

THE GREATER DES MOINES **Jewish Press**

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Happy Passover

Register Now For
Engman Camp Shalom!
- see page 5



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Community Report

RECENT ACTIVITIES

Education

Jewish Federation Community School - Engman Camp Shalom

- Allie Weiss was recently hired as our new camp director. She comes to us with not only an education background, but also involvement and experiences in her local Jewish community in Indiana. "I am really looking forward to getting to know the Des Moines community and sharing an amazing summer experience with the campers and their families. I look back fondly on my experiences at camp and want to make sure that the campers will too," Allie stated.
- Currently, JFCS is working closely with Jacob Lederman, P2G, with several upcoming programs. "The Same Moon" project was created by P2G to establish a connection between young Jewish families in the United States and Israel. All families involved must have at least one child that is between the ages of three and ten. Once a month, four committed JFCS families will complete pages from a "project book" and mail it to a family living in the Western Galilee. Participating families in Israel will do the same. This program runs from January through June. We are very excited to be working as partners with P2G.
- Plans are still being completed for a JFCS Lag B'Omer celebration with our families on Sunday, April 28 during religious school. Again, working with Jacob Lederman and P2G, part of this celebration will include the artist, Kim Goldberg. Kim lives in Omaha and is putting together an art workshop for our families. She is the Arts Task Force Chair of the U.S. Central Area Consortium of P2G and has been instrumental in developing numerous art-related programs that connect people in the U.S. to the Western Galilee. We look forward to creating "art" with Kim.

Senior Care

Jewish Family Services

- 76 hot meals were provided to the seniors through senior luncheons along with Chanukah celebration and an educational program on learning basic computer skills.
- 441 hours of service was provided by our committed volunteers for October and November.
- 18 seniors attended trips to Walmart.
- 5 requests from seniors were met for financial assistance with medical equipment, medications and rent.
- Staff attended 3 hour session of Mandatory Reporter Training for Suspected Child and Dependent Adult Abuse.
- Staff attended United Way meeting that will provide information and answer questions about the 2013 United Way grant or investment process. (for funding starting on July 1, 2013)

Community

Jewish Community Relations Commission

- JCRC worked with the Diversity Committee of Bankers Trust to present Marion Blumenthal Lazan, a Holocaust survivor and author at Temple B'nai Jeshurun. Her presentation was excellent.
- JCRC fulfilled a request from Meredith Middle School to speak about the Solar Cooker project conducted by Jewish World Watch in the refugee camps in Kenya. The project is a huge success on many levels. Also brought to class a Sudanese leader and discussed the crisis in Sudan.
- JCRC conducted a lunch discussion focusing on current challenges in the Middle East (rise of the Muslim Brotherhood in Egypt, the Gaza War, Iran, and the Palestinian UN gambit).
- JCRC met with an Iranian dissident and compared U.S. and Iranian perceptions on the range of issues related to Iran's continuing development of nuclear weaponization.
- JCRC contributed to a Drake University class study on the topic of civil political discourse in Des Moines.
- JCRC participated in a discussion with a representative of a national organization dedicated to ensuring the separation of religion and state.

History

Iowa Jewish Historical Society

- IJHS's Honoring Iowa's Jewish Veterans project continues. This edition of The Jewish Press updates the list of Jewish veterans that was published in November 2012.
- IJHS continues to fine-tune its plans for the April 14 event honoring Talia Leman and RandomKid.
- Collections Manager Lindsey Smith and Collections Assistant Sarah Carlson are continuing to catalog, organize and preserve the 10,000+ items in the Historical Society's collection. This ongoing project, currently funded by a State Historical Society of Iowa Historic Resource Development Program grant, will culminate with a properly organized storage room and an online searchable database. This project has already benefited the Society's exhibits and research programs by allowing us to curate better displays and respond to research requests in a timelier manner.

We Promise...



William



Nellie

Those of you who know me even slightly are aware of my passion for dogs. While I love all dogs, I am particularly devoted to (wild about) my own, William, our 10-year-old Cavalier King Charles Spaniel, and Nellie, our two-year-old West Highland White Terrier. While Will has been the companion of kings, Nellie is the Cesar commercial dog; the adorable little white dog who makes all sorts of promises. She promises to: “be there when you wake,” “to always be your co-pilot,” “to take on the world with you.” Well, my opinion is that dogs are heaven’s perfect creatures; they keep their promises, they take on the world with you, every hour of every day. They deliver. And I have learned from the loyalty and constancy of my beloved dogs that there is nothing more important than keeping a promise.

When my time as president of the Federation is ended, I pray that I will leave a legacy of trust in our word and our work, along with an understanding that the Federation keeps its promises; that we deliver. The first task that the Visioning Committee accomplished, after many weeks of work, was the creation of a new mission statement (WHAT we do) and a clear declaration of our priorities and values (WHY we do what we do).

OUR MISSION: to enrich Jewish living through connection, education and compassion

Our mission must be intrinsic to every act of the Federation. Every dollar that we gather from you must be spent to promote a deeper connection between our families, to constantly evaluate and enhance Jewish education, and to foster a community that knows we will “take on the world with you” when life is just too much. We promise.

OUR PRIORITIES/VALUES: WHY WE DO WHAT WE DO

~COMMUNITY

Committed to connecting our Jewish community to one another, Israel and the people of the world

Through smart programming that educates, informs, in-gathers, and entertains, we will bring you critical local and international experiences which will help the Des Moines Jewish community become increasingly relevant to all Jews in the greater Central Iowa area. We intend to grow and flourish, seeking unaffiliated Jewish families and reaching out in ways that present technology allows. We want greater connection with our Ames community, Hillel communities and with each other. We promise.

~LOVING KINDNESS

Committed to caring for our Jewish elders and those among us who are least able to care for themselves

With the generosity of our annual All-In-One Campaign donors and the constant support of funds from our directed Foundation gifts, we support our seniors and those members of our Jewish community who face the challenges of job loss, homelessness, poverty, family crisis, physical, emotional and mental illness. We want to collaborate with our excellent Jewish Senior Life Center to continue to care for our loved ones with compassion and skill. Their needs are our top priority. We promise.

~L’DOR VA DOR/GENERATION TO GENERATION

Committed to honoring all generations, remembering our Jewish past, while welcoming our Jewish future

Even as we work very hard to nurture and engage the talent of our young leaders through constant and active leadership development so do we work to capture the treasures of the past. We will turn increasing attention toward the Iowa Jewish Historical Society to insure that this agency of the Federation has the funding and on-going expertise to discover and protect our precious collective memories. We promise.

~HATIKVAH/Hope

Committed to bringing hope and support to Israel and the world’s citizens who face disaster, oppression, and persecution

The Federation is steadfast in its love and support for Israel, our ancient homeland. Differences in our beliefs about Israeli politics have no place in our obligation to walk along side of the Israelis who keep the home fires burning, who fight for the strength of the one democracy in that troubled area of the world. This Federation has an illustrious history of support for Israel and Jews in need throughout the world. Additionally, we never forget non-Jewish friends as we contribute to our local DMARC food pantry and respond to natural disasters locally and worldwide. We will be your safety net. We promise.

~INTEGRITY

Committed to transparent communication, ethical practices, and stewardship of our community’s trust

There is absolutely nothing more important to us than the trust of our community. We will begin by sending out regular financial information. And we depend on you to share your ideas, concerns, and questions. We will work to answer you with honesty and clarity. We intend to make you proud. We promise!

Shalom,

Barb

ATTENDEES OF THE DES MOINES SYMPHONY

Due to scheduling issues, the Des Moines Symphony will present its Sept. 2013 concert the evening of the conclusion of Yom Kippur, Sept. 14th. Ticket holders who would not wish to attend the concert that evening are welcome to exchange their tickets for the Sunday matinee performance on September 15th. For information, call the Civic Center box office at 280-4004.

COMMUNITY GARDEN

Do you want to connect with the environment and friends in the community? We are looking for individuals who like getting their hands dirty. If you have interest in helping develop a community garden at The Caspe Terrace, please call Tom at 515-987-0899, ext 222 or tom@dmjfed.org.

Jewish Press

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Inserts to the Jewish Press may not necessarily bear endorsement of the Jewish Federation.

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

We reserve the right to edit submissions.

The Greater Des Moines Jewish Press
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March/April 2013

We Call It Home



Stuart Oser
Executive Director

Fourteen years ago, my wife Wendi, my four-year-old son Grant, my two-year-old daughter Elizabeth (Bizza) and I arrived in Des Moines. Although I was certain that it was written in our Ketubah that we would NEVER live in a cold climate, Des Moines became our new home. My first Jewish events were a Tot Shabbat at TBJ, followed by an Israel Independence Day celebration at Beth El Jacob. Soon my son was in Kindergarten, and we entered the big red doors at Tifereth for Hebrew School. Camp Shalom was next, where my son loved playing Gaga, swimming, and singing songs. My daughter loved going to the Boulevard Children's Center at the Jewish Life Center and was in the first Pre-K class run by the Federation Community School. Both

my wife and I were involved in the Jewish Federation Community School and Engman Camp Shalom, and we both enjoyed going to life-cycle events at all of the synagogues. When holidays came, Wendi went to the Maccabee Deli to pick out my favorite foods to cook. The more time we spent in the Jewish community, the more welcomed we felt; the more welcomed we felt, the more we got involved in the community.

The Federation and the Des Moines Jewish Community have been a major part of my life since moving to Des Moines. I want to thank everyone in the community for the warm welcome that we received when we moved here, and for the continued sense of belonging you have provided to my family over the years. My family is grateful for current and past generations that generously invested in building the synagogues, the Jewish Life Center, The Caspe Terrace, Engman Camp Shalom, the Jewish Federation Community School's new home, the Iowa Jewish Historical Society, and all the other excellent Jewish Institutions we have here and in funding the terrific programs and services these institutions provide. As I embark on my new role as the Federation Executive Director, I feel honored to work for a community that cherishes its history, takes care of our seniors, fights anti-Semitism, teaches our children, assists our needy, and loves Israel. Thank you for giving me this opportunity to give back to the community that has given so much to our family.

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Spring line-up:

WANNA PLAY BALL? The Caspe Terrace Programming Committee is putting together a Men's Summer League softball team (Age 18 and older). Contact **Andy Marcus** at 865-9255 or az4me08@yahoo.com.

WEDNESDAY, APRIL 17
Yom HaAtzmaut 2013 Celebrating Israel's 65th With Song
Featuring Dolly Modai, 7:00 pm at the Bucksbaum Auditorium. Admission FREE! See advertisement on page 6. Presented by The Federation's P2G Committee and P2G Arts Task Force

SUNDAY, AUGUST 2
Federation Annual Meeting - 10:00 am Details to come!

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ENGMAN CAMP SHALOM JUNE 7- AUGUST 9

The Engman Camp Shalom Experience

Why is Engman Camp Shalom an “experience” for your children? Because we are in the camp “kid business!” For over 60 years the Jewish Federation of Greater Des Moines has been committed to quality Jewish summer experiences for each child. We carefully select staff and specialists who genuinely care for the well being of our campers.

The ECS day provides a progression of enriching and exciting programs that are purposefully designed for skill and social development. Our staff to camper ratio ensures participation, recognition and success for each child. We maintain the best learning environments for all our campers.

Judaism comes alive in our camp through creative, energizing and innovative experiences that promote Jewish identity, while our Schlichim (Hebrew for emissary; Israeli community representative) helps bring Israel to Iowa. The camp community is nurturing, challenging and, most of all, FUN! Children make friendships that keep them coming back year after year to become CIT’s and counselors.

The Jewish Federation of Greater Des Moines’ Engman Camp Shalom knows how to make a child’s summer fun and exciting, something we are proud of. Our new Camp Director, Allie Weiss, and the Engman Camp Shalom staff, will create a summer filled with exciting activities and programs that will leave your child breathless.

The first week of camp for ECS will be Monday, June 17. Counselor training week begins Monday, June 10. Our last day of camp is Friday, August 9.

To register, check out our website at www.jewishdesmoines.org/ecs to view our brochure and registration forms. You may also reference the enclosed flyer.



NEW ENGMAN CAMP SHALOM DIRECTOR



Allie Weiss
Director, Engman Camp Shalom

Engman Camp Shalom is pleased to introduce the 2013 director, Allie Weiss. Hailing from Indianapolis, Indiana, Allie is the daughter of Rabbis Lew and Faedra Weiss. She is excited to return to her roots at a Jewish day camp. She attended JCC camp in Cincinnati, Ohio and Indianapolis, IN before becoming a camp counselor at the JCC camp in Indianapolis. She also spent many summers as a camper at Gallahue Girl Scout Camp in Southern Indiana.

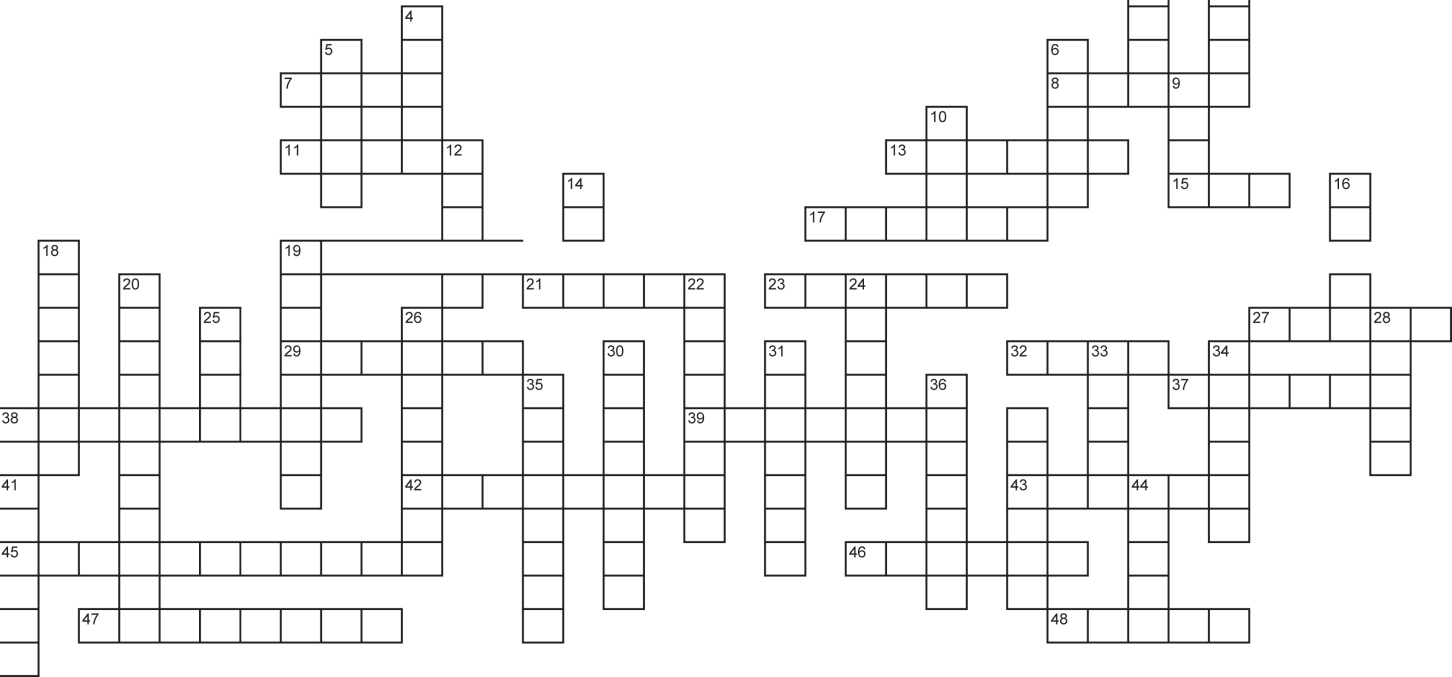
Allie earned a Bachelor of Science in Secondary Education with a concentration in English from Indiana University – Bloomington in ‘05. She taught middle school language arts in Indianapolis before moving to Washington, D.C. where she spent a year serving as a public affairs manager for a consulting firm before returning to the classroom. She taught high school English in Alexandria, Virginia for four years and earned a Masters of Arts in Initiatives in Educational Transformation at George Mason University before returning to IU for her Ph.D. in Curriculum and Instruction. She just completed her second year of course work, focusing on teacher education and education policy. She also teaches undergraduates in a multicultural education course for future teachers.

“I am really looking forward to getting to know the Des Moines community and sharing an amazing summer experience with the campers and their families. I look back fondly on my experiences at camp and want to make sure that the campers will too.”

JFCS LAG B’OMER CELEBRATION SUNDAY, APRIL 28 WITH P2G ARTIST KIM GOLDBERG

JFCS Lag B’Omer celebration with school families on Sunday, April 28 during religious school. Working with Jacob Lederman and P2G, part of this celebration will feature artist, Kim Goldberg. Kim lives in Omaha and is putting together an art workshop for our families. She is the Arts Task Force Chair of the U.S. Central Area Consortium of P2G and has been instrumental in developing numerous art-related programs that connect people in the U.S. to the Western Galilee. We look forward to creating “art” with Kim.

PUZZLE FOR PASSOVER
ANSWERS CAN BE FOUND AT JEWISHDESMOINES.ORG



ACROSS

- 3 A river in Egypt
- 7 Number of questions asked during the Seder
- 8 Moses’ brother; first high priest
- 11 Couldn’t swat them away: 4th attack
- 13 Traditional song
- 15 This turned into a snake
- 17 “Let my _____ go.”
- 19 Another word for the shank bone
- 21 River turned to this
- 23 Couldn’t see the earth for these insects: 8th plague
- 27 Pulled from the water; chosen to lead the Israelites
- 29 Another name for Passover
- 32 3rd plague
- 37 Moses’ age when he spoke to

- Pharaoh
- 38 Death of ___ was the final plague
- 39 Egyptian King
- 42 Without light: 9th plague
- 43 Parted to let the Israelites cross
- 45 How G-d first appeared to Moses
- 46 Unleavened bread
- 47 Apple, nut, spice and wine mixture
- 48 Bitter herbs

DOWN

- 1 A pillar of this guided the Israelites at night during their journey out of Egypt
- 2 Meaning of the word “Seder”
- 3 Month Passover is celebrated
- 4 Number of days darkness covered Egypt
- 5 6th plague
- 6 Food sent from heaven
- 9 Counting of this begins on the second day of Passover
- 10 Green vegetable on Seder plate
- 12 Mountain where G-d gave Moses his law.
- 14 This fell with fire: 7th plague
- 16 Amphibians of the 2nd plague
- 18 Plague of cattle
- 19 Moses’ wife
- 20 The Four Questions
- 22 What was marked to have the Angel of Death pass over
- 24 May not eat or own during Passover
- 25 Sacrificial animal
- 26 Book with the story of the Exodus and the ritual of the Seder
- 28 Ancient empire ruled by a Pharaoh
- 30 Moses’ mother
- 31 Ten afflictions of Egypt
- 33 A pillar of this guided the escaping Israelites during the day
- 34 Where Moses fled after killing the Egyptian
- 35 Matzah hidden during the Seder meal
- 36 One of seven grains mixed with water for more than 18 minutes
- 40 Moses’ sister
- 41 Another word for an Israelite
- 44 Festive meal held on the first nights of Passover

Senior News

Wanting to get out more and socialize? Needing assistance with transportation to senior luncheons, doctor appointments, grocery store, and other appointments? Seeking information regarding services you need in the home?

GIVE US A CALL

at Jewish Family Services and a staff member or volunteer will assist you with these services. Please call Pat Nawrocki, Jewish Family Services Manager, at 515-987-0899 ext 210.

Upcoming Luncheons:

Thursday, March 7, 12:00 Noon at Beth El Jacob Synagogue

Brian Hilgenberg, owner of Senior Helpers, will present a jeopardy game on Arthritis, National Sleep Awareness, Safety tips and Tips on Winter Driving. Come, learn and have fun.

We will also enjoy music by the Zarnow Fund in honor of Abraham, Regina, Paul, Sidney, Silvia and Ralph Zarnow.

Thursday, April 11, 12:00 Noon, at Tifereth Israel Synagogue

Lara Dillon, Admissions Coordinator at the Iowa Jewish Senior Life Center, will provide information on all services offered by the Life Center.

Louise Kaufmann will entertain with songs and have a sing-a-long.



The Federation's P2G Committee and P2G Arts Task Force Present:

Yom HaAtzmaut 2013

Celebrating Israel's 65th With Song!



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WHAT IS PARTNERSHIP2GETHER? PARTNERSHIP2GETHER is a program of the Jewish Agency and the Jewish Federations of North America, promoting people-to-people relationships through cultural, social, medical, educational and economic programs. This Partnership is between the 12 communities of the U.S. Central Area Consortium and Israel's Western Galilee.

For more about PARTNERSHIP2GETHER visit: westerngalilee.org.il and contact Jacob Lederman via jcrc@dmjfed.org



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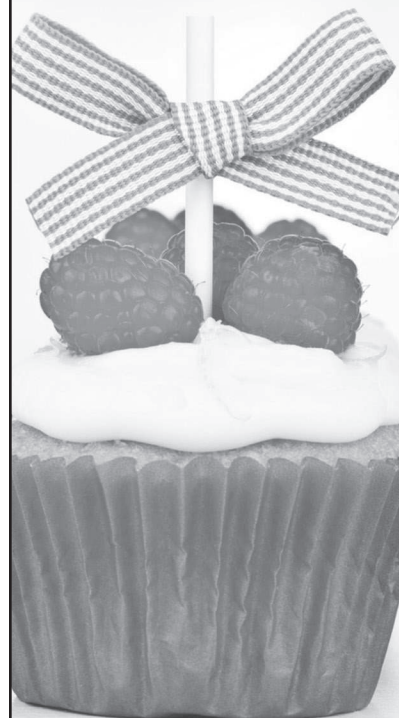
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Ritual

by David Friedgood



As Pesach (Passover) approaches, our thoughts turn to ritual. The Pesach Seider has to be just right. It should be ritually correct, according to our traditions, yet modern and new. Each guest seated at our Seider table needs to leave the dinner sated – not only with food and wine, but intellectually and spiritually uplifted. What is the meaning of the 4 cups of wine, the 4 questions, the 4 sons? (Why the number 4?) Not to mention matzah and maror?

On this night we gather friends and family together for a feast - a night unlike any other. But what is the ultimate point of these festivities? Historically, the Seider is reputed to be the one ritual event attended by more Jews, on a regular basis, than any other religious activity. Yom Kippur, the most holy day of our calendar, is not as popular. What is the reason for the Seider's popularity? Is it the food? (We Jews, after all, love to eat.) Or is it something more? I think the significance of the Seider is more involved than us coming together for a meal. This yearly event attracting Jews worldwide, in good times and in bad, stirs the depth of our Jewish soul. The rituals have changed only slightly for over 2000 years (since we stopped bringing sacrifices to the Temple in Jerusalem). It has been celebrated in a continuous fashion, year after year, by generations of our ancestors. In a broader sense, what is the point of any ritual behavior? What does a modern man or woman, in this 21st century, gain from wearing a kippah (skull cap), or tallit (prayer shawl)? Why light candles on Shabbat, recite the Kaddish prayer for long departed relatives, or sit down for a ritual laden Pesach Seider every year? What is it that drives us to cling to the behaviors of our ancestors?

Jewish ritual was first prescribed in our Torah, canonized in its present form over several hundred years about the start of the Common Era. Ritual behavior evolved over the generations with input from Rabbinical authority, the Talmud, Mishnei Torah (Maimonides compendium of Jewish Law), Joseph Karo's Shulchan Aruch (Arranged Table), lay input, and outside influences. No two groups of Jews follow identical ritual practice. Many variations exist, even in the basics of Jewish Law, as there is no central authority with the power to standardize ritual behavior. We Jews disagree on: what is Kosher and what is traif (forbidden), how to chant prayers, when to sit and when to stand in Schul (synagogue), who can sit next to us when praying, etc. Despite these differences, there is always a sense of familiarity when we enter any synagogue. It can be in our town, another city, or anywhere on earth. When surrounded by our religious brethren in Schul we sense that we belong – we are at home. The same is true for a Pesach Seider in a new setting. Some of the details may be strange, but the Gestalt (the whole experience)

is very familiar. We are, after all, a family of Jews – each responsible one for the other – with a common heritage driving our religious lives. Deep in our souls is a Divine spark connecting Am Yisrael (our people) to each other. And, this spark is nurtured by our ritual observance. I believe this is true for those who adhere to Orthodox practice, and those of more liberal persuasions. Even to those of our people who have chosen to separate themselves from the greater community. The spark does glow brighter in some than in others, but look deep and you will find embers of the Divine in all of us.

The Pesach Seider recalls the beginning of the Jewish people. How, in pre-historic times, the LORD rescued our forbearers from the dark abyss of slavery. Led by Moses, under Divine guidance, a downtrodden group of slaves - people living from day to day with no hope for the future - were set free and shepherd across the perilous wasteland of Sinai to freedom in a land flowing with milk and honey. "This day shall be to you one of remembrance: You shall celebrate it as a festival to the LORD throughout the ages... Seven days you shall eat Matzot... for on this day I brought your ranks out of the Land of Egypt... And when you enter the land that the LORD will give you... you shall observe this rite... And when, in times to come, your son asks you, saying 'What does this mean?' you shall say to him, 'It was with a mighty hand that the LORD brought us out of Egypt, the house of bondage'." (Exodus 12:13-13:14)

As Jews we know that injustice is wrong. No one, Jew or non-Jew, needs to live in servitude. Hunger, deprivation, physical and mental degradation are not the norm for human beings. Each of us is entitled to be free. There is a land of milk and honey waiting for all humankind, where each of us will be safe and secure, able to realize the promise of all people - free to come closer to the Creator of us all. How do we know this with absolute certainty? We know this because of our collective history, recounted on a yearly basis at the Pesach Seider table. Ritual preserved over the millennium - lovingly taught by our parents - and passed on to our children. Year after year each of us starts the evening as slaves in a dark and narrow place. We re-live the exuberance of God's delivery, the revelation at Mt. Sinai, and by the end of the evening see the glimmer of a new land, a new beginning, and a future filled with hope and glory.

*"When all your children are taught of the LORD,
Great shall be the peace of your children.
They shall be established through righteousness.
They shall be safe from oppression,
And shall have no fear... (Isaiah 54:13-14)*

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Divine Providence

by Michelle Garland

I hope the year 5773 is bringing everyone happiness, health, and parnasa (income). Previously I wrote articles in the DMJP explaining the kabbalistic energies and healing of each month on the Jewish calendar. I encourage everyone to go to Mindy's website and sign up to be on her monthly mailing list Melinda Ribner at <http://www.kabbalahoftheheart.com/endoflife.htm>.

This year I would like to start a series of articles, which I like to think of as more secrets to understanding life and why we are in this world. I have endured much hardship the past few years, and feel the secrets I learn from Jewish literature and Internet learning sessions have helped me to feel whole through my brokenness.

There are several layers to the Torah. They are:

1. Pshat—Simple interpretation corresponds to the world of Assiyah (world of action).
2. Remez—Illusionary interpretation corresponds to the world of Yetzirah (world of formation).
3. Drush—Homiletically interpretation corresponds to the world of Beriah (world of creations).
4. Sod—Secret/Mystical interpretation corresponds to the world of Atzilut (world of emanation).

Many of the Torah secrets are divulged in a book called the Zohar, written by Rabbi Shimon Bar Yochai. If you are able to visit Israel, please find time to go to the grave and especially the mikveh of Rabbi Shimon Bar Yochai, located in Tzfat. The mikveh is NOT to be missed! (I'm not sure if women are allowed in this mikveh, but for a similar experience, go to the mikveh of Chana, located on a private property next the grave of Shmuel in the Ramot neighborhood of North Jerusalem. The owner of the property allows everyone to use the mikveh. There aren't any signs, you have to ask locals to point you in the right direction.)

Getting back on track....Rabbi Shimon Bar Yochai (The Rashbi) was a student of Rabbi Akivah in the first century C.E. During this time the Romans were taking over Jerusalem and many scholars fled North to Tzfat and went into hiding. The Rashbi and his son, Eleazar were in a cave for 13 years, living from a carob tree next to the cave and a fresh water spring. They spent the entire time studying Torah and learning secrets from the Divine, which emanated in the writing of the Zohar, which is a book of interpretations/secrets of the Kabbalah.

On Lag B'Omer we celebrate the yartzeit of The Rashbi by building bon fires, singing and dancing to commemorate his memory.

For thousands of years, only a few Rabbis were allowed to learn the lessons from the Zohar until the time of the Baal Shem Tov, the founder of Chassidus. The Chabad Rabbis began to spread these teachings, under much scrutiny of other sects of Judaism. Today, any person from any background can learn these sacred texts.

With no further ado, let's begin our first lesson!

HASHGOCHA PROTIS (Divine Providence) is the belief that nothing in this world happens by chance and everything has already been pre-ordained in the universe before you were even born. Once one is tuned on to this concept, life becomes so much easier.

For instance, look at the story of Joseph. His brothers were going to kill him but didn't want his blood on their hands, so they dug a pit. Normally, Joseph would have died in the pit because there were snakes and scorpions, but Reuben knew Joseph had unwavering faith in G-D and a strong understanding and belief in hashgocha protis. Therefore, Reuben suggested they throw Joseph into the pit; knowing Hashem would keep him safe from the snakes and scorpions AND Joseph wouldn't freak out and become hysterical regarding his "bunk mates." Reuben intended to return in the evening to rescue Joseph from the pit, but....

The brothers decided to sell Joseph into slavery. Again, Joseph didn't freak out and worry or get nervous (something I used to do), instead, he just went along with everything as if he were surfing a great big wave. After being sold several times to different tradesmen on the road, Joseph was for sale in the Egyptian market and became the servant of Potifar. Realizing Joseph's intelligence, Potifar allowed for Joseph to be head of his household. At this point, with so much freedom, Joseph could have run away and back to his family, but he didn't. Why? Because he understood where he was is where Hashem wanted him.

Although things may not make sense to us, and may seem really bad, one day it will be revealed why something had to happen the way it did. It is almost like Hashem is playing a game of chess and every move is important and there is a greater plan leading to future moves/strategies.

Next, Potifar's wife tried to seduce Joseph, and when he refused her advance, she screamed and claimed Joseph tried to rape her. Although Potifar trusted his beloved servant Joseph, he knew politics dictated he needed to act upon the words of his wife, thus, Joseph was sent to prison.

Now, as luck would have it (or what we are now learning is Hashgocha Protis), Potifar and his wife had an adopted daughter, who was actually the daughter of Dinah (daughter of Leah) and Schem. She would visit Joseph in jail, and would later marry him. Joseph knew she was the daughter of Dina because of an amulet she wore around her neck made by her grandfather, Jacob before they sent her away to be adopted to keep her safe from her uncles who killed her father and wiped out the male population of Schem.

Again, when Joseph was in jail, he stayed constant and steadfast in his belief in Hashem and gam zeh l'tov (this too is for the good).

Later, Pharaoh's bread maker and wine tester were sent to prison as well and had dreams, which Joseph correctly interpreted. When they were released from prison, Joseph asked the wine tester to remember him and mention him to Pharaoh. *continued on page 15*

Orli Gubani



Jewish Press: Welcome, Ms Gubani. Your family is new to Des Moines, having come just a few months ago, and you are a new teacher for the Jewish Federation Community School. What is your teaching assignment?

Orli Gubani: I am teaching the fourth grade at the Community School. We learn the Torah stories, the prayers and their meaning in Hebrew, and follow the Hebrew calendar learning about the Jewish holidays. I also teach about Israel. I come from Israel and I enjoy teaching about its regions, history and people.

JP: That sounds very interesting. How is it going?

OG: I think it's going very well, and for me, it's one of my favorite parts of the week.

JP: Where does your husband come from?

OG: He comes from Israel and from a Yemenite background, as well, but we met in New York! I was a teacher in New York, in the Heschel School at the time.

JP: Where did your family come from, all the way back?

OG: My father and mother were born in Yemen. In 1948, after Israel became a state, almost the entire Jewish community left their villages and walked for days to the city of Aden, from which they were flown to Israel. Their immigration was part of Operation Magic Carpet.

JP: What happened after they arrived in Israel?

OG: They were housed in several transitional locations. After that my parents and all my uncles settled in Even Yehuda, near Netanya.

JP: What did your parents do for a living?

OG: At the beginning, my father worked building the roads and then became a gardener. My mother worked in the fields and was cleaning houses. They both worked very hard for a living.

JP: What did you want to be when you grew up?

OG: Most of my life I wanted to be a teacher. There was one time I wanted to

be a carpenter and I went to carpentry school for a year, but then I decided that I prefer teaching. I traveled much during my 20's, after the army and before university, and that also enhanced my desire to become a teacher.

JP: Where did you learn English?

OG: In Israel. At that time we started in 5th grade. Now they start teaching English in first grade.

JP: Was learning English easy for you?

OG: I learned a lot through songs. I loved music, so as a child I translated all the English language songs into Hebrew, so I could understand what I was listening to.

JP: What performers did you like?

OG: At that time the list included Stevie Wonder and the Beatles and whatever my siblings listened to. But then I really enjoyed Michael Jackson!

JP: Where did you go to college?

OG: All my studies were at Tel Aviv University. My Bachelor degree is in history and linguistics, with a teaching certificate, my Masters is in teaching second language acquisition, and I have a teaching diploma in English.

JP: Had you intended to reside in the U.S.?

OG: Not at all.

JP: Did you know you wanted to come to Iowa?

OG: (Laughter.) I traveled through the Midwest about ten years ago, knowing that it would probably be the only time I'd be here. (More laughter.) And now we've come to like it here.

JP: When did you get married? And where did your paths lead you?

OG: Amit (Harazi) and I got married in 2005. We lived in New York. Then in 2006 we moved back to Israel for three years. Our son, Oded, who is now 6 years old, was born in Israel. We then moved to Austin, Texas, where Gafney, my one year old daughter was born. We came to Des Moines after my husband received an offer to work as a software programmer for John Deere.

JP: What do you like about Iowa?

OG: I like the rural landscape, and I feel that people here are real and without many layers.

JP: You are a teacher and in addition to teaching at the Community School, you have been teaching for Tifereth Israel, and you're looking for additional employment opportunities. Do you have any hobbies?

OG: I very much enjoy cooking. I cook often during the week.

JP: Orli Gubani, thank you for the interview. Your family has added to the vibrancy of our community. We wish you and your family continued success.

Waukee Schools Hosted 1st Diversity Potluck

In January, the Diversity Leadership Team at Waukee High School held the district's first Diversity and Inclusion Potluck. With increasing diversified student enrollment, ~ about 50 languages are spoken by families whose children attend the schools – the program was intended to promote understanding and acceptance of whatever makes people unique.

The Diversity Team's theme for the 2012 – 2013 school year, "Your Story Matters," was the focal point of the program. As noted by the district's curriculum facilitator, Michelle Hurlburt,

"We believe everyone has a story and our individual story matters." Ms. Hurlburt and Evelyn Rudich, parent liaison for the diversity team and a member of the Jewish community, were in charge of the event.

The festive program was a tremendous success, drawing over 100 people from about 15 different backgrounds. In attendance from the Jewish community were Rabbi Kaufman, Stuart Oxer, Mark Finkelstein, and a number of families who reside in Waukee. Attendees were greeted by the superintendent of schools, Dr. David Wilkerson.

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JCPA Welcomes Action to Prevent Gun Violence

Washington, DC - The Jewish Council for Public Affairs welcomed the White House's recommendations for Congressional and Executive action to curb gun violence, which includes 23 Presidential directives, increasing access to mental health services and robust enforcement of the current gun safety measures. The new policies announced also call for restrictions on certain assault weapons and high capacity ammunition clips, universal background checks, and a strict probation on gun trafficking and straw purchases.

JCPA President Rabbi Steve Gutow

said, "We recognize that this is a complex issue. In the month since 26 first graders and educators were murdered at Sandy Hook Elementary, over 900 Americans have lost their lives from gun violence. The memory of Newtown is still fresh, and so is Aurora, Tucson, Fort Hood and other massacres that remind us that something must be done – and that there isn't a single solution to preventing mass violence. We appreciate the Administration's understanding that there are multiple causes which must be addressed. It is crucial that passions not ebb nor our country return to complacency."



Stuart Oxer, Esther and Warner Bergh and Pat Nawrocki

Sixth Annual Senior Volunteer Recogniton Dinner



Barb Hirsch-Giller



Stuart Oxer



Esther Bergh



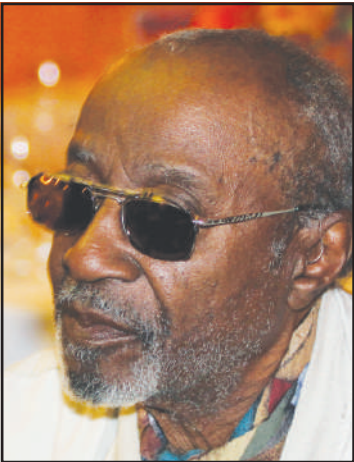
Warner Bergh



Shirley Berck



Dorothy Clark



Roy Clark



photos by Michael Kroloff



Gwenn Copple



Jonathan Yentis



Janet Morse



Jan Houk



Steve Lipshutz



Shirley Wittenstein



Harlan Lekowsky



Frances Rosen



Eva Pintus



Roy Dale Fitzhugh



Sharon Goldford



Charlotte Rausch



Barbara Leventhal-Beckerman



Allison Disher

Volunteers not present:
Charles Dickson
Jane Fronsdaahl
Abe Goldstien
Betty Goodside
Ruth and Bernard Levine
Sally Luftman



Shirley Berg



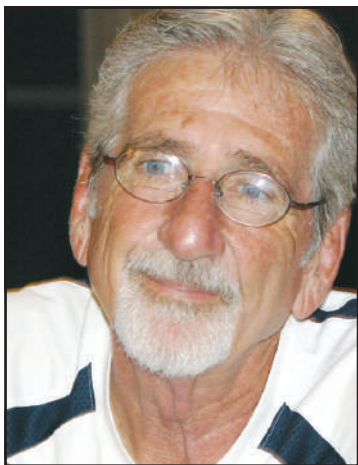
Rabbi Marshall Berg



Louise Kaufmann



Laurie Bishop



Gary Bishop



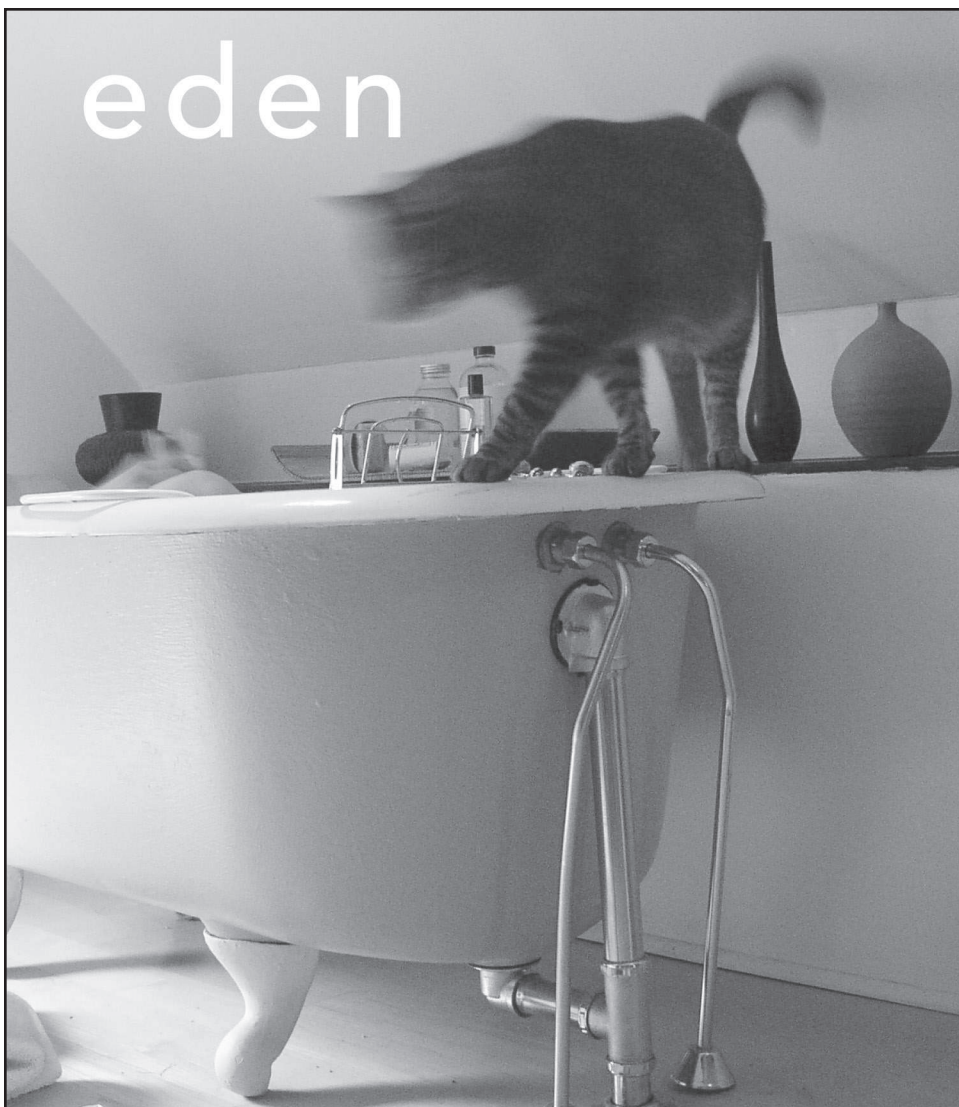
Krista Pearl

On October 31st we celebrated our Sixth Annual Volunteer Recognition Banquet to honor our 31 volunteers for giving of themselves and sharing their precious gifts of love.

Our theme for the program was "There is no greater reward than to make a fundamental difference in someone's life." The volunteers give by providing transportation to doctor's appointments and grocery store shopping, making telephone calls, assisting at luncheons, serving on boards, and much more. The volunteers make a difference -A BIG DIFFERENCE- in the quality of the lives of the clients they serve, and also in their own lives. Not only do the volunteers add meaning to their own lives, but they also put meaning back into the lives of others. Our volunteers make the world a better place to live in. The needs can be great, but so is the ability to meet those needs. That's what our volunteers do. They put their own wants and needs aside to brighten the day of someone else. They are the cream of the crop; the heart of the program. The most wonderful thing the volunteers do is give others hope by sending them the message that they are valued, and loved. That's what the Senior Adult Program is all about, deeds of kindness, reaching out and helping someone in need.

Special thanks to Chanie Jacobson for the lovely meal; musicians Dan Hartzer, Frank Cebuhar, Mel Hrubetz in honor of Abraham, Regina, Paul, Sidney, Silvia and Ralph Zarnow; Temple B'nai Jeshurun for the loan of table linens; Janna Burger for sharing her gifts of instrumental as well as vocal talent with accompaniment by her mother Angie Burger, owner of Accessible Home Health Care; Mike Kroloff for taking great pictures and Barb Leventhal Beckerman for her beautiful centerpieces and goodie bags.
 -Pat Nawrocki, Jewish Family Services manager

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[the pesky diner]

La Mie is for Lovers (of Fine Food)

by Jarad Bernstein



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

Located in what I have been told is Des Moines' first strip mall (The Shops at Roosevelt, 841 42nd St in Des Moines), La Mie is home to some of the metro's finest baked goods, sandwiches and coffee. While this article could easily be a treatise on baked goods, I will instead concentrate on lunch, other than to give you the following advice: almond croissant, chocolate brioche and pecan roll. Sure you will enjoy everything else that comes out of their kitchen, but do yourself a favor and start with these three.

Now that you have returned for a second visit (and are on a diet that considers such delicacies verboten), let's take a look at some of the meals that will keep you and your dining partner lingering for hours on a dreary winter's afternoon. Luckily this is a bakery, so as long as you stay away from the half of the menu full of bacon, ham and other meats, you should be on your way to a nice kosher-ish meal.

Salmon Tartine

A tartine is an open-faced sandwich, plain and simple. However, La Mie's version is deceptively plain. The salmon version comes piled thick with enough slices of lox to make you look like a full-time schnorrer at a bar mitzvah kiddush. Add avocado, sliced hardboiled egg and alfalfa sprouts, and you have a meal. The dieter even gets a mini reprieve with a triangle of pineapple on the side. At \$5.95 you seriously can't go wrong—especially when Bruegger's just down the street charges more for about half the lox on their smoked salmon breakfast sandwich.

Avocado Tartine

See above but remove the lox, change the egg to any style you'd like. That's really all there is that's different, other than the amount of egg you get (more on this version). This is a pretty good deal on its own, but why not go big and get the hefty serving of lox for the same price?

Omelets

Three choices come with fancy cheeses (Roquefort and brie), and fancy ingredients (asparagus, crème fraîche and lox). Again, a verifiable bargain here at \$5.50 considering the quality and care that goes into making their luscious eggs. Simple? Yes. Obscenely satisfying? Yes.

Sandwiches and Salads

Although I have not ventured to this part of the menu, based solely on it being hard to stray from what's written above, the kosher-ish diner should be well taken care of. The tuna sandwich, for example, contains a delicious combination of currants, almonds, and carrots whereas the avocado comes smeared with pesto. However, my next dining adventure at La Mie may just involve the Portobello sandwich, which includes spinach, red pepper, and chevre. On the salad side, the Apple, Avocado & Almonds salad comes with feta and dried cranberries. The liberal use of high quality and normally expensive ingredients here and throughout the menu impresses me for such a reasonably priced restaurant.

So what is wrong with La Mie? Not much, other than that they are closed on Sundays. It's not always easy to escape to La Mie for lunch during the workweek, and the lack of Sunday hours puts a hamper in weekend accessibility.

If you are looking to rediscover an old friend or ignite a new passion for quality baked goods, remember to stop at La Mie for an hour or two. You'll be glad you did.



100 Years of Cooking Celebrating Jewish Recipes from Des Moines

The Iowa Jewish Historical Society is preparing a cookbook in honor of the Federation's Centennial. They are collecting recipes and photos that highlight Des Moines' rich tradition of excellent cooking.

Cookbook chairs Heidi Moskowitz and Karen Engman are searching for those special family recipes that we all cherish and want to preserve for future generations. Karen requests, "Please help us in our search for recipes and tell us how they are special to your family or our Jewish community."

Proceeds will benefit the Iowa Jewish Historical Society. Send your recipes by March 15, 2013 to Karen Engman at aengmandsm@yahoo.com or mail to the Jewish Federation at 33158 Ute Avenue, Waukee, IA 50263

Please note that we may not be able to print every submitted recipe due to space or duplication issues.

In the Kitchen for Passover

by Karen Engman



Passover is a time for spring cleaning so I dusted off my recipe file and discovered a delicious Almond Cookie recipe. It's fun to make since you grind your own almond "flour" in a food processor. It is easy to prepare but be careful not to over bake these cookies.

When I search for other dessert ideas, I look for recipes that have only small amounts of flour so matzo cake flour can be substituted without making the end product too heavy or altering the taste. There are many delicious Pesach brownie recipes that can be enhanced by ice cream and hot fudge. Try layering Bauder Pharmacy's peppermint ice cream over a brownie crust in a 9x13 pan and then cut into squares. I also look for fruit soufflés or pies made with nut crusts.

I hope our readers have good luck with this cookie recipe or try to convert

another recipe on their own into a delicious Passover treat!

We have extended the deadline for recipe submissions to the Iowa Jewish Historical Society's cookbook celebrating the Federation's centennial.

The following is a recipe that was emailed to me by Marlene Kavan. I want to share it with our readers as a great example of what to send in to us for the cookbook.

Marlene writes: "This is a recipe that I have made so many times that it is tearing and spotted. Yet I love looking at it since it has some wonderful memories. It is handwritten by Frances Kaplan, whom my children called Grandma Frances. In reality she was the mother of Karen Muelhaupt and grandmother to Molly, Kaiti, and Aaron. She made the noodle kugel for all my sons' (Dan, Joel and Rick) bar mitzvahs, plus many break the fast meals. She was a perfectly wonderful lady!

Noodle Pudding - Dairy
8 oz noodles (1/4")
2 eggs beaten

1 carton creamed cottage cheese (12 oz) large curd
1 cup milk
3/4 tsp salt
1/8 tsp or less pepper
1/2 -1 stick butter, melted

Cook noodles in salted water until tender. Drain, rinse well and set aside. Beat the eggs, then add milk, cooled butter, cottage cheese, salt and pepper.

Add this mixture to cooked noodles and mix. Pour into well buttered 2 quart baking dish or casserole. Shake a little paprika on top and a few dabs of butter here and there. Bake 350-375 for 1-1 1/2 hours, until lightly brown and set.

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)

Almond Cookies

(published in New York Times, 3/28/07) Parve

2 cups whole blanched almonds
30 whole almonds for decoration
1 cup sugar
1 large egg
Finely grated zest from 1 lemon

1. Using a food processor equipped with a metal blade, grind 2 cups of almonds very finely. Add 3/4 cup sugar, the egg and lemon zest, and pulse to make a cohesive dough. Transfer to bowl, cover and refrigerate for at least 12 hours.
2. Preheat oven to 350. Line a baking sheet with parchment paper or non stick liner. Place remaining 1/4 cup sugar in small bowl.
3. Pinching off pieces of dough about the size of a walnut, roll them first into balls, then into sugar. Gently press an almond point first into top of each cookie, so that half the almond can be seen. Arrange cookies one inch apart on sheet.
4. Bake until cookies have the barest hint of color but still remain soft, 8-10 minutes. Don't overcook. Cool completely and store in airtight container. Can be frozen.



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Remembering Bob Gitchell

by Sharon Goldford, President of Temple B'nai Jeshurun



As I reflect on my friend and mentor Dr. Robert Gitchell, a smile crosses my face. I had the pleasure of spending time with a person that shared his knowledge, his life experience and generosity with me and with others. We had many enjoyable times together.

Bob's physical life began on December 14, 1941, and ended on December 18, 2012. We had just shared birthdays two days apart the week before his death. Birthdays were just one of many events we shared. Events of Jewish life and every day life were very important to Bob. People were very important to Bob.

When Bob became President of Temple B'nai Jeshurun, he had a very large agenda. He had many projects and goals he hoped to complete. Bob always had people at the heart of his goals and projects. We would discuss what the benefit would be to our congregants for each event and program. Bob always asked whether we would get good participation, whether families would come and bring their children. Bob had a special love for our children. He enjoyed the children's service and talking with the families. Just a few weeks before his passing, he sat close to the door in the Temple Social Hall during the Hanukkah Happening. He wanted to see and talk to as many families as he could. It was a good day.

Bob had a passion for being President of the Temple. Many of you have mentioned his passion to me over the past month. Bob's passion will carry on his projects and goals long after his death. He always wanted to see a project completed. He was on a mission last year to revive the Temple Food Fair. The Temple Food Fair was brought back, and due to the Temple people he cared so much about, it was a success and will be again this year.

Bob never worked in a vacuum. He gave to his medical career, his service as a team Doctor to the Iowa State basketball teams, his mentoring of golf buddies, his work for the Jewish Senior Life Center, the Jewish Federation and countless other civic and political activities. They all received the rewards of a giving person. Bob gave time, energy, resources and himself to what he valued as important.

Bob and I rarely disagreed on anything. We could always come to a consensus except over who would pay the lunch check and did I have to order dessert. Bob always wanted both.

A proverb states, "One who walks in another's tracks leaves no footprint." Bob has left footprints. They are big footprints to fill. The good news is that he left a congregation and a community stronger and ready to continue the work he started.

Someone once said a measure of a person's life is the size of the hole they leave when they die. Bob has left a huge whole in many lives. I miss him daily, I miss our conversations and phone calls. However, my thinking of him brings a smile to my face and to many other faces.

University of Iowa Hillel

SHABBAT: FROM RESPONSIBILITY TO JOY

By Jorie Slodki



Jorie is the University of Iowa Hillel's Jewish Student Life Coordinator

My Bubbe Freeda died in late 2011. She was never happier than

when she was hosting dinners for Shabbat and Jewish holidays in her Chicago apartment. She thrived on serving dozens of people at once, setting a beautiful table and remembering each family member's idiosyncratic food preferences.

I went to her apartment for Shabbat nearly every week during my childhood. For my family, these Friday night dinners formed our earliest memories and were the basis for future identification with Judaism, no matter how slight. They continued with smaller crowds after I left for university. They even continued as Bubbe began her decline from dementia, with my mother and aunts providing all the food.

Meanwhile, I had gotten married in the summer of 2011, and my husband and I moved to Iowa City for his job. My family had lived in Chicago for a century, and I was the only person who moved away. While I had lived away from my

family before, this felt different. My life was with my husband in Iowa City.

As Bubbe's condition worsened, she repeated the same thing every Shabbat. "Who is going to do this when I'm gone? You kids are going to stop getting together." After her death, these words haunted me as surely as any ghost, especially when I found out that my family had stopped getting together for Shabbat. They didn't know what form those Friday night dinners should take without Bubbe's apartment, or her presence.

I became consumed with the idea that as her only granddaughter it was my duty to provide those Shabbat dinners again—a plan that was ruined by me being in another state 3½ hours away. If only I was back in the Chicago area, I could host every Shabbat and holiday. I could keep the family from breaking apart from each other, and from Jewish tradition. When my mother saw that my worries were keeping me from fully embracing my new home, she finally said, "It is not your responsibility to keep the family together."

She was right. Hosting those dinners was not a guarantee that family members would attend. My brother and cousins have grown up and have their own lives and families now. *continued on page 15*

[arts]

THE POETRY OF ALICIA OSTRIKER



Alicia Suskin Ostriker (born November 11, 1937) is an American poet and scholar who writes Jewish feminist poetry. She was called "America's most fiercely honest poet," by Progressive.

Ostriker was born in Brooklyn, New York to David Suskin and Beatrice Linnick Suskin. Her father worked for New York City Parks Department. Her mother read her Shakespeare and Browning, and Alicia began writing poems, as well as drawing, from an early age. Initially, she had hoped to be an artist and studied art as a teenager. Her books, *Songs* (1969) and *A Dream of*

Springtime (1979), spotlight her own illustrations. Ostriker went to high school at Ethical Culture Fieldston School in 1955.

She holds a bachelor's degree from Brandeis University (1959), and an M.A. (1961) and Ph.D. (1964) from the University of Wisconsin-Madison. Her doctoral dissertation, on the work of William Blake, became her first book, *Vision and Verse in William Blake* (1965) later, she edited and annotated Blake's complete poems for Penguin Press. Alicia is married to the noted astronomer Jeremiah Ostriker who taught at Princeton University (1971-2001). She currently teaches poetry at Drew University's Low-Residency MFA Program in poetry and poetry in translation.

She began her teaching career at Rutgers University in 1965 and has served as a professor of English there since 1972. In 1969 her first collection of poems, *Songs*, was published by Holt, Rinehart and Winston. Her fourth book of poems, *The Mother-Child Papers* (1980), a feminist classic, was inspired by the birth of her son during the Vietnam War and weeks after the Kent State shootings; throughout, she juxtaposes musings about motherhood with musings about war.

Ostriker's books of nonfiction explore many of the same themes manifest in her verse. They include *Writing Like A Woman* (1983), which explores the poems of Sylvia Plath, Anne Sexton, H.D., May Swenson and Adrienne Rich, and *The Nakedness of the Fathers: Biblical Visions and Revisions* (1994), which approaches the Torah with a midrashic sensibility. She wrote the introduction to the collected works of Puerto Rican poet Giannina Braschi entitled *Empire of Dreams* (1994).

Ostriker's sixth collection of poems, *The Imaginary Lover* (1986), won the William Carlos Williams Award of the Poetry Society of America. *The Crack in Everything* (1996) was a National Book Award finalist, and won the Paterson Poetry Award and the San Francisco State Poetry Center Award. *The Little Space: Poems Selected and New, 1968-1998* was also a 1998 National Book Award finalist.

Ostriker's most recent nonfiction book is *Dancing at the Devil's Party* (2000), where she examines the work of poets from Walt Whitman to Maxine Kumin. Early in the introduction to the book, she disagrees with W. H. Auden's assertion that poetry makes nothing happen. Poetry, Ostriker writes, "can tear at the heart with its claws, make the neural nets shiver, flood us with hope, despair, longing, ecstasy, love, anger, terror [.]"

A variety of Ostriker's poems have been translated into Italian, French, German, Spanish, Chinese, Japanese, Hebrew and Arabic. *Stealing the Language* has been translated into Japanese and published in Japan.

Source: Wikipedia

DEAR GOD

by Alicia Ostriker

*It used to be
I would fall to the floor and press my forehead to it
in moments of despair
I would say help me
help me
but listen
I am ok
though I just now found myself pressing my forehead
to the carpet of my stairs
about the waters in the flooded cities
poisoned by oil spill, chemicals, the dead
about the survivors forever traumatized
dear god
I am alive I am alive
help them*

Source:

<http://poetsgulfcoast.wordpress.com/2010/05/27/two-poems-by-alicia-ostriker2/>

The Beth El Jacob's Hamerkaz Trip To Israel

Welcome Home by Eitan Naggar



January 2013 "Welcome Home" is perhaps a phrase you might hear after your arrival from a long journey back to your family for holiday or after a business trip, certainly not something you expect to hear traveling away from home. Yet why is it, that the moment you step foot off the plane in Tel Aviv, Israel you hear droves of people repeating this powerful phrase, "welcome home, welcome home..." I certainly have never lived here before; heck, the longest I've even ever been here is a couple weeks here and there. So how can it be that everybody here repeats this phrase to me and other Jews like a mantra?

Although it took me years of searching for this answer, it's simple, this is my home, I am a Jew, and this is a Jewish nation, the only Jewish nation. In 1948, after 2000 years of wandering and being spread apart, exiled, hated and even hunted, the Jews returned to the state of Israel. Biblically the land promised to us by God, the land of 'Milk and Honey'. Through thick and thin, triumph and tragedy, test and retest, over 2000 years and we've finally made it back to the land of our forefathers.

It took me so long to finally see the beauty that Israel brings forth, beyond the old cities, symbols, high rising mountains, luminous beaches, far reaching deserts, booming agriculture, flourishing economy, etc. one can feel the "Neshoma", the soul and heartbeat of Israel. This past program that I had the privilege of being part of, with the

Kaballah from page 8

The man had forgotten, until a few years later when nobody in the land could interpret Pharaoh's reoccurring dream of seven ears of plump corn being eaten up by seven shriveled ears of corn, and seven fat cows being eaten by seven emaciated cows.

The wine taster mentioned Joseph to Pharaoh, who called for Joseph to be released from jail to interpret his dream. Joseph told Pharaoh the dreams were one and the same, there would be seven plentiful years in Egypt followed by seven years of famine. Joseph went on to advise Pharaoh what to do to prepare for the years of famine, at which time Pharaoh declared Joseph to be Viceroy and only Pharaoh would be above Joseph in all of the land.

During the second year of the famine, Jacob sent his sons to Egypt to secure food for the family. Joseph recognized his brothers but they did not recognize him. After a series of events, Joseph released his anger towards his brothers for selling him into slavery and conveyed to them his forgiveness and to realize they were acting as instruments of Hashem's will, so in the end, Joseph would be able to save his entire family from the famine.

It took 22 years for this series of Hashgocha Protis to become actualized. Looking back at the story, are you able to decipher the pshat, remez, drash, and sod of the story?

I believe the sod of the story is for us to understand this story is applicable in every generation and to each person. We will all have our own form of Metzrayim (Egypt) meaning "narrow straights." Something that is personally challenging

to us, which may take a life time to change and perfect. This is also known as our tikkun, the reason we are in the cycle of this life, to correct a past wrong.

Perhaps your tikkun for this lifetime is to have total emunah (faith in G-D), that all is for the good, even when we think it is bad, we must have faith, that ultimately all will be revealed and we must never lose faith that everything Hashem does is for our own good and to recognize the messengers in our life as well.

My next article will be on understanding the need to descend in order to ascend. Thank you for reading and may everyone be blessed to view the world with eyes filtered through Hashgocha Protis.

Shabbat from page 14 I need to learn to move on, enjoying young married life and forming new friendships.

I asked my husband if we could start having our own Shabbat dinners. It didn't take long before it became a part of our weekly routine that we eagerly anticipated. Sometimes we make a special dinner, other times we pick up something from the co-op. Sometimes we dress up, and sometimes we are in our pajamas. Sometimes we celebrate Shabbat with the students at the University of Iowa Hillel, where I work as the new Jewish Student Life Coordinator.

One week, we invited another young Jewish couple. We agreed how nice it was to end a busy semester with a relaxing dinner and converse with people our age. They even sent us a thank you card. This wasn't like Bubbe's Shabbat—and nothing ever will be—but I know she would recognize the same joy, hospitality, and peace.



Rabbi and fellow congregants of Beth El Jacob, as well as many university students, enabled me to maximize and feel the vivacious love of country and life that lies here in Israel; feeling the heartbeat in each and every Jew here. We are not the same person; we all have differences, whether it be political, level of religion, sports, ways of life... But we refuse to let these differences tear us apart; Israelis share a love for their

home that cannot be put into words. It took me years to understand and I am still coming to grips with this amazing realization. The Beth El Jacob-Hamerkaz student trip enabled me to understand what I have neglected to comprehend over all these years, Israel is my home and every Jew is my brother and sister. Israel will be here for me on my best and worst days, it will not abandon me even if I leave it, it will embrace me with open arms should I choose to come back or never leave, I am Jewish, I am Israeli and I am proud of it.

I will admit that I did not even want to go to Israel, I did not want to "waste" my break and I have a surefire hatred of flying. I even told Rabbi Bolel to cancel my ticket because I would not be going. But the wheels were in motion and the tickets paid for, call it what you will, but here I stand a month after arrival (having extended my trip), two weeks after a magnificent Beth El Jacob-Hamerkaz trip meeting other Jewish kids in the same position as me, and my whole paradigm has shifted. We went through a lot together and we all loved it, from Jewish philosophical debates and studying to seeing the wonders of our Land. All-in-all myself and the rest of the students ended up having the time of our lives and experiences that will be with us for the rest of our lives.

If you or someone you know ever has the chance to come to Israel and experience the magic here, encourage them, even be a little "pushy," please make them come and see it here for themselves. Come here and experience the feeling one gets as you walk around Israel and hear the phrase "Welcome Home" for yourselves.



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BETH EL JACOB SYNAGOGUE

Beth El Jacob, Drake and Iowa Students go to Israel

The last two weeks of 2012 was a time that will remain with the students of those that attended a fantastic trip to Israel. College students from Beth El Jacob Synagogue, Drake University, the University of Iowa and other universities around the country met in Israel for an experience and opportunity that would offer them seeing Israel's most notable sights, exploring their Jewish dynasty and experiencing incredible Shabbatot.

It started in July 2012 when students from the Drake University JSOC (Jewish Students on Campus) program expressed an interest in going back to Israel having already been on Birthright. As most of you know, one can only go on a Birthright program if one has not been on organized program to Israel before and once one has been on Birthright, there is no opportunity to go on a second Birthright trip, hence the inquiries by students wanting to return back to the Holy Land. Knowing that students from Beth El Jacob had been on Birthright too, the opportunity was open to all, to experience a time of their life filled with Jewish education for two weeks.

From lecturers and Rabbi's excelling in their respective academic fields giving lectures and workshops to AT'ing in the Galilee and paintballing in the Merkaz, a time so good had by all even left some students cancelling their return flights to the USA!

If you have a child, grandchild or know of a Jewish student that may be interested in such a program, please do contact me.

— Rabbi Bolel

The Early Dose:

Join us every morning in Beth El Jacob for 30 mins after services and explore a diverse array of Torah topics all relating to us in our day and age.

Disney and Dinner:

Do you want to socialize with other parents while your children have a great time? Dinner will be provided for you and your children while they watch Disney! Please contact the office for more information.

Kiddush and Schmuz:

Join us on a weekly basis after services on Saturday morning to socialize, eat and casual talk about current affairs relating to the portion of the week.

March 12:

Deadline for the \$100,000 CASH Beth El Jacob draw. (see ad on this page)

Come and sell your Chometz:

If you would like to sell your Chometz, visit the Rabbi in his office on March 19 between the hours of 6-8pm, or ring the office to set up an appointment.

Monday, March 25

All are welcome to join us for Burning of the "Chamatz" in Beth El Jacob's Parking Lot at 12:00pm.

PESACH SERVICE TIMES

Tuesday, March 26 - Morning Services 9:00am
Wednesday, March 27 - Morning Services 9:00am
Shabbat March 30: Morning Services 9:30
Monday, April 1 - Morning Services 9:00am
Tuesday, April 2 - Morning Services 9:00am – YIZKOR at 11:15am

TEMPLE B'NAI JESHURUN

Temple Passover Seder Monday, March 25 at 6:00 p.m.

Bring sweets for our Seder's dessert table.

Please remember to use only products or ingredients that are appropriate for Passover. The variety of homemade desserts makes this portion of the meal special.

Seder reservations will be taken until Monday, March 18 or until spaces are filled.

Please make reservations by any of the following:

- Call the Temple Office at (515) 274-4679
- E-mail to Office@templebnaijeshurun.com
- Mail or bring the Passover Seder Reservation Form to the Temple Office at 5101 Grand Avenue - Des Moines, IA 50312

25th Anniversary Party for Wendy Beckerman on Friday, April 26 after Shabbat services

Was Wendy your Bar/Bat Mitzvah teacher? Do you have a picture of yourself with Wendy? We are collecting pictures of Wendy and her students for a tribute slide show to be shown during her 25th anniversary party on Friday, April 26th after services. Please deliver to the Temple office or send to Jessie Untrauer at jessielynn7477@yahoo.com



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Get Ready for Food Fair 2013!

Sunday, May 19, 2013

We are very excited to be your chairpersons for Food Fair 2013! Food Fair is such a wonderful event which brings our entire community together. It's one Sunday in May where we open our doors to the city to celebrate and share our rich culture, traditions and Jewish food with others in the community. The day of Food Fair is exciting, a day of hustle and bustle, lots of smiles and delicious foods.

Food Fair is the Temple's primary fundraiser for the year and is a tradition for our congregation as well as the Greater Des Moines community. It is also an event that Bob Gitchell felt very strongly about. After he passed away, we vowed to do our best to make this one of the best Food Fairs ever and with your help, together we will make this a memorable Food Fair for all!

So watch future Bulletins and email blasts for more information on how you can help. There will be volunteer opportunities of all shapes and sizes!

We look forward to working with all of you on this special event.

Alan, Wendy, Michael and Ethan Adato
Chairpersons for 2013 Food Fair
Email: tbfjfoodfair@yahoo.com




TIFERETH ISRAEL SYNAGOGUE

Lots happening at Tifereth. We hope you'll join us.
March 2013

Friday, March 1st – 6:00 pm – Mishpacha Shabbat & Potluck
Friday, March 8th - 6:00 pm – Rock Shabbat
Sunday, March 10th – 12:30 pm – YAD Chocolate Seder
Sunday, March 24th – 2:00 pm – 4:00 pm - Kadima
Tuesday, March 26th – 6:30 pm – Second Night Seder
Friday, March 29th – 6:00 pm - Shabbat Evening Services
7:00 pm - Women's League Lasagna Dinner
Saturday, March 30th – 10:30 am – Jr. Congregation
Tot Shabbat

April 2013

Sunday, April 7th – 5:30 pm – Holocaust Program
Speaker – Warren Blumenthal
Friday, April 12th – 6:00 pm – Mishpacha Shabbat & YAD Potluck
Israeli Dancing
Sunday, April 14th – 2:00 pm – 4:00 pm - Kadima
6:30 pm – Iowa Jewish Historical Society – Honors Talia Leman
Saturday, April 20th – 9:30 am – Jacob Copeland's Bar Mitzvah
Sunday, April 21st – 12:30 pm – Israeli Festival – More Info after meeting
Women's League Luncheon
Speaker – Saralee Sloven
Speaker – Joshua Jacobson
Saturday, April 27th – 10:30 am – YAD hosting Shabbat Cafe
Junior Congregation
Tot Shabbat

Passover Schedule:

Monday, March 25th – 7:30 am – Ta'anit Bekharim (Fast of the First Born)
Study Session with Rabbi Edelman-Blank
Erev of Pesach – First Night Seder in your homes
Tuesday, March 26th – First Day Pesach - 9:30 am. – Services
6:30 pm. – Second Night Seder at Tifereth
Wednesday, March 27th – Second Day Pesach – 9:30 am. Services
Friday, March 29th 6:00 pm. Shabbat Evening Services
7:00 pm. Women's League Passover Lasagna Dinner
Monday, April 1st – Seventh Day Pesach – 9:30 am Services
Tuesday, April 2nd – Eighth Day Pesach / Yizkor – 9:30 am Services

Recurring Events:

Minyan: Sundays 9:00 a.m.
 Tuesdays 7:00 a.m.

Services: Fridays– 6:00 pm Shabbat Evening Services
 Saturdays- 9:30 am Shabbat Morning Services

Adult Education:

S.T.E.P (Sunday Torah Education Program) led by Michael Kuperman
10:00 a.m. – Tifereth Classroom Room

Rabbi Edelman-Blank:

Conversion Class – Contact the Tifereth office for more information 515 -255-1137
Mocha and Midrash – 6:30 pm Thursdays at Zanzibar on Ingersoll

Cantor Shivers:

Hasidic Study – Saturdays after Shabbat Cafe
Women in Israel – 7:00 pm – Wednesdays February 27th – March 20th

Orli Gubani

Hebrew Lessons – 7:00 pm Mondays - open to both beginners and more advanced students and focuses on speaking, comprehension, reading and writing, in an interactive setting

JUDAIC RESOURCE CENTER OF IOWA

Pesach Schedule for Judaic Resource Center of Iowa
943 Cummins Parkway, Des Moines, Iowa 515-277-1718

Monday, March 25th 1st Seder Night
Evening Services: 7:15 pm

Tuesday, March 26, 2013 1st Day of Passover
Morning Services: 10:00 am
Evening Services: 7:15 pm
2nd Seder Night

Wednesday, March 27, 2013 2nd Day of Passover
Morning Services: 10:00 am
Evening Services: 7:15 pm
Holiday Ends at 8:17 pm

Friday, March 29, 2013
Evening Services: 7:20 pm

Shabbat, March 30, 2013
Morning Services: 10:00 am
Evening Services: 7:20 pm
Holiday Ends at 8:21 pm

Sunday, March 31, 2013
Evening Services at 7:20 pm

Monday, April 1, 2013 7th Day of Passover
Morning Services at 10:00 am
Evening Services at 7:20 pm

Tuesday, April 2, 2013 Final Day of Passover
Morning Services at 10:00 am
Yizkor Memorial Service at 11:00 am
Evening Services at 6:00 pm followed by Meal of Moshiah
Passover Ends at 8:25 pm

Please call to join the JRC for the Seder or any meal during Pesach 515-277-1770
Maccabee Deli Pesach Hours: Monday, March 25th (Erev Pesach) the Deli will be opened 10am to 4pm; March 28th, 29th and 31st (Thursday, Friday and Sunday)
The Deli will be opened 11:00am – 2:00pm 515-277-1718

Tifereth Israel Synagogue is hosting an event that celebrates all things Israel – its history, its people, its culture and more!

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Sunday, April 21, 2013

3:00 – 7:00 PM

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• **GUEST SPEAKER:**
JOSHUA JACOBSON, DMA, at 4:00 pm - One of the foremost authorities on Jewish choral music, will talk about the nexus of music and politics in contemporary Israel

If you love Israel and/or want to learn more about Israel, you won't want to miss this event!

For more information, contact the event planning committee via office@tifereth.org

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Making History: Honoring Talia Leman and RandomKid

SUNDAY, APRIL 14, 2013 6:30 P.M. AT TIFERETH ISRAEL SYNAGOGUE



Please join the Iowa Jewish Historical Society in honoring and learning from Talia Leman, a senior at Des Moines' Roosevelt High School who has been recognized internationally for her social and financial entrepreneurship in helping youth increase their impact on causes across the globe. Since 2005, Talia has energized fellow youth to trick-or-treat for donations to help the victims of Hurricane Katrina. Youth across the nation joined together to raise more than \$10.4 million, ranking the giving power of school students with that of the top five U.S. corporate donors! and founded her own non-profit RandomKid at the age of 11 to continue to harness the power of youth to make a difference in solving issues the world faces.

RandomKid has engaged 12 million youth from 20 countries to drive positive change in the world.

The organization has provided aid on four continents, bringing in more than \$11 million for youth causes, all before Talia has even graduated from high school.

As CEO of RandomKid, Talia develops ideas and strategies to help youth solve real problems both here and abroad, large and small. By collaborating with peers, RandomKid youth have funded such projects as water pumps serving villages in Africa, Asia, South and Central America; building schools in Cambodia; and providing medical care—all while fostering peace.

A global leader in philanthropy, Talia became UNICEF's first National Youth Ambassador at the age of ten. She has received the prestigious World of Children Award (dubbed the "Nobel Prize" for efforts serving the world's children) and received the International Youth Talent Award from the European Union and the Spanish government of Extremadura. The United Nations has designated RandomKid as a "Champion of Intercultural Innovation."

In 2011, Talia received the National Jefferson Award for Global Change, an award co-founded by Jacqueline Kennedy Onassis. Co-recipients included Marlo Thomas and Ruth Bader Ginsberg. At the award ceremony, Talia told the audience a very personal story of how her Jewish grandfather fled from Europe after surviving the Holocaust. In America he cleaned houses, including the homes of co-honoree Marlo Thomas and her father Danny Thomas. Talia explained, "Now, two generations later, That Girl, the star actress, and this girl, the granddaughter of a cleaning crew, are recipients of this same award. Which means anyone can make a difference, especially in a land of freedom and opportunity."

The ability for anyone and everyone to make a difference will be the theme of Talia's presentation as she shares her thoughts and experiences about how each of us can be greater than we know how to be when we learn to make room for the unexpected.

Talia will speak at 6:30 p.m. with a question and answer period to follow. At approximately 7:30, after Talia's presentation, students are invited to stay for a special hour-long workshop presented by Community Youth Concepts. The workshop will help students think about how they would like to get involved in the community and put into practice what they have learned from Talia.

Tickets for Talia's presentation are \$18 per person and are available online at www.jewishdesmoines.org or by calling

the Jewish Federation at 515-987-0899 ext. 230. If you would like to help us fill the audience with students from across the metro area, please consider one of the sponsorship opportunities listed on

the website. If you have questions about the event, please email us at ijhs@dmjfed.org or call us at 515-987-0899 ext. 216. We are expecting a sellout, so get your tickets early!

Book of Honor

One year after the Iowa Jewish Historical Society's spring '12 event, "Honoring Iowa's Jewish Veterans," we continue to receive additions and changes for our Book of Honor on a regular basis. The following is a list of names and corrected entries that have been provided to us since we published our special veterans' edition of The CHAlowan in October, '12 and included as an insert in The Jewish Press. Additional copies are available upon request. In addition to corrections, we continue to receive more details about veterans' lives and their service. The Historical Society maintains a computer database of information and periodically reprints our Book of Honor to reflect these changes. The Book of Honor is on permanent display in the Historical Society's Caspe Heritage Gallery at The Caspe Terrace. To visit the gallery and see the Book of Honor, please call (515) 987-0899 ext. 216 or email ijhs@dmjfed.org to schedule an appointment. Or, watch the Jewish Press and our website for regular openings.

Recently Added Names:

Abramsohn, Julius Louis (Marine Corps)
Aizenberg, Morris
Aranow, Kenny (Navy)
Arkovitch, Meyer (Iowa State Guard)
Barman, Stanley (Army Air Force)
Bassman, David S. (Army)
Bassman, Ruben (Army)
Becker, Harold Harvey (WWII)
Becker, Samuel L. (Army)
Belin, David W. (Army)
Bloom, Jerold M. (Air Force)
Blumenfeld, Ronnie (Army)
Caplan, Richard Melvin (Air Force)
Cohen, Donald (Army)
Cohen, Dr. Kenneth Lawrence (Air Force)
Corn, Arnold
Dreyfus, Max
Engman, Norman (Army Air Force)
Engman, Stanley E. (Air Force)
Fingerman, Louis Henry (Army Medical Corps)
Gelfand, Lawrence E. (Army)
Goldberg, Dr. Marshall (Army)
Gorchow, Joe (Army)
Greenberg, Marvin (Army)
Hess, Jacob (Army)
Kutler, Sol (Air Force)
Ladin, Lawrence (Marine Corps)

Lambe, Abraham Charles Edward (Navy)
Lappen, Chester Irwin (Army)
Lappen, Stanley Julian (Navy)
Levin, Zalman (Navy)
Lipsman, Jacob (Air Force)
Lipson, Jack Jay (Navy)
Livingston, Robert I. (Air Force)
Shapiro, Albert (Navy)
Sideman, Benjamin (Army)
Soldofsky, Robert M. (Army)

Corrected Entries

(misspellings or branch of service):
Bassman, Jerome T. (Army)
Bassman, Morris (Coast Guard)
Cohen, Irving (Army Air Corps)
Finkel, Ely (Navy)
Galinsky, Harry (Army / Air Force)
Meyer, Dr. Morton (Army Medical Corps)
Rabinovitz, Ronald "Uby" Ruvin (Army)
Richards, Stanley (Air Force)
Rosenberg, Abe (Marine Corps)
Siegel, Samuel (Army Air Force)
Smith, Dorothy Mezvinsky (Navy)
Stein, Dr. Michael J. (Army Medical Corps)
Steinberg, Irving (Air Force)
Vesole, Kopl K. (Navy)
Kubby, Robert (Army)
Smith, Dr. Herman (Navy)
Aranow, Albert (Army)

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[calendar]

march • april

Friday, March 1	6:00 PM	Mishpacha Shabbat & Oneg at Tifereth
Sunday, March 3		APAC Event, Washington DC
Monday, March 4		APAC Event, Washington DC
Tuesday, March 5		APAC Event, Washington DC
Friday, March 8	6:00 PM	Rock Shabbat at Tifereth
Saturday, March 9		Dinner - New Camp Director, Dinner at Caspe
Sunday, March 10	12:30 PM	DAYLIGHT SAVING TIME BEGINS
		YAD Chocolate Seder at Tifereth
		Director Camp Program at Caspe
Tuesday, March 12	5:30 PM	Federation BOD Meeting, Location TBD
Friday, March 15		Confirmation trip to DC, Tifereth
Saturday, March 16		Confirmation trip to DC, Tifereth
Sunday, March 17		Confirmation trip to DC, Tifereth
Monday, March 25		1st Seder Tonight
Tuesday, March 26		2nd Seder Tonight
	9:30 AM	Passover Services at Tifereth
	6:00 PM	Second Night Seder at Tifereth
Wednesday, March 27	9:30 AM	Passover Services at Tifereth
Friday, March 29	6:00 PM	TI Women's League Passover Meal at Tifereth
Monday, April 1	9:30 AM	Passover Services at Tifereth
Tuesday, April 2	9:30 AM	Passover Services at Tifereth
Thursday, April 4	7:00 PM	Professor Steven Katz at Drake University
Saturday, April 6		Erev Yom Hashoah
Sunday, April 7	5:30 PM	Holocaust Remembrance - Warren Blumenthal, at Tifereth
Friday, April 12	6:00 PM	Mishpacha Shabbat & Potluck - Israel Dancing at Tifereth
Sunday, April 14	6:00 PM	IJHS Dinner, afternoon & evening at Tifereth, Talia Leman
Monday, April 15		Erev Yom Ha'atzmaut
Wednesday, April 17		P2G Concert, evening at Caspe, Time: TBD
Saturday, April 20	9:00 PM	Celebrate Israel at Tifereth
Sunday, April 21	12:30 PM	Jacob Copeland Bar Mitzvah at Tifereth
	3:00 PM	TI Women's League Lunch with Saralee Sloven at Tifereth
Sunday, April 28	9:00 AM	JFCS Lag B'Omer Celebration



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

For additional program information and updates go to JewishDesMoines.org

[milestones]

Bar Mitzvah



David and Christine Copeland are proud to announce that their son, **Jacob Copeland**, will be called to the Torah as a Bar Mitzvah on **April 20th, 2013**

at Tifereth Israel Synagogue. Sharing in the simcha will be his family and friends.

Jacob is a 7th grade student at South Middle School in Waukee. He is a member of the Heartland Youth Choir as well as the Waukee Show choir. He enjoys volunteering and working with the younger students at the Jewish Federation Community School.

A Kiddush luncheon for the community will follow the service.

In Memoriam

We note with sorrow the recent passing of

Recil Arenson
 Sylvia Bergman
 Louise Fishel
 Robert Gitchell, M.D.
 Harold Gotsdiner
 Albert Ichelson Jr.
 Phyllis Jagiello
 Marvin L. Pildis
 Elizabeth Sherman
 Sydney Tabach

Drake Presents Noted Holocaust Speaker April 4

April 4: Professor Steven Katz

Topic: Innovative Jewish Theological Responses to the Holocaust

Location: Olin 101, on the campus of Drake University **Time:** 7:00 p.m.

Sponsor: The Comparison Project and Principal Financial Center for Global Citizenship **Contact:** Dr. David Skidmore david.skidmore@drake.edu

Steven Katz is the Alvin J. and Shirley Slater Chair of Jewish and Holocaust Studies at Boston University.

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