

the gre Ater D e S M O I N e S

Jewish Press

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Iowa Holocaust Memorial Dedicated



A ceremonial dedication of the Iowa Holocaust Memorial was held on October 23, 2013 at the State Historical Building on a brisk and partly cloudy day. Beginning at 11 am, crowds had gathered at the site of the memorial itself, on the West Terrace of the Capitol, right across the street from the Historical Building. They came to view the memorial, to discuss its design and contents with friends and family, and to have their picture taken at the memorial on this special day.

Among those who came for the commemorative opportunities were children of survivors of the Holocaust and children of the Iowa liberators, along with survivors Kitty Williams (whose words are inscribed on the memorial), David Wolnerman, and Fred Lorber. We were joined, as well, by Ted Block, one of Iowa's liberators. Governor Terry Branstad and Iowa's Adjutant General, Timothy Orr were there, as were members of the Confluence landscape architectural firm and several members of the team from Iowa State University's College of Design, which envisioned the initial design for the memorial.

Among the honored guests were, of course, Judy Blank and members of her family. Judy is executor of the Jacqueline

and Myron Blank Fund under whose auspices the project was undertaken. Dr. Ann Millin, keynote speaker at the ceremony from the United States Holocaust Memorial Museum, and also joined us at the memorial. Her father was a liberator of a camp.

At one point, our rabbis and members of the Jewish community of Des Moines and Ames gathered together for a group photo. The photo is included among those printed in this edition of the Jewish Press, and a large sized version will be displayed at the Caspe Heritage Gallery of the Iowa Jewish Historical Society.

The program at the Iowa State Historical Building commenced at noon, with the presentation of the colors by a contingent from the Iowa National Guard. JCRC Director Mark Finkelstein welcomed the audience and JCRC member David Adelman acknowledged dignitaries who were present, including Governor Branstad and Lt. Governor Kim Reynolds, who were seated on stage along with Gen. Orr, Dr. Ann Millin (Historian in the Leadership Programs of the National Institute for Holocaust Education at the US Historical Memorial Museum in Washington, D.C.,) and concluding speaker, Rabbi David Kaufman. *continued on page 21*

"We found that Iowa was only one of five states that did not have a public Holocaust memorial. And we thought about it and wondered: why shouldn't Iowa join the other states and be part of that community?" —Judy Blank

Teen Track/Family Trip to Israel set for June 11 - 22!

Join us for a very personal tour of Israel, ten days, departing Wednesday, June 11 and returning Sunday, June 22, with a special emphasis on our "home away from home" visiting with the people and seeing the unique sights in our Partnership region, the scenic Western Galilee, along with Jerusalem and surrounding area.

With activities and counselors for teens, this trip is sure to please everyone! And the price is right, especially with generous subsidies offered to Federation-affiliated, qualified applicants. We are

making available generous subsidies to those who will be first-timers to Israel, those who haven't been there for at least 10 years, and for teens. So be sure to contact the Federation for details and application forms. Email to jcrc@dmjfed.org or call Mark at (515) 987-0899 x 212.



NEW AT THE CASPE TERRACE: THE GAIL AND STANLEY RICHARDS PLAYGROUND

Designed specifically for our youngest community members, The Gail and Stanley Richards Playground features a trike trek complete with tunnel and bridge, and a state-of-the-art climbing structure. Built with natural materials, this playground has wheelchair access and meets the highest standards for preschool playgrounds today. This playground was made possible by the generous support of Gail and Stanley Richards and several community members who have made donations in honor of Stanley's 80th birthday. *See photos on page 23!*

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Community Report

Education

Beit Sefer Shalom

- enrollment is up to 121 students
- Pre-K Class has now been split into two classes due to high enrollment
- Madrichim Program utilizing a teenage student aid to lead small groups in discussion or Hebrew practice and assist in classroom responsibilities is in the planning stages
- Celebrated Global Day of Jewish Learning on Nov. 17th which featured special curriculum & programming

Gan Shalom:

- enrollment is up to 14 students
- Passed DHS inspection in December and working towards accreditation.
- One new teacher, Orli Gubani, has been hired
- Part-time rotating teacher, Brenna Tomlin, has been hired

Senior Care & Family Outreach

Jewish Family Services and Outreach

- enrolled 101 children in PJ Library, and held our first PJ Library event at the Ohringer Day of Global Learning.
- In addition to our usual monthly luncheon, we took over 30 seniors to Boone to ride on the train. We also were able to coordinate rides for seniors who wanted to attend the dedication of the Holocaust Memorial.
- Co-hosted "Kibitz and Kids" with Beit Sefer Shalom. We had over a dozen people at each event, including new and unaffiliated community members. Due to its success, we've extended Kibitz and Kids through May.
- Hosted a fundraiser for the University of Iowa Hillel. The event was well attended and raised \$4,000. A similar event is being planned for the Drake Hillel in the spring.
- Coordination of activities for 100th Anniversary events is underway. This includes a 100th Anniversary keepsake book, events recognizing pillars of the Federation, and 100th Gala.

Community

Jewish Community Relations Commission

- Organized and conducted the dedication ceremony and photo session for the Iowa Holocaust Memorial on Oct. 23, 2013
- The P2G mission to Israel included 18 individuals from Des Moines/Ames. A sub-delegation met with officials from the county of Mateh Asher to explore establishing a formal relationship between the West Des Moines Sister Cities Commission and Mateh Asher.
- Worked with Drake University to conduct a program featuring Dr. Ann Millin from the US Holocaust Memorial Museum. JCR staff was interviewed by journalism students from Drake about the Jewish community and the Jewish Federation.
- Spoke to an adult education class about Judaism at a local Presbyterian Church.
- JFNA VP William Daroff was interviewed about domestic and international issues on Rabbi Kaufman's internet TV show.
- Along with Rabbi Kaufman met with a former US ambassador to Africa, Johnnie Carson, and with a staff member from the UN, Ned Kostov, to discuss US policy toward Sudan and UN peace keeping missions.
- Met with Israel Consul General Roey Gilad and staff of the Jewish Federation of the Quad Cities to discuss issues of community interest.

History

Iowa Jewish Historical Society

- Hosted reception honoring Judy Blank and the Myron and Jacqueline Blank Foundation for spearheading and funding the construction of the Iowa Holocaust Memorial and the Beverly Blank Perry Foundation for its generosity to the IJHS in funding the inventorying and digitization of the Blank Family Collection.
- Showed the film Lost Cinemas of Des Moines, which includes numerous photos from the Blank Family collection. Filmmaker Mark Heggen introduced the film. Approximately 100 people attended the reception.
- Hosted more than 100 students from Waukee High School on a day-long field trip touring the Iowa Holocaust Memorial and the State Historical Society Building and then stopping at the Casper Heritage Gallery.
- Continue to inventory and review printed materials, photos, and oral histories for possible use in 100th Anniversary projects and for inclusion in the Historical Resource Development Grant.
- 100th anniversary commemorative Cookbook: the search for and selection of recipes continues.
- Inventory of nearly 500 audio and videotapes in the collection also continues.
- Theresa Liewer, President of the Iowa Genealogical Society to present a special program from 2 – 4 p.m. on Sunday, Jan 26. on Finding your Ancestors

An Auspicious Year: 2014. Your Jewish Federation Of Greater Des Moines Is 100 Years Young!



Barb Hirsch-Giller President

As our community looks back over the Federation's 100 years of service, we recall the cataclysmic change in our collective Jewish world. On the international front, World War I commenced in 1914 and the impact on world Jewry was both critical and lasting. The concentration of the European Jewish population and the threats that quickly made themselves clear initiated vast emigration to all parts of the world, including our own.

Welcoming Jews to Iowa for 100 years, we have built and flourished, growing into a committed Jewish community. From the moment we arrived, we have improved the lives of our families, the greater Des Moines area, and the whole of the world, reaching out to perform acts of kindness and generosity. Many of our families achieved amazing success right here, assisting the creation of a secure Federation and congregations.

In the early years, Jewish volunteerism and philanthropy were primarily focused on Jewish life and need. We took care of ourselves because others would not. However, our eventual welcome into mainstream society opened doors and choices for our time and treasure. In contemporary society, our lives are blessedly full of culture and social integration—a fact that has presented challenges.

A recent report by the Pew Research Center painted a bleak portrait of our Jewish future. Following a national trend for all mainstream denominations of religious affiliation, only 68% of young Jewish adults identify as Jewish based on religion while 32% identify as Jewish due to cultural or ancestral connection. By contrast, members of the "Greatest Generation," 93% identified as Jewish by religion. The good news is that 94% of today's Jewish interview subjects said they were proud to be Jewish, regardless of affiliation or the lack thereof.

Michael Siegal and Jerry Silverman, Board Chair and CEO respectively, of the Jewish Federations of North America (JFNA), quickly published a follow up article to the Pew report. Acknowledging that the American Jewish Community stands at a critical crossroad, JFNA suggests these four methods for reinvigorating Jewish life: reasonably-priced or free early childhood programming and education; Jewish camping; mobilization of Birthright alumni and providing affordable trips to Israel; engagement of unaffiliated Jewish community members through targeted investment in programs and experiences designed to connect individuals to Jewish living.

In 2013, your Federation made enormous advances in each of these areas, even before the above mentioned recent publications! In September, 18 people visited Israel on a Federation-subsidized trip. Our Beit Sefer Shalom religious school attendance is up over 30%. Our new Gan Shalom preschool has attracted 14 students from the Greater Des Moines community.

Jewish Family Services initiated the free PJ Library program, has reached out to interfaith and unaffiliated families with the new Kibitz and Kids program, and donated \$7,000 to the DMARC Food Pantry during the government shutdown. Two hundred attendees of the Global Day of Jewish Learning, sponsored this year by the Ohringer family, JFS, and Beit Sefer Shalom, made beautiful gift baskets for a number of Jewish families for Chanukah.

Engman Camp Shalom has begun to welcome preschool-age children and our congregations have invigorated promotion of Jewish summer camp. The Federation has hosted two Hillel events and intends to build a yet stronger connection with area Hillel groups.

At this time in your Federation's history, our challenges have never been greater nor have we been more committed to building a bright Jewish future! In the next 12 months, we ask you to join us in celebrating our proud past and strong years ahead at many exciting 100th anniversary programs and events. You will witness the passing of the leadership torch to a new generation, as Jule Goldstein, a graduate of the Federation's last Leadership Forum, becomes your president. You will see the strength of Jewish life in all of its vibrancy lay waste to the bleak predictions of the Pew report as we become a model for Jewish communities everywhere.

Happy New Year, dear Friends. We'll be seeing a lot of each other this year!

Barb



THE GREATER DES MOINES
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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 COMMUNITY SCHOOL

Sheldon Low Rocks With Students At Beit Sefer Shalom!

Thanks to the generous support of Tifereth Israel Synagogue, Sheldon Low visited Beit Sefer Shalom on Sunday, October 27 and presented two back-to-back concerts. Featuring hits from his CD, Pre-K - 1st graders had fun singing, clapping, dancing and rocking. 2nd - 6th graders enjoyed hearing a story about Hillel and singing the well-known Itsy Bitsy Octepach (Spider).



Now That's A Lot Of Latkes

Beit Sefer Shalom students celebrated Chanukah together with a scavenger hunt, games of dreidel, holiday Bingo, a sing-a-long, and lots of latkes - 20 dozen to be exact! A big thank you to David Copeland, Devorah Feeley, and Annie Naggar for their help in the kitchen.



Fun At Gan Shalom

Baking challah!



Gan Shalom

The Jewish Center for Early Childhood Development

Now Enrolling For The 2014-15 School Year

enrollment for the 2014-15 school year has begun! g an Shalom accepts children ages 2 years old through Pre-K for half and full day sessions. located on 47 acres, g an Shalom offers the highest quality education available for our youngest community members. Children learn important independent skills, social skills, language skills and much more in a nurturing atmosphere with teachers who are committed to helping children grow at their own pace. t he g an Shalom program features healthy and Kosher snacks, daily outdoor play, integrated h ebrew and Judaics, and special activities every month. For enrollment information contact Director of education, I aura Bernstein at ganshalom@dmjfed.org.

Accepting Applications For Assistant Teachers

Now hiring assistant teachers for Jewish-based preschool located at t he Caspe t errace in Waukee. Successful candidates will have or be working toward a degree in early childhood development and/or have relevant experience working with children ages 2 - 6. All teachers must demonstrate a passion for working with children and be aware and/or willing to learn basic concepts related to Judaism. A competitive compensation plan is offered. e mail letter of interest, resume, and names/contact information of three references to I aura Bernstein, Director of education at Iaura@dmjfed.org.

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we grow children

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Highlight: Beit Sefer Shalom Chairpersons



Adam Egherman
Curriculum Chair, Beit Sefer Shalom School Board
Joined July, 2013

Adam grew up in Champaign, Illinois and was a member of the Jewish youth group, which was affiliated with MoVFTy. Adam earned his B.A. from the University of Minnesota, Twin Cities in 1991. While living in Minneapolis, he earned his Montessori Certification, and in 1999, he earned his M.A. in elementary education from the College of St. Catherine's.

He has taught at both private and public Montessori schools for the past twenty years, and is currently working at Cowles Montessori, where he has been for ten years. He met his wife, Mara, at an amazing music festival in Winnipeg, Canada. They have two wonderful kids, Cora and Zeke. Before arriving in Des Moines ten years ago, the Eghermans were in Minneapolis and Janesville, Wisconsin.

Adam is honored to be serving on the Beit Sefer Shalom School Board as the Curriculum Chair. His goal over the next year is to assist the teachers and evaluate the implementation of the new A.R.E. curriculum.



Juli Margolin
Programming and Community Outreach Chair, Beit Sefer Shalom School Board
Joined, July 2013

Juli taught first grade at the Jewish Federation community school for 11 years, which is the reason she took the position on the Beit Sefer Shalom School Board. She has a personal interest in the Jewish education of the children in our community. She also thinks it is very important to keep families involved with their children's education, as

well as to continue their own learning.

One of her main jobs on the board is to plan events and programming for both the children and the parents of Beit Sefer Shalom. There will be two such events this year. The first one was the Global Day of Jewish Learning which took place in mid-November. There were educational and cultural activities for all ages. Comments heard during the morning were that people were having a good time, they enjoyed the activities planned for them, and the food was delicious! There will be another community-wide event in the spring. Juli has gotten many good suggestions from the Beit Sefer families for the spring event.

When Juli is not working hard as a volunteer for the Beit Sefer Shalom School Board, she is at Gan Shalom Preschool teaching during the week. She is one of four teachers at the community's new preschool.



Marla Sobel
Personnel Chair, Beit Sefer Shalom School Board
Joined July, 2013

Compassionate friend. Dedicated wife and mother. Dog lover. Aspiring Academy Award performer. Published children's book author. Serenity seeker. Avid reader. Music lover.

Marla has lived in the Des Moines area since 1986. A transplant from Chicago, she loves the "traffic" here, but misses the restaurants and Kosher hot dog joints. She

and her husband, Phil, have two teenage children (Sammi and Josh) and two dogs. Marla enjoys spending time with her family, pursuing her writing hobby, playing piano, and learning how to cook healthy recipes.

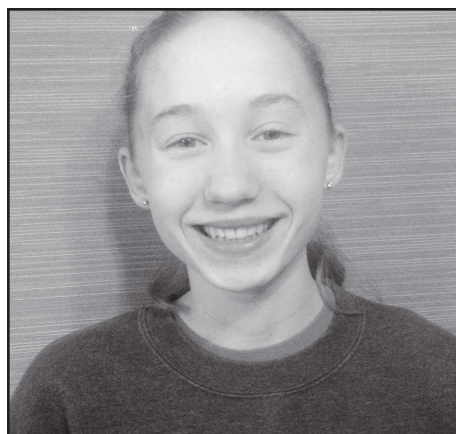
Marla has been an elementary school counselor in the Des Moines Public School district for the past twenty-six years. Prior to that, she was a middle school resource room teacher and an elementary classroom teacher. Her professional experience also includes teaching staff development classes at her schools and through Heartland Area Education Agency. Marla has also taught numerous parenting classes/workshops in her schools, as well as at various PTA conventions.

Marla has a Bachelor's Degree in education from the University of Iowa and a Master's Degree in School Counseling from Drake University. She has volunteered at "Amanda the Panda" grief camps and the Animal Rescue League.

Working closely with Laura Bernstein, Director of Beit Sefer Shalom, Marla's goal is to help the teachers grow in the confidence, knowledge, and skills required to provide students with the best educational experience possible. Her training focus this year is on classroom management, student engagement, and working with students who have special needs.

Teen Columnist

Different Perspectives by Sammi Sobel



My name is Sammi Sobel. I am in 10th grade at Johnston High School and taking journalism at the Jewish Federation Community School Beit Sefer Shalom. When I first started this project, I was thinking, "Oh yeah, I am the only one writing." Then as I got going I was like "oh shoot, people are actually going to read this, so it has to be good." So I decided to interview people I know, and get their view on Judaism. I chose these people to interview because some are active in the Jewish community, and then some are not. I asked each person six questions, and then I chose the most interesting response from

each of the six questions.

One of my relatives in Florida answered this question:

Have you ever had a bad experience with being Jewish?

There was one time that being Jewish was a problem for me. I was seven years old, recovering from polio in a hospital for disabled Christian children. I wasn't crippled (I could walk), but that was the only hospital at that time that I could recuperate in. I am not sure why. However, the other children in my ward were all Christian. They would surround my bed when the lights went out and would hit me claiming I killed Jesus. I did not even know who Jesus was at that time. I survived and learned that being different could be the sole reason for people to hate and to bully someone. I learned that at an early age and was determined to try to do something about that kind of behavior. I became a teacher and tried very hard to expose and explain that behavior to my students.

Then a father that I am close to answered this question:

What are your favorite things about being Jewish?

Favorite things are food, music, close friendships with other Jews, the traditions and being different.

A family member that lives in Illinois answered this question:

What are your favorite things about Judaism?

Being in Temple and having a terrific feeling of warmth and being around other Jewish families. I enjoy chatting with the rabbi and cantor about various topics as I highly respect them and their career paths they have chosen to better Jewish life.

An individual in the Des Moines area answered this question: *continued on page 21*



Engman Camp Shalom

we grow spirit

June 16 - August 8, 2014

Contact engmancampshalom@dmjfed.org

Jewish Family Services and Outreach

Adult Services News

Upcoming Events:

January 9th: Senior luncheon at Beth el Jacob Synagogue

January 20th: Mitzvah Day

January 22nd: Trip to Des Moines Botanical gardens

February 13th: Senior luncheon at Temple B'nai Jeshurun



MITZVAH MONTH KICKS OFF 100TH YEAR FEDERATION CELEBRATION

2014 marks the 100th anniversary of the Federation of Greater Des Moines, and to commemorate the philanthropic role that Jewish Family Services and the Des Moines Jewish community has played over the past century, we're inviting you to join us for MITZVAH MONTH! We have a lot of great activities planned, so get involved in giving back.

On Mitzvah Day, January 20th, we'll spend the day performing different activities that give back to the community. Stay tuned for more details!

We don't want the mitzvot to end just because January does, so we'll be planning 100 mitzvot to celebrate 100 years. Tell us about all of the good things you do throughout the entire year, and we'll tally the mitzvot on our website, www.jewishdesmoines.org and in the school wing at The Caspe Terrace. We'll also have a list of activities you can join in on our website as well, at <http://jewishdesmoines.org/our-work/jewish-family-services>. Your mitzvah can be anything from helping your neighbors shovel their driveways to walking in the Hunger Hike. Start off the new year by helping us celebrate our 100th! If you have any questions or ideas or if you would like to participate, you can contact Mollie at mollie@dmjfed.org or 515.987.0899 ext. 230.

Iowa Jewish Senior Life Center

Thanks

The Iowa Jewish Senior Life Center would like to share the following letter, received by Stephen Blend, Executive Director, on November 13, 2013:

Dear Mr. Blend:

I received your kind note in remembrance of my mother. Our family deeply misses her, but she remains forever in our hearts. We are comforted in the knowledge that she lived a full life and passed peacefully.

I had the honor and privilege to oversee her affairs and manage her care for the last seven years. The excellent treatment she received during her stay at the Life Center provided great peace of mind to my family. Although my mother's health was in continuous decline during her stay, I believe the skill and kindness of the staff made her final years the best they could possibly be. For this, we are truly grateful and thankful.

In my many visits, I was repeatedly impressed by the management of the facility. I am no expert, but it is evident the Life Center is adequately staffed and employees are properly trained to undertake work that is both difficult and noble. All residents are well cared for and treated with respect and compassion. In addition, the professionals who serve them seem to enjoy their work, which benefits both residents and staff. I will never hesitate to recommend the Life Center to any families who face circumstances similar to ours.

Thank you for the important work that you do serving our elders.

Sincerely,
Peter Bowers

Rabbinical Perspective

Grassroots

Rabbi Lieb Bolel



Our children are our future, whether by means of carrying on our family name, future of our Synagogues, Community and Jewish nation as a whole.

If we look at some of the sectors in the United States, we will find a phenomenon that should not take us by surprise. Total expenditure within certain sectors goes towards grassroots development. Take for example the Federal Domestic HIV/AIDS program, over fifty percent of their budget goes towards education. Soccer would be another example; approximately sixty percent of the entire United States soccer expenditure goes towards youth development. Does this surprise us, I don't think that it should, in both cases mentioned there is a great goal that is trying to be achieved, to decrease the number of people contracting the potentially deadly virus, and, continue the upward trajectory of the United States soccer team in world soccer by cultivating young athletes.

Putting a Jewish emphasis on our children is more than just a necessity for our continuance, it's critical. There was a lot of discussion on the recent Pew Research study on Jewish Americans which primarily discussed where American Jews are today in relation to recent history. With debatable conclusions, one thing was clear; one in five Jews polled described themselves as having no religion, with no surprise states the study because the "shift in Jewish self-identification reflects broader changes in the U.S. public. Americans as a whole – not just Jews – increasingly eschew any religious affiliation."

In a public debate in Ottawa, Canada between the Israeli ambassador to Canada, the late Dr. Yaakov Herzog, and the famous historian Professor Arnold Toynbee, Dr. Toynbee insisted that Israel is not truly a nation, and does not deserve a state. The Jews, he claimed, are a religious sect with a mission to guide mankind in monotheism, morals and ethics in the Diaspora, but are not a nation. To paraphrase Rabbi Dr. Yaakov Herzog's response, the following scene is played out:

An Olympic aircraft lands at Athens airport, and a customs official asks an elderly passenger the purpose of his visit.

"I'm Socrates, and I've come back to see my hometown." The excited official tries to converse with him; they both speak Greek but have no common language, so they call a translator.

Socrates asks, "Can I see the Acropolis?"

"Sorry, it's in ruins."

"The Temple of Zeus?"

"There's no Temple of Zeus here. We have a Greek Orthodox Church, but it's Christian. We have no Neptune, no Mars, no Aphrodite, and no Helen. Only Christianity."

"How many countries are under Greece?"

"None. Greece is a small country in NATO."

"What do we excel in? The Marathon? The Olympics? Philosophy?"

"Sorry, Sir, none of the above. The only thing we have in common with the Greece of Aristotle or Plato is geography."

An Alitalia flight stops at the Fiumicino airport near Rome, and an old fellow deplanes. A customs official approaches him.

"Your name, please?"

"Julius Caesar. Veni, vidi vici."

"May I help you?"

Caesar doesn't understand the question. Latin and today's Italian are not the same.

"Will you please take me to the Temple of Jupiter?"

"Who is Jupiter? We have the Vatican here."

"What is a Vatican?"

"It's a church. Catholic. This Pope's from Germany. His predecessor was from Poland. Not Italian. No Jupiter."

"What's on in the Colosseum today?"

"Sorry, it's in ruins."

"Gallia still belongs to Roma?"

"No. France is Chirac. Rome is Parodi. Yesterday Berlusconi."

"What countries do we control? Abyssinia? Angola?"

"None. Italy is a NATO state."

"What are we number one in?"

"Car production, maybe."

"Car?"

"Cars are robotic chariots without horses."

At Ben Gurion airport, a customs officer welcomes an elderly man with a white beard: "Shalom Aleichem!"

The man answers, "Aleichem Shalom. My name is Moshe."

"Really? I'm also Moshe! I was born in Tbilisi, Georgia."

"And I was born in Egypt."

"Did you visit Israel before?"

"Unfortunately never."

"So it's not your homeland."

"This is my homeland. I personally know of the Divine promise. Are you Jewish?"

"Of course I'm Jewish."

"I'd like to sightsee, but I didn't take along Tefillin. Do you perhaps know where I can get Tefillin?"

"Tefillin? I'll give you mine."

continued on page 21

Twins

by David Friedgood



Our Patriarch Isaac, son of Abraham, was forty years old when he married Rebekah, our Matriarch. Unfortunately, Rebekah was unable to conceive a child and remained barren during the first 20 years of her marriage. Isaac pleaded with the LORD on her behalf, and she became pregnant with twins. But pregnancy was difficult and "the children struggled in her womb." Rebekah prayed to God seeking relief and God answered poetically: "Two nations are in your womb, Two separate peoples shall issue from your body; One people shall be mightier than the other, And the older shall serve the younger." Sibling conflict and rivalry was predicted for Isaac's sons even before their birth. "When the time to give birth was at hand... The first one emerged red (Hebrew = edom / edmoni), like a hairy mantle all over; so they named him Esau (Arabic = the mantled one). Then his brother emerged holding on to the heel of Esau; so they named him Jacob (Hebrew = heel, or to over-reach / circumvent)." (Genesis 25:20-26)

As the brothers grew up each developed a personality distinctly opposite of his twin. Esau was an outdoorsman, a skillful hunter, a warrior, a man of action. Jacob stayed in the camp and preferred pastoral

activities. He was more cerebral, described as a "mild man." His father Isaac preferred Esau, even through the younger son was more like himself. Rebekah favored Jacob. These twins embodied the conflicts present in the souls of all humans to one extent or another. Each of us harbors an urge for physical action, counteracted by a tendency for caution. Part of us wants to think and reason before committing to a course of activity. This conflict recalls the age-old quarrels between the hunter and the farmer. Each occupation is necessary and valuable to society, but each uses resources differently. Ancient Judaism sided with the farmer and the pastoralist, also valuing learning and study. The warrior was necessary, but there was a preference for a vegetarian diet and meat had to be carefully selected, slaughtered, and prepared to be kosher (acceptable by Jewish dietary law). In a sense, one brother tended towards his Yetzer HaRah, the physical part of his being, or the evil inclination. His twin favored the Yetzer HaTov – or the inclination for goodness.

"Once, when Jacob was cooking a stew, Esau came in from the open famished." And Esau said to Jacob, "Give me some of that red stuff to gulp down, for I am famished" – which is why he was named Edom." Jacob agreed to serve Esau at the cost of the older brother's birthright. Esau readily agreed, ate his full, and left satisfied. "Thus did Esau spurn

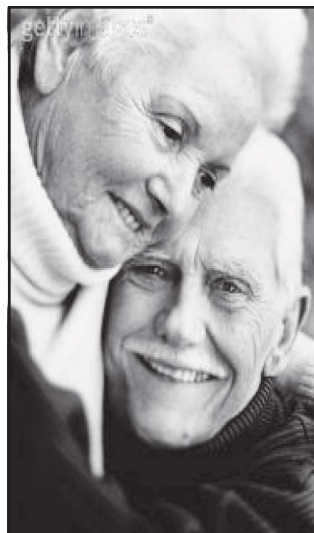
the birthright." (Genesis 25:29,34) Later, when Isaac was 100 years old "his eyes were too dim to see." (Genesis 27:1) What was the true nature of Isaac's affliction? Some Rabbinic sources suggest that this man Isaac, who when younger lay on his back bound to an altar, watching his father Abraham prepare his sacrifice, had lost the ability / the vision to clearly see the world about him. He favored Esau and was blind to his faults. Esau was not the son with the character to further the enlightenment began by Abraham and bequeathed to Isaac but, "he could not see." Isaac called Esau and asked him to hunt some game and prepare his favorite meal so that he could bestow the fatherly blessing on the first-born son. At the urging of his mother Rebekah, Jacob tricked Isaac and received the blessing of the first born instead of Esau. As soon as Jacob left, Esau appeared with the meal he had prepared for his father. Isaac apologized, but a blessing once given cannot be withdrawn. "When Esau heard his father's words, he burst into wild and bitter sobbing, and said to his father, "Have you but one blessing, Father? Bless me too, Father!" And Isaac answered: "See your abode shall enjoy the fat of the earth, And the law of heaven above. Yet by your sword you shall live, And you shall serve your brother; But when you grow restive, You shall break his yoke from your neck." (Genesis 27:34-40)

Now Esau sought to kill his brother

Jacob. At Rebekah's urging, Jacob fled to Haran – Rebekah's birthplace – to live with her brother Laban. Isaac agreed that Jacob should "travel" to Haran to seek a wife. At his departure, Isaac blessed Jacob a second time: "May El Shaddai (God Almighty) bless you, make you fertile and numerous, so that you become an assembly of peoples. May He grant the blessing of Abraham to you and your offspring..." (Genesis 28:3-4) Jacob lived with Laban for 20 years. He left with two wives, two concubines, many children and a wealth of possessions. He became Israel (literally a man who wrestles with his God). Esau took wives from Canaan and from the house of Abraham's brother Ishmael. He settled in Seir (literally the land of goats, hairy ones, or demons), identified as Edom – south of the Dead Sea. The brothers reconcile peacefully, and then depart to go their separate ways. They meet briefly one more time at Isaac's funeral. Historically, Edom was occasional allies and frequent rivals of Israel. The Rabbis identified Edom with the Roman Empire and ultimately with Christianity whose relationship with Israel covered the last two millennia.

Esau and Jacob were twins. They grappled one another in the womb, each struggling to emerge first. Their physical and spiritual offspring have been joined for all of recorded history. They still wrestle, as siblings do, to ascend one over the other.

continued on page 21



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11:00am-12:00pm

Sunday, 1/5/14
 Sunday, 2/2/14
 Sunday, 3/2/14

Caspe Terrace in Bookey Lodge

This is a free program for parents with children of any age. The hour will allow for the planned discussion, snacks, and socializing. During the program childcare services for kids ages 3 and under will be provided.

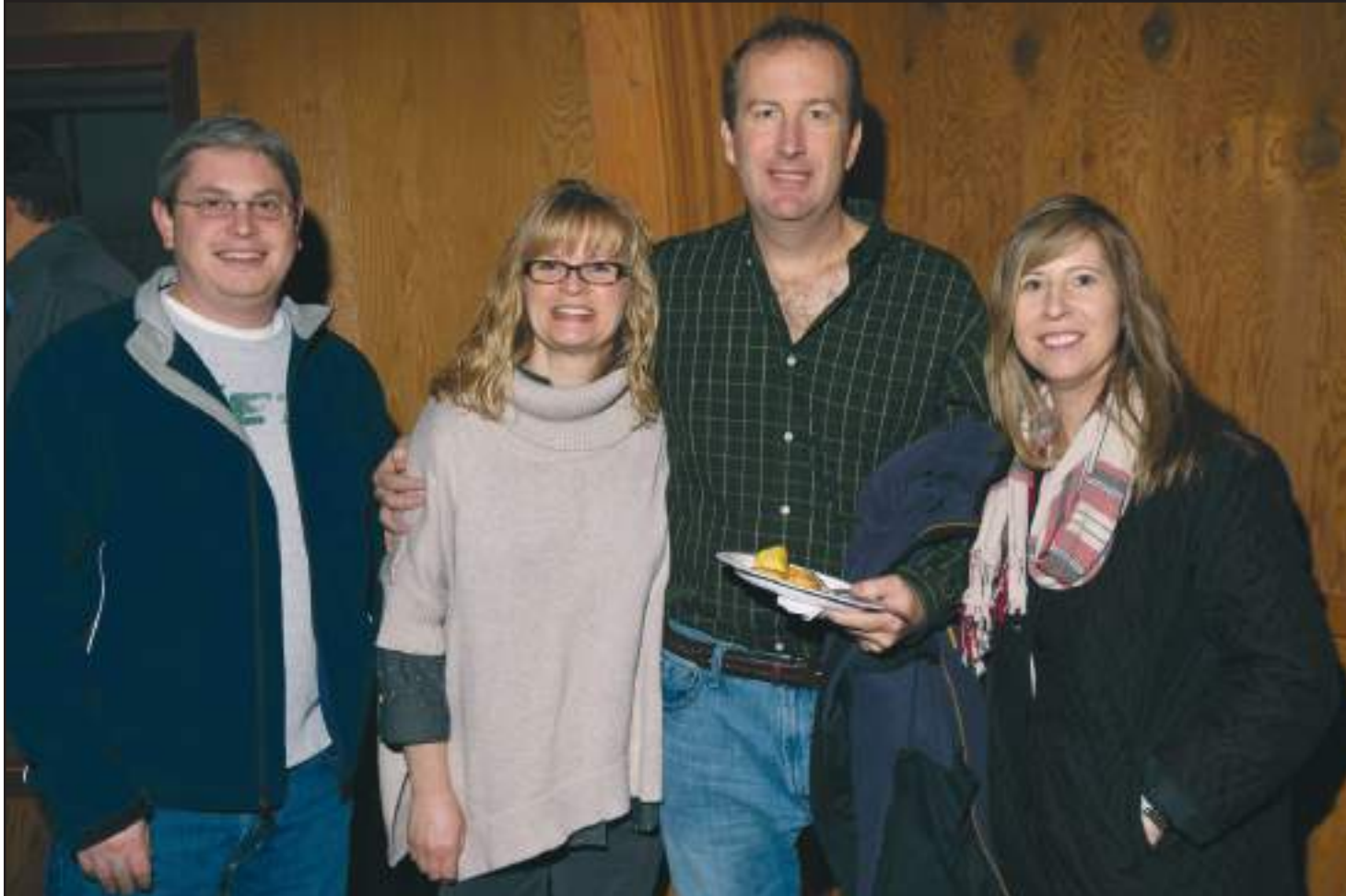
Please RSVP to laura@dmjfed.org if you plan to attend.

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Global Day of Jewish Learning

Ames. Des Moines. Waukee. Everyone in between! Generations learning, eating, creating together.



On Sunday, November 17th, almost 200 people from our community came together to celebrate creativity, community, and connection. Generously sponsored by the Ohringer family, this event was hosted by Jewish Family Services, PJ Library and Beit Sefer Shalom. Highlights of the morning included educational sessions on the themes of forgiveness, friendship, rest as a creative act, and the power of working together in collaboration. Cultural sessions included art, Israeli dancing, a historical scavenger hunt and a cooking activity.

Internationally, this was the fourth annual Global Day of Jewish Learning, and Des Moines' first. We joined with over 400 other communities in 40 countries to celebrate this year's theme of "Creating Intergenerational Community Together." The overall goal each year is to celebrate our shared Jewish text through community-based learning.

This event also marked our first PJ Library activity, and the morning featured two jam-packed sessions focused solely on our youngest community members. The morning started with a scrumptious breakfast catered by the Copelands and ended with a community Tikun Olam project where everyone created baskets of food and essentials to give to families for the Thanksgiving and Chanukah holidays.





The Jewish Holocaust Memori



Austin, Jarad, Judy and Adam Blank



Larry and Judy Deutch



Gwenn and Stephen Copple



Rabbi Leib Bolel and Jarad Bernstein



Tracy Finkelshteyn and Roselind Rabinowitz



Bruce Sherman, Arnold Engman and Beth Waldinger



Robbie and Marvin Winick



Jan and Louis Hockenberg



Harriet Kalinsky, Stan Richards and Barb Hirsch-Giller

al Dedication October 23, 2013



photos by Janice Rosenberg



Fred Lorber and Ted Block



Jacob Schnurman, Ann Baum and Julie Anolick Cassell



Kitty Williams, a survivor from Council Bluffs



Dr. Ann Millin, US Holocaust Memorial Museum scholar



Don and Margo Blumenthal



Missy, David and Michael Wolnerman



Ruth Wolf and Lola Szneler



Elaine Steinger and Governor Branstad



Marty and Marsha Miller, Ellen and Dave Arkovich, David and Hanna Gradwhol



Jarad, Judy, Austin and Adam Blank along with Governor Terry Branstad

We're Turning 100!

This month marks the beginning of our 100th anniversary at the Jewish Federation. To celebrate we're planning activities and events throughout the entire year. Save the date for all of the festivities!



January 20

Mitzvah Day at The Caspe Terrace

January-December: 100 Mitzvot for 100 years. Participate in doing mitzvot throughout the whole year!



March 28-30

Josh Nelson

the creator of "kosher gospel" will surely call out to your soul.



May 8

Simon Schama

guest speaker for 25th Annual Fingerman Lecture at the Des Moines Art Center. Schama will be speaking on the topic of Word and Image in Jewish tradition.



March 2

Jewish Bus Tour Around Des Moines

Visit the historical Jewish sites in Des Moines from the past 100 years.



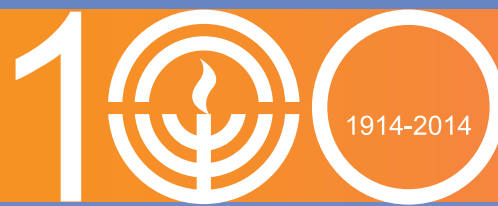
April 27

Yom HaShoah

Holocaust Education Day

Professor Harold Kasimow will provide discussion on the views of the Holocaust by some of the leading Jewish thinkers.

While we are still in the planning stage, for more information watch your mail. If you have any questions or would like more information about any of our 100th Anniversary upcoming events, please contact Sophie Homonoff at sophie@dmjfed.org or Mollie Giller at mollie@dmjfed.org or 515.987.0899 ext. 230 or go to JewishDesMoines.org.



Jewish Federation
OF GREATER DES MOINES



June 1

**JCRC Interfaith Event at
Temple for Performing Arts**



September 7

Torch Relay

Relay run from the original Jewish Federation location to the present site and then join us at the Casper Terrace for food and fun!



August 24

**100th Gala at the
Iowa Event Center**

Featuring guest Speaker
Richard Dreyfuss.



October 22-23

Rabbi Joseph Telushkin

to speak in Ames and Des Moines. Telushkin's book, "Jewish Literacy: The Most Important Things to Know About the Jewish Religion, Its People and Its History," is one of the best-selling books on Judaism of the past two decades.



tBD

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- In good standing with synagogue

Teenagers, \$4,000 subsidy. Must have:

- Completed a Bar or Bat Mitzvah
- Attended Community School from 3rd to 7th grade

Partnership2Gether [Israel Partnership Project], \$1,000 subsidy. Must:

- Not have been to Israel in at least ten years
- Be a Federation member for at least three years
- Be in good standing with synagogue

*Full policy details available upon request from the Jewish Federation.

- Trip itinerary subject to change.
- Land packages include:
Transportation, hotels, guide, most meals, tips, admission fees, and airport transfers.
- \$500.per person deposit required by February 1 (mostly refundable until one month prior to trip departure).



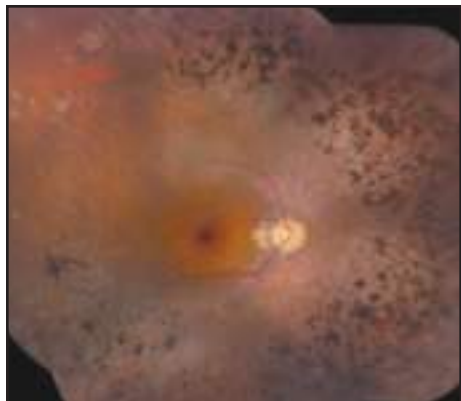
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Iowa Scientists Have Identified A Gene That Causes Retinitis Pigmentosa, A Disease That Disproportionately Affects Jewish People

by Dr. John Fingert

Retinitis Pigmentosa (RP) is an inherited eye condition that usually starts with loss of peripheral vision and night blindness but can progress to a complete loss of vision. The disease is caused by mutations in any of more than 100 different genes, some of which have not yet been discovered.



A photograph the inside of a patient's eye that has retinitis pigmentosa caused by the MAK gene. Abnormal clumps of pigmentation shown here is the hallmark of retinitis pigmentosa

In 2010 scientists at the University of Iowa Wynn Institute for Vision Research discovered an RP-causing gene known as MAK, which is of particular importance to people of Jewish ancestry. The gene was initially identified in a single individual with RP, but confirmatory

studies of 1800 more families identified 21 additional affected individuals, all of whom reported Jewish ancestry. Further screening of unaffected individuals of Ashkenazi Jewish ancestry revealed 1/55 people to be carriers of a MAK mutation, making MAK-associated RP the most common cause of inherited blindness in this population. Iowa scientists estimate that one-third of all RP among Jewish people in the United States is caused by this common MAK mutation.

In patients with MAK-associated RP, the portion of the retina closest to the nose is more severely affected than the rest of the retina (photo 1), which causes a recognizable pattern of vision loss that can help doctors identify patients with



Dr. Edwin Stone shares details about the role of the MAK gene in RP patients in the Jewish community.

this particular form of the disease.

A relatively inexpensive genetic test can determine whether someone is affected with MAK-associated RP. The test can also be used to identify asymptomatic carriers of the gene who would be at risk of having an affected child if they married another carrier.

Work is underway at the Wynn Institute for Vision Research in at the University of Iowa to develop gene therapy for the early phases of this disease and stem cell therapy for the later stages. The Institute's goal is to identify every individual in the United States affected with MAK-associated RP so that they will be eligible to enroll in trials of these therapies as soon as they become available.

The first steps of bringing testing and therapy to Iowans with MAK-associated RP are already underway. On October 30, Judy Blank hosted an informational meeting with Jewish community leaders at her home in Des Moines, Iowa (photo 2 and 3). Dr. Edwin Stone, the director of the Wynn Institute for Vision Research, presented the goals of Project MAK. The group also discussed a partnership between



Gary, Loretta, and John Fingert; Edwin Stone; Judy Blank; and Stephen Dezii at the Project MAK meeting at Judy Blank's home on October 30.

the Jewish community in Iowa and the Wynn Institute for Vision Research to bring genetic testing and treatment to Iowans with MAK-related RP.

Individuals with Jewish ancestry affected with RP are encouraged to seek genetic testing for the Jewish MAK mutation. Jewish couples of child-bearing age with a family history of retinal degeneration may also wish to be tested.

Doctors can find more information about the genetic test for MAK-associated RP as well as tests for other causes of inherited retinal disease in Jewish people by visiting the website of the Carver Non-Profit Genetic Testing Laboratory at the University of Iowa (www.carverlab.org). Questions about the project may be directed to john-fingert@uiowa.edu



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Sunday 11:00am - 9:00pm



Maccabee's Kosher Deli, Restaurant and Catering Expansion Celebration

21 years ago when r abbi yossi and Chanie Jacobson came to Des Moines to bring a greater commitment of Jewish life, they started a Kosher Co-op from a small chest freezer in their apartment.

Fresh Kosher meat and poultry was not seen for many years in Des Moines and for those that kept kosher, this was a very needed service.

12 years ago kosher demands were growing and this inspired the Jacobsons to take it to the next step, to invest in a property to expand services by opening Maccabee's Kosher Deli to the Des Moines Jewish Community and to the state at large.

4 years ago plans quickly changed when the economy took a plunge and the renters from the facility moved on, the Jacobsons took the initiative to take over the entire facility.

r abbi yossi and Chanie thank g -d for all the hundreds of volunteers and supporters who embarked on this mission to expand on Maccabee's Kosher Deli to a full deli, restaurant and catering service.

Maccabee's Deli did not have to seek a \$300,000 dollar loan from the bank because of the generosity of all the volunteer's and supporters who made this vision a reality. May g -d bless all those who were part of this vision be blessed with much health, prosperity and much success.

- t he Kitchen area is dedicated in memory of Mrs. l inda Fishman
 - l ubavitch of Iowa's t orah Center is dedicated in Memory of Mr. Arthur M. Kagin and Mrs. Blima Fordonski.
 - t he Jewish l earning Institute for Classes is dedicated in Memory of r abbi Betzalel Jacobson.
- Maccabee's Deli, r estaurant and Catering hopes to continue to be a resource for all the communities kosher needs!



UNDERSTANDING THE IRANIAN NUCLEAR DEAL: A DISCUSSION GUIDE BY THE DAVID PROJECT

Background:

On Sunday, November 24th, Iran and the five permanent members of the UN Security Council plus Germany reached an interim agreement in Geneva over Iran's nuclear program. This agreement is the result of several rounds of negotiations and backchannel discussions that gained momentum following the election of Iranian President Hassan Rouhani.

Important Questions:

1. What is included in this deal? What are the obligations of the parties involved?

This six-month interim agreement seeks to suspend key elements of the Iranian nuclear program, while allowing time to reach a more comprehensive agreement. All told, the deal will provide approximately \$6-7 billion worth of relief to the Iranian economy, which has been crippled by severe economic sanctions for the past few years. The agreement leaves in place core sanctions, and threatens additional sanctions should Iran violate the terms of the agreement.

Key components of the deal are as follows.

– Iran agreed to:

- Cease all uranium enrichment to maximum 5% purity and disconnect centrifuges capable of enriching uranium above 5%
- Dilute/oxidize current stockpiles of uranium enriched to 20% to prevent its use in weapons
- Refrain from fueling the Arak reactor during the interim period
- Refrain from replacing or installing new centrifuges, necessary equipment for the enrichment process
- Allow more frequent and intensive inspections in most nuclear facilities, including Natanz and Fordow

– UN Security Council+1 agreed to:

- Recognize Iran's right to access peaceful nuclear energy
- Relax sanctions on various industries, including its petrochemical and auto sectors
- Allow greater access to frozen Iranian funds and allow commercial activity on gold and other precious metals

2. Why are Israeli leaders and those from the Gulf States (namely Saudi Arabia and the United Arab Emirates) upset over this arrangement?

Prime Minister Benjamin Netanyahu has been lobbying world leaders for years to take a tougher stance against Iran's nuclear program and has expressed disappointment that the deal does not go nearly far enough to curtail Iranian nuclear aspirations. While this deal may retard some aspects of Iran's nuclear program, critics worry it leaves in place much of the infrastructure for a nuclear break-out capability and can easily be reversed. He reportedly not privy to much of the discussion that led to this agreement, the Israeli government would have preferred stronger terms requiring Iran to dismantle its program and fully disclose its past nuclear weapons work. Gulf leaders, including members of the Saudi royal family, also view this deal as evidence that the United States may be pulling away from traditional allies in the region, and moving to a foreign policy more closely aligned with Iran.

Critics further suggest:

- While it may sound like limiting Iran's uranium enrichment to 5% is a significant concession, such a concentration can easily and quickly be increased to weapons grade level in a matter of weeks. The hardest part of the enrichment process is getting to 5%.
- The deal does not altogether prohibit Iran from conducting work on the Arak plutonium reactor, allowing Iran to make progress on this facility during the interim period.
- The agreement allows Iran to continue to develop technology necessary for placing a nuclear warhead on a ballistic missile, which would advance its overall nuclear program even if it temporarily slows down uranium enrichment.
- The deal reduces the overall leverage that the US and the West have built up against Iran, which may be difficult to regain in the future. Once countries such as China and Russia are able to resume doing business of any kind, the reasoning goes, it will be difficult to rein them back in if the sanctions must be fully reinstated.

The split between the deal's optimists, who negotiated the agreement, and pessimists, such as the Israeli government and Gulf states, revolves around the question: how will this deal be interpreted by Iran's ruling elite? Will it, in hopes of the optimists, strengthen the relative moderates in Iran, who will use their newfound political capital to reach a comprehensive deal downgrading the Iranian program? Or will it, in the fears of the pessimists, merely strengthen the regime's resolve, who will take advantage of an improving economy and use it as evidence that Iran can outlast the West?

The David Project is online at www.DavidProject.org



1.



2.



3.



4.

JCRC CORNER 1. P2G Israel trip reunion in Omaha. 2. Holocaust survivor and Grinnell College professor Harold Kasimow spoke at Roosevelt HS with Tisha Carter-Smith, Social Studies teacher. 3. ISU professor of animal genetics, Max Rothschild, was a panelist at the Iowa Hunger Summit of the World Food Prize. 4. TBJ community relations chair "Jake" Jacobs with the Iowa Catholic Conference director Tom Chapman at the World Food Prize interfaith service. 5. At the Des Moines Culture All Israel breakfast at Beth El Jacob.



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Tuesday, January 28th

- *The Ethics of Eating: Why Eating is a Moral Act*, with James F. Ennis, executive director of the National Catholic Rural Life Conference
- *Exploring Contemplative Prayer and Practice*, with Kathy Reardon, spiritual director at the Des Moines Pastoral Counseling Center
- *Christian Love and the Challenge of Inclusivity*, with Matthew Halbach, director, St. Joseph Educational Center, and Ph.D. candidate

Thursday, January 30th

- *Tikkun Olam (Changing the World): The Jewish Response to Hunger*, with Neil Salowitz, retired member of the Board of Directors of the MAZON: A Jewish Response to Hunger and Community anti-hunger advocate
- *Singing our Prayers: The chants and prayers of Taizé*, with Paul Witmer, pastor and spiritual director
- *Love is a Verb*, with Dianne Morris Jones and Nancy Schornack, Licensed Mental Health Counselors and Certified Daring Way Facilitators with Dr. Brene' Brown

Tuesday, February 4th

- *The Art of Jewish Cooking*, with Louise Kaufman, Ann Blumberg, and Judy Gregerson, members of Tifereth Israel Synagogue
- *Introduction to Meditation and Mindfulness*, with Charles Day, teacher
- *Sit. Stay. Love. An Introduction to Pet Therapy*, with Rhonda Crane and Faith Jones, Therapy Dogs International evaluators

Thursday, February 6th

- *"Eat, Pray, Love" Religious Tapestry of Des Moines' Faiths Panel*
- Robert Nye, Church of Jesus Christ of Latter Day Saints, West Des Moines
- Dr. Rizwan Shah, Muslim Community Organization Masjid An-Noor
- Rabbi Steven Edelman-Blank, Tifereth Israel Synagogue, Des Moines
- Baljit Virdi, Iowa Sikh Temple, West Des Moines
- Vipin Bhanir, Jain Center
- Pramod Mahajan, Hindu Temple & Cultural Center of Iowa
- Rev. Rachel Mithelman, St. John's Lutheran Church, Des Moines



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Cost for one course is \$15; all four nights is \$50 (courses are scheduled for 1 night)
Registration forms are available at: www.dmreligious.org/events

[history]

GOMEZ MILL HOUSE, OLDEST JEWISH SITE IN NORTH AMERICA, APPROACHES 300TH ANNIVERSARY



By Paul Foer/JNS.org

MARLBORO, N.Y.—The oldest Jewish site in North America is not Newport's famed Touro Synagogue, or any other synagogue. Rather, it is a stone structure tucked away on the west side of the Hudson River, about 60 miles north of Manhattan.

Due to its multiple uses and inhabitants over the centuries, the Gomez Mill House—built in 1714 in Marlboro, NY—is one of the best-kept secrets in American Jewish history, and also holds a unique place in greater American history. With its 300th anniversary approaching, its story may very well become familiar to a much broader audience.

"Most Jewish visitors [to the Gomez Mill House] are surprised that the story is not about the Jewish religion or about being Jewish, but about the story of Jewish pioneering success in American and Jewish contribution to the founding of America," says Ruth Abrahams—executive director of the Gomez Foundation for Mill House, a group of historic-minded citizens and descendants of the families that have owned the property—in an exclusive interview with JNS.org that serves as the first public announcement of the house's tercentenary celebrations.

Luis Moses Gomez came to the Hudson Valley wilderness from Manhattan with two of his sons to expand his trading and commodities business. He built a trading post and a mill next to each other on a fast-flowing creek. Today, visitors can marvel at the original blockhouse trading post's two-foot-thick stone walls and huge fireplaces at each end. While that original structure has been built up many times with oak floors, massive roof beams, a second story, and an attic, it's not so much the building itself as what went on there throughout the generations that captivates visitor and historian alike.

Gomez, born circa 1654, is believed to have been the grandson of Gomez de Salazar, Comptroller of the Treasury for Spain's King Philip IV. His father, Isaac, also a royal adviser, was forced by the Inquisition to leave Spain and moved to France, where religious liberty was guaranteed through The Edict of Nantes. Gomez married in France and moved to London with his father and other members of the extended family. After his first wife died, he moved to Jamaica, where many Sephardic Jews had settled,

and married his second wife. Five of his six sons eventually married women of the West Indies and lived in America.

Records show that Gomez—trader, merchant, and possibly ship owner—became quite wealthy, and by 1703 he paid taxes in New York City. Papers of "denizenship" granted from England's Queen Anne in 1705 provided special privileges for him as a non-Christian resident of the colony, including that of owning land without an oath of allegiance to the Crown sworn in the name of the Church of England. In 1714, he purchased 2,400 acres of land and built a fieldstone blockhouse into the side of a hill along a stream that became known as "Jews Creek." Gomez chose to be near Algonquian Delaware Indians, as well as local residents and travelers heading north, so that he could trade with those groups. But it was timber and lime that drove the industry that he and his son Daniel conducted for more than 30 years.

Before the Revolutionary War, the Gomez Mill House was purchased by Wolfert Acker, a Dutch American who added a second story, as well as an attic with bricks made from local clay. Acker served as a lieutenant in the New Marlborough Company of Minute Men, chairman of the Committee of Safety and Observation, and Newburgh Town Supervisor while General George Washington was in the Newburgh area and his army was camped nearby at the Fishkill Depot. After the war, Acker established a landing on the Hudson, with a ferry to cross the river to the town of Wappinger and a packet line to carry freight.

In the 19th century, William Henry Armstrong made the Gomez Mill House his family's home for four decades, adding a kitchen wing, porch, and stone walls. The property's best-known owner in the 20th century was Dard Hunter, a craftsman and paper historian who built a paper mill on Jews Creek that resembled an English country cottage with a thatched roof. He made paper by hand, cut and cast type, and hand-printed his own books. Abrahams, the Gomez Foundation for Mill House executive director, tells JNS.org that Jewish visitors to the historic site are "impressed with the presentation of connecting stories" of the house's five owners over the course of three centuries.

continued on page 21



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In The Kitchen for Winter

by Karen Engman



I love soups in the winter! This Tuscan soup is prepared with leftover vegetables and crusty bread (day old is perfect). It's called Ribollita and there are many different recipes and also various spellings of its name.

This hearty soup was originally made by reheating leftover vegetables and soaking some stale bread in it. Its

concept derives from the peasant soups served in the Middle Ages. It actually enhances the soup's flavor by cooking it the day before it's served but I find it's delicious even after an hour of cooking the vegetables. Its name actually means "reboiled."

In reading through numerous online recipes, I noticed the use of a wide variety of vegetables so feel free to make any substitutions or additions to this basic recipe. My sister-in-law Susan Minden Engman (married to Arny's brother Joe) gave me this recipe and we both use fresh spinach, but some more "authentic" versions use cavolo nero (black leaf kale).

Hopefully this soup will warm you up and encourage you to get creative with its ingredients. Let me know about your successes so I can share them with our readers. Remember if you have a recipe to share or a cooking question I can research, please call Karen Engman (515-274-3300) or email (aengmandsm@yahoo.com)

Ribollita (Tuscan Vegetable Soup)

A recipe from Karen Engman

Dairy

3 t bsp olive oil
2 onions, chopped
2 carrots, sliced
4 garlic cloves, crushed
2 celery stalks, thinly sliced
1 fennel bulb, trimmed & chopped
2 large zucchini, thinly sliced
14 oz can chopped tomatoes
2 t bsp homemade or store bought pesto

3 ¾ cups vegetable stock
14 oz can cannellini or pinto beans, drained
salt & pepper to taste

to finish:
1 lb young spinach leaves (or kale)
1 t bsp olive oil
6-8 slices crusty white bread
Parmesan shavings

heat oil in large saucepan. Add the onions, carrots, garlic, celery and fennel. Saute gently for 10-20 minutes. Add zucchini and sauté for 2 more minutes

Add the chopped tomatoes, pesto, stock and beans. Bring to boil. reduce heat, cover and simmer for 30 minutes or until vegetables are tender. Season with salt & pepper to taste.

to serve: sauté spinach in the oil for 2 minutes or until wilted.* Spoon over bread in bowls, then ladle the soup over the spinach.

Serve with extra olive oil if desired (doesn't need it) and grated or shaved parmesan cheese .

* can be wilted ahead



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BETH EL JACOB SYNAGOGUE

Morning Minyan:

Monday	6:45 a.m.
tuesday	7:00 a.m.
Wednesday	7:00 a.m.
t hursday	6:45 a.m.
Friday	7:00 a.m.
Shabbat	9:30 a.m.
Sunday	9:00 a.m.

Daily After morning Minyan: t wo study groups to choose from that will study and learn a range of Jewish topics from Mishna & t almud to Jewish I aw

Wednesdays: Lunch & Learn Parsha Class 12:30pm- An hour session where we get to eat lunch as a group followed by insights into the weeks t orah portion. All are welcome but please r SVP if you will be joining for lunch.

Family Shabbat “Ruach”: A time to put the weeks work into perspective; Bring your friends, family and children for an evening of Davening/Prayer and Song.

January 24: 5:30pm

Feb 7-8: Beth El Jacob Shabbaton to Omaha, NE - Beth Israel of Omaha, Nebraska host Beth el Jacob Synagogue for a Shabbat filled with entertainment, dining and educational opportunities.



Beth El Jacob Synagogue Annual Awards Dinner & Gala was held on November 10, 2013.

r onald h . Clayman was awarded the Annual Award of Merit in recognition of his ongoing and dedicated service to our congregation and community. Animal r escue l eague of Iowa was honored with the r ob Borsellino Community Service Award, presented by r ekha Basu of the Des Moines r egister, for its incredible mission to promote animal welfare.

TEMPLE B’NAI JESHURUN

Temple Youth Group

hello t BJ and friends!

t his is a special-edition article all about an extraordinary, youth g roup-led event... but first, are you ready for the segment I like to call “Corny Joke?”

Q: Knock Knock

A: Who's there?

Q: h oney

A: h oney who?

Q: h oney-kah is my favorite holiday!

Oh that was a good one, and yes, it's true, I have all the details about Chanukah, or, more specifically, Chanukah h appenings. On Sunday, November 17, this annual event was held at our very own t emple B'nai Jeshurun. t he night before, over 15 youth g roupers attended a lock-in to set up for the occasion, as well as eat Chinese food and party it up with movies and friends. During Chanukah h appenings, at least 25 members of the youth g roup were spotted volunteering with the games and crafts.

Speaking of which, there were all kinds of fun games like g iant Jenga, g iant Connect Four, basketball, pin the light on the menorah, and spoon and egg walk. Crafts included coloring Chanukah placemats and coloring pages, decorating Chanukah cookies, and creating several creative Menorahs: there were Menookies (menorahs made from cookies), Menurkeys (menorahs made from candy that also looked like a turkey), and Menagles (menorahs made from bagels). Of course, we had tons of prizes for everyone!

I et's not forget about the special guests who did fabulous balloon animals and gorgeous—sometimes silly-- face painting. A Chanukah party wouldn't be complete without the food, either. t here were hot dogs, donut holes, salad, and lemonade, as well as the traditional Chanukah food (and one of my favorites): latkes.

It was a huge success and put everyone in the holiday spirit. Special thanks goes out to Julie Kaufman, Amy Flugge-Smith and Wendy Beckerman for providing referees for the evening festivities and for being wonderful in general. And thank you to everyone who attended the event and helped it be so great.

h appy Chanukah!

Julia Anderson, t BJ youth g roup President



Adult Education Classes at Temple B’nai Jeshurun Spring 2014

t hursday evenings we will have two sets of classes. t he first, taking place from January 9 through March 6, will be an eight week survey of Jewish h istory and the second, running from March 27 through May 1, will cover basic topics in Jewish Practice and Belief. t hese classes are open to anyone interested and are free, though donations are accepted. All classes will be taught by r abbi David Kaufman and take place from 7:00-8:30 pm at t emple B'nai Jeshurun, 5101 g rand Ave in Des Moines. Schedule is subject to change so please call the t emple Office at 515-274-4679 to r SVP attendance or for questions.

Jewish history

1. h istory of Israel and Judah – t hrough the 3rd Century BCE – January 9
2. A t ime of t ransformation – t he Messianic Period 2nd Century BCE to the 2nd Century Ce - January 16
3. t he Middle Ages- January 23
4. t he h atred of Jews – Antisemitism – February 6
5. Mysticism and Kabbalah– February 13
6. Origins of r eform Judaism – February 20
7. Judaism and Christianity – February 27
8. Israel - t he Jewish State – March 6

Jewish Practice and Belief

1. Shabbat r ules – March 27
2. evolution of t he g od Concept in Israelite-Jewish t raditions – April 3 Passover – April 10
3. t he Concepts of Forgiveness and Salvation in Israelite-Jewish t raditions – April 17
4. Jewish Views of the Afterlife – April 24
5. Social Action and t sedakah – May 1

Shabbat Morning there will be monthly Study Programs from January through April that will take place from 10:00-11:00 am. t hese programs taught by r abbi Kaufman are also free. Please r SVP to the t emple office as all programs are subject to scheduling changes. r abbi's t ish programs include bagels and coffee.

Jan 18 Messiah and Messianic Age – r abbi's t ish

We will discuss the concept of the Messiah in the Jewish t radition as well as discuss the r eform Jewish concept of the “Messianic Age.”

Feb 22 A l earner's Service – Shabbat Morning Service with explanations

We will go through the meaning of each prayer read during the Shabbat morning service as well as offering time for Question and Answer.

March 8 Purim – r abbi's t ish

We will discuss the story found in the Book of esther.

April 26 r emembering t he Shoah – r abbi's t ish

Why is it that remembering the h olocaust is seen as such an important practice of being a Jew? What is the meaning of the h olocaust today? What impact does it have on our lives?

Introduction to Judaism and Adult Ed Class Schedule by Date

1. h istory of Israel and Judah – t hrough the 3rd Century BCE – January 9 7:30-9:00 pm
2. r eform Judaism – January 12 r abbi's t ish 10:00-11:00 am
3. A t ime of t ransformation – t he Messianic Period - January 16 7:00-8:30 pm

2nd Century BCE to the 2nd Century CE

4. Diaspora Judaism – t hrough 15th Century Ce – January 30 7:00-8:30 pm
5. Mysticism and Kabbalah – February 9 r abbi's t ish 10:00-11:00 am
6. Judaism and Christianity – February 14 7:00-8:30 pm
7. t he h atred of Jews – Antisemitism – February 21 7:00-8:30 pm
8. Jewish Calendar and h olidays – February 28 7:00-8:30 pm
9. Jewish Views of the Afterlife – March 9 r abbi's t ish 10:00-11:00 am
10. Passover Seder – March 14 7:00-8:30 pm
11. l ife Cycle events – April 4 7:00-8:30 pm
12. Social Action and t sedakah – April 11 7:00-8:30 pm
13. h istory of Israel – t he Jewish State – April 13 r abbi's t ish 10:00-11:00 am
14. t he Meaning of Shabbat – May 11 r abbi's t ish 10:00-11:00 am

TIFERETH ISRAEL SYNAGOGUE

Lots happening at Tifereth. We hope you'll join us. www.tifereth.org

Recurring Events:

Minyan:	Sundays	9:00 am
	t hursdays	7:00 am
Services:	Fridays–	6:00 pm Shabbat evening Services
	Saturdays-	9:30 am Shabbat Morning Services

Special Events for January - February

Sunday, January 5th	1:00 pm - Beit h averim (g rades 3 – 5)
Saturday, January 11th	10:30 am - l ev Shalev – Contemplative Service 6:00 pm - yAD h avdallah, Dinner & Disco
Sunday, January 12th	2:00 pm – USy/Kadima (g rades 6 – 12) – Ice Skating
Friday, January 17th	6:00 pm – r ock Shabbat
Saturday, January 18th	10:30 am - yAD – t u B'Shevat Seder Junior Congregation & t ot Shabbat
t uesday, January 28th	6:30 – 9:00 pm DMAR C “Winter t haw”
t hursday, January 30th	6:30 – 9:00 pm DMAR C “Winter t haw”
Sunday, February 2nd	4:00 pm – yAD / t ifereth t alent Show
t uesday, February 4th	6:30 – 9:00 pm DMAR C “Winter t haw”
t hursday, February 6th	6:30 – 9:00 pm DMAR C “Winter t haw”
Friday, February 7th	6:00 pm - Shabbat Unplugged
Saturday, February 8th	10:30 am - l ev Shalev – Contemplative Services 5:30 – 9:00 pm – Women’s l eague sponsors “Night Out for Parents”
Sunday, February 9th	2:00 pm – Kadima (g rades 6 – 8)
Friday, February 14th	6:00 pm -Mishpacha Shabbat & Potluck
Saturday, February 22nd	10:30 am – Junior Congregation, t ot Shabbat
Sunday, February 23rd	Joint youth event with t emple B’nai Jeshurun
Friday, February 28th -	6:00 pm – Shabbat Unplugged

Adult Education:

Rabbi Edelman-Blank:

Conversion Class – Contact the t ifereth office for more information 515-255-1137
Community Conversations – t hursday, January 23rd – 6:00 pm “What is l eadership?”

Cantor Shivers:

ADUl t Bar/Bat Mitzvah class – Please contact Cantor Shivers, 515-255-1137 - Mondays at 1pm
l atest t rends in Jewish Music – Monday evenings, Feb. 3rd & 10th, 7pm



Sheldon Low Performed at Tifereth Israel

r ock Singer Sheldon low was artist-in-residence for the weekend of Oct. 25-27. It was an amazing weekend of exciting contemporary music done by one of the nicest and hottest Jewish musicians alive today.

h e wove a beautiful story into his Friday evening “l ight Up Shabbat” service at t ifereth Israel. t he service was full of great original rock music. Both adults and children were inspired by his warmth and his music.

On Saturday evening he met with teens to teach them some of the songs that were performed later at the concert. h e proved quite popular with the dozen or so teens that participated. h e also met with very young children and sang songs that some of them knew from recordings from PJ l ibrary, they even requested some of his songs! t he “ltsy Bitsy Achavesh” was a favorite although Cantor Shivers preferred “In My l ev.”

Afterwards, was low’s big concert that started with h avdala. Both the teens and the very young were included on stage for some of the songs. Aviva Jotzke accompanied on guitar for one of the songs. For the main concert he had his entire band which included Dennis Stringfield on drums and Chris t urnbaugh on bass. t he music was loud and rousing and lots of fun for all ages and included Jewish values and Jewish learning leading to pride in being Jewish.

On Sunday, low performed solo with his guitar for Beit Sefer Shalom.

Appearances of Sheldon l ow were sponsored by t ifereth Israel Synagogue with major help from Suzanne and l arry engman as well as help from t he Marcovis youth Fund, the l evitt Foundation and many other generous patrons from t ifereth Israel.

Memorial from page 1

An introduction to the ceremony was provided by Mark Finkelstein who, citing the words of the 20th century theologian Rabbi Abraham Joshua Heschel, likened the new memorial to a new song, one in which the verses reflect aspects of the Iowa experience including the pen pal relationship that the young Ann Frank had established with a student from Danville, Iowa. Letters in appreciation of the memorial were then read on behalf of Senators Charles E. Grassley and Tom Harkin, Congressman Tom Latham, and the Consul General of the Federal Republic of Germany, Dr. Christian Brecht.

A moment of silence was observed in remembrance of the liberators, survivors, and rescuers who are no longer with us, and for all those whose lives were consumed during the Holocaust – “those we know by name and those unknown to us by name; those who succumbed to disease, starvation or the exertion of forced labor; those who were murdered in their homes, on the street, or in the forest; those who died in transit in cattle cars and those who died on death marches; those who died in ghettos, containment camps and extermination camps; those who were murdered for attempting to rescue others; and those who died in the resistance movement.”

The Iowa Holocaust Memorial is situated on the grounds of the State Capitol, near the corner of East Grand Avenue and East 7th Street in Des Moines. It was established to memorialize the victims of the Holocaust, to express gratitude to the Iowans who, as members of the U.S. armed forces, participated in the liberation of the concentration camps in 1945, and in honor of the survivors who came to Iowa. The memorial enshrines the lessons of the Holocaust: to protect democracy, to take action in the presence of oppression, and to teach one’s children by example to respect people different from oneself.

Perspectives from page 5

What about being Jewish makes you special do you think?

Nothing, really. Here’s my opinion: It’s not simply being in a specific group that makes people special. It’s what we CHOOSE to do with our lives (regardless of our faith/religion) that will determine our place/impact in this world. If I’m a good Jew, good Christian, good Muslim, good Hindi, etc., I can make a huge difference in the world. Being Jewish is special just because it’s unique. Our foods, holidays, rituals, etc. are different than other faiths, of course, but it doesn’t make ME anymore special than anyone else who isn’t Jewish.

The following person is really active in the Jewish community and answered this question:

Why did you choose Judaism?

I converted to Judaism as a young child under my parents’ guidance and then chose Judaism as an adult at the time of my Bat Mitzvah when I was 12 years old. I was raised in a traditional conservative Jewish home from the time I was 6 years old (before that my family had celebrated a variety of Jewish and Christian holidays), so by the time I reached Bat Mitzvah age choosing Judaism seemed like an obvious choice to me because Judaism simply rang true in my soul. I had been exposed to other religions through my relationships with non-Jewish relatives, and friends,

but Judaism was what made sense to me in my heart.

A person that is a close friend answered this question:

What does Judaism mean to you, and your family?

Judaism is family, friends, holidays, and community. Judaism is a system of values. Judaism means caring. Judaism is healing the world. To me, Judaism is more than a religion, because it is more than just saying prayers; it is a way of life and it has shaped who I am. Judaism also means having a worldwide community and knowing that whatever I go, if I meet someone who is Jewish I automatically have a bond with them.

Theses are some of the different perspectives toward Judaism. Everyone is different and that is why everyone is unique. ■

Grassroots from page 6

“You have tefillin?”

“Of course I have tefillin. I prayed with them an hour ago.”

“You also have a tallit with tzitzit?”

“Of course!”

“Do you have a quiet place for me to pray?”

“Sure! We have a Synagogue here in the terminal.”

“And what type of Torah scroll do you use?”

“Type????!! We all have the same Torah, each word carefully transcribed back to Moshe Rabenu!”

Same religion. Same language. Same homeland. Same commandments. Same faith. If this is not a nation, what is??

The dedication and resources that we need to “invest” in our children is unparalleled. Without it we do not even give our children any choice in making an informed decision on their life journey, their ideals and beliefs specifically pertaining to the rich Jewishness that is possessed in all of them.

The more we invest, the stronger are the chances of a continued future of our Synagogues, Community and Jewish nation as a whole. ■

Twins from page 7 Such is the nature of humankind, embodied in Esau and Jacob; and, in each one of us.

“In the days to come, The Mount of the LORD’s House

Shall stand firm above the mountains, And tower above the hills...

And they shall beat their swords into plowshares

And their spears into pruning hooks:

Nation shall not take up Sword against nation;

They shall never again know war.

(Isaiah 2:2-4) ■

Gomez from page 18

The house has “as many motivated visitors as our complex history inspires,” she says. Annually, roughly half of those visitors come from synagogues, JCCs, other Jewish community groups, and Jewish individuals and families.

“About 1,500 school children visit us per year. The other 1,000 or so visitors come for the American history, Hudson Valley visits, or are paper enthusiasts interested in the Dard Hunter Mill and library exhibit. Our Sunday programs bring in about 500 additional visitors.” Abrahams says.

For its 300th anniversary celebration, the house is planning special events and a fundraising campaign.



We'll look at overseas resources with emphasis on the information to be found in the databases at www.jewishgen.org and www.familysearch.org. All participants will receive a list of resources to continue to learn more advanced research skills and share information with others' interested in Jewish family history.

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No. on List.	NAME IN FULL.		Age.	Sex.	Married or Single.	Calling or Occupation.	Able to— (Country of which citizen or subject.)	Race or People.	*Last Permanent Residence.		The name and complete address of nearest relative or friend in country whence alien came.	Final Destination. *(Indicate future permanent residence.)	
	Family Name.	Given Name.							Yrs. Mos.	Country.		City or Town.	State.
1	Kittlin	Cherke	43	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	father, Ischak	Odessa
2		Ischak	30	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	brother, Ischak	Odessa
3		Ischak	15	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	brother, Ischak	Odessa
4		Ischak	10	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	brother, Ischak	Odessa
5		Ischak	5	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	brother, Ischak	Odessa
6	Abramowitz	Ischak	31	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	brother, Ischak	Odessa
7		Ischak	34	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	brother, Ischak	Odessa
8		Ischak	8	✓	✓	Male	no	Russia	Hebrew	Russia	Odessa	brother, Ischak	Odessa

Component Databases:	
All Latvia:	
 JewishGen Family Finder Over 9,000 entries by Jewish genealogists researching families in Latvia.	 The Courland 1907-Duma Voters Lists Names of 3,300 male Jews eligible to vote in the 1907 Russian Duma elections in twenty of the major towns and villages of Courland gubernia, including entries for the 1905 list of Jewish voters of Vidzja. <i>Reference to nearly 3,900 individuals.</i>
 JewishGen Online Worldwide Burial Registry Over 12,000 burial records for Latvia and Latvian landsmanchaft cemeteries world-wide.	 Recruits Enlistment Registers and Family Lists Names of adult family members extracted from official Jewish Recruits Registers from ten major cities of Courland, together with an 1874 (1875) taxlist from Rauska. <i>Contains some 8,000 entries and over 11,000 named individuals.</i>
 Yiddish Book, Necrologues 1,200 entries from lists of illustrious martyrs in Yiddish books for towns in Latvia and Estonia.	 Paslosen - Jews without a Lawful Permit List of 900 Jews without a lawful permit (Paslosen), published in the Latvian Government Gazette, the Yedomsen, in the summer of 1885.
 The All-Russia 1897 Census - Latvia Surname index of 23,000 individual living in Riga, Ekolne, Krustpils and Daugavpils (Vitebsk gubernia), and five towns in Courland, as recorded in the All Russia Census of 1897.	 Jews in Hasegroph / Aligute 1834 A database of over 1,000 male Jews lawfully entitled to reside in Hasegroph near Aligute. Includes a list of material microfilmed in the Riga Archives in 1941.
 Latvia Death Records Index of more than 23,000 death records from 2 towns, 1854-1924. With links to original images at the Latvian State Historical Archives.	 The Kurland Young Men's Mutual Association A database of 1,225 records relating to the early days of the landsmanchaft organizations for Courland Jews in the United States between 1830 and 1945, part of an ongoing project.
 Jewish Religious Personnel in the Russian Empire, 1853-1854 420 Jewish religious personnel in Kurland, Lifland, and Vitebsk Gubernia.	

And this is just a start. Over the next several years, as we continue with the inventory of the collection, we will continue adding more information and photos to the website. If you have questions about using this new database, please call Sandi or Sarah at 515-987-0899 ext. 216 or email us at ijhs@dmifed.org.

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B'nai Mitzvah



Havah Frank will be called to the Torah as a Bat Mitzvah at 10:00 am on Saturday, **February 15, 2014** at the Temple B'nai Jeshurun.

She and her parents, Sally Frank and Elton Davis, invite the whole community to join us in worshipping with us and celebrating this important occasion. There will be a Kiddush luncheon following the service to which all who attend the service are invited.

January February

Wednesday, January 1

Thursday, January 2

Sunday, January 5

Monday, January 20

Monday, January 27

Sunday, February 2

Wednesday, February 12

Thursday, February 13

Monday, February 17

Sunday, February 23

Friday, February 28

10:30 am

9:15 am

12:00 pm

2:00 pm

7:00 pm

Beit Sefer Shalom - No School

Beit Sefer Shalom JFCS Board Meeting at Caspe Terrace

Martin Luther King, Jr's Day

International Holocaust Remembrance Day

Beit Sefer Shalom JFCS Board Meeting at Caspe Terrace

Lincoln's Birthday

Federation Senior Luncheon at Temple B'nai Jeshurun

Washington's Birthday (Presidents Day)

Joint Youth Event, location TBD

Dinner to honor Mark Finkelstein's 18-year service at

Federation



Like Jewish Federation on Facebook
<http://facebook.com/JewishDesMoines>



Like the JCRC on Facebook
<http://facebook.com/JewishCurrentEvents>

In Memoriam

We note with sorrow the recent passing of

Helen Barmish

Matthew Bucksbaum

James Matulef

Milton Pearl

Sharon Stein

Lonny Vidis

Janice Zuckert

The Gail and Stanley Richards Playground- In Progress



The President's Club Dinner



The Gail and Stanley Richards Playground Ground Breaking

photos by Laurie Wahlig



Barb Hirsch-Giller and Dr. Harvey Giller



Gail and Stanley Richards



David and Liz Adelman



Judy and Larry Deutch



Ben and Joyce Swartz and Karen and Jerry Borowick



Roselind Rabinowitz and Laura Bernstein



Sophie Homonoff and Missy Wolnerman



Gabrielle Callistein and Dr. Wendi Harris



Robbie Winick



Marvin Winick



David Goldman



Marilyn and Lou Hurwitz



Bob and Linda Carpenter



Barb and Tom Carlstrom

The annual President's Club dinner was held on October 17 at The Caspe Terrace. The President's Club consists of our highest tier of giving with individuals or couples who give at the \$2,500 or more level to the All-In-One campaign. This committed group of 56 committed individuals and couples provides 67% of the entire annual campaign of the Jewish Federation. The evening was highlighted by a ground breaking ceremony for The Gail and Stanley Richards Playground. We welcome you to join this committed group of donors.