20 minutes longer until tender. Serves 6.



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Chagim: 9:00am

Friday night: 20 mins after candle lighting

TEMPLE B’NAI JESHURUN

Neshama – Spirituality - Text and Life: Repair of the Soul
Neshama is a discussion group led by Rabbi Kaufman that will discuss texts and practices in the Jewish tradition that impact how we might live our lives better. Drawing on his experiences as part of the Institute of Jewish Spirituality’s rabbinical program, Rabbi Kaufman will introduce the group to texts ancient and modern as well as modes of thinking and mindfulness practices, including Mussar and meditation.

Mussar is a practice that focuses on “soul traits” and our ethical behavior. It presents a path for helping us clear the obstacles that get in the way of our positive soul traits developing. It is often said by practitioners of Mussar that the Jewish view is that people do not have souls, but rather that they are souls. Mussar is a practice aimed at the light of the soul shining through.

Meditation is, depending on one’s perspective, a spiritual and/or psychological practice, aimed at enabling us to be more conscious, mindful, and awake. Meditation is not a single thing and not a single practice. Several Meditation practices will be introduced and explored.

Come expand your horizons and deepen your understanding of Judaism, develop your spirituality, and bring more Shalom - peace, well-being, and completion - into your life.

The group will meet at 6:30-7:30 pm every week on Thursdays. Attendance is free, though the group may decide to purchase reading materials at a later date.

This program is open to people of all faiths and religious perspectives who are willing to explore spirituality in the context of broad Jewish traditions on the topic. For more information, please contact Rabbi Kaufman at rabbi@templebnaijeshurun.com

Syllabus for Intro to Judaism – Conversion Classes 2012
Saturdays will be from 11 am to 12 pm and Thursdays will be from 7 pm to 8:30 pm
Recommended Reading: Living a Jewish Life by Anita Diamant and Howard Cooper

Class Dates and Times

- Saturday Feb 4 11:00 am-12:00 pm
Evolution of the Concepts of God and Salvation
- Thursday Feb 9 7:00-8:30 pm
Justice, Righteousness, and Kindness
- Saturday Feb 18 11:00 am-12:00 pm
Reform Judaism
- Thursday Mar 1 7:00-8:30 pm
The meaning of Shabbat, Shabbat practices.
- Saturday Mar 3 and Sunday Mar 4 Purimspiel
- Thursday Mar 8 7:00-8:30 pm
The Jewish Calendar
- Thursday Mar 17 [SPRING BREAK – NO CLASS]
- Thursday Mar 29 7:00-8:30 pm
Outline of Jewish History to 200 CE.
- Thursday Apr 5 7:00-8:30 pm All about the Passover Seder
- Friday April 6 [FIRST SEDER- PASSOVER] [Class should attend]
- Thursday Apr 12 7:00-8:30 pm
Jewish History 200 CE to 1947.
- Friday April 13 through Sunday April 15 LARRY HOFFMAN – Scholar in Res.
- Thursday Apr 19 7:00-8:30 pm
Judenhass – A History of Hatred of Jews
- Thursday Apr 26 7:00-8:30 pm
History of Israel
- Thursday May 3 7:00-8:30 pm
History of Jewish – Christian Relations.
- Thursday May 10 7:00-8:30 pm
The Jewish Life Cycle.
- Thursday May 17 7:00-8:30 pm
History 16th Century to Modernity
- Thursday May 24 7:00-8:30 pm
Modern Judaism

TIFERETH ISRAEL SYNAGOGUE

January 2012
Saturday, January 14th – YAD Havdalah & Disco Party
Friday, January 20th – Debbie Friedman Tribute with Temple
Saturday, January 28th – Tot Shabbat

February 2012
Saturday, February 4th – YAD Tu B’ Shevat Seder
Friday, February 10th – JFCS Shabbat – 6 pm
Saturday, February 11th – Isabelle Baresh’s Bat Mitzvah
Sunday, February 12th – New Members Brunch
Saturday, February 25th – Tot Shabbat

Recurring Events:
Minyan: Sundays 9:00 am
Tuesdays 7:00 am

Services: Shabbat Evening Services – 6:00 pm
Shabbat Morning Services – 9:00 am

Choir Rehearsals – Tuesdays, 7:00 pm

S.T.E.P led by Michael Kuperman
Sundays 10:00 am

Adult Education Classes:
Rabbi Edelman-Blank:
Rabbi’s Study
Following Saturday Shabbat Café each week
We explore, discuss and contemplate a different topic each week;
afterlife, various Life Cycle events, Jewish ethical opinions and
Jewish Mysticism

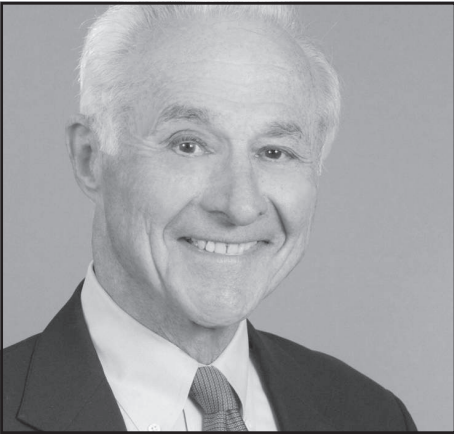
Conversion Class – Contact Rabbi Edelman-Blank

Cantor Shivers:
Wednesdays at noon January 18th – February 15th
Writing Your Spiritual Autobiography – Using both words and
drawing we will explore the history of the spiritual journey for each of us.
Based on Dan Wakefield’s “The Story of Your Life”

Thursdays at 7:00 pm January 19th – March 8th
Making Prayer Real
This class is aimed at people who have trouble relating to Jewish prayer

[what’s new?]

Veteran Jewish Community Leader Still ‘Ahead of the Curve’



Harlan “Bud” Hockenberg

Longtime leader in the Des Moines Jewish community Harlan “Bud” Hockenberg, vibrant at age 84, is once again capitalizing on his ability to spot trends and help people attain their goals. He is now launching a consultancy intended to help CEOs confront change. The enterprise is called CEO Independent Advisor, and it came about through a conversation with his daughter, Marni who runs her own executive search firm in Minneapolis.
A native of Des Moines and a graduate of the University of Iowa and its College of Law, Hockenberg has crafted an outstanding career as a business attorney. He has practiced law with four Des Moines law firms, and since 2007, he has been a partner with Coppola, McConville, Coppola, Hockenberg & Scalise, PC. Bud is also well known and respected as a longtime public policy strategist. While primarily serving Republican causes and candidates, Bud’s advice has been sought by both sides of the political aisle.
Bud’s two great passions, in addition to family, he asserts, are – as he puts it – his “devotion to the eternal Jewish people and their homeland in Israel and an equally intense loyalty to America, an exceptional nation.” Guided by his deep belief in Judaism and identification with the Jewish people, Bud has held a variety of top leadership positions in the Jewish community. He has served as president of the Jewish Federation of Greater Des Moines, its Jewish Community Relations Commission, and of Tifereth Israel Synagogue. He served as a council member for the United States Holocaust Memorial Museum and as a board member of the Council of Jewish Federations. He is currently a member of the American Israel Public Affairs Committee and the Republican Jewish Coalition.
As Elaine Steinger, Director of the Jewish Federation, said, “Bud has always had an amazing ability to anticipate trends and is once again ‘ahead of the curve.’ ” How to keep up with his latest ideas? Try reading his blog, (www.networkedblogs.com/blog/ceo-independent-advisor) and Facebook page!



TIKKUN OLAM: CAMBODIA OCT. 16

Mark John Conley took participants on an exciting and heart-warming journey to Cambodia and shared his many experiences as a volunteer with the American Jewish World Service organization. A delicious Cambodian-style lunch was served.



WINE PAIRING CLASS OCT. 22

Beth and Sheldon Ohringer led a fun and informative step-by-step class on how to evaluate and rate wines based on appearance, aroma and bouquet, taste and texture and aftertaste and shared the proper terminology used by professionals to discuss wines.



HANUKKAH BAZAAR NOV. 20

In conjunction with the JFCS Book Fair, the Caspe Terrace Programming Committee brought the community together for a one-stop Hanukkah shopping experience! All three synagogues, Maccabee's Deli, and the Jewish Resource Center participated.

spring line-up coming soon:

Sunday, April 1 — Passover Expo

9:00 am - Noon Details to come.

Sunday, May 20 — Community Picnic

Noon - 2:00 pm Details to come.

We have a lot of great events in the works! Tentatively we are planning a Scrapbooking Project led by Christine Copeland, Dance Classes, and a Softball Team led by Andy Marcus. For more information about these events please call Tammy at 987-0899

—Julie Olsasky and Wendi Harris
Caspé Terrace Programming Co-chairs



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Iowa Jewish Historical Society Veterans Recognition Project: Make Sure Your Loved One is Included

A critical element of the Iowa Jewish Historical Society's upcoming event recognizing the service of Iowa's Jewish veterans is the Book of Honor that will be on permanent display in the Caspe Heritage Gallery. We need the help of all members of Iowa's Jewish community to identify the Jewish men and women who served in all branches of the service, including the Iowa National Guard and the Iowa Guard. While our special event on April 22, 2012 will concentrate on honoring World War II veterans and those who have served since World War II, we also want the book to include the names of all the Jewish men and women who we can identify who have served since Iowa became a state. This is a huge undertaking that will take many years to accomplish but it is one that is vitally important.

Help us take the first steps now! Below is a form that you can fill out and mail to us to ensure that your loved one is included in the Book of Honor.

Veteran's first, middle, and last name: _____

Date of birth: _____

Branch of Service _____ Rank _____ Dates served _____

Military assignment(s) and Awards _____

If living – current address, telephone number, email address if available

Address: _____

Telephone Number: _____ Email: _____

If deceased – date of death, place of burial: _____

You are welcome to include a picture of the veteran, preferably in uniform, if possible. If you have questions, please contact Executive Director Sandi Yoder or Collections Manager Lindsey Smith at ijhs@dmjfed.org or by calling 515-987-0899 ext. 216 or contact Board President Melanie Sandler at sandhthcon@aol.com or 515-224-1996.



Myron Blank



Dr. Arnold Gordon



Charles Lipson



Abe Robinson



Ben Witten



Sarah Carlson

The Iowa Jewish Historical Society is pleased to announce the hiring of our new Collections Assistant, Sarah Carlson. Sarah, in tandem with Collections Manager Lindsey Smith, will spend 12 hours per week inventorying and cataloging the Society's historical collection. Sarah received her MA in Museum Studies from Johns Hopkins University and her BA in Anthropology from Iowa State University. She spent the previous four years as a Conservation Assistant at the State Historical Society of Iowa's Battle Flag Project. She is a native Iowan, and is excited to get started on the inventory project and to learn more about the collection.

The Collections Assistant position was created thanks to an HRDP (Historical Resource Development Grant) through the State Historical Society of Iowa. In addition to this one-year, 12-hour per week position, the grant increases the Collections Manager's weekly hours from eight to 12 and provides funding for the purchase of archival supplies that are needed to best preserve and protect the Historical Society's collection.

Remember your dear ones...with a tribute card from the Iowa Jewish Historical Society.

Suggested \$10 donation per card.
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[calendar]

[milestones]

january • february

Tuesday, Jan 3	evening	Iowa Caucuses
Wednesday, Jan 4	4:15 PM	JFCS resumes
Sunday, Jan 8	9:00 AM	Mothers Circle at The Caspe Terrace
Friday, Jan 13-15		Confirmation Trip to Washington DC
Monday, Jan 16		Martin Luther King, Jr. Day
Friday, Jan 20	6:00 PM	Joint Tifereth and Temple Service at Temple
Sunday, Jan 22	9:00 AM	Mothers Circle at The Caspe Terrace
Sunday, Feb 5	9:00 AM	Mothers Circle at The Caspe Terrace
Tuesday, Feb 7	5:15 PM	Federation Board Meeting and Phone-a-Thon
Friday, Feb 10	6:00 PM	Federation School Shabbat at Tifereth
Saturday, Feb 11	9:00 AM	Bat Mitzvah of Isabelle Baresh at Tifereth
Sunday, Feb 19	9:00 AM	Mothers Circle at The Caspe Terrace



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Mazel Tov to **Stacey D. Arkovich**, daughter of **Ellen and Dave Arkovich** of Ames, was married November 5th in Columbus, OH to James L.

Dillon, son of Lee Dillon of Wooster, OH and Mary Jordan of Canton, OH. The ceremony was officiated by A. Frank Baron of Sioux City.

Stacey works as a Sales Manager for The Embassy Suites Columbus Airport. James is the Human Resources and Operations Director for Theratrust, an occupational therapy company that contracts with area nursing homes across Ohio.

The couple currently resides in Pataskala, OH with their dog, Sox.

In Memoriam

We note with sorrow the recent passing of

Mildred L. Bernstein

Bertha Eisenberg

Steve Frederick

Shirley Ann Freidman

Herman Grund

Ada Lipshutz

Tu B'Shevat from page 1

Modeled on the Passover seder, the Tu B'Shevat seder included drinking four cups of wine with varying percentages of red and white wine, representing perhaps the shifting of yearly seasons. The seder also included readings on trees and fruit from a range of Jewish literature.

The new form of celebration spread from Safed to Sephardi communities in Turkey, Italy and Greece, and later in Europe, Asia and North Africa. Modern adaptations of this centuries old practice have been created by Hillels, Jewish environmental groups and others involved in Jewish renewal.

Source: Hillel.org

Lot from page 7 Lot may have been the 'best citizen' of Sodom, but was he worthy to be saved? He was, of course, Abraham's nephew. The Bible never does identify the names of Lot's daughters. Perhaps this implies Biblical censure of their behavior.

Overall, I don't see Lot as a heroic figure. Like most of us, he is a man of some merit but also one with significant flaws. In a sense, Lot represents a Biblical version of an average man who made some poor decisions in his life. Lot lived in a time when women were valued as property, and Biblical law defining women's rights had not yet been written. Even so, how can we justify his behavior in regards to his daughters? His narrative has been read and discussed by generations of our ancestors. It is through his story, and others, that we develop our sense of moral value. We learn how we are expected to behave in a complex world. Each of us hones their sense of right and wrong, learning how to suppress the base instincts that too

often pollute the behavior of all mortal beings. Like Abraham we all have to face (and hopefully conquer) our yetzer ha-rah (evil inclination). This we pass on to our children and slowly, story by story, we work together to repair our broken world.

"I will put My Teaching into their innermost being and inscribe it upon their hearts. Then I will be their God, and they shall be My people."
(Jeremiah 31:33)

Heroes from page 10

The Slicer. The Slicer has the power to transform his arms into deli meat slicing machines. No villain can withstand The Slicer's onslaught of turkey, salami, and bologna¹⁶ slices, all traveling at lighting speed. And if that doesn't slow down evil-doers, The Slicer can hurl his ultra-weapon: frozen liverwurst¹⁷!

Whining Wind. For generations, Jews have possessed the power to defeat their enemies, at least the ones that live inside their homes, using the incredible power of whining. Who hasn't sat through a movie¹⁸, trudged through a museum¹⁹, called a marginal relative²⁰, or handed out the Halloween candy²¹ simply to avoid paying the higher price of continuing to hear about the subject? We all have, and now we have a super hero who can amplify this power and turn it against our enemies. Whining Wind would put an end to the hypocritical United Nations debate about Palestinian statehood simply by entering the room and relentlessly complaining about the unfairness and anti-Semitic nature of the debate until it ended. Or Whining Wind would expose and destroy Iran's secret nuclear weapons program by seeking out

Iran's nuclear scientists. After an hour or two with Whining Wind, highlighted by super guilt trips and endlessly repetitious references to what their parents were going to think when they found out, no nuclear secret would be safe. Thank you Whining Wind. Now go²². Please go.

Cottono. Unlike the more famous Magneto, a genetically mutated Holocaust survivor with the ability to move metal with his mind, Cottono's powers are limited to the manipulation of natural fibers like cotton. When confronted with a challenge by "humans" who "don't understand mutants," Cottono can hurl any cotton-wearing challenger²³ all the way back to Seventh Avenue²⁴.

Yenta²⁵. Yenta is a media mogul with the power to alter world opinion in order to advance Jewish power and support the Jewish agenda²⁶. When evil shows its face, Yenta plants articles in newspapers, blogs, and social media, and simultaneously fills television screens with a tidal wave of misleading visual information, that chokes a villain's ability to gain public sympathy.

The Jeweler. The Jeweler can defeat evil villains by hurling precious and/or semi-precious jewels at them²⁷. More importantly, The Jeweler then recovers the stones for use in future battles. Have you checked out resale prices lately?

Scarlett Johansson and Natalie Portman. These two have a simple super power: the power to destroy stereotypes. When evil forces attempt to create negative depictions of the Jewish people, Johansson and Portman appear in super hero movies²⁸ that achieve the opposite effect.

The League of Jewish Super Heroes fulfills my fantasy. Gary Evans doesn't stand a chance.

Author's note: Please continue the tradition of writing to the author at: iowadavid@me.com. He looks forward to not receiving your feedback and then not writing back in response.

¹⁶ Pronounced baloney, although spelled B-O-L-O-G-N-A. If this article were published in the Greater Pittsburgh Jewish Press, we would substitute bologna with the name it goes by only in Pittsburgh: "jumbo." FYI, in case you were worrying, all references to bologna in this article are to halal bologna.

¹⁷ Sit down for a minute. Ready? Liverwurst is kosher liver sausage. Yeah, I said it. Liver Sausage. Liver. Sausage. No wonder evil-doers don't stand a chance.

¹⁸ See Terry.

¹⁹ See Eldridge Street Synagogue.

²⁰ See Cousin Bert, Aunt Edith (she of health salad fame).

²¹ This just happened.

²² This is a Ferris Bueller reference.

²³ Note: Cottono's powers have no effect on villains wearing any synthetic or garments that mix cotton with synthetic fibers. Remember: always check the label before confronting Cottono.

²⁴ The New York one, not the Des Moines one.

²⁵ Not to be confused with "Yentl the Yeshiva Boy," the character portrayed by Barbra Streisand in the eponymous movie and technically the opposite of a super hero, possessing the power to drain power and influence from our people.

²⁶ This reference was not lifted verbatim from the afore-mentioned The Protocols of the Elders of Zion.

²⁷ It really just depends on what you want to spend.

²⁸ Iron Man 2 and Thor, respectively.

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