

# THE GREATER DES MOINES JEWISH PRESS

Published as a Community Service by the Jewish Federation of Greater Des Moines • Online at jewishdesmoines.org • volume 32 number 4

## Purim: Customs and Rituals From "The Jewish Home"

By Daniel B. Syme



**PURIM  
BEGINS  
THE  
EVENING  
OF MARCH  
23RD**

In the Book of Esther, we read that Purim is a time for "feasting and merrymaking," as well as for "sending gifts to one another and presents to the poor" (Esther 9:22). In addition to reading the M'gillah (Book of Esther), celebrants dress in costumes, have festive parties, perform "Purim-spiels," silly theatrical adaptations of the story of the M'gillah, send baskets of food (mishloach manot) to friends, and give gifts to the poor (matanot l'evyonim).

Hamantaschen

Hamantaschen (Yiddish for Haman's pockets) are three-

*continued on page 8*

## How to Conduct a Passover Seder The 14 steps of the seder, briefly explained.

By Rabbi Barry D Lerner



**PASSOVER  
BEGINS  
THE  
EVENING  
OF APRIL  
22ND**

There are literally countless ways to conduct a seder. In addition, an effective seder leader or organizer will prepare in advance and make decisions concerning what type and style of seder he or she wishes to lead. The following article describes and offers advice on the nuts-and-bolts, or spine, of the traditional seder—the 14 steps of the Haggadah.

Light Yom Tov [Holiday]  
Candles

Before sunset, the mother is given the privilege of ushering in the festival by lighting the candles and reciting the following blessing:

Barukh atah [Adoshem Elokeynu  
-- these two words are used in

*continued on page 8*

## PREPARING FOR A FUN SUMMER AT THE CASPE TERRACE

Both Engman Camp Shalom and Gan Shalom Camp offer indoor and outdoor activities, plus opportunities for fun, friendship, and exploration. Gan Shalom Camp is for children ages two to four years of age. Engman Camp Shalom is for children entering Kindergarten to 10th grade. Before and after care programs, transportation, and flexible scheduling offered. For details, call 515-987-0899 or contact [engmancampshalom@dmjfed.org](mailto:engmancampshalom@dmjfed.org) or [ganshalom@dmjfed.org](mailto:ganshalom@dmjfed.org). See the ad on back page for more information.

## Iowa Jewish Senior Life Center receives Quality Certificate



On January 21st, 2016 the Iowa Jewish Senior Life Center received a certificate from the Department of Inspections and Appeals. The attached letter to the Certificate states that "We congratulate you for the deficiency free survey your facility received October 8th, 2015." As you are aware, the standards are in place to insure the safety, security and

well being of individuals in our state healthcare facilities. We appreciate the efforts of the staff in meeting the requirements of established rules and regulations. Again, congratulations on your Deficiency Free Survey. The staff of your facility should be proud of this accomplishment. Best wishes for continued success in service to Iowans with special healthcare needs.

The Senior Life Center is very proud of the staff for an accomplishment that very few in our Industry receive each year and for the service provided to the residents of the Iowa Jewish Senior Life Center each and every day.

**Ronald Osby, Executive Director**

Jewish Federation of Greater Des Moines  
33158 Ute Avenue  
Waukee, IA 50263-7538

Address Service Requested

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Des Moines, IA  
Permit No. 2506

## [Inside]

- 6 **CHEF DU JOUR: KAREN ENGMAN**
- 9 **TORAH TALK BY DAVID FRIEDGOOD**
- 10 **MAY 4 HOLOCAUST COMMEMORATION**
- 16 **RABBIS COLUMNS**
- 20 **IOWA JEWISH HISTORICAL SOCIETY**
- 27 **COMMUNITY PASSOVER SEDERS**



## Free Concert at The Caspe Terrace, 5:45 p.m. April 13 "The Jewish Violin" subject of concert - lecture by Israeli Violinists



Shir Taieb



Adi Peled



Carmi Hadan



Jonathan Uziely



Professor Michael Wolpe



**PARTNERSHIP  
2GETHER**  
WESTERN GALILEE  
CENTRAL AREA  
CONSORTIUM

Through **Partnership2GETHER**, our Israel Partnership, four young, accomplished Israeli violinists from the Western Galilee along with a professor of music will share their talents here in the Des Moines area in mid-April.

A performance at the Caspe Terrace in Waukee, the home of the Jewish Federation, will be held at **5:45 p.m. on Wednesday, April 13**. The public is welcome. For reservations, contact Jodi Larson at the Federation at **(515) 987-0899 x 213** or email to **jodi@dmjfed.org**.

Pieces to be performed include works by Mendelsohn, Bloch, Ben-Haim, and Baruch.

### Come meet the visiting musicians.

**Shir Taieb** is 22 years old from Akko. Formerly concertmaster of the chamber orchestra of the Akko Conservatory, Shir is currently studying for her B.A. at the Jerusalem Academy of Music and Dance.

Also from Akko, **Adi Peled** is 20 years old and in high school majored in music and physics. She has played violin since the age of five and studied at the Akko Conservatory. She now is a student at the Buchman-Mehta school of music at Tel Aviv University.

**Carmi Hadani** is 17 years old from Mateh Asher. He is a student at Manor- Cabri High School and has performed in the Symphonic Orchestra of Akko and the Young Israeli Philharmonic Orchestra. Carmi has studied at the Israel Conservatory of Music in Tel Aviv and is currently a student at Tel Aviv University's Buchman-Mehta School of Music. He has twice won a prestigious scholarship for violinists awarded by the America-Israel Cultural Foundation.

**Jonathan Uziely** is 18 years old and lives in Moshav Ben-Ami in Mateh Asher. A student at the Kibbutz Cabri High School, Jonathan studies at the Buchman-Mehta School of Music, supported by a scholarship from the America-Israel Cultural Foundation. He has performed with the Young Israeli Philharmonic Orchestra.

The ensemble will be accompanied by pianist, composer, and musicologist **Professor Michael Wolpe**. Professor Wolpe, a member of Kibbutz Sde-Boker, studied composition at the Jerusalem Academy of Music and Dance, and at Cambridge College, England. He holds a Ph.D. from the Hebrew University of Jerusalem. A director of two music festivals in Israel, the awardee of several prestigious prizes for musical composition, and having several CDs of his music to his credit, Dr. Wolpe has served as the head of the composition and conducting department at the Jerusalem Academy of Music and Dance for the past ten years. He is one of Israel's finest and most prolific composers, having written in a wide variety of genres. His seventh symphonic poem was performed by the Israel Philharmonic.

*To get involved with P2G contact:  
jrcr@dmjfed.org.  
More P2G news on page 10*

## Interfaith Meeting held at the Ames Jewish Congregation

On Saturday, January 16, a day before the Ames Religious Community Observance of Martin Luther King Jr. Day, a small group representing a wide diversity of Ames religious community leaders met at the Ames Jewish Congregation (AJC) to discuss the threat posed to the Muslim community in Ames from potential reactions to terrorist actions in the US and abroad and the increasingly anti-Muslim campaign rhetoric associated with the 2016 Presidential election. [Prior to the meeting a recent article published on ReformJudaism.org, "Five Ways Jews Can Respond to Anti-Muslim Rhetoric" by Rabbi Sarah Bassin (<http://www.reformjudaism.org/blog/2016/01/11/five-ways-jews-can-respond-anti-muslim-rhetoric>), was distributed to attendees. Many referred to it afterwards and a member of the Muslim community singled it out for commendation during the meeting.]

Two local Muslims, including Shiekh Dr. Mahjoob A. Jaily, the Imam of the Darum Arqum Islamic Center in Ames, presented a description of the Ames Muslim community and a brief discourse on the tenets of Islam demonstrating that ISIS does not represent any reputable version of the religion. Both stated that the overwhelming majority of Muslims throughout the world reject ISIS and what it represents.

Prof. Waddah Akili referred to three overt anti-Muslim activities over the past few years (a letter delivered to the Mosque telling the Muslims to leave Ames, two incidents of sign defacement) but felt, overall, the Muslim community in Ames was secure and "lucky" to be in a supportive environment. He welcomed the meeting as, perhaps, the resumption of interfaith meetings in Ames that he feels are very useful for our community. The Ames Interfaith Council, which served this purpose for many years, was disbanded several years ago, and Dr. Akili hoped that this meeting would spark a renewal of that institution, or something similar, within Ames.

Several members of the audience, including Rabbi Niles Goldstein, spoke about successful interfaith activities they had engaged in that could serve as models for an Ames organization. Sue Stanton, who organized a discussion group that involved the Jewish, Catholic, and Muslim communities and met regularly for many years before ending two years ago, volunteered to start that group again, perhaps with expanded membership. Plans were made for a future meeting in late February at the home of one of the attendees, and it is likely that the group will expand further to develop a successor to the Ames Interfaith Council.

The meeting concluded with the Havdalah service led by Rabbi Goldstein and John Pleasants, the cantorial soloist at AJC. Many members of the larger Ames community participated, along with AJC members.

The meeting was held during the MLK Jr. Day weekend as a positive affirmation of Rev. Dr. King's long devotion to equality and justice in the United States. There are many quotes that could be cited here to support the theme of the meeting and many that exemplify the oratorical excellence of Dr. King. However, a pithy statement by the Reverend seemed most fitting to the theme of the meeting: "We may have all come on different ships, but we're in the same boat now."

-- Denise Rothschild



Message from the President

What do you care about? Poverty? Hunger? Jewish Identity?



David Adelman, President

According to Jewish tradition, the spiritual benefit of giving is so great that a recipient actually does the donor a favor by providing a person the opportunity to perform a mitzvah -- the mitzvah of giving tzedakah! Tradition says that tzedakah is the highest of all commandments, equal to all of them combined. This is probably metaphoric, but it illustrates the importance of giving in Jewish thought. The obligation to fulfill the mitzvah of tzedakah can be accomplished by giving money to the poor, to healthcare institutions, to educational institutions, and to Jewish institutions, including the Federation and the synagogues. And here begins our discussion.

My mission as President of the Federation is to create a new paradigm in Federation giving, in which our donors are treated as partners and not just funders... a paradigm that emphasizes donor empowerment and choice, leverage and partnership, strategic planning, due diligence and accountability... a paradigm where donors impact the issues and causes they are passionate about.

In order to better plan for budgeted and unbudgeted expenses of the Federation, we are kicking off the 2016 All-in-One Campaign now instead of our traditional start date in the summer. We understand you have choices of where you give your charity. Des Moines has many different wonderful charities and our community is extremely generous. However, the Jewish Federation and its agencies count upon a finite number of donors and it is critical we each continue to provide the needed support. As a community,

we have a strong tradition of “taking care of one's own.” This is evident by the past success of the Federation and the building of our Foundation. However, status quo campaigns are not sustainable. We owe it to ourselves to do even better.

As we launch the 2016 fundraising campaign to meet the needs of our community, it is important our existing donors and potential donors feel truly vested in the success of the future of our Federation. Together, we care for the needy here at home and provide a safety net for the most vulnerable in our community. All over the Jewish world, we, along with all Federations, are helping people in need and inspiring our Jewish future. In our own community, whether promoting Israel travel experiences, helping the unemployed live with dignity, or supporting families with special needs, together we do a world of good.

Requests within Jewish Family Services have increased this past year. Beit Sefer Shalom and Gan Shalom are educating more and more children, which means increased costs, for supplies and personnel. But instead of just talking about the increased need and added costs there is something you can do. Every gift makes a difference. The impact is real. It is tangible. It's easier to break out of the cycle of poverty if you have access to community training centers. Whether it's here in Des Moines, across the U.S., or in Israel, we must help those who need it most.

I hope you will join me in giving or increasing your gift to the Federation.

Shalom, David

Announcing

The inaugural set of the

Margo and Don Blumenthal  
Jewish Student Scholarships

are scheduled to be awarded to qualified candidates for the academic year 2016- 2017.

The scholarships will be available on a competitive basis to Jewish students from Central Iowa who will attend or are attending post-secondary schools within the state of Iowa.

Application packets will be available from the Jewish Federation in March 2016.

Submission deadline: April 15, 2016

Donations to the Blumenthal Scholarship Fund may be earmarked and sent to:

The Jewish Federation of Greater Des Moines, 33158 Ute Avenue, Waukee, IA 50263

For additional information, contact [jcrc@dmjfed.org](mailto:jcrc@dmjfed.org)

THE STRENGTH OF A PEOPLE.  
THE POWER OF COMMUNITY.

[www.jewishdesmoines.org](http://www.jewishdesmoines.org)  
[facebook.com/jewishdesmoines](https://facebook.com/jewishdesmoines)

THE GREATER DES MOINES

Jewish  
Press

Published 6 times annually by  
the Jewish Federation of Greater  
Des Moines under the auspices of  
the Jewish Community Relations  
Committee

Mark S. Finkelstein, Editor  
David Copeland, Production  
Jodi Larson, Copy Editor  
Gayle Brimeyer, Staff Assistant  
Sophie Homonoff, Staff Assistant

JEWISH FEDERATION  
EXECUTIVE COMMITTEE  
David Adelman, President  
Don Blumenthal, Vice-President  
Sharon Goldford, President-Elect  
Kent Rosenberg, Treasurer  
Michael Wolnerman, Recording  
Secretary  
Jule Goldstein, Immediate Past  
President

Members-at Large:  
Tom Press  
Steve Schoenebaum  
Jared Bernstein  
AGENCY CHAIRS  
Beit Sefer Shalom  
Gabrielle Callistein, Chair  
Gan Shalom Preschool  
Marsha Wiggins, Chair  
Jewish Community Relations  
Gil Coosner, Chair  
Jewish Family Services  
Norene Mostkoff, Chair  
Iowa Jewish Senior Life Center  
Jon Fleming, President  
Iowa Jewish Historical Society  
Consortium of Past Presidents:  
Karen Engman  
Janice Rosenberg  
Melanie Sandler  
Robbie Winick

Sharon Goldford, Interim Executive  
Director

Opinions expressed in The Greater  
Des Moines Jewish Press are not  
necessarily those of the Jewish  
Federation of Greater Des Moines, its  
committees, or its staff.

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 Jewish Press will not accept  
paid advertisements for electoral  
candidates or their causes.

The Greater Des Moines  
Jewish Press  
33158 Ute Avenue  
Waukee, IA 50263-7538  
515-987-0899  
[jcrc@dmjfed.org](mailto:jcrc@dmjfed.org)  
Volume 32, No. 4  
March / April 2016  
Adar I / Adar II / Nissan 5776

# Community Report January / February



Students explore the IJHS during our "History Through the Arts" day.



Bev Ellis leads an art project during our "History Through the Arts" day.



Jewish Family Services and Gan Shalom visit Iowa Jewish Senior Life Center



Dallas County Sheriff Department visits Gan Shalom



Waukee Fire Department visits Gan Shalom

## Education

### *Beit Sefer Shalom / Gan Shalom Preschool / Engman Camp Shalom*

- Prekindergarten children enjoyed a performance of Goodnight Moon & The Runaway Bunny, with the Des Moines Performing Arts at the Civic Center.
- In partnership with Jewish Family Services and the Iowa Jewish Senior Life Center, children joined seniors for Shabbat at the Iowa Jewish Senior Life Center.
- Gan Shalom Music Enrichment program welcomed the Harwood Players to Caspe Terrace.
- Parent Volunteers supported Gan Shalom with van transportation, making birthday cakes and latkes, organizing the teachers supply closet and more.
- Gan Shalom has partnered with Bulldog Media Online. Gan Shalom is now on Facebook.
- Children enjoyed planting seeds and eating dried fruit at the Tu B'Shevat party, led by Morah Mor.
- Gan Shalom Summer Camp enrollment will begin March 1, 2016.
- Students learned about "Jews in Iowa" through an interactive "History Through the Arts" program.
- Fourteen teenagers from Des Moines joined dozens of Jewish teens from across the state in Iowa City on 1/31 to socialize and have lunch at the University of Iowa Hillel and then attend the Hawkeye basketball game.
- 7th - 12th grade Madrichim and Drake Hillel students enjoyed dinner together at the Hillel House with Marion Blumenthal Lazan prior to her inspirational speech at Olmsted.
- Registration for Engman Camp Shalom Summer 2016 is now open at: <https://goo.gl/t6KSV6>
- Mor Borodovski has been hired as Camp Director for ECS 2016 and Julia Minnehan will be the Assistant Director.
- ECS Spring Break Camp will run at Caspe Terrace from March 14-18. Contact [engmancampshalom@dmjfed.org](mailto:engmancampshalom@dmjfed.org) for more information.

## Senior Care & Family Outreach

### *Jewish Family Services and Outreach*

- Participated in Des Moines Area Religious Council Faith Leaders Meeting. This group works with churches, synagogues, and mosques in the Des Moines area to raise awareness about hunger in the Des Moines area and to support our local food banks.
- July – December 2015 Jewish Family Services provided over 60 meals to seniors and families in need.

## Community

### *Jewish Community Relations Commission*

- Participated in the Central Region Partnership2GETHER Steering Committee meetings, with implications for upcoming local programming. The programming strengthens our relationship with the West Des Moines - Match Asher Partnership.
- Participated in interfaith programming related to diversity and tolerance issues.
- Met with two foreign diplomats to discuss topics of Jewish community relations.
- Conducted meetings to push forward the agenda on Holocaust education, commemoration of Israel Independence Day, and helping-hand issues.
- Held a current events lunch discussion covering an array of topics.

## History

### *Iowa Jewish Historical Society*

- On January 27 and 31, the Iowa Jewish Historical Society welcomed more than 90 Beit Sefer Shalom students and teachers for special programs that use the arts for studying the history of Jews in Iowa.
- In December and January, new sump pumps and special drains were installed in the museum gallery and storage areas to prevent water from leaking into the museum and causing damage to the historical artifacts.
- The IJHS is working with the Grout Museum District in Waterloo, IA, on the loan of several IJHS artifacts. The artifacts will be displayed as part of the *Iowa's Ties to the Holocaust* exhibit featuring the recollections of GI's present at the liberation of the concentration camps. The exhibit will open on March 29 and close May 28, 2016.
- The IJHS welcomed Mallory Hanson, a sophomore at Simpson College, who will be interning at IJHS during the spring semester.



The Toni and Tim Urban International Artist-In-Residence at The Des Moines Art Center

\*Reservations required

Orr Menirom is the inaugural Toni and Tim Urban International Artist-in-Residence at The Des Moines Art Center. Funding for this residency was established in 2015 with the aim of bringing artists from foreign countries, particularly of Jewish heritage, to the Des Moines Art Center and the communities it serves.

Through the medium of film, Menirom’s work focuses on the idea of language as a border—geographical, political, and psychological. Her films are influenced by visual storytelling on digital media platforms. Appropriating materials from popular media such as YouTube, she re-edits and uses others’ footage to create a new visual and verbal language. Consequently, appropriation becomes a method to question authorship, narrative, and social power structures. Whose voice speaks in the video? Whose message is being heard?

Menirom’s lecture includes a screening of four recent works (total running time 35 minutes) in addition to contextual insight about the films and questions from the audience.

Make Reservations with The Des Moines Art Center

Location: Levitt Auditorium

THE TONI AND TIM URBAN  
INTERNATIONAL ARTIST-IN-RESIDENCE  
ARTIST LECTURE AND FILM SCREENING\*  
At The Des Moines Art Center

Presenting Israeli artist  
**ORR MENIROM**  
in The Inaugural Event

Tuesday, March 15th  
6:30 pm - 8:00 pm  
Levitt Auditorium

\* Reservations Required  
[www.desmoinesartcenter.org/calendar/lectures/](http://www.desmoinesartcenter.org/calendar/lectures/)



Gan Shalom always has fun at The Caspe Terrace

Gan Shalom preschoolers have enjoyed the wonderful snow. The kids have been sledding down the hill, climbing up snow mountains, building snow people, coloring the snow with food coloring and looking at snow under a magnifying glass. We are sure the kids will find more to do with the snow. Indoors, we learned about static electricity. The kids had fun rubbing the balloons on their hair and then having the balloons stick to their heads. We also put some salt and pepper on a plate and then moved the balloon over the plate. The pepper jumped up off the plate onto the balloon! It was pretty cool!





## In the kitchen with Evelyn Mintzer by Karen Engman



If you are looking for some new Passover recipes, call Evelyn Mintzer. Over the past 58 years (since she was a young bride), Evelyn has collected almost 200 Passover recipes from friends, family members and cookbooks. For a long time, these recipes were stored in a large box until Evelyn decided to organize them into a hardback book for her kids. Lucky friends and recipe contributors also received copies of her cookbook. It was certainly a boon to the Iowa Jewish Historical Society when they were seeking Passover recipes for their cookbook *Beyond Matzo Balls*.

Evelyn Sirota grew up in Davenport, Iowa, and graduated with an education degree from the University of Iowa. When she was a freshman, she met her future husband Al Mintzer when she and her steady date Harry Spizman double-dated with Al. At the end of that year, both Harry and Al's girlfriend graduated, so she and Al who was attending Iowa's medical school, began to date.

Evie, as she is affectionately called by her friends and family, tells a cute story about how she refused Al's first marriage proposal because she couldn't cook anything except scrambled eggs or fudge. Al said he still wanted to marry her, so she accepted.

During their first year of marriage, she taught school in Ventura, California. The next year, they moved to Oklahoma for Al's

obstetrics residency. Next they moved to Michigan for two years, where Al was chief of obstetrics and gynecology at his Air Force base.

They came back to Des Moines where Al's parents, Belle and Meyer Mintzer lived and then raised their four kids there. Miriam Mintzer has two sons: Benjamin (29) and Daniel (28), while her other daughter Dana Leman has a daughter Talia (21) and a son Zander (16). Michael Mintzer and his wife Alla Zaprudsky have three kids: Gabriel (16), Clara (13) and Mazie (10). Joel Mintzer and his wife Heidi Schneider live in Minneapolis with their two sons; Asher (21) and Isaac (16).

Active in the community, Evie has served as board president of Tifereth Israel Synagogue and its Women's League. She has also been president of the Hawkeye Bridge Unit and volunteered in Des Moines elementary schools, helping children with learning difficulties. She is a brailist and taught others to braille as

well.

She and Al spend their winters in Florida and love to play bridge. In her spare time, she knits and has won numerous prizes for her knitting at the Iowa State Fair.

Evelyn continues to love cooking and collecting recipes. The Jewish Press thanks her for sharing this Passover recipe for Stuffed Kishke with our readers. Evelyn would be happy to share her collection of Passover recipes if you contact her by email: [emintzer4200@mchsi.com](mailto:emintzer4200@mchsi.com)

Remember to call me (515-274-3300) or email ([karen.engman@gmail.com](mailto:karen.engman@gmail.com)) if you have a recipe to share or a cooking topic I can research.

### Stuffed (Parve) Kishke

Evelyn Mintzer

**8 ounces matzo meal**

**1 large carrot, finely grated**

**¼ teaspoon pepper**

**4 tablespoons margarine, melted**

**1 medium onion, finely grated**

**¾ teaspoon salt**

**1 large celery stalk, finely grated**

**Mix ingredients together and shape into two long rolls, each about 2 inches in diameter. Grease 2 pieces of foil; place rolls on foil and wrap tightly, but don't squeeze. Place wrapped rolls on baking sheet. Bake one hour at 350 degrees. Open foil and bake another 15 minutes to brown. Cool slightly before slicing into 2 inch pieces.**

**May be made in advance and served cold. To reheat, lightly cover rolls with foil and place in oven for 10 minutes. Can also be reheated in microwave.**

**Recipe can be doubled.**



Making a meal into a *memory*

MAUVIEL 1830

430 East Locust Street • 515.270.8202 • [mykitchencollage.com](http://mykitchencollage.com)

Kitchen Collage, A key ingredient in your community since 1999. kitchen collage



## Upcoming JFS Events



- **3/22:** Senior Trip to Prairie Meadows
- **4/7:** Senior lunch at Beth El Jacob synagogue – Nola Aigner from the Polk County Health Department will be joining us to speak about immunizations
- **4/14:** Ankeny Community Theatre production of “Musical Chairs”

### Ron Osby visits Senior Luncheon



Ron Osby, new director of the Jewish Senior Life Center, joined the senior lunch on January 7th. Mr. Osby shared lunch with us and then spoke about the Life Center and answered questions from the group. We are all looking forward to touring the Iowa Jewish Senior Life Center soon!

### JFS Selected for PJ Library pilot program



JFS has been selected as a participant in the “PJ Our Way” pilot. This program serves students ages 9-11 and allows students to select their books; the program also includes interactive abilities, such as allowing student to post book reviews online. The pilot will begin within the next few months. This is a great opportunity to continue to serve older children and also keep them engaged in Jewish literacy opportunities.

### Gan Shalom and JFS visit IJSLC



In partnership with Jewish Family Service and the Iowa Jewish Senior Life Center, Gan Shalom prekindergarten class joined the seniors for Shabbat. The children chatted and visited with the seniors and sang Bim Bom, enjoyed a story, had juice and challah. The field trip was a huge success. Future ‘Shabbat’ field trips will be scheduled.

## G & L CLOTHING

*The Marcovis & Khalastchi Families*

515/243-7431

USA Toll-Free: 800/222-7027

Fax: 515/243-4527

E-Mail: [frank@gandlclothing.com](mailto:frank@gandlclothing.com)



1801 Ingersoll Avenue • Des Moines, IA 50309

HOURS: M, W & Th 8-8; Tu & Fri 8-5:30; Sat 8-5

Online at: [www.gandlclothing.com](http://www.gandlclothing.com)

## Save Your Vision -Get your vision checked this March



March is national “Save Your Vision” month, sponsored by The National Eye Institute (NEI), an institute of the National Institutes of Health. The mission of NEI is to prolong and protect the vision of the American people. The NEI offers the following tips to keep your eyes healthy:

Have a comprehensive dilated eye exam. You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure. When it comes to common vision problems, some people don’t realize they could see better with glasses or contact lenses. In addition, many common eye diseases, such as glaucoma, diabetic eye disease and age-related macular degeneration

often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a dark room. This enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease. Your eye care professional is the only one who can determine if your eyes are healthy and if you’re seeing your best.

Know your family’s eye health history. Talk to your family members about their eye health history. It’s important to know if anyone has been diagnosed with a disease or condition since many are hereditary. This will help to determine if you are at higher risk for developing an eye disease or condition.

Eat right to protect your sight. You’ve heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.

Maintain a healthy weight. Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma. If you are having trouble maintaining a healthy weight, talk to your doctor.

Wear protective eyewear. Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

Quit smoking or never start. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.

Be cool and wear your shades. Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun’s ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

Give your eyes a rest. If you spend a lot of time at the computer or focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain.

Clean your hands and your contact lenses properly. To avoid the risk of infection, always wash your hands thoroughly before putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

Practice workplace eye safety. Employers are required to provide a safe work environment. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all times and encourage your coworkers to do the same.

**For more information about eye health, check out the NEI website at <https://nei.nih.gov>**



Passover Continued

continued from page 1

place of the names of G-d in print when the printed material is likely to be thrown away. Consult a rabbi for the actual forms -- editor] melek ha-olam asher kidshanu b'mitzvotav v'tzivanu lehadlik ner shel yom tov.

[Though the mother traditionally lights the candles many families today opt for the couple or family to light them together, while unmarried men and women, or those without children, also light candles.]

The Seder

I. Kadesh–Kiddush. On Friday evening, add the first portion (biblical selection on the Sabbath). On Saturday evening, add the Havdalah section separating sanctity of Sabbath from sanctity of holy day.

II. Urhatz–Lave. Washing preparation for eating vegetable entree (Karpas). Since the need for such washing was questioned, no blessing is required. It is good to go around to each of the participants, pouring water over the hands from a pitcher into a bowl.

III. Karpas–Spring vegetable. Any vegetable that is not bitter may be eaten. Among vegetables used are celery, parsley, onion, and potato. Dipped in salt water for purification and seasoning, they remind us of the vegetation of spring, or the babyboys cast in the Nile, or the tears shed by the slaves. The blessing said is the usual benediction of thanks before eating any vegetable.

IV. Yahatz–Divide. Break the middle Matzah into two parts. Take larger part, wrap it in napkin and save for the conclusion of the meal. Try–but don’t try too hard–to keep it from being stolen by the children because it must be available for the end of the meal.

V. Magid–Narrate.

1. Lift up the plate with the symbols of affliction. The traditional invitation to the stranger to join the seder is offered.

2. The wine cups are refilled.

3. The Four Questions.

4. The Response to the Questions. Read portions in unison. Have other portions recited by different individuals at the table.

(a) The Four Sons. Play up this part. Discuss different types of reactions to Judaism.

(b) Since the cup of wine represents the “cup of salvation”, it is lifted when we recall God’s promise to Abraham, emphasizing His eternal watchfulness.

(c) Note how the biblical verses (Deuteronomy 26:5-8) are elaborated upon, phrase by phrase.

(d) The Ten Plagues. Since our “cup of salvation” cannot be regarded as full when we recall the suffering of the Egyptians, a drop of wine is removed from the cup with the mention of each plague.

(e) Dayenu. Let all present join in the refrain.

(f) The explanations of the three principal symbols: the lamb bone, the matzah, and the bitter herbs. Highlight this section at your seder.

5. The cup is again lifted in joy, thankful for God’s deliverance, ready to praise Him with the first word of the Psalm of praise

(Hallel).

6. Two Psalms of the Hallel.

7. Drink the wine, with the blessing of salvation.

VI. Rohtza–Lave. Ready to eat, the hands are washed before the meal, as is required at any meal, similar to the previous hand-washing. Now, though, all wash with the usual benediction as the hands are dried.

VII. Motzi-Matzah. The first food at the meal is, as usual, bread (naturally, however, this bread–the matzah–is unleavened bread). The usual berakhah [blessing]–the motzi–is recited. However, before eating the matzah, a second berakhah, thanking God for the requirement to eat matzah, is recited.

VIII. Marror–Herbs. Small pieces of horseradish are dipped into the haroset (symbolic of mortar) to indicate that overemphasis on material things results in bitterness. Before eating it, a berakhah thanking God for this requirement is recited. Some people mix the ground horseradish with charoset, combining this with “IX.”

IX. Korekh–Hillel Sandwich. In ancient times, Hillel ate the three symbolic foods (lamb, matzah, and bitter herbs) together so that each mouthful contained all three. Thus, the symbols of slavery and of liberation were intermingled. Now that we do not have the Paschal lamb, we eat just the matzah and horse-radish in a “Hillel sandwich”. No special berakhah is said, but we do read the words recalling Hillel’s practice.

X. Shulhan Orekh–Meal. The joyous feasting gives us the feeling of human fellowship in harmony with God.

XI. Tzafun–Dessert. Now the afikoman. Either someone has “stolen” it, or parents can hide the afikoman when it is first put aside (IV) and let the children look for it during the meal to win a prize.

XII. Barekh–Grace After Meals. (Birkat Ha-Mazon) This is the usual “bentschen,” grace after meals, including, of course, thankfulness for the Passover holiday. Fill the cup before this grace and drink the third cup at its conclusion, with the usual “bore p’ri hagafen” blessing.

At this point in the seder, we Open the Door For Elijah, who by tradition, is the forerunner of the Messiah, the harbinger of hope. Sing “Eliyahu Ha-navi.”

XIII. Hallel–Psalms of Praise. The rest of the evening is given over to hymns and songs. The Hallel is completed, and all join in singing songs: Adir Hu, Had Gadya, etc.

XIV. Nirtzah–Conclusion (Chasal Seder). With the traditional formula, the seder is concluded, and then we sing L’Shana HaBa’ah B’Y’rushalayim [Next Year in Jerusalem].

*Published with permission of Hillel’s Joseph Meyerhoff Center for Jewish Experience, which creates innovative educational resources based on Jewish texts and trains Hillel students, professionals, and lay leaders to infuse Jewish content throughout their activities. Information about the Meyerhoff Center may be found online at <http://www.hillel.org/jewish/jewish-education>*

Purim Continued

continued from page 1

cornered pastries filled with poppy seeds (mohn in Yiddish), fruit preserves, chocolate, or other ingredients that are traditionally eaten on Purim. In Israel during the weeks leading up to Purim, the aroma of freshly-baked hamantaschen can be smelled on every block. Their triangular shape is thought to be reminiscent of Haman's hat or ears.

Costumes

As part of the carnival-like atmosphere of Purim, many children and adults wear costumes. Some attribute this tradition to the fact that Esther initially “masked” her Jewish identity. Now a vibrant and widely practiced custom, some choose to dress as characters from the Purim story, while others select Jewish heroes from throughout history.

In Israel, the celebrations are especially extravagant and exciting. People of all ages take to the streets, rejoicing with parades, parties, costumes and carnivals. The parade through the streets of Tel Aviv is known to be especially wild. At the Kotel (the Western Wall) volunteers for Women of the Wall read Megillat Esther in the women’s section.

In the Synagogue

The Megillah (scroll) most often refers to Megillat Esther (The Scroll of Esther) which also is known as the "Book of Esther." According to the Talmud, "The study of Torah is interrupted for the reading of the Megillah." Maimonides, a 12th century sage and rabbi, teaches, "The reading of the Megillah certainly supersedes all other mitzvot."

Traditionally, the Book of Esther is read at both evening and morning services on Purim—both in North America and in Israel. A number of customs are associated with the reading. Haman, the enemy of the Jews in this story, is associated with all those who have tried to destroy the Jewish people throughout history. Therefore, we make loud noises—verbally or with noisemakers—at every mention of Haman’s name in order to drown it out. Derived from the Polish word meaning “rattle,” a grager is the noisemaker used to drown out the name of Haman during the reading of the Megillah. Beginning in the 13th century, Jews throughout Europe sounded the grager as a part of their Purim celebrations.

A Purim-spiel (pronounced SHPEEL, rhymes with "reel") is a humorous skit presented on Purim. Most parody the story of the Book of Esther, but it also is common for participants to take the opportunity to poke some gentle fun at themselves and their idiosyncrasies.

At Home

Mishloach manot are gifts of food that friends (and prospective new friends!) exchange on Purim. Often presented in baskets, most mishloach manot include hamantaschen, the traditional three-sided pastry eaten on Purim, but may also include a wide variety of foods and treats. These gifts are frequently referred to by their Yiddish name, shalachmanos.

Jewish families make mishloach manot baskets at home and distribute then to friends. Many families also make hamantaschen to include in these baskets and to enjoy at home.

Matanot le'vyonim (gifts to the poor) are gifts given at this season to those in need so that they, too, can celebrate Purim with a special meal. Many families have committed to participating in this important social justice aspect of the holiday.

*Source: The Jewish Home (Revised Edition) by Daniel B. Syme*

*- See more at: <http://goo.gl/lpkcV5>*

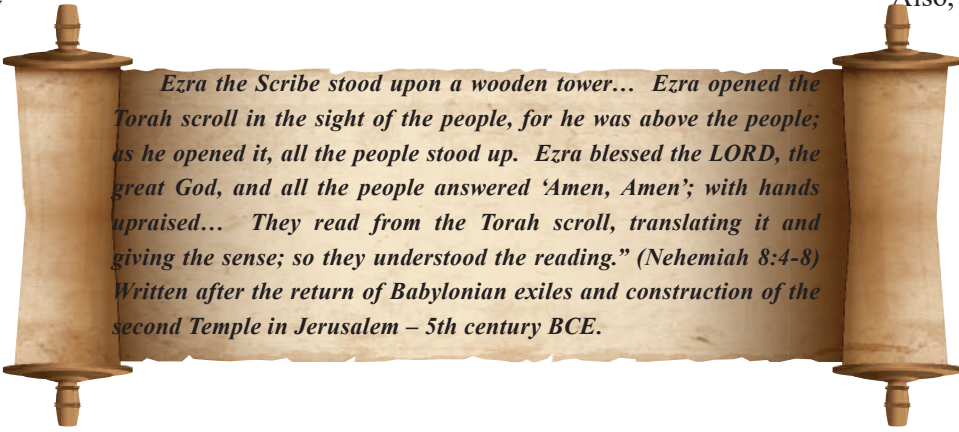


Torah Talk

# Kol Torah

by David Friedgood

What is it you hear in synagogue when the Baal Koreh (the reader) is chanting the words of Torah? The scene is ever so familiar to our Jewish soul, yet also foreign to our ears. Typically, the chant is in an ancient Hebrew dialect dating back over 2000 years. Words of Torah, first spoken by our ancestors, were transmitted orally from generation to generation of our people. The text as we know it was finally compiled several centuries BCE and copied by the hands of scribes specifically trained for the job. Torah scrolls have been lovingly cared for by generations of Jews and passed down to us from ancient times. We are taught that these are the words of our Holy God, the source of our existence. In the Torah, we find the outline of our LORD’s covenant with mankind, and a description of how we are expected to conduct our lives during our brief sojourn on this earth. Words of Torah have influenced Jewish lives from pre-history to today. They form the basis of Western civilization. Our Torah records how God’s words were originally heard by Moses on Mt. Sinai as Hashem (the name) revealed His Holy Self to humankind. Moses then wrote down the words, taught them to the people, and passed them along to his chosen successor – Joshua. Throughout the generations, the scrolls passed through Jewish hands, ultimately to us today. In Shul (synagogue), we ceremoniously carry the scroll through the congregation, honor it, and kiss it; careful not to actually touch the Holy parchment directly. A portion of Torah is then read out loud to the congregation, typically chanted in an ancient trope. Afterwards, the scroll is lifted up high before us, as we stand together and sing: “This is the Torah of Moses set before the people Israel: The Torah, given by God through Moses.” (Deuteronomy 4:44, Numbers 9:23) The scroll is then royally dressed, topped by a crown, and set down in front of the congregation. Hence the familiarity.



Then why the strangeness? I suppose language is a big factor. Most Jews in our community do not understand the Hebrew text. Some can read the Hebrew words and some will read the English translation. Most of us view the spectacle from afar. The Torah scroll is read by a few selected members of the congregation; typically standing on a podium, as if on a stage. On display are the Baal Koreh, two Gabbaim (assistants), and

those honored to come up for an Alliyah (prayer offering). The rest of us are observers. We sit as an audience watching a show. Jews come to Shul on holidays, for a family simcha (joyous event), and to say Kaddish (memorial prayer) for a relative who has parted. We expect the Torah to be there, as though the text is waiting for us. We expect to hear Kol Torah (the words of Torah) chanted at the service. But, what is it we actually hear? What is it that brings generations of our brethren back to the sanctuary to experience the ancient chant, over and over again?

One answer is the words themselves. They have meaning and are important. They recount stories of our beginnings, familiar to us from childhood. They are the words of our earliest teachers, our parents and grandparents. The text dictates rules

and laws, many of which still apply to us modern world citizens. They are important and many see in them a glimpse of who we are as Jews, and where we came from. We are proud of our ancient religion, which has served as a blueprint for other great religious movements. Our Torah is world renown and we, our Jewish collective, has cherished and preserved it over the millennia.

Also, the words are poetry. The chanting, if done well, is music to our Jewish ears. Without understanding the text we can still hear and comprehend the moment. The mood in our congregation changes when the Torah scroll comes out. Even my 4-year-old grandson pays some attention to the proceedings and is certain to kiss the scroll, at least once, as it is carried about the crowd. The chanting can reach down and touch our Neshama (Jewish soul) as we harmonize with the moment. Deep down, in a place where words have no meaning, we know that something significant is happening. The ancient Torah chant changes each of us, if ever so slightly, and without our understanding the impact we move on with a spark of Torah in our lives. For the occasional Jew in our midst, that spark can kindle a flame within. For most, the nugget of warmth generated is enough to sustain the soul until our next encounter with that which truly has meaning in our lives.

So, what is it you hear when Torah is chanted? Why did our parents and grandparents keep coming back to Schul, and why did they bring us along? Why is it you bring your children to hear Kol Torah? Let me know your thoughts and if you actually can answer these questions. If the answer remains illusive, as I suspect is the case for most of us, at least enjoy the experience. Keep coming and bring the mishpacha (family), and may Kol Torah forever light your Jewish Soul.



# Navigate today’s economy with a long-term perspective

For 125 years, throughout major shifts in the markets, we’ve been helping investors stay on track toward their goals. Our Financial Advisors have the knowledge, resources and long-term vision to help you reach the financial milestones in your life. And no matter what, we’ll be with you every step of the way.



**Matthew Fryar, CFP®**  
Senior Vice President - Investment Officer  
Senior Financial Advisor  
666 Walnut Street  
Des Moines, IA 50309  
515-245-3120

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value  
Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company. ©2010 Wells Fargo Advisors, LLC. All rights reserved. [74027-v2] A1356



The Israel Partnership  
Partnership2Gether News

Periodically, Israeli authors, musicians, educators, and artists visit Des Moines and share their talents with the community. Federation brings these cultural emissaries to town as part of our participation in a project called Partnership2GETHER, our Israel Partnership funded by your Campaign donations. The Partnership or P2G, as it is called, is a highly successful people-to-people project in which our community, along with 11 other Jewish American communities, are paired with the people and institutions in Western Galilee on Israel's beautiful northern coast.

Our partnership consortium is widely considered the most innovative, productive, and best organized of the P2G partnerships in the system of 46 partnerships. Our partnership utilizes volunteers on both sides of the ocean to work collaboratively in nine task forces, overseeing 37 projects. And unlike

any other P2G partnership, ours has a European participant as well - the Jewish community of Budapest, Hungary.

In January, our P2G convened its annual Steering Committee Meeting in Fort Worth, Texas. Our Federation was represented at the meeting by JCRC's Mark Finkelstein.

In addition to conducting the business of the organization, the group, hosted by the Jewish Federation of Fort Worth, planned a number of social events, including a night at the rodeo. Close friendships including new participants are formed among the Israelis, Americans, and Hungarians involved in P2G.

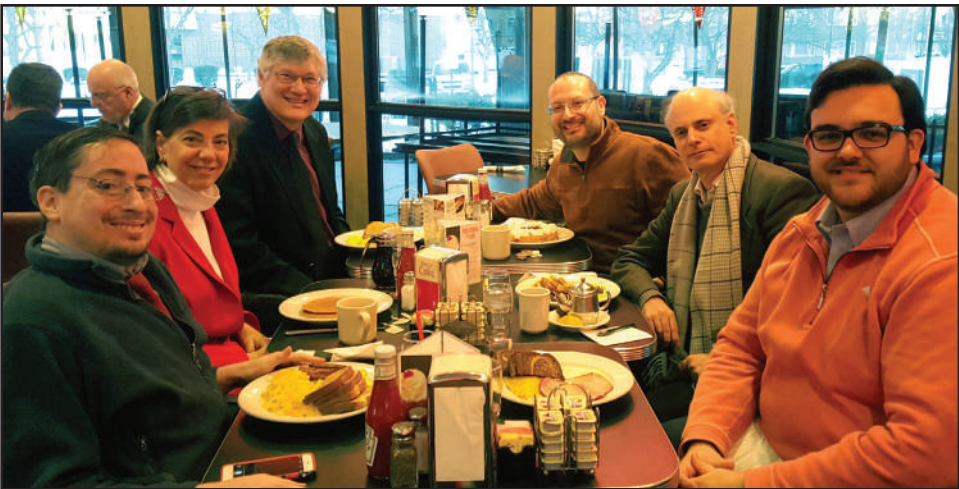
The Partnership Facebook page is [www.facebook.com/groups/P2GWG](http://www.facebook.com/groups/P2GWG) and a new Twitter presence has been established at [twitter.com/wgpartnership](https://twitter.com/wgpartnership). Come get involved in P2G! Contact [jcrc@dmjfed.org](mailto:jcrc@dmjfed.org).



Partnership2GETHER/Western Galilee -- including the region of Mateh Asher, the Sister City of West Des Moines -- is our "home away from home" in Israel.

Organizing to help Iowans with disabilities

The national organization RespectAbility, which advocates for individuals with disabilities, is headed by Jennifer Laszlo Mizrahi. Mizrahi and two of her staff members met over breakfast in January to network with Rabbi David Kaufman, JCRC's Mark Finkelstein, and David Mitchell, the administrator of Iowa Vocational Rehabilitation Services. Pictured first row, from left: Justin Chappell, Ryan Nobile. Second row: Mizrahi, Finkelstein. Third row: Mitchell, Rabbi Kaufman.



Holocaust Remembrance Day  
Commemoration

*How we coped: Remembrances of our Families*

Members of three families will share their experiences

Dr. Harry Brod, University of Northern Iowa,  
Pnina Luban and Michael Wolnerman.

With participation by our rabbis

Wednesday, May 4th

6:00 p.m. at Tifereth Israel Synagogue

Preceded by a deli dinner at 5:00 p.m.

RSVP to [jcrc@dmjfed.org](mailto:jcrc@dmjfed.org) or call (515) 987-0899 x 212

This program is sponsored by the Jewish congregations,  
The Jewish Federation of Greater Des Moines, and  
The Iowa Council for Holocaust Education.

Israel Independence Day Celebration

Save the Date: Sunday afternoon, May 15th

Israel Independence Day Celebration

2:00 p.m. – 3:30 p.m.

Location to come.

*Food! Music! Activities!*

Come wish Israel a happy 68th Birthday!

Details to come. All are welcome.

For additional information, contact [jcrc@dmjfed.org](mailto:jcrc@dmjfed.org)

Meeting with Dignitaries



Facilitated by Iowa's Honorary Consul for Germany and France, Mark Shlenker, a dialogue was arranged between JCRC director Mark Finkelstein, the German Ambassador to the United States, Peter Wittig, and French Consul General Vincent Floreani during their visit to observe the Iowa caucuses.

lavender allspice marjoram  
hints salts anise dill paprika saffron  
absnutmeg sage mustard cilantro  
ginger anise tarragon garlic coriander  
oives sumac pazelemon verbena

CULINARY HERBS, SPICES, OILS & VINEGARS

**allspice**

OPEN MON-FRI 10-6 | SAT 10-4  
400 EAST LOCUST DES MOINES, IOWA 515.868.0808 [www.allspiceonline.com](http://www.allspiceonline.com)



## ADL Announces Partnership with the European Jewish Congress

In late January, The Anti-Defamation League (ADL), a 103-year-old civil rights organization and world leader in the fight against anti-Semitism, and the European Jewish Congress (EJC), founded in 1986 to unite the various efforts of European Jewish communities, announced a partnership to cooperate on advocacy work within European Union institutions.

The new partnership, announced yesterday at a meeting of the EJC's General Assembly in Brussels, will enable ADL to have a greater impact on E.U. policies and programs through the relationships and standing of the EJC as the representative body of European Jews. It will also heighten ADL's relations with European Jewish communities at a time when rising anti-Semitism and security are of paramount concern, and enable ADL to export some of its expertise on those issues to Europe.

"ADL and EJC share commitments to the well-being of Jewish communities in Europe and to strongly support the State of Israel," said Jonathan A. Greenblatt, ADL CEO and National Director. "EJC brings a strong voice in Brussels and is the recognized representative of the collective will of the Jewish communities of Europe. And ADL brings more than 100 years of experience and hundreds of professional staff in the United States, who produce programs, tools, and advocacy campaigns that counteract anti-Semitism and bigotry. Working together, we will leverage our respective strengths to pursue our common goals more effectively."

EJC President Dr. Moshe Kantor said, "I am delighted that we are partnering with such an august

institution as ADL which has a long-standing record of fighting for greater tolerance and against the scourge of hatred, racism and anti-Semitism. The EJC, as the democratically elected body representing European Jewish communities, is committed to finding workable and durable solutions to many of the challenges facing European Jewry and we look forward to working with the ADL to this end."

ADL and EJC have signed a memorandum of understanding conferring "privileged partner" status on each other for specific core areas of activity, including advocacy work within European institutions, such as the European Parliament and the European Commission.

The partnership's focus will be on advocacy with European institutions on issues of security for Jewish communities in Europe, combating anti-Semitism, protecting religious freedom, Israel and the Middle East and anti-racism internet policies.

"We recognize the tremendous strain on Jewish communities in Europe today, the increasing pressure on Israel from the E.U., and the fact that these issues are increasingly being addressed within E.U. institutions," Mr. Greenblatt said. "Our partnership with EJC will facilitate ADL's involvement in helping provide a safer environment for European Jews."

The agreement complements the ongoing cooperation ADL has with national Jewish representative organizations in Europe as well as its partnership on anti-bias education with CEJI – A Jewish Contribution to an Inclusive Europe.

*Source: ADL.org*

## Harvard Business School Opens Global Research Center in Tel Aviv, Israel From the Israel Consulate in Boston

For more than 15 years Harvard Business School (HBS) has sought to deepen faculty research and understanding of established and emerging business practices in selected regions of the world as a key element of its global strategy. Since 1999, HBS has launched nine Global Research Centers to help faculty gain access to companies and the most interesting management opportunities abroad.

The newest of these offices will be opening in Tel Aviv, Israel this month. The two-year pilot will be led by Professor Eli Ofek while working closely with Allison Ciechanover, the Director of the California Research Center. According to HBS, there are strong synergies between the regions' shared emphasis on technology and entrepreneurship.

We look forward to all that will come from this beneficial partnership.

[Source] <https://goo.gl/xOmOSk>

**Call for Gift Certificates and other Special Services!**

**Raccoon Valley Massage Centre**

**"Promoting Health in the Heartland"**

Karina S. Levy LMT

**Location: 1121 Thomas - inside Hair Junction - Redfield, IA**

**Therapies offered: Deep Tissue, Swedish, Myofascial & More!**

**Hours: Mondays: 9a-2p & 6p-8p/ Fridays: 9a-2p**

**Phone: 515-833-4001/ Email: [raccoonvalleymt@gmail.com](mailto:raccoonvalleymt@gmail.com)**

**RVMC is affiliated with Raccoon Valley Centre for the Arts**

## Encounter Israel and Federation through a uniquely LGBTQ lens.



Gay rights and gay issues are experiencing a surge of positive energy in the Jewish homeland. From the ancient streets of Jerusalem to the hotbed of innovation in the North to the spectacular beaches and vibrant nightlife of Tel Aviv, experience it all. Share the experience with a diverse, dynamic LGBTQ community.

Enjoy a festive opening dinner featuring the President of the State of Israel, Reuven Rivlin, who has spoken out forcefully in support of Israel's LGBTQ community.

Celebrate a spiritual and meaningful Shabbat in Jerusalem. Join the streams of visitors and Jerusalemites alike who gather each week at the Western Wall to worship.

Meet with Israeli leaders from the LGBTQ community and learn about the triumphs and tensions of being gay in Israel today.

Dance the night away at a private event with pop star Ivri Lider, one of the hottest, biggest-selling performers

on Israel's contemporary music scene.

Get to know soldiers and officers who protect Israel, at a dinner event hosted by Kibbutz HaGoshrim, a jewel tucked into the northernmost corner of the country.

Discover a new connection to community, Federation and tikkun olam (healing the world). Learn about the extraordinary work of Federation, our partners and the ripple effect you can set in motion, changing lives and doing good throughout Israel and all over the world.

**For more information visit [jewishfederations.org/lgbtqmission](http://jewishfederations.org/lgbtqmission) or contact [lgbtqmission@jewishfederations.org](mailto:lgbtqmission@jewishfederations.org).**

Land only price (based on double occupancy): \$2,999

Single Supplement: \$1,000

Optional hotel extensions available for Tel Aviv Pride.

## Federation Launches Domestic Issues Advocacy Initiative

Through the JCRC, the Federation has embarked on an initiative to build an Iowa working-group within the Jewish community to develop expertise in public policy in combating hunger and providing assistance for those with disabilities, and to then work in coalition with others in advocating with elected officials on a bipartisan basis on these important issues.

The endeavor is to organize volunteers to make a difference in the lives of Iowans. One in eight Iowans doesn't know for sure where their next meal will come from. And one in five Iowa children go to bed hungry each night. In another sector of the population, one in twelve Iowans, some 357,700 individuals live with some kind of disability. And many have unmet needs with regard to their disability.

The Disabilities Advocacy Committee is being headed by JCRC member Melanie Sandler, whose professional experience in the area is very much appreciated. The Advocacy Committee on Hunger has, of this date, not identified its chairperson, but Jody Caswell, Director of the Federation's department of Family Services, will represent her agency on the committee.

The Jewish Iowa Domestic Issues Advocacy Group is destined to play an important role in outreach advocacy efforts of the Jewish community statewide. Those interested in volunteering for either the Advocacy Committee on Hunger or the Disabilities Advocacy Committee should contact [jrcr@dmjfed.org](mailto:jcrc@dmjfed.org).

The project is endorsed by the following Jewish community leaders. (Affiliations listed for identification purposes only.) Rabbi Leib Bolel (Beth El Jacob Synagogue), Rabbi Steven Edelman-Blank (Tifereth Israel Synagogue), Rabbi Yossi Jacobson (Chabad of Iowa), David Kaufman (Temple B'nai Jeshurun), Rabbi Barry Diamond (Agudas Achim, Iowa City), Rabbi Henry Karp (Temple Emanuel (Davenport), Erin Maidan (Sons of Jacob, Waterloo), Alan Garfield (VP Temple Beth El, Dubuque), David Goldman, President of the Temple B'nai Jeshurun Brotherhood, Jerry Sorokin (Univ of Iowa Hillel), Allan Ross (Quad Cities Jewish Federation), Dr. Jon Fleming (IJSJC), David Adelman (Pres., DM Jewish Federation), Sharon Goldford (Interim Exec. Dir., DM Jewish Federation), Gil Coosner (Chair, JCRC), and Mark Finkelstein (JCRC Dir.)





Students explore the IJHS during our "History Through the Arts" day.



Students explore the IJHS during our "History Through the Arts" day.



Beit Sefer Shalom Madricha helping first grade students.



Beit Sefer Shalom student helping preschool student.



Students explore the IJHS during our "History Through the Arts" day.

# “Looking Back and Looking Forward”

By Gabrielle Callistein

In a few months my three-year term as the first president of the Beit Sefer Shalom Board of Directors will be coming to an end, and it will be time to pass the torch to Hannah Rogers, an extremely capable next leader of this governing board. From where I sit now, it is exciting to look back as well as look forward.

In 2013 when I was given the opportunity to take on the volunteer leadership role of what was then the Jewish Federation Community School Board of Directors, I jumped in with both feet and never looked back. I realized I was in a unique position of not only having a teenage daughter, who had been at the school since she was in pre-school, but also having a five-year-old son, whose future at the school extended out for the next 12 years. I had both the experience of having enjoyed the school for over a decade with one child and a deep investment in the school's future for more than another decade with my other child. Simply, the school's ability to perform as the sole formal Jewish educational experience for all the children of our community, not just mine, not only mattered but it mattered a lot.

And so the work began. The first endeavor was to assemble a task force of educators, community members and school administrators to review the existing curriculum and the teaching materials that supported it. After an extensive review process, it was agreed upon by the task force and the rabbis from Beth El Jacob, Tifereth Israel and Temple B'nai Jeshurun to adopt the A.R.E. curriculum, along with the addition of specialty areas of Israel and Arts and Culture. An enhanced Hebrew curriculum was created to start with our youngest students in pre-school and an eye was set toward rebuilding the upper school for our potential middle and high school age students.

Next, I put together a working board of directors, which included the Director of Education and members from throughout the Des Moines Jewish community who all had children either currently enrolled or had previously been enrolled in the school. Formal board positions with job descriptions were created, updated governing policies were put in place, a school vision statement was written, and the board began to meet every month to guide, govern and support the school. An advisory board consisting of volunteer

and paid Federation leaders, all area rabbis, all congregational presidents and leadership from the Ames Congregation was created. In recognition of these individuals' busy schedules, it began to meet twice per year for the two-fold purpose of being a conduit of information and feedback from their constituents to the school, as well as a group of leaders who could educate the community about the school's offerings and needs.

The school was re-branded in 2013 as Beit Sefer Shalom, which means House of Learning, in order to communicate that the school was going into the future with a fresh vision, a renewed sense of commitment to our students' and their families' Jewish learning and with a "sky's the limit" attitude about programming, curriculum and building Jewish identity. Students, teachers and parents were surveyed to find out what was working, what was not working and what were their dreams and visions for Beit Sefer Shalom. The responses to those surveys provided an early road map for the board and the Director of Education.

And then the school was off and running! The board, along with the dedicated, intelligent and enthusiastic support from two highly-talented directors of education, first Laura Bernstein and now Sophie Homonoff, has accomplished so much in the past three school years:

- Enrollment is up 48% from 2012-2013. We currently have 130 students. And they are coming from an impressively broad range of communities, such as: Ankeny, Clive, Des Moines, Grimes, West Des Moines, Waukee, Redfield, Urbandale, Altoona, Grimes, Ames and more.
- On time attendance and overall attendance are on the rise with early bird programs inviting students into class.
- Each year since Beit Sefer opened its doors, assessments have been given to ascertain the knowledge levels of our students. These assessments have shown growth in both basic knowledge, as well as specific curriculum content.
- A formal scholarship application process was put in place in 2014-15 and is now being administered by Jewish



Family Services. Under their administration, this process is confidential and any family that has needs beyond tuition support can have immediate access to available resources and information.

- With private support, a computer lab consisting of 21 tablet computers was begun in 2012-13, expanded in 2013-14, and is now used by every age student. The Behrman House Online Learning Center provides 24/7 access to Hebrew learning and has expanded the Hebrew component of the curriculum to include computer-based, text book and in-person learning opportunities.
- Our teaching staff has expanded to meet to the growing student population and has shifted from a teacher-based staff to a curriculum-based program. Thus, it is the specific curriculum for each grade that drives the weekly lesson plans. In this way, when a new teacher joins the staff he/she can readily learn what needs to be taught and when a teacher leaves he/she does not leave a hole where his/her individual knowledge used to be. This creates a far more consistent and stable learning environment for all of our students.
- The Madrichim Program, a young Jewish leadership training program, was introduced in 2014-15 and was immediately a huge success. There are 29 7th through 12th graders actively involved this year. All of these students attend classes in the upper school and are paid or volunteer workers on Wednesday evenings and/or Sunday mornings. They support our teachers, young students, special programs, and director and are in the classrooms, the kitchen, the office, the computer lab and the library. While they are learning to be leaders, we are benefiting tremendously from

their hard work and mentoring.

I could go on and on because so many tremendous successes have happened at Beit Sefer Shalom these past three years, but now it is time to stop, take a breath and look into the future. I am filled with anticipation to see how the next few years unfold because there is still so much to do: continual tweaks and shifts with the curriculum, expansion of special programming within each classroom, improvements with communication to parents regarding what is going on in their childrens' classrooms, refining our website, having more effective marketing about school-related events, expanding the Madrichim training program, connecting more often with other Jewish communities throughout central Iowa, building a closer relationship with Drake Hillel students and our oldest students, utilizing our computer lab for curriculum areas beyond Hebrew, and so much more! Hannah Rogers and her working board will have their work cut out for them, no doubt, but I am so pleased to be passing on a well-oiled, fully-functioning, safe, effective and happy school to such a promising and committed leader.

In closing, I want to thank all my working board members from the very beginning until now, members of the advisory board, the teachers, the students and their families, the Federation leadership, but most of all, Laura Bernstein and Sophie Homonoff, who have been by my side every step of the way. Without first Laura and now Sophie, none of this would have been possible. Being President of the Beit Sefer Shalom Board of Directors has been the finest and most rewarding volunteer experience I have ever had, and I will be forever grateful to those who gave me the opportunity to play a role in re-visioning, organizing, growing, and breathing new life into the Jewish educational institution that serves all of our children and their families in the Des Moines metro area and beyond.



**First Grade student examining artifacts in the Iowa Jewish Historical Society.**



**Kindergarten student examining artifacts in the Iowa Jewish Historical Society.**



**Bev Ellis leads an art project during our "History Through the Arts" day.**



**Special guest Abe Goldstein joins Stacie Franklin and Laura Sparks for a special music class during "History Through the Arts".**



**Special guest Abe Goldstein joins Laura Sparks for a special music class during "History Through the Arts".**



# Wellmark's David Brown named Deloitte CFO of the Year

BY JOE GARDYASZ | Business Publications Corporation Senior Staff Writer  
| @JoeGardyas



Deloitte CFO of the Year, David Brown  
Photo by Duane Tinkey

When David Brown received a call from a headhunter several years ago pitching an opportunity to interview with Wellmark Blue Cross and Blue Shield, Iowa wasn't anywhere on his list of places he thought he'd like to live.

Being from New York and with a spouse from Florida, Brown was eyeing opportunities along the East Coast, not the Midwest. But the opportunity fascinated him.

"The more I learned about it, the more I found it was exactly what I wanted in my career," said Brown, who left Capital One Financial Corp. in Richmond, Va., to join Wellmark as CFO in May 2011. "I was just very taken by the strategy the company has. I really love that we are a mutual company and that we're owned by our members."

Being named the 2016 Deloitte CFO of the Year gives Brown another reason to be proud of his position with Wellmark.

Over the past four years as executive vice president, CFO and treasurer, Brown has played a key role in helping the health insurer navigate the turbulent waters of the Patient Protection and Affordable Care Act. In spite of those uncertainties and a tumultuous economy, Brown also led cost-savings efforts that have successfully trimmed tens of millions of dollars in administrative expenses from Wellmark's overhead in the past couple of years.

"I love being able to really engage in and look across the whole business," Brown said. "As CFO, every area of the business matters to me, and learning about every aspect of the business is interesting. I really enjoy that."

Brown credited his financial team for much of his success.

"As CFO, I'm the one who can win an award and I sign my name at the bottom of a bunch of papers, but our team is committed to great results and doing the right thing, and it makes my job that much easier," he said.

Not long after Brown became CFO, Wellmark established a lofty goal to trim its administrative costs by 20 percent. Brown has been instrumental in reaching \$60 million of that \$100 million target within the first two years of a four-year initiative.

"When we set a goal that ambitious, we said, we really need to transform what we're doing," Brown said. "We looked at our processes to say, how could we do things differently and more efficiently? We spend a lot of time looking at how we interact with vendors and have been able to get substantial savings from negotiating with them."

Among other accomplishments, Brown held an integral seat at the table in a historic land swap that allowed the Riverfront YMCA to relocate to its newly remodeled Wellmark YMCA facility in downtown Des Moines.

Through a series of trades, Polk County was able to take ownership of the old J.C. Penney building that Wellmark had long held without the county having to sell bonds to finance the acquisition. Wellmark subsequently donated the strip of land adjacent to the former Polk County Convention Complex for the pool site for the Y.

"Had we held on to the Penney's building, we probably could have sold it and gotten more money for it," Brown said. "And we probably could have sold the land next to the Plex for more. But those wouldn't have created the opportunities that did happen."

Marci Chickering, executive vice president for people and process at Wellmark, said Brown is a "wise counselor."

"He is a standard-bearer of integrity and civility, and is one of our most respected leaders," Chickering wrote in a nomination letter. "He is steadfast in doing the right thing for our employees, members and the community."

In the community, Brown serves on the Des Moines Redevelopment Co. board, as well as the board of the Iowa Natural Heritage Foundation. The latter has been "a great way for me to learn about the state of Iowa," he said. Brown also serves as a board member of his synagogue.

One of his family's favorite traditions has been to attend the Iowa State Fair annually, and Brown admits to eating his fair share of bacon.

Although he hasn't invested in farmland and he's never detasseled corn, "I really feel we've made Iowa our home, and my wife and I feel a lot of affinity for the city," he said. "It's a lot of fun seeing it grow and develop. While it's frustrating getting through downtown because of the construction, you think about what that means for the future."

Republished with permission from Business Publications Corporation.

Read the article at: <http://goo.gl/HBGBIW>



Peony Design Co.

watercolor illustrations  
& graphic design

CHRISTINE COPELAND

[www.peonydesign.co](http://www.peonydesign.co)

[christine@peonydesign.co](mailto:christine@peonydesign.co)

515.779.2680



## Best Wishes for a Happy Purim and Passover

Bruce Sherman  
Dave Lettween and families



PACKAGING DISTRIBUTION SERVICES, INC.

Gan Shalom

The Jewish Center for Early Childhood Development

Growing Life Long Learners

PRESCHOOL  
NOW ENROLLING!  
AGES 2 - 5

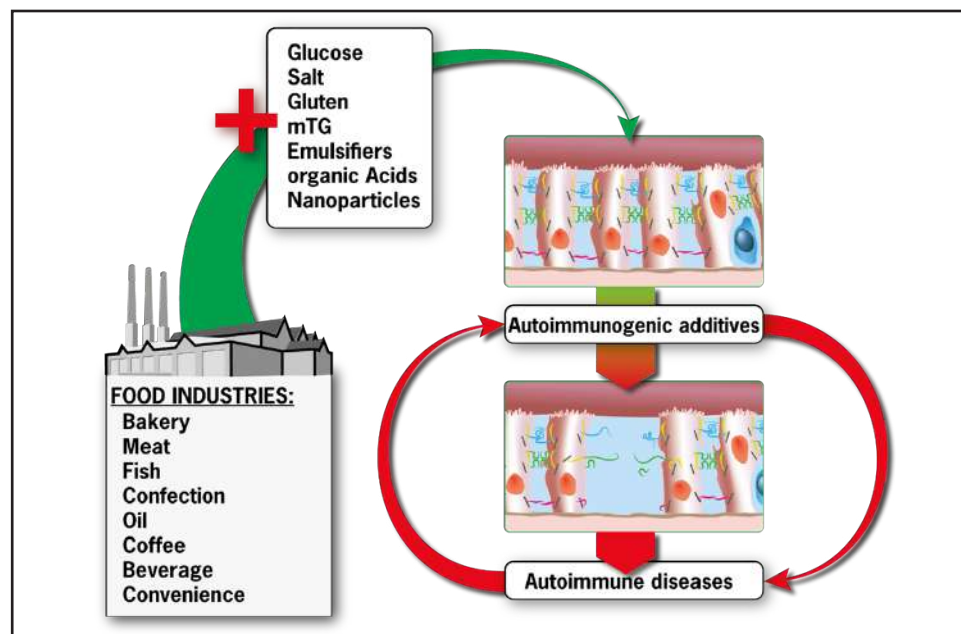
Located on Forty-Plus Acres of Land  
Hands-On Learning and Exploration  
State-of-the-Art Playground  
Summer Camp



33158 Ute Ave. | Waukee, IA 50263  
(515)987.0899 x 233 | [ganshalom@dmjfed.org](mailto:ganshalom@dmjfed.org)  
[www.ganshalompreschool.com](http://www.ganshalompreschool.com)



## 7 food additives that raise risk for autoimmune disease By ISRAEL21c Staff



You may already know that whole foods pack a much more powerful nutritional punch than do processed foods because of vitamins and fiber lost along the way.

Now a study from Israel and Germany proves that seven commonly added ingredients in processed foods weaken intestinal resistance to bacteria, toxins and other harmful elements. This weakening increases the risk of autoimmune diseases such as type 1 diabetes, celiac, lupus, multiple sclerosis, autoimmune hepatitis and Crohn's, among many others that cause the body to attack its own tissues.

The study was led by Prof. Aaron Lerner, of the Technion-Israel Institute of Technology Faculty of Medicine and Carmel Medical Center in Haifa, and Dr. Torsten Matthias of the Aesku-Kipp Institute in Germany.

Their results, published recently in *Autoimmune Reviews*, provide an important clue to the mystery of why the incidence of autoimmune diseases is increasing worldwide and especially in Western countries.

"In recent decades there has been a decrease in incidence of infectious diseases, but at the same time there has been an increase in the incidence of allergic diseases, cancer and autoimmune diseases," said Lerner. "Since the weight of genetic changes is insignificant in such a short period, the scientific community is searching for the causes at the environmental level."

This schematic by Patricia Jeremias shows the sequential steps through which industrial food additives induce autoimmune diseases. Image courtesy of the Technion Spokesperson's Office. This schematic by Patricia

Jeremias shows the sequential steps through which industrial food additives induce autoimmune diseases. Image courtesy of the Technion Spokesperson's Office

The researchers started out with two known facts: first, that many of the convenience foods Westerners eat are laced with industrial food additives aimed at improving qualities such as taste, smell, texture and shelf life; second, that many autoimmune diseases stem from damage to the tight-junctions that protect the intestinal mucosa.

When functioning normally, tight-junctions serve as a barrier against bacteria, toxins, allergens and carcinogens. In a condition sometimes called "leaky gut," damaged tight-junctions can lead to the development of autoimmune diseases.

Watch out for these seven additives

Lerner and Matthias therefore decided to examine the effects of processed food on the intestines to see if there is a direct correlation between the increased use of processed foods and the increase in the incidence of autoimmune diseases.

Their study showed circumstantially that at least seven common food additives weaken the tight-junctions: sugars, salt, emulsifiers (used in bakery, confectionary, dairy, fats and oils, sauces, butter and margarine, ice cream, cream liqueurs, meat, coffee, gum, beverages and chocolate), organic solvents (such as hexane, used to produce soy oil, and others added as antioxidants, stabilizers, preservatives and flavorings), gluten, microbial transglutaminase (a food

protein "glue" added to processed meat, fish, dairy and bakery items) and nanometric particles (used to improve the taste, color, uniformity and texture of foods, as well as in food packaging).

Lerner said that food additives are not carefully controlled and supervised as are pharmaceuticals. His research suggests that they should be.

"We hope this study and similar studies increase awareness about the dangers inherent in industrial food additives, and raise awareness about the need for control over them," Lerner said.

Meanwhile, the researchers advise patients with autoimmune diseases, and those who have a family background of such diseases, to consider avoiding processed foods whenever possible.

"Major shifts in dietary patterns are continually occurring, even in basic staples consumption towards more diversified and industrially processed food products," Lerner and Matthias write.

"Living in westernized countries has a strong impact on nutritional patterns collectively termed the 'Western diet' including high fat, trans fatty acids, cholesterol, proteins, sugars, salt intake, as well as frequent consumption of processed and 'fast food.' ... Further studies on the effects of industrial food additives on intestinal permeability functions resulting in enhanced autoimmune, allergic and cancer diseases will impact on the food industry additive policy, food products labeling, consumer awareness, regulatory authorities and public health implementation."

Source: <http://www.israel21c.org/>

*Furnish* THE FUTURE  
L'DOR V'DOR — FROM GENERATION TO GENERATION  
*Gala* FOR THE RENOVATION CAPITAL CAMPAIGN

SEE HOW FAR WE HAVE COME  
STROLL THROUGH THE NEWLY RENOVATED  
SCHOOL WING & NAME YOUR CONTRIBUTION

TEMPLE B'NAI JESHURUN  
5101 GRAND AVENUE  
DES MOINES, IOWA 50312

SUNDAY, APRIL 3, 2016

4:30 RIBBON CUTTING CEREMONY  
WINE RECEPTION & MOVING AUCTION

6:00 DINNER  
LIVE AUCTION

SINGLE TICKET - \$100  
TABLE SEATING 8 - \$750

*We're rolling out the red carpet*

PLEASE RSVP BY WEDNESDAY, MARCH 30  
515-274-4679 OR OFFICE@TEMPLEBNAIJESHURUN.COM

*Cocktail attire*

**WE KNOW**  
the average coffee drinker doesn't care about the

**BEANS**  
that go into their coffee. Lucky for them, we do. Now don't you think it's

**ABOUT**  
time you stopped in and tried this city's best tasting

**COFFEE?!**

**ZANZIBAR'S**  
*Coffee Adventure*

2723 Ingersoll, Des Moines 515-244-7694



### Learning to be Children

By Rabbi Steven Edelman-Blank, Tifereth Israel Synagogue



When reading the Torah portion Vayigash, we often focus on Joseph and his ability to forgive his brothers. Joseph suggests that their selling him into slavery had been intended by God as a way of saving lives. His reasoning is that if he had not been sold into slavery by the brothers, he would not have ended up in a place to help so many people from the ravishing famine that overtakes the land of Egypt.

But, I would like to focus on Joseph's brother Judah and what he teaches us. Early on, he is the brother who suggests to the others to sell Joseph into slavery instead of killing him. Judah's position is very different by this point in the story though. Joseph says he will take

Benjamin as his slave after having his cup planted in Benjamin's bags. Judah steps up and asks that he instead be taken as Joseph's slave. Instead of arguing for someone else to become a slave, he is now arguing to become a slave himself.

Judah says that losing Benjamin will have such a great impact on his father that it will kill him. Jacob dotes on Benjamin, and has already lost a favored son. Losing Benjamin will send Jacob to his grave.

We could just take Judah's argument as rhetoric, just one way to argue for Benjamin to be released. Or, we may imagine that Judah just wants to uphold the oath he made to his father to protect Benjamin.

But, I do not think this is necessary. Perhaps, Judah is truly concerned about his father's well-being. And perhaps, this is a change, part of Judah's development as a person and as an adult.

Earlier in the story, the brothers, except possibly Reuben, do not seem to express much concern for their father. They clearly want his love and approval, since they get so furious that Joseph is treated as the favorite. However, they do not seem so worried about how their violent act against Joseph will affect him. They just pretend that Joseph was killed by an animal. They worry about their own skin and covering their crime.

But, Judah is now older. He himself has lost two sons, Er and Onan. And maybe he has come to the same understanding we all need to come as we mature. His father is a real person who is just flesh and blood. A person who has his own memories, his own hurts, and his own pains. And maybe Judah has come to accept his father's faults, in addition to appreciating his father's positive attributes. Yes, his father is still playing favorites, favoring Benjamin now instead of Joseph. And maybe he wishes that his father did not do this anymore. But, he understands this is his father's way, and his father is not going to change. So, Judah can at least honor his father by reducing his father's potential suffering by offering himself in place of Benjamin.

In the end, Judah does not need to make this sacrifice. Joseph reveals himself and ends up seeing to the welfare of his father and brothers by resettling them in Egypt. But, he teaches us something about being a child. In time, we need to come to understand that our parents are not there only to take care of us, but we need to take care of them, too. We learn that we not only receive their love, but also have to learn compassion for who they are and what they need.

We talk much about what it means to be a good parent and what we need to do for our kids. May we be given the strength, not just when we are young, but throughout our lives, to learn how to be compassionate children, too. To learn how to accept the faults of our own parents, to realize no one is perfect, and to focus on our love for them.

### festive and formal



Invitations for Bar and Bat Mitzvahs, weddings, graduations and other special occasions

- calligraphy services
- professional assistance

Extraordinary gifts for family and friends

- baby boutique
- wedding accessories
- shower gifts

Clocktower Square

2900 University Avenue  
West Des Moines, Iowa 50266  
515-223-6205



## RETHINK YOUR DRINK

### GONGFU TEA®

140 LOOSE-LEAF TEAS | ACCESSORIES | GIFTS

414 EAST SIXTH STREET, DES MOINES, IOWA

515 288 3388 [WWW.GONGFU-TEA.COM](http://WWW.GONGFU-TEA.COM)

*Wishing our friends*

*a*

## Happy Purim and Passover

*On behalf of*

*The Iowa Jewish Senior Life Center*



900 Polk Blvd; Des Moines, IA 50312-2225

(phone) 515.255.5433

(fax) 515.277.8898

[www.seniorlifecenter.org](http://www.seniorlifecenter.org)

*Since 1931, Serving the Needs of Persons of All Faiths*

*Skilled/Rehabilitation \* Long-term Nursing \* Alzheimer's/Memory Care*



# Presidential Candidates visit The Caspe Terrace



Moderator Dennis Goldford of Drake University appears frequently on KCCI TV



Carly Fiorina



Senator Rick Santorum

The Jewish Federation conducted Presidential Candidate Forums with Carly Fiorina (R), Senator Rick Santorum (R), Senator Bernie Sanders (D), and Secretary of State Hillary Clinton (D) prior to the Iowa Caucuses held on February 1st.

Invitations were issued to all the candidates. As a non-profit organization, the Jewish Federation of Greater Des Moines cannot endorse candidates for elective office, and no endorsement of any candidate should be implied.

The Federation extends thanks to the candidates who participated in the series of forums, to the staff both from the campaigns and the Jewish Federation of Greater Des Moines who helped make the programs possible, to those who attended the forums, and to Professor Dennis Goldford of Drake University who moderated most of the programs.



Senator Bernie Sanders



Secretary of State Hillary Clinton

## THE WILLIS DIFFERENCE



At the Willis Auto Campus we endeavor to maintain a tradition of automotive excellence and service leadership built upon the principle of treating each customer like a guest in our home. We offer the discriminating driver a true selection of quality vehicles, while providing the professional service that is expected and deserved.

We strive everyday to meet or exceed your automotive needs to your complete satisfaction. That's our promise to you. **That's the Willis Difference.**

100th St & Hickman Rd, Des Moines | 800-568-0497 | [www.WILLISAUTOCAMPUS.com](http://www.WILLISAUTOCAMPUS.com)





## Israel important for Iowan Jews, but not only concern, Jewish Federation President says By Danielle Ziri for the Jerusalem Post

The Jewish community of Iowa holds Israel as an important voting component, but it is not the absolute, President of the Jewish Federation of Greater Des Moines and AIPAC chair in Iowa, David Adelman told The Jerusalem Post on caucus day on Monday, [February 1, 2016]. "I would say that the Jewish community in Des Moines is representative of a cross section of the Jewish community nationally," he explained. "There are probably more Democrats than Republicans in the Jewish community here. They are focused on social justice issues, and so they are attracted more to the democratic themes of the campaign."

Adelman told the Post that there is "a balance" in the issues Jews in Iowa consider when it comes to the issue of Israel.

"We support issues of human dignity and refugees and the idea of tikkun olam, but we obviously are very sensitive to the fact that people treat Israel as a double standard."

However, Democratic Jews, Adelman explained, have been

disappointed by the fact that foreign policy was hardly ever discussed in debates between the candidates. Ahead of the caucuses, the Federation has organized a presidential speakers series and hosted several candidates over the past months, giving them a chance to address and answer questions from the Iowan Jewish community. The latest one to participate in the series was Hillary Clinton, who held a Q&A session at the Federation last Monday. "I think she did a phenomenal job convincing the Jewish community here with her strength on diplomacy and her understanding of Israel," Adelman said. "She did a fantastic job in swaying those who supported Bernie on ideals."

"Her entire focus was on three topics: peace with the Palestinians, stating her support for the two state solution; the Iranian deal and how to implement it and keep it moving forward; and lastly BDS and how there is a difference between criticizing an administration and exercising your right to free speech and demonizing a country," he

explained. On the Republican side, Adelman said, Iowan Jews tend to prefer the establishment candidates, such as Marco Rubio, Chris Christie, Jeb Bush and John Kasich. Republican Jews in Iowa, according to him, have been disturbed by some of the points made by Donald Trump and Ted Cruz.

Although there are differences in beliefs within the Iowan Jewish community, Adelman explains one thing is very clear: they are very active in the voting process.

"Iowa voters in general are highly intelligent voters. I would say the Iowa Jewish voter is even more participatory in the process," he told the Post. "There are only about 140 thousand people participating in the caucuses and so the way the caucus system is set up, 15 or 25 Jews in a caucus can sway the delegate camp."

The Des Moines area's Jewish community is only made up of about 3,000 people of a general population of some 500,000 residents.

"We are small, but mighty," Adelman noted. Some immigrated

after the Holocaust, some in the early 1900s, and in the 1980s, a large number of Russian Jews also came to Des Moines after the fall of the Soviet Union. "Most Jews in the past here in the Des Moines were entrepreneurs," Adelman said. "They were small business owners, inventors."

"In the 80s, there was a large influx of Jewish professionals: attorneys, physicians, executives," he continued. "In the 1990s and early 2000, those Jews who owned small businesses sold or retired and there kids left to the coasts."

However, he said, Jewish life is thriving in the city today, as more first-generation Iowans choose to live in the Hawkeye State to enjoy a better quality of life. "Now it's a choice to be here and it's not just adults whose parents are here but a cross section of people all over the country," he explained.

The Jewish Federation of greater Des Moines recently celebrated its 100 - year anniversary this past August.

*This column originally appeared on JPost.com*

# Better Together Better Forever



**What will your legacy be?** At the Community Foundation of Greater Des Moines, we are privileged to help individuals and families forever tell their story through charitable giving.

Our team approach allows donors, their trusted professional advisors and the nonprofit organizations they care about to come together to create sustainable support for generations to come.

**Let's work together to tell your story.**

To learn more about how we can partner visit  
[www.desmoinesfoundation.org](http://www.desmoinesfoundation.org) or call 515-883-2626.



Live. Give. Better Together.



## New breast cancer data: 7 things a Jewish woman should know

By Lisa Keys, Jewish Telegraphic Agency

(JTA) — Should you get tested for the BRCA gene? What if you test positive? What would Angelina Jolie do?

When it comes to how to handle the risk of breast cancer as a Jewish woman, there's a lot of conflicting information. It can be hard to know how to proceed.

Fortunately, JTA writer Erica Brody's comprehensive story, "New Breast Cancer Stats: What's an Ashkenazi Woman to Do?" surveys doctors, geneticists, scientists and experts, and breaks down the breast — whoops, best — practices for you.

Here are the top 7 takeaways from the story, which is well worth a full read.

1. The fact is one in forty Ashkenazi women have the BRCA mutation. "Ignoring these mutations does not make them go away," Dr. Mary-Claire King, the geneticist who discovered the BRCA1 gene, told JTA.

2. Some good news: Among those who are BRCA positive, a prophylactic double mastectomy decreases the risk of breast cancer by 95 percent. (And often the surgeries to preserve nipples and reconstruction is done at the same time.)

3. Genetic testing is more affordable and available than ever before. The price used to be about \$4,000 without insurance, but following a 2013 U.S. Supreme Court ruling, it's dropped to about \$250. And "Obamacare" mandates coverage for mammograms and preventative measures for many more women.

4. Who exactly should get the test? According to the U.S. Preventative Services Task Force,

if you have a family history of breast, ovarian, tubal or peritoneal cancers — on either your mother or your father's side — you should talk to your doctor about your health, your risks and whether or not genetic testing and counseling are next steps.

"Unlike a disease that belongs to a woman alone, the discovery that a woman is a BRCA gene carrier means there is a 50 percent chance that her first-degree relatives are carriers, too," Dr. Tamar Peretz, director of Hadassah Medical Organization's Sharett Institute of Oncology in Jerusalem said.

4. You can just buy a DIY kit, but you should probably seek medical advice. The Department of Health and Human Services recommends women "talk with a healthcare professional to learn if their history might put them at risk for carrying a BRCA mutation. Women who screen positive should receive genetic counseling and, if indicated after counseling, BRCA testing."

6. If you do not have a family history, similar advice applies: Talk to your doctor. Drawing on your overall health and family background — and taking current recommended practices into account — together, you can come up with a prevention plan that's right for you.

7. Perhaps most important of all — for all women: Your daily habits matter. Exercise regularly, eat healthy foods and get a good night's sleep. "Only up to 10 percent of breast cancer cases are due to a genetic mutation; 90 percent are due to how you lead your life," Dr. Marisa Weiss, the president and founder of Breastcancer.org, told JTA.

## Honor Your Parents Help the Jewish War Veterans Honor our Service Members on Memorial Day

There are approximately 400 former members of the Armed Forces interred in our Jewish cemeteries in Des Moines. In past years, one or more members of our community honored their service to our country by placing an American flag on each grave on Memorial Day. All who are interested in helping our community perform this task of honor are requested to contact Mark Finkelstein at the Jewish Federation. Call (515) 987-0899 x 212.



**VOGUE**  
VISION

**OneHour**  
**Optical**

**EYE-MART** OPTICAL  
OUTLET

We are here to care for your  
Eye wear needs  
Eye Exams are available

For the location nearest you call 1-888-367-2020

*Noah's Ark*  
Ristorante

Noah & Sally Lacona  
Welcome You!

One Owner, One Name, Family Run Since 1946  
2400 Ingersoll, Des Moines • 288-2246  
Mon-Thurs 11am-11pm; Fri & Sat 11am-Midnite; Never on Sunday

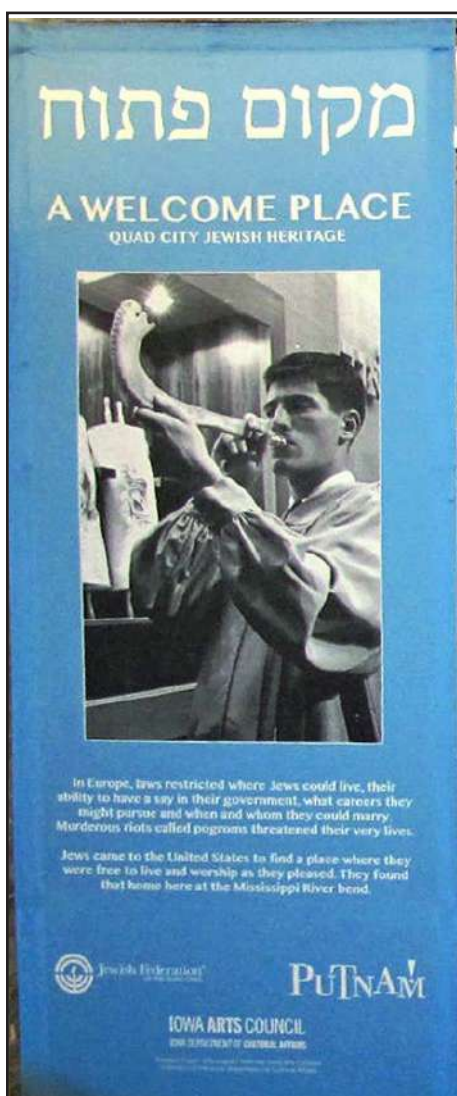
CARRY OUT SERVICE • BANQUET & PARTY ROOMS AVAILABLE FOR UP TO 100



## Behind The Scenes at the IJHS: Caring for the Treasures of Iowa's Jewish History

The Iowa Jewish Historical Society is excited that new improvements critical to protecting the thousands of artifacts entrusted to our care have been completed. New sump pumps and drains were installed in the museum and in the collections storage room to prevent damage to artifacts that could be caused by water leaks or high humidity. A closet was constructed to hide the drain and sump pump from being seen by visitors and new sheetrock returned the museum to its original look. Most importantly, the artifacts that tell the story of the history of the Jewish people in Iowa are more protected than ever.

### IJHS to Feature Traveling Exhibit from the Putnam Museum April 3 – June 17, 2016



the Mississippi River bend.

Guest curated by Dr. Art Pitz and members of the Quad Cities Jewish community, *A Welcome Place: Quad City Jewish Heritage* details the history of the Quad City Jewish community from the time Jews made their homes in the small prairie towns by the river and how Jews continue to make contributions to the Quad Cities today.

This exhibit is funded in part with a grant from the Iowa Arts Council, a division of the Iowa Department of Cultural Affairs, and by the Jewish Federation of the Quad Cities. It also continues the Iowa Jewish Historical Society's mission of featuring exhibits that deepen understanding of Jewish communities across Iowa.

#### *A Welcome Place: Quad Cities Jewish Heritage* Caspe Heritage Galley April 3 – June 17, 2016

Did you know that your Louis Rich turkey sandwich represents Quad City Jewish history?

Or did you know that riverboat gambling and the millions of dollars given back to the Davenport community happened thanks to one Jewish man?

In Europe, laws restricted where Jews could live, their ability to have a say in their government, what careers they might pursue and when and whom they could marry. Pogroms threatened their very lives.

Jews came to the United States to find a place where they were free to live and worship as they pleased. Many found that home at



Construction behind display cases



Construction behind display cases



New sump pump number 1



New sump pump number 2

### Simpson College Student Mallory Hanson Interning at the IJHS

The Iowa Jewish Historical Society is delighted to be participating in the internship program with Simpson College in Indianola, IA. This is our second year of working with the college and we will again have an intern in the spring and in the summer. Each intern works 120 hours during the semester on a variety of



projects—inventorying collections and learning and helping with preservation techniques, social media, special events, and more.

Our spring intern, Mallory Hanson, began working with us on January 13 and will continue through April.

Mallory Hanson in Her Own Words:

*I grew up in LeClaire, Iowa, and I am currently a sophomore at Simpson College in Indianola, Iowa. At Simpson, I*

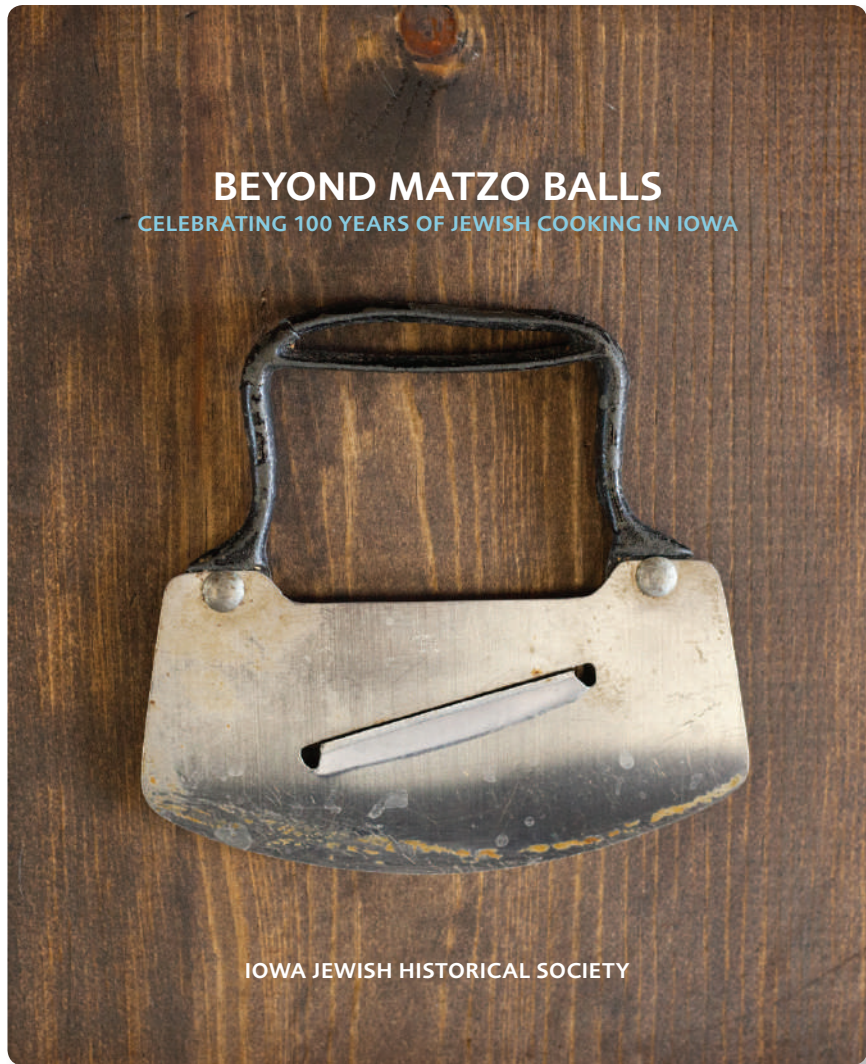
*study History and Management. History has always interested me, because it teaches us what it is to be human. I would like to work in a museum after graduation, so I can share this story with others. The IJHS internship has been a great opportunity for me to get some hands-on experience in the museum field. My favorite part of the IJHS is that I am always learning new things, whether it is information about Jewish culture in Iowa or how to properly handle artifacts. I have really enjoyed my time at IJHS so far, and I am excited to continue exploring the museum field.*



# Great Passover Recipes

**Beyond Matzo Balls: Celebrating 100 Years of Jewish Cooking**  
Quantity \_\_\_\_\_ x \$36.00 = \$ \_\_\_\_\_  
Postage & Handling  
Quantity \_\_\_\_\_ x \$6.50 = \$ \_\_\_\_\_  
Please consider the donation of \$18.00 or more to support the work of the Iowa Jewish Historical Society. In Judaism, 18 is the numerical value for the word "life." \$ \_\_\_\_\_  
  
SHIP TO:  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State and Zip : \_\_\_\_\_  
  
PAYMENT:  
\_\_\_\_ Enclosed is a check payable to the Iowa Jewish Historical Society  
\_\_\_\_ Charge my credit card:  
  
VISA \_\_\_\_\_ Master Card \_\_\_\_\_ AMEX \_\_\_\_\_ Other \_\_\_\_\_ EXP \_\_\_\_\_  
Account number: \_\_\_\_\_  
Signature \_\_\_\_\_  
  
Mail form and payment to:  
Iowa Jewish Historical Society  
33158 Ute Ave  
Waukee, IA 50263

Proceeds from the sale of this book will be used for the preservation and education activities of the Iowa Jewish Historical Society. Thank you.



**SPECIAL DRAWING**  
**All NEW Memberships**  
In the Iowa Jewish Historical Society  
From July 1, 2015 - June 30, 2016  
Will go into a Drawing to Win a Copy of the  
IJHS Cookbook AND a Special  
Behind-the-Scenes Tour of the Museum

**Preserve Iowa's Jewish Heritage**  
The artifacts, photos, manuscripts, and other treasures that the Iowa Jewish Historical Society collects and preserves are **our history**—the irreplaceable record of the accomplishments, contributions, and personal stories of Jews in Iowa.  
  
Join online now at [www.jewishdesmoines.org](http://www.jewishdesmoines.org) or complete this membership form.  
  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, and Zip Code \_\_\_\_\_  
  
**Membership Levels**  
Membership Year: July 2015 through June 2016  

Lifetime	\$5,000	_____
Benefactor	\$1,000	_____
Sponsor	\$ 500	_____
Supporter	\$ 180	_____
Institution	\$ 100	_____
Patron	\$ 100	_____
Individual or Gift Membership	\$ 36	_____

  
In addition, I want to make a donation to the Iowa Jewish Historical Society \$ \_\_\_\_\_.  
  
Please make your check payable to the IJHS and send it to 33158 Ute Ave., Waukee, IA 50263. For more information: (515)987-0899 ext. 216 or [ijhs@dmjfed.org](mailto:ijhs@dmjfed.org)



**Retirement living like you deserve!**  
**3801 GRAND**  
*Retirement Campus*  
515-255-3499 or [3801grand.com](http://3801grand.com)  
**Independent, Assisted living, and Memory Care**



Drake Hillel hosted noted author, Holocaust survivor

Prior to her speaking engagement at Drake on February 9th, Marion Blumenthal Lazan and her husband Nathaniel, joined Drake Hillel students and friends for dinner at the Hillel house. Mrs. Lazan related her story of survival during the Holocaust to a full audience on campus. Her life story is preserved in book form as *Four Perfect Pebbles*, as well as on film.

A notable statement from Mrs. Lazan is inscribed on the Iowa Holocaust Memorial at the Capitol. The statement explains how to avoid further tragedies based on hatred of the ‘other.’ Her advice: “ We must begin with our children by nurturing tolerance and respect for all people.”

The night previous to her presentation at Drake, Mrs. Lazan spoke to students at Iowa State University.

The programs were sponsored by the ISU Lectures Series, the Drake University Principal Financial Center for Global Citizenship, Drake and ISU Hillels, and the Jewish Federation of Greater Des Moines.



Beit Sefer Shalom students and Drake Hillel students with Marion Blumenthal Lazan and her husband Nathaniel.



Lilianna and Jarad Bernstein, Sophie Homonoff, Sharon Goldford, Marion Blumenthal Lazan and her husband Nathaniel and Mark Finkelstein.



Marion Blumenthal Lazan, Michael Wolnerman and Arnie Waltman.



Marion Blumenthal Lazan speaking at Drake University.



Audience listening to Marion Blumenthal Lazan speaking at Drake University.



## FINGERMAN LECTURE 2016 MAYA LIN: BETWEEN ART AND ARCHITECTURE



### FINGERMAN LECTURE 2016 BETWEEN ART AND ARCHITECTURE At The Des Moines Art Center

Presenting artist  
**MAYA LIN**

Thursday, April 14th  
6:30 pm  
Levitt Auditorium

\* Reservations Required  
[www.desmoinesartcenter.org/calendar/lectures](http://www.desmoinesartcenter.org/calendar/lectures)

Photo by Walter Smith

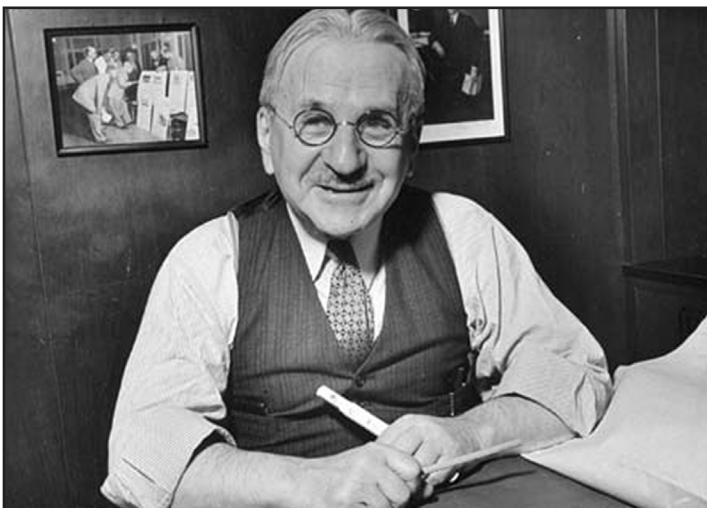
Reservations opened for this lecture on Tuesday, March 1.

Maya Lin will give an illustrated lecture about her practice, which encompasses large-scale environmental installations, intimate studio artworks, architectural works, and memorials. She redefined the idea of monument with her very first work, the Vietnam Veteran's Memorial in Washington, D.C., and has since gone on to pursue a remarkable career in both art and architecture, whilst still being committed to the exploration of time, memory, history, and language.

This lecture is the twenty-seventh in the series made possible through generous gifts by Louis and Lois Fingerman.

Make Reservations with The Des Moines Art Center  
Location: Levitt Auditorium

## In Profile: Architect Albert Kahn



Albert Kahn (1869 – 1942) was the foremost American industrial architect of his day. He is sometimes called the architect of Detroit.

Kahn was born to a Jewish family in 1869 in Rhaunen, Kingdom of

Prussia. Kahn came to Detroit in 1880, at the age of 11. His father Joseph was trained as a rabbi; his mother Rosalie had a talent for the visual arts and music. As a teenager, he got a job at the architectural firm of Mason and Rice. Kahn won a year's scholarship to study abroad in Europe. In 1895, he founded the architectural firm Albert Kahn Associates.

Together with his younger brother Julius, he developed a new style of construction where reinforced concrete replaced wood in factory walls, roofs, and supports. This gave better fire protection and allowed large volumes of unobstructed interior. Packard Motor Car Company's factory, designed in 1903, was the first development of this principle.

The success of the Packard plant interested Henry Ford in Kahn's designs. Kahn designed Ford Motor Company's Highland Park plant, begun in 1909, where Ford consolidated production of the Ford Model T and perfected the assembly line. Albert Kahn worked on more than 1,000 commissions from Henry Ford and hundreds for other auto makers. Kahn designed showrooms for Ford Motor Company in several cities, including New York, Washington, D.C., and Boston.

In 1903, Kahn designed Detroit's Temple Beth-El, his home synagogue. The site is now the Bonstelle Theatre of Wayne State University.

In 1927, Kahn designed the landmark 28-story Art Deco Fisher Building in Detroit, considered one of the most beautiful elements of the Detroit skyline. Between 1917 and 1929, he designed the headquarters for all three major daily newspapers in Detroit.

Kahn also designed many of the classic buildings at the University of Michigan in Ann Arbor. These include the Burton Memorial Tower, Hill Auditorium, Hatcher Graduate Library, and William L. Clements Library.

Kahn's firm designed a large number of the army airfield and naval bases for the United States government during World War I. By World War II, Kahn's 600-person office was involved in making Detroit an important element of America's Arsenal of Democracy.

As of 2006, Kahn had approximately 60 buildings listed on the National Register of Historic Places.

*Adapted from Wikipedia.*



Arthur J. Gallagher & Co.  
BUSINESS WITHOUT BARRIERS™

Personal Insurance  
Commercial Insurance  
Individual & Group Benefit Insurance

Kent Rosenberg, CPCU  
Area Chairman  
Direct 515.440.8404 Office 515.457.8849



# Community Purim Celebrations



Beth El Jacob  
Synagogue

## UNDER THE BIG TOP

**PURIM**  
at Beth El Jacob

**March 24,  
5-8 p.m.**

Featuring Facepainting, a Clown,  
Games, and a Bounce House!

Food Provided!  
Hot Dogs, Hamantaschen,  
Peanuts, Popcorn, and Drinks!  
**Costumes encouraged.**

**\$5 FOR ENTRY;  
UNDER 5 FREE!**



2016 Tifereth Israel

## Purim Celebration



Join your  
Tifereth Israel community on

**Wednesday, March 23rd  
at 5:30pm**

to fulfill the  
mitzvot of Purim  
and celebrate how  
Queen Esther helped save  
the Jewish people!

The evening will include  
a variety of family-friendly activities,  
including an interactive Purim story,  
arts and crafts, mini carnival,  
sh'lach manot  
(Purim food baskets),  
our annual costume parade,  
and the reading of the  
Book of Esther.

### THE FOUR MITZVOT OF PURIM

According to Jewish  
tradition, we remember the  
miracle of Purim by fulfilling  
four mitzvot.

1. **We listen** to the Megillah, the Scroll of Esther (and stomp our feet and twirl graggers whenever we hear Haman's name mentioned).
2. **We emphasize** the importance of Jewish unity and friendship by giving gifts of food to our families, friends and community.
3. **We give** tzedakah directly to people in need.
4. **We prepare** for the holiday by marking the Fast of Esther.

We hope you'll join us for  
this year's Purim celebration,  
where there will be  
opportunities to fulfill  
these mitzvot!

*The event is free and open to the community.*

Donations to help cover the cost of the event will be gladly accepted;  
please mail your donation to the Tifereth Israel office at 924 Polk Blvd., Des Moines, IA 50312.

**Tifereth Israel  
SYNAGOGUE**

924 Polk Boulevard | Des Moines, IA 50312  
515-255-1137 | [www.tifereth.org](http://www.tifereth.org) | [office@tifereth.org](mailto:office@tifereth.org) | [fb.com/tiferethdesmoines](https://fb.com/tiferethdesmoines) | [twitter.com/tiferethdsm](https://twitter.com/tiferethdsm)

## THE JRC OF IOWA INVITES YOU TO.....

# PURIM IN THE ROYAL PALACE

SCRUMPTIOUS ROYAL FEAST  
MEGILAH READING  
ROYAL MASQUERADE  
HAMANTASHEN  
LOTS OF LIVELY MUSIC  
FUN FOR THE WHOLE FAMILY

THURSDAY MARCH, 24<sup>TH</sup> 2016  
5:30PM - 7:30PM  
COLBY PARK COMMUNITY  
CENTER  
6900 SCHOOL STREET  
WINDSOR HEIGHTS 50324

**Suggested Donation**  
Adults \$14 Children (under 12) \$7  
Crown Sponsor \$360 Jewel Sponsor \$180 Scepter Sponsor \$100  
RSVP By March 20th to: [jrcspark@msn.com](mailto:jrcspark@msn.com)

This Project is sponsored by  
Lubavitch of Iowa's JRC



## Foreign Golden Globe goes to Hungarian Holocaust film 'Son of Saul'

Look for "Son of Saul" to screen both at the Fleur Cinema and the Varsity Theater.



The film has received outstanding reviews and is considered to be "a cinematic breakthrough" by the Washington Post, and "expands the language of Holocaust films," according to the New York Times.

(JNS.org) The Hungarian Holocaust film "Son of Saul" won the Golden Globe for best foreign film on January 10th. The movie tells the story of Saul Auslander, a prisoner at Auschwitz-Birkenau who was a member of the Sonderkommando, the unit of Jews who were forced to clear out corpses from gas chambers and move them to the crematoriums.

Saul finds a body of a young boy whom he believes to be his dead son, and tries to save the corpse from burning in order to give his son a proper Jewish funeral, while the members of the Sonderkommando plan a rebellion. The actor who portrays Saul is Hungarian Jew Geza Rohrig, who also founded an underground punk band when Hungary was under Communist rule. He currently lives in New York, where he has studied at a Hassidic yeshiva. The film was funded in part by the Conference on Jewish Material Claims Against Germany.

"Son of Saul" won over films from France, Chile, Belgium, Luxembourg, Finland, Germany, and Estonia.

*Published by permission of the Jewish News Service, jns.org*

## Temple Youth Group Update By Michael Adato DMTYG President

Do you smell that? It smells like spring is almost upon us! With spring comes spring events and we've got quite a bit lined up. Teen Talks are continuing through February and March. Good conversation is easy to come by at these events and we have steady attendance. Of course, there is one gigantic, glaring event that I'm personally very excited about, and that is the NFTY-MV Junior Youth Group Chavurah in St. Louis. To be exact, it is February 26-28, at the Central Reform Congregation in St. Louis. For our 7-8 grade friends, there is not one event, not one, that is as important as this. This trip is the opportunity to enter a whole new world-the world of NFTY. I'm serious, it's really, really, important. When they have so much fun-trust me, they will-they'll be hooked on NFTY and on Judaism. Kids will spend the weekend celebrating Shabbat, participating in fun programs and making new friends. I've heard there will be a rather epic basketball game there, so it must be fun! You should know that registration is open now. (For parents who want more information, you can always email, call, or talk to me or Wendy Beckerman. I'll be putting my number and email address at the bottom of this article for those people. Go to <http://missourivalley.nfty.org/> under the "Events" tab to find the link to register.)

Now that my NFTY rant is over let me briefly cover some other little tidbits of information. We had a great movie and game night in January-nothing like a good game of RISK! We also had some of our members, myself included, travel to Washington DC with Rabbi Kaufman to explore the Jewish side of our nation's capital. We met with Steven Beckerman, the son of Wendy Beckerman, who is a Senior Policy Analyst for AIPAC. We also toured the US Holocaust Museum, as well as the Spy Museum. In addition, we toured The Capitol Building with Congressman David Young's office, among other things. It was a fun and interesting trip and we learned a lot!

Well, that's about it. I hope 2016 is going well, and I'll see you around!

Shalom,

*Michael Adato DMTYG President*







**Recurring Events:**

**Minyan: Tuesdays 7:15 a.m.**

**Services: Fridays – 6:00 p.m.**  
Shabbat Evening Services

**Saturdays - 9:30 a.m.** Shabbat Morning Services

11:30 p.m. Shabbat Cafe

12:30 p.m. Shabbat Minchah Meditation

**Special Events for March and April 2016**

**March 2016**

**Saturday, March 5th – 7:00 p.m.**  
- Havdalah, Potluck & Game Night

**Saturday, March 19th – 10:30 a.m.** – Jr. Congregation

**Wednesday, March 23rd – 6:00 p.m.** –Family Purim Celebration & Dinner

**Saturday, March 26th – 10:30 a.m.** - Tot Shabbat and Children Service

**April 2016**

**Saturday, April 2nd – 9:30 a.m.** – Lexi Ohringer Bat Mitzvah

**Friday, April 8th – 6:00 p.m.** –

Mishpacha Shabbat & Potluck

**Saturday, April 16th – 10:30 a.m.**  
– Jr. Congregation

**Saturday, April 23rd - 6:30 p.m.**  
– Second Night Seder (Social Hall)

**Wednesday, April 27th – 6:00 p.m.** - Women's League Passover Lasagna Dinner

**PLEASE SEE TIFEREH'S PASSOVER SCHEDULE ON THE NEXT PAGE.**

**Adult Education:**

**Miller Introduction to Judaism Program** – Rabbi Edelman-Blank: Contact the Tifereth office for more information 515-255-1137

**Spirituality Study and Discussion Group** - Patrick Courtney: Saturdays after Meditation (1:30 p.m.)

**S.T.E.P. (Sunday Torah Education Program)** - Michael Kuperman: Sundays at 10:00 a.m.

**Adult Hebrew for Beginners** – Patrick Courtney: Sundays at 3:00 p.m. & 6:30 p.m.

**Teen Torah Reader's Club** – Patrick Courtney: Sundays at 4:00 p.m.



Several dozen AJC members gathered on January 23 for AJC's second annual fruit and wine party. In the spirit of Tu B'Shevat, those attending brought fruit, desserts, fruit, nuts, and/or wine to share.

**Ames Jewish Congregation Film Series**


The Ames Jewish Congregation is holding a film festival in February, March, and April. The first film, *Fill the Void*, a 2012 Israeli film about a young Hasidic Jewish woman who is pressured into an arranged marriage to an older widower (her late sister's husband), was shown on February 27.

The next film, *The Bible's Buried Secrets*, is scheduled to be shown on March 26 at 8:00 p.m. In this landmark two-hour special, NOVA takes viewers on a scientific journey that began 3,000 years ago and continues today. The film presents the latest archeological scholarship from the Holy Land to explore the beginnings of modern religion and the origins of the Hebrew Bible, also known as the Old Testament. This archeological detective story tackles some of the biggest questions in biblical studies: Where did the ancient Israelites come from? Who wrote the Bible, when, and why? How did the worship of one God—the foundation of modern Judaism, Christianity, and Islam—emerge? Rabbi Niles Goldstein will serve as a resource for the discussion that follows. Dessert will be provided.

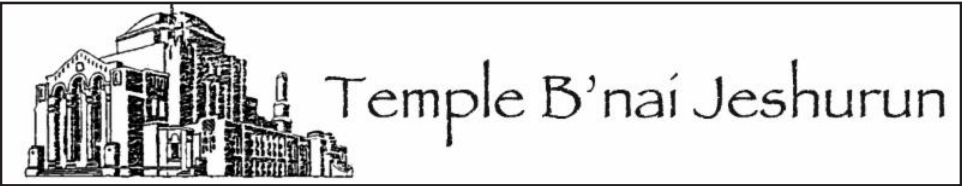
The final film will be shown in April, also on a Saturday evening. Details will be available later.

## Bnai Mizvahs

We note with joy the upcoming celebration of



**Beth and Sheldon Ohringer** would like to invite the community to celebrate with us as our daughter **Alexandra Ohringer** is called to the Torah as a Bat Mitzvah at **Tifereth Israel Synagogue on Saturday April 2, 2016 at 9:30 am.** Please also join us for a Kiddush luncheon to follow.



**Temple B'nai Jeshurun Adult Ed Calendar for Spring 2016**

- Thursday Classes - 7 p.m.
- Mar 3 The Origins of Israelites and Jews
- Mar 10 Jewish Text Study – The Torah and The Rabbis
- Mar 31 Jews in the Middle - Living in Christian and Muslim Lands
- Apr 7 Salvation, Atonement, and Forgiveness
- Apr 14 Mysticism and Hasidism
- May 5 Yom Hashoah - What Do We Remember? What Must We Do?
- May 12 Yom Haatzmaut – Israel Today

- Saturday Torah Study – Special Topics 10:45-11:30 a.m.
- Mar 19 All about Purim (Mar 23-24)
- Apr 16 All about Passover
- May 21 The Messiah and The Messianic Age

- Saturday Rabbi's Tish Programs 10:00-11:30 a.m.
- Mar 26 Angels? In Judaism?
- Apr 30 The Afterlife in the Jewish Tradition

- Sunday Rabbi's Symposia 4:00-5:30 p.m.
- Mar 6 Do We Believe That? Take 2 - Malo
- Apr 10 Israel and American Jews –515 Taproom
- May 1 Sayings of Our Fathers and Mothers – Granite City Brewpub

- Sunday Teen Talks 12:30-2:00 p.m.
- Mar 6 Fuddruckers
- April 17 Shanghai –Waukee off Hickman

## In Memoriam

We note with sorrow the recent passing of

Irina Yanovskaya	Marlene Braverman Garfin
Irvin Robinson	Jennie Wolnerman
Heather Howard	Joy Miller
Rhea Rosenberg	





#### RECURRING EVENTS

Morning Minyan Times:  
 Sunday: 9:00 a.m.  
 Monday: 6:45 a.m.  
 Tuesday: 7:00 a.m.  
 Wednesday: 7:00 a.m.  
 Thursday: 6:45 a.m.  
 Friday: 7:00 a.m.  
 Shabbat: 9:00 a.m.

Daily after morning minyan: Two study groups to choose from that will study a range of Jewish topics, from the Weekly Torah portion to Mishna & Talmud and Jewish Law.

Tuesdays:  
 RIE Family Hebrew Program at 4:00 p.m. - provides children and

parents with advancement in Jewish knowledge and identity, enabling the children to build a solid Jewish foundation with strong parental support. Please contact the office to attend.

Wednesdays:  
 The "Shiur" at 7:00 p.m. - covers Jewish learning on self-improvement, interpersonal relationships, weekly portion and current events. Please contact the office to attend.

Thursdays:  
 Jewish Business Ethics 12:00 p.m. - covers Jewish business ethics on a variety of subjects. Please contact the office to attend.

## BETH EL JACOB SYNAGOGUE

### 2016 SPEAKER SERIES

5:30 PM

Mar. 7



ADULTS  
5:30 - 6:00  
KIDS  
6:00-6:30



**SAUL BLINKOFF**  
 DIRECTOR & ANIMATOR  
 "MY SEARCH FOR CLARITY"  
 COME HEAR HOW JUDAISM PROVIDED A SPRINGBOARD FOR SAUL TO REACH HIS GOALS & NAVIGATE A SUCCESSFUL HOLLYWOOD CAREER.  
 \*\*CHILD CARE PROVIDED\*\*

Mar. 28



**RABBI BENZION KLATZKO**  
 "THE HOLLYWOOD RABBI"  
 RADIO SHOW HOST, VISIONARY & LEADER IN JEWISH TECHNOLOGICAL RESOURCES

Apr. 4



**DR. BERND WOLLSCHLAEGER**  
 "SON OF A NAZI"  
 THE SON OF A HIGHLY-DECORATED WWII TANK COMMANDER AND NAZI OFFICER. HE EVENTUALLY CONVERTED TO JUDAISM, AND SERVED IN THE ISRAEL DEFENSE FORCES AS A MEDICAL OFFICER.

## Community Seders:

**First Seder, April 22**  
**Contact Temple B'nai Jeshurun**  
**515-274-4679**

**Second Seder April 23**  
**Contact Tifereth Israel Synagogue**  
**515-255-1137**

## Passover Schedule

### 5776 / 2016



- \* Friday, April 22, 2016  
**Erev Pesach / Ta'anit Bekhorim (Fast of the Firstborn)**  
 7:30am - Study session with Rabbi Edelman-Blank (Conference Room)  
 No services today - First Night Seder in your homes
- \* Saturday, April 23, 2016  
**First Day Pesach**  
 9:30am - Shabbat Morning Services  
 6:30pm - Tifereth Community Second Night Seder (Social Hall)  
 Begin counting Omer at Second Night Seder
- \* Sunday, April 24, 2016  
**Second Day Pesach**  
 9:30am - Pesach Morning Services
- \* Wednesday, April 27, 2016  
 6:00pm - Women's League Passover Lasagna Dinner
- \* Friday, April 29, 2016  
**Seventh Day Pesach**  
 9:30 a.m. - Pesach Morning Services  
 6:00 p.m. - Shabbat Evening Services
- \* Saturday, April 30, 2016  
**Eighth Day Pesach**  
 9:30am - Shabbat Morning Services / Yizkor Service

**Tifereth Israel**  
**SYNAGOGUE**

### Temple B'nai Jeshurun Passover Seder, April 22

Temple B'nai Jeshurun's congregational first night Seder will be held on Friday, April 22 at 6:15 p.m. Reservations are required. Please RSVP to the Temple office at (515) 274-4679 or office@templebnaijeshurun.com by April 15. The cost is \$30 per person, Children 6-12 \$7, Under 6 free. We are limiting the number of non-Temple members so ensure we have enough room for all of our members, so please RSVP as soon as possible!  
 Yizkor for Passover will take place on Saturday, April 23, at 10:00 a.m.

### Beth El Jacob Synagogue Passover Schedule

- April
- 21 - Search for Chometz 9:00 p.m.
  - 22 - Last time to eat Chometz 10:56 a.m.  
 Burn Chometz in BEJ parking lot 11:30 a.m.  
 Candle Lighting 7:45 p.m.
  - 23 - Shachris 9:30 a.m.  
 2nd Night of Passover  
 (Shabbos ends 8:49 p.m. - followed by Candle lighting)
  - 24 - Shachris 9:00 a.m.  
 End of 1st days of Passover 8:50 p.m.  
 (Start counting "Omer")
  - 25-28 Shachris 6:45 a.m.
  - 28 - Candle lighting 7:52 p.m.
  - 29 - Services 9:00 a.m.  
 Candle lighting 7:53 p.m.
  - 30 - Service 9:30 a.m.  
 YIZKOR 10:30 a.m.  
 Shabbos ends 8:58 p.m.



# ENGMAN CAMP SHALOM

# SUMMER

## CAMP 2016

sign up  
today!

### WEEK 1: JUNE 13-17 **ANIMALS**

Horse Camp w / Kimberlin Farms, Blank Park Zoo, Valley View Aquatic Center

### WEEK 2: JUNE 20-24 **SPORTS AND COOKING**

Menace Soccer, Miniature Golf/Driving Range, Baking, Clive Aquatic Center

### WEEK 3: JUNE 27-JULY 1 **WATER**

Skyzone, Swim Lessons, Holiday Park Aquatic Center

### WEEK 4: JULY 5-8 **MACCABIA/COLOR WAR**

ICUBS game, Mini Olympics, Swim Lessons, Valley View Aquatic Center

### WEEK 5: JULY 11-15 **ART AND SUMMER OLYMPICS**

Kil'N Time, Swim Lessons, Clive Aquatic Center

### WEEK 6: JULY 18-22 **SPORTS AND COOKING**

Menace Soccer, Jewish Cooking, Valley View Aquatic Center

### WEEK 7: JULY 25-29 **ADVENTURES**

Adventureland, Clive Aquatic Center

### WEEK 8: AUGUST 1-5 **SCIENCE**

Movie Theater, Science Center, STEM Activities, Swim Lessons, Holiday Park Aquatic Center

### WEEK 9: AUGUST 8-12 **SWEETS**

Skate West, Baking, Swim Lessons, Valley View Aquatic Center

### WEEK 10: AUGUST 15-19 **CIRCUS**

Carnival, Iowa Circus Academy, Swim Lessons, Clive Aquatic Center

MONDAY - FRIDAY FROM 9:00 a.m. TO 4:00 p.m. ☀️ \$190 PER WEEK

AVAILABLE TO ANY CHILD ENTERING KINDERGARTEN-10TH GRADE

TRANSPORTATION DAILY: 8:40 a.m. PICKUP AND 4:15 p.m. DROP OFF - BETH EL JACOB SYNAGOGUE  
(\$15 ONE WAY OR \$20 ROUND TRIP PER WEEK)

BEFORE AND AFTER CARE: 7:30 a.m. - 5:30 p.m. (\$20 /WEEK FOR ONE OR \$30 /WEEK FOR BOTH)

**Online Registration at: <https://goo.gl/t6KSV6>**



Engman Camp Shalom

Questions? Contact  
[engmancampshalom@dmjfed.org](mailto:engmancampshalom@dmjfed.org)  
or 515-987-0899  
[www.jewishdesmoines.org/ecs](http://www.jewishdesmoines.org/ecs)