

THE GREATER DES MOINES Jewish Press

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Jewish Federation's 96th Annual Meeting

FBI Terrorist Task Force Agent Speaks June 7

Please join us on Monday, June 7, at 6:30 pm for the Federation's 96th Annual Meeting at The Caspe Terrace. Keynote speaker will be Special Agent David Larson, FBI Terrorist Task Force. Federation President Judy Deutch will preside over the Federation's 96th Annual Meeting and will present new candidates for election to the Board of Directors. A dessert reception will follow. Transportation is available. Call Pat at 277-6321 x215 by 11:00 am Thursday, June 3 to arrange.

Meet Camp Shalom's New Israeli Staff Member, Lior Rippel

I am pleased to introduce to you the shlichah that will be joining our camp this summer. Her name is Lior Rippel and she is 20 yrs old. She lives in Tel Aviv with her parents and two older sisters. Lior has been involved with the Tel Aviv Scouts Musical group and has not only traveled to America but also Singapore, Thailand, Mexico and Canada. The name of her scout tribe was "Hahorch" and she has been involved in this group since she was in 4th grade as a camper and a leader.

Our new shlichah, recommended to us through the Jewish Community Center's Summer Shlichim Program, will work at Engman Camp Shalom this summer. The Youth and Hehalutz Department and Jewish Agency's Security Department within the Government of Israel have carefully screened all shlichim enrolled in this program. Their purpose at our camp is to impart a love of Jewish culture to campers and serve as goodwill ambassadors for the Jewish State.

Serving as our Israeli Culture Camp Specialist, Lior will also help daily to lead "hatifka" (cheer), Hatikva (Israeli National Anthem), and a Hebrew word of the day. Other duties include: planning Shabbat on Friday afternoon's, teaching Israeli culture and crafts, and helping with other camp programs.

Lior served as commander while in the IDF (Israel Defense Force). She also has experience as a general counselor, dance and jazz, voice and drama, has teaching experience in Israeli culture, Judaism and Zionism. Lior is described as fun, creative, very talented and has lots of positive energy, loves children and is patient and kind. Lior is looking forward to being with us this summer!

-Lyanna Lindgren

"Magik Mania Publik Show," May 8th at The Caspe Terrace

The public is invited free of charge to a full-length magic show featuring four national level magicians, 7:30 pm Saturday evening, May 8th in the Bucksbaum Auditorium at The Caspe Terrace. Fun for all ages. The program, sponsored by magic enthusiast Dr. Alan Koslow, is part of a two day magic convention. For more details, contact koslow@mchsi.com. The performers include Danny Archer, who has thrilled audiences in over 15 countries worldwide, Brian Bushwood, veteran of "The Tonight Show with Jay Leno," "The Voodoo Revue Crew," a trio of talented magicians from the Brooks & Dunn's Neon Circus and Wild West Show, and Fred Baisch, an award winning clown as well as an accomplished magician.

Engman Camp Shalom

June 21-August 13
Sign up now!

Call 515-277-5566

Shavu'ot Begins the Evening of May 18th

Shavu'ot, the Festival of Weeks, is the second of the three major festivals with both historical and agricultural significance (the other two are Passover and Sukkot). Agriculturally, it commemorates the time when the first fruits were harvested and brought to the Temple, and is known as Chag ha-Bikkurim (the Festival of the First Fruits). Historically, it celebrates the giving of the Torah at Mount Sinai, and is also known as Chag Matan Torateinu (the Festival of the Giving of Our Torah).

The period from Passover to Shavu'ot is a time of great anticipation. We count each of the days from the second day of Passover to the day before Shavu'ot, 49 days or 7 full weeks, hence the name of the festival. The counting reminds us of the important connection between Passover and Shavu'ot: Passover freed us physically from bondage, but the giving of the Torah on Shavu'ot redeemed us spiritually from our bondage to idolatry and immorality.

It is noteworthy that the holiday is called the time of the giving of the Torah, rather than the time of the receiving of the Torah. The sages point out that we are constantly in the process of receiving the Torah, that we receive it every day, but it was first given at this time. Thus it is the giving, not the receiving, that makes this holiday significant.

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“my federation...”

Originally from New York City, I was a professional ballet dancer with the American Ballet Theatre and the Metropolitan Opera Association, I was invited to teach ballet at Drake University. I have since retired and live here alone with my cat Sahib.

I first met Federation Social Worker, Pat Nawrocki at the Iowa Jewish Life Center, where I went for physical therapy after a hip replacement. I didn't know which way to turn for help. Jewish Family Services and the Federation helped me with crutches, walker and other necessities I needed at that time.

Most recently I had a stent put in my heart artery and take several expensive medications. Once again the Federation was there to help me, this time with their medical assistance through the Jewish Foundation's Shalom Home Fund. I live on a limited income and am in that gap period of health insurance.

The Federation has a wonderful Oasis Volunteer Program where they have volunteer drivers for those who are unable to get somewhere by themselves. After my surgery I was unable to drive my car. I was most fortunate to be introduced to volunteer Jan Houk. She took me to doctor appointments and still does. When I was better we went on shopping trips and became really good friends.

I have received so much support morally as well as otherwise that I was able to volunteer myself at Bon March, a boutique, and teach ballet, my passion.

The only way to say thank you is just to say “Thank You for caring for one human being and making her life a little better.”

– Janet Morse



Thank you for supporting the All-In-One Campaign

Dollars In and Dollars Out



Judy Deutch
President

What has the Federation done lately?

- An 89-year old member of our community realized he had no way to get his necessary medication and contacted Pat Nawrocki, Jewish Family Services social worker, who personally delivered the medicine. The senior was as excited as if he had won the lottery.
- JCRC agreed to prioritize a Planning & Budgeting request for Israel Advocacy Training for local college students.
- Our combined Jewish Federation Youth Group is planning an out-of-town learning trip for high school students.
- The weekly JFCS e-bulletin keeps parents informed about activities in our school.

Recently I read an article that described how, in ancient times in small villages and towns, a tzedakah box was kept in the synagogue. Those who were able would discreetly put coins in the box for those in need and those in need could discreetly remove coins from the box. In this way, the community maintained itself, keeping itself strong by caring for its members.

Des Moines is just such a sacred and caring community. It is not a slogan or tagline...it's the truth.

As most of you know, we are finishing up our All-in-One Campaign. As of the writing of this article in mid-March, our campaign is down from last year. There are still a number of donors to be contacted. For those of you who have given so generously, we thank you. And for those who have not yet pledged, we hope you will do so and increase your contribution. We depend on your gifts to come in.

Often contributors ask about the process for allocating funds.

In April members of the Planning and Budgeting Committee, headed by Barb Hirsch-Giller, spent 4 long evenings determining how your gifts are to be allocated. What makes this process particularly challenging is that we need to predict how much money we have to spend before all pledges are in.

Chairs of our various agencies and other organizations prepare their budgets in advance; each agency has been asked to cut a minimum of 5% from last year's budget. They are invited to come to P & B ready to justify their requests. They are asked many questions about their programs, activities, income and expenses.

Determining which group gets how much money is difficult. There is not always consensus in how we make our allocations. They are all worthwhile causes but our financial resources are limited. We work together to determine how the money goes out. Finally, P & B makes a recommendation to our Board of Directors in May and the Board votes to accept or reject the recommendation.

So be assured that every dollar we receive is thoughtfully and judiciously allocated to better our community here, in Israel, and overseas.

Shalom
- Judy

5 ways to stay informed!

For current news of pertinence to the Jewish community, read the JCRC's InfoBlog, online at jcommunitynews.blogspot.com

- To receive the Jewish Federation's E-Newsletter: **Dish It Up**, provide your e-mail address to: sherry@dmjfed.org
- The JCRC InfoBlog is now on Twitter at twitter.com/jewishnewsblog
- Also on Twitter: **Update J** An update of Federation programming via cell phone, including changes of date, time, location, or content.
- The Jewish Federation of Greater Des Moines website: jewishdesmoines.org

For further information, contact jcrc@dmjfed.org



THANK YOU

Thank you for the Teachers' Institute on Holocaust Education with Dr. Mary Johnson. She established an emotional connection with the teachers, challenged us to think and allowed for many perspectives to be shared.

I hope to challenge my students as well and will use so much from her presentation with them.

I am looking forward to next year's Institute!

L. DeBrower, Southeast Polk Junior High

Recent Grads

Send a photo and announcement by May 24, for publication in the July/August '10 edition. Jewish Press, 910 Polk Blvd, Des Moines, IA 50312 or by e-mail to jcrc@dmjfed.org

THE GREATER DES MOINES

Jewish Press

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

We are always happy to consider articles and information for publication. We reserve the right to edit submissions for space considerations and clarity.

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JEWISH FEDERATION COMMUNITY SCHOOL

SUMMER JEWISH ACTIVITIES

Religious school classes will be over soon and I hope you have a fantastic summer. During this time, there are many “family” opportunities to continue your Jewish learning. Remember, you don’t stop being Jewish just because religious school is over. Judaism is a religion that requires life long learning. There is still so much to know, understand and learn. Summer is a time when you can prove that being Jewish is something you are – not just something you do. The following are suggestions of things to do that are fun and will provide wonderful moments with your family.

Summer Reading - The simplest thing you can do is to continue reading Jewish books as you did during our school year. It is a great time to read chapter books and explore all kinds of Jewish interests. Every trip to the library can be a search for something interesting and exciting. The times you set aside for reading together can also be times of wondrous conversation. Don’t forget that your synagogues also have libraries and are open during business hours during the week. Also, many of you are on summer reading programs for your elementary school. These books can be applied to your contracted number of pages. The Association of Jewish Libraries (AJL) is also another great site. www.jewishlibraries.org. Once you are at the site, go to “publications” and you will find a variety of lists with notable children’s books with Jewish content.

Day Camp - Attend Engman Camp Shalom (ECS) day camp. Statistics show that a Jewish summer camping experience (overnight or day camp) will make the greatest impact on our children’s Jewish future. While sleep-away camp is the part of this process that packs the real wallop, the process begins with Jewish day camp. At ECS, you will not only make new friends but also see many of your religious school friends. You can still register. Camp runs June 21 through August 13. Call at 277-5566 for information.

Play Dates - One of the things that will most greatly influence the success for your child’s experiences in religious school is the amount of connection that she or he feels with their classmates. That connection is most specifically built through friendships. Summer is the perfect time to help your child “play” with other children in his or her religious school class and summer is the perfect time to create or deepen your relationships with other families at the same time. Think of summer as a great time to build relationships and community.

There are also many Jewish learning opportunities on the internet:

www.jewsinsports.org - The American Jewish Historical Society presents this digital archival record of the proud legacy of Jewish athletes, and how each one’s accomplishments in the world of sports reflected on his or her particular society and era.

www.j.co.il - Hebrew sign maker, Jewish Wisdom Database, Jewish Trivia Database, Jewish coloring book, Israel Geography Game, Jewish Trivia Quiz, My Hebrew Dictionary, My Hebrew Name, My Hebrew Picture Dictionary. Jewish and Israel Hotsites, and many more.

www.jvibe.com - Speak your mind, learn from others, explore your world, find people with similar interests and make new friends from around the globe. Teens offer a forum to be heard. JVibe brings together teens from across the globe to bridge the gap of language barriers, geographical boundaries, and religious backgrounds.

www.torah tots.com - learn Torah in a fun and exciting way. There is a wealth of knowledge at this site created for children and adults.

As always, if you have any questions, please contact our office at 277-5566
-Lyanna Lindgren

ENGMAN CAMP SHALOM BEGINS JUNE 21



Engman Camp Shalom 09 was a great camp experience for many children. This year will be even better! Engman Camp Shalom is an eight week program and is located at The Caspe Terrace, in Wauke. Our Camp begins on Monday, June 21 and runs through Friday, August 13.

Many new and exciting programs will be introduced this summer. We are thrilled to introduce our new Camp Director, Julie Seindensfeld-Olsasky, and returning will be the amazing Jeremy Schwartz, Assistant Director, and David Copeland, Assistant (Chef David).

With Julie at the helm, our staff has been hand-selected to provide the highest quality of care. We will have one Shliach coming to our camp this summer. Her name is Lior Rippel. Very similar name to last year’s Israeli, Lior Rottman. She will share her own individual skills and experiences as well as sharing her knowledge and love of Israel through Israeli Culture. Check out the article on Lior on page 1.

Our theme for summer is “Tikkun Olam – Repairing the World.” The theme for each week will be: week 1 – Teva: Nature; week 2 – Tza’ar Ba’alei Hayyim: Compassion to Animals; week 3 – Bal Tash’hit: Sustainable Earth; week 4 – Survivor Week; week 5 – L’dor Va Dor: Generation to Generation; week 6 – Hafata’a: Surprise; Week 7 – Cha’eem Bari: Healthy Living; and week 8 – Chesed: Random Acts of Kindness.

This summer, campers will be divided into age groups: Kochavim (Stars) entering Kindergarten; Chaverim (Friends) entering 1st and 2nd grade; Giborim (Heroes) entering 3rd and 4th grade; and Ruach (Spirit) entering 5th and 6th grade. Our CIT program (counselor in training) has been changed to run grades seventh through ninth.

This summer, we are offering “Camp Shalom – Lite.” This program is available to children that are entering Pre-Kindergarten or are four (4) years old. The “Nitzanim” group, which means “buds,” will enjoy an active morning filled with friendships and smiles. Nitzanim will meet from 9:00 am – 12:30 pm. The morning activities will include music, dance, sports, nature, science, arts & crafts, and cooking. In order to offer this program, there is a minimum of six (6) children per week required to be registered by June 1, 2010, in order to assure the program’s success. Those registered will be informed each week if we meet that minimum. These campers must also be potty-trained.

Summer camp is a special place for a child to relax, grow and flourish in a safe and spirited environment. The priceless summer season equips your child with many social and physical skills. Engman Camp Shalom is a summer alternative that goes beyond recreation; it’s where learning and life take place. Make camp an asset to your child’s total growth experience. Be a part of Engman Camp Shalom!

For detailed information about ECS, please contact our office at: 277-5566 or email engmancampshalom@gmail.com.



Report Demonizing Israel Risks Presbyterian-Jewish Ties

By E.B. SOLOMONT, Jerusalem Post March 16, 2010

NEW YORK - American Jewish leaders are slamming a report by the Presbyterian Church USA that blames Israel for the “Palestinian resistance” and denounces companies doing business with Israel.

The Jewish Council for Public Affairs, which circulated a memo to its member agencies and board of directors Monday, said the biased report reduced the Israeli-Palestinian conflict to a caricature, demonizing Israel and delegitimizing its right to exist as a Jewish state.

“It’s a highly-selective use of text, history and circumstances to form an anti-Israel narrative,” said JCPA vice president Ethan Felson. “They give significant voice to anti-Zionists, condemn companies that sell to Israel and allow for the demonization of Israel. That’s several red lines.”

The 172-page report, written by the church’s Middle East Study Committee, is to be debated at the church’s General Assembly this July. But Jewish leaders say its recommendations renew old tensions over the church’s previous divestment policies toward Israel, threatening Presbyterian-Jewish relations.

The current report charges the US government with “complicity in the Israeli occupation” and suggests that the government consider withholding aid to Israel until it agrees to stop building settlements. The report singles out Caterpillar, which manufactures construction equipment, for its “continued profit-making from non-peaceful use of its products.”

It also endorses the Kairos Palestine document, a manifesto by Christian Palestinians that calls for an end to Israel as a Jewish state and uses words like “evil” and “sin” to describe Israeli actions.

Rabbi Steve Gutow, president of JCPA, said in a statement that Jewish leaders were dismayed at the attempt to “delegitimize and demonize” Israel.

“We hope that before this report is brought for a vote at the church’s General Assembly, significant revisions are made,” he said, noting that the report threatened relations with the church.

Church leaders were not immediately available for comment Tuesday.

Last week, however, the Rev. Susan

Andrews told The Jewish Week that “the recommendations we will be making are in keeping with our former statements and policies.”

“Our report is not about divestment,” she said. “Its main focus is on our Christian brothers and sisters in Lebanon, Syria and on what we hear from Iran and Iraq.”

The Presbyterian church raised the ire of the Jewish community in 2004, when the General Assembly approved faith-selective divestment from Israel. In 2006 and 2008, it retreated from its position.

This year’s report, which takes aim at companies doing business with Israel, “resurrects that thinking,” said Felson, referring to the 2004 position.

The current report frames Palestinian terror in the context of resistance, using words that are lifted almost directly from the Kairos document, he said.

“These are decisions that Presbyterians will need to reach about whether to receive a profoundly biased report, about whether to denounce a company, about whether to endorse a creed that demonizes Israel,” said Felson. “These moves seriously call

into question the very nature of the Presbyterian-Jewish relationship.”

The memo outlines a dozen recommendations in the Presbyterian report that put the onus on Israel, including a comparison between Iranian and Israeli nuclear threats.

“It is very much a document that takes a side and doesn’t seem to care about doing it in a civil way,” said Felson.

Last week, the Anti-Defamation League called the report a “toxic mix of bad history, politically motivated distortions and offensive attacks on Judaism and Israel.”

ADL leaders said the church committee had failed to meet with mainstream American Jewish organizations, limiting itself to left-leaning groups.

“The Presbyterian Church USA, despite their resolution two years ago to take an even-handed approach to the Israeli-Palestinian conflict, has gone back on its word with this offensive and biased report,” Abraham Foxman, ADL’s national director, said in a statement. *The Jerusalem Post is online at jpost.com*

Men and Women of Honor by David Friedgood



Recently, there have been many funerals in our Des Moines Jewish community. At first glance this is hardly unusual – birth and death are, after all, the life cycle of all human beings. What strikes me, however, is the number of men and women, recently passed, who have been leaders of our community. People who have made a profound difference with their lives, and whose presence is dearly missed by all of us. These are individuals who “even in death are not departed” (B'rakhot 18b). What is it that distinguishes these community leaders? How do we ever replace them and carry on their vision for our future here in Iowa?

In an essay on Biblical Leadership, Martin Buber identifies 3 types of leaders: 1) Those who carry out work begun by another. Joshua who led the Israelites during their occupation of the land of Israel built on Moses' work and preparation. King Solomon, builder of the grand Temple in Jerusalem envisioned by King David, is another example. 2) Leaders who come to their position with a unique vision, something new. Abraham with his insight of the one true God is an example. A man who left home and family to forge a new destiny for himself, and ultimately all of mankind. Another example is Moses who stood up to the mighty Pharaoh demanding: “Let my people go.” (Exodus 5:1) By the force of his will, and his vision of the future where all people had intrinsic value, Moses forged a religious nation out of a group of beleaguered slaves. 3) The third type are the Judges (and most of the Kings) who were appointed to office by the people, a prophet, or inherit their position. The rhythms in the books Judges, Samuel, and Kings, reflect the success and failure of this type of leadership. Results are often dependent on people's willingness to cooperate and follow the ways of God's Torah. I believe Professor Buber's insights help us understand the leadership qualities of those individuals, now gone, who are particularly deserving of honor.

Our most memorable leaders were not individuals who finished another's dream (type 1), and typically they were not appointed to, or inheritors of, leadership roles (type 3). More often their style is reminiscent of Abraham or Moses. These were men and women who began their lives under humble circumstances. They made errors and suffered the consequences of their mistakes, yet they had a vision of what their community could and should be. They worked tirelessly (though not always with complete success) to realize that dream. Their objectives were larger than the self-interest, which guides most of us. Abraham was a man who fought to rescue his nephew Lot, along with his family and possessions. After the conflict he paid his allies a portion of the spoils, but kept none for himself: “I will not take so much as a thread or a sandal strap of what is yours...”

(Genesis 14:23) Moses, informed by God that he is to die on Mt. Nebo, saves his last words for the people he shepherded and taught for much of his 120 years. He finishes his final blessing: “O Happy Israel! Who is like you, a people delivered by the LORD, your protecting shield, your sword triumphant!” (Deuteronomy 33:29) These were men, undeterred by the status quo, who stood up and argued with God when they perceived an injustice occurring. Yet despite their chutzpah (audacity), they often prevailed. When God tells Abraham of his plans to destroy Sodom and Gomorrah, our forefather argues for human life. He talks God into saving the cities if only 10 good men could be found there: “Let not my Lord be angry if I speak but this last time: What if ten should be found there?” And He answered, “I will not destroy for the sake of ten.” (Genesis 18:32) After the apostasy of the Golden Calf, God was ready to destroy the new Israelite nation and start all over with Moses: “I see that this is a stiff-necked people. Now, let Me be, that My anger may blaze forth against them and that I may destroy them, and make of you a great nation.” But Moses implored the LORD his God saying: “Let not your anger, O LORD, blaze forth against Your people... Remember Your servants Abraham, Isaac, and Israel...” And the LORD renounced the punishment He had planned to bring upon His people.” (Genesis 32:9-14)

Those men and women uniquely honored in the memories of our community were not always the ones in high office. They were not the ones giving orders, but influenced others in more subtle ways, as they took upon themselves the responsibility of leadership. They gave of themselves – both their time and fiscal resources. Policy was never about them, but what was best for all of us. Like our famous ancestors, community consumed much of their lives. They were always available when called upon to help, and one never doubted as to where they stood on questions of principle. Though not always the head of committees, their voices were clearly heard through the din of group decisions. We dearly miss their smiles and the twinkle in their eyes when good work was accomplished, but they are not gone from us. They are, even in passing, ever-present in our lives. Their work continues as they have passed on the mantle of beneficence to us, the next generation, and those yet to come. Our existence as a community is their memorial.

*The LORD appointed me before I was born,
He named me while I was in my mother's womb.
He made my mouth like a sharpened blade,
He hid me in the shadow of His hand...
And He said to me, “You are My servant,
Israel in whom I glory.” (Isaiah 49:1-3)*

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senior news

Upcoming Luncheons:

Thursday, May 13th, 12:00 Noon
at Temple B'nai Jeshurun - We are excited to have one of our wonderful volunteers, LuGene Isleman, entertain us with a delightful musical program. Also, welcome back Sherry Knox, from Polk County Crisis and Advocacy Services. She will have a presentation on the topic of "SCAMS". If a deal sounds too good to be true....you had better think twice. Come and learn about the signs of a scam and get tips on how to protect yourself.

Thursday, June 24th, 12:00 Noon
at Tifereth - We are looking forward to having another walk down the musical memory lane with the delightful selections of songs by "The Fat Cat" Jim Wangemann.

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JEWISH FAMILY SERVICES



The Ideal Gift To Give Is...



Yourself

Barbara Leventhal Beckerman is a volunteer who gives generously of her time and portrays selflessness, a kind heart and a strong commitment to better the lives of others. Her question to me is always "What can I do for you?" It's always very sincere and with that infectious smile of hers. Charlotte Rausch had this to say about Barb: "She has been a very special friend for over forty years and is as dear to me as a sister. Barb is very exceptional in her deep feelings of loving and caring attitudes towards others." How true that statement is. Barb wears all kinds of volunteer hats. She assists the OASIS Program with luncheons, takes pictures, transports seniors to doctor appointments and other activities. She was also a great asset this last fall with our Volunteer Recognition Banquet providing center pieces for the tables and gifts that put smiles on everyone's faces. Barb said that volunteering makes her feel good about herself. She enjoys the activities provided by the OASIS program and visiting with all the participants. The seniors are like part of her family because she has known most of them all of her life. This is what it is all about, reaching out and helping someone in need.

— Pat Nawrocki, OASIS Project Services Manager

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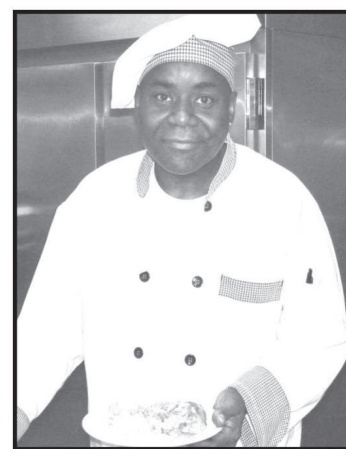
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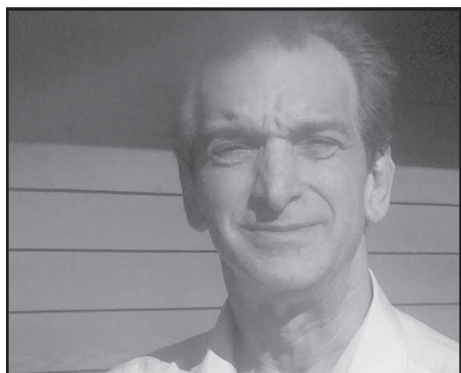
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Dr. Alan Koslow



Jewish Press: Alan, you're a whirlwind of activity and a man of diverse interests. You're doing radio shows, medical trips to Haiti, you've run for elective office, you're active at Tifereth Israel Synagogue, you've run a health food and dessert store, you're an avid Sci-Fi fan – all in addition to being a vascular surgeon. First of all, have I missed anything?

Alan Koslow: Yes. I am immediate past president and current vice president of the local magic club!

JP:.... OK, the local magic club! Alan, where do you get all the energy to do all these things?

AK: I don't know! I've had this high energy level my whole life. I've always been a multi-tasker. Starting in junior high, basically, I've done lots of things.

JP: When did you become interested in medicine?

AK: Actually, I originally wanted to be a zoo vet. As a teenager, I couldn't get a job in a veterinary hospital so I began

volunteering at Montefiore Hospital in the Bronx, in their physical research lab. After interacting with the physicians, I decided to go into surgery at age 13, and specifically vascular surgery at 16. I was doing surgical procedures at that time and I enjoyed doing those procedures.

JP: Where did you grow up?

AK: I grew up in Queens, NY. My father's liquor store was in the Bronx, which is where Montefiore Hospital was located.

JP: Are there any other physicians or scientists in your family?

AK: No, I'm the first one in my extended family to have gone past a bachelor's degree.

JP: Where did you go to school?

AK: I went to Jamaica High School, which was interesting in several ways. It was the largest high school in New York City with 5,800 students, and it was also the only high school in the city with 50/50 percentage of black-white integration, which in the late 1960s was pretty amazing. The school borders on the richest and poorest neighborhoods in Queens.

I then attended the University of Buffalo for undergraduate and medical school. I went to Stanford University for surgical residency; National Institutes of Health for Research, University of Medicine and Dentistry in Newark, New Jersey and Rochester University for vascular surgery studies. My specialty is in vascular surgery.

JP: So what brought you to Des Moines?

AK: A shift of professional interest brought me to Des Moines. I had been interested in doing academic surgery but found myself doing more surgery and less academics. So I began looking for a private practice and was guided to Des Moines' Iowa Heart Center.

JP: Do you have academic research interests?

AK: Well the research I had been doing for NIH had been with endothelial cells, the cells that line the blood vessels. I'm still interested in the topic, but I don't have the facilities here to do research myself. Interestingly, the research I fathered between 1981-1984 is related to a new breakthrough finding about stem cells. It makes me feel good that I performed significant research back then.

JP: Tell us a little about your family.

AK: I'm married to Margie, who is a geologist but has been working for the past five years as my office manager. We have three kids, Christina, who has finished college and is training horses now; Scott, who is a senior at the University of Central Oklahoma, who is a national champion college debater; and Elizabeth, who is at Sweetbriar and is on two of the equestrian teams and one of the top riders.

JP: Alan, you have so many things going on at the same time. What are numbers 1, 2 and 3 on your list?

AK: Right now, number one – because it is coming up at the end of March, is my second medical service trip to Haiti. Number two: I will be running for the State Legislature again. Number three, I'm actually one of the people organizing the Des Moines Magic Convention.

JP: Number four? You're not running out of topics here, Alan.

AK: I'm in the process of writing two books. One is *Memoirs of a Teenage Surgeon*, the other one is on my recent diet. I lost 90 pounds in nine-months!

JP: You're also on several radio shows. Which shows are they, Alan?

AK: I'm on WHO-AM every Friday from 6 – 7 pm with the Deace Group. I'm the liberal with three conservatives in something like the McGloghlin Group. Once a month, on a Thursday between 4 – 6 pm, I debate Ted Sporer, from the Deace Group, on various political topics. And every Monday on desmoinesLocalLive.com, an Internet-based station, I do a call-in show, *The Doctor is In*.

JP: And you are on multiple local boards.

AK: I feel it is important to give back to the community.

JP: People like to know more about your diet. What's it all about?

AK: I posed seven rules. You're pretty much guaranteed to lose weight if you follow them. You won't feel hungry, and it's a diet that can easily transition to a long term maintenance diet. It's a diet one can enjoy being on. I have posted my diet on <http://weightloss-skeptictdoctor.blogspot.com>.

JP: If people want to know more specifics, can they write you by e-mail?

AK: Definitely. They can either contact me at Koslow@mchsi.com or they can befriend me on [Facebook.com/alankoslow](https://www.facebook.com/alankoslow).

JP: Thank you, Alan. It's a pleasure to talk with you. All the best to you!

AK: You're welcome.



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The Jewish Community Relations Commission's
31st Teachers' Institute





Teachers gave high grades to the Jewish Community Relations Commission's 31st Teachers' Institute held in March. Dedicated this year to Holocaust Education, the sessions were conducted by Dr. Mary Johnson, Senior Historian and Consultant with Facing History And Ourselves, an organization that helps students link the past to moral choices today. Dr. Johnson actively engaged the teachers in discussion about methods and age-appropriate materials that may be used to get the most reflective response from students studying the Holocaust.

During dinner, in front of teachers studying the Holocaust, the Jewish Federation presented a lifetime achievement award for the promotion of Holocaust Education to Harlan "Bud" Hockenberg. Bud is a past presidential appointee to the United States Holocaust Memorial Council, in Washington D.C., past Chair of the JCRC and past president of the Jewish Federation. Presenting the award on behalf of the Jewish Federation was Elaine Steinger, Executive Director of the Federation.

Co-chairs of the 2010 Teachers' Institute were Barbara Hirsch-Giller and Roselind Rabinowitz. Thanks are extended to Carol S. Brown, Educational Consultant, to the staff of the Jewish Federation and Tifereth Israel Synagogue for their assistance, to the table hosts from the Jewish community, to Susan Madorsky for catering the dinner, to Rabbi Steven Edelman-Blank for his welcoming remarks to, David Copeland for technical assistance and to Tifereth Israel Synagogue for their kind use of the facilities.

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Welcome to the First Jewish Amusement Park

By David Moskowitz



I grew up in New Jersey loving amusement parks but there was always something missing. My mind is stuffed with early childhood memories of summer day trips "down the shore." I still remember those suntan lotion-lathered days on the pay-per-day beaches, followed by fluorescent evenings grazing the glitz and sleaze of the boardwalks of Asbury Park or Seaside Heights, including hours spent trying to buy a \$3 stuffed animal for \$60. And those creepy rides: nothing could beat the thrill of a few

hours at the Palace in Asbury Park, armed with a book of ride tickets and the chance to experience the Twister and get your fortune told by a demented clown in a glass case. And then waking up screaming in the middle of the night -- for a month.

But since the wonderful-frightening memories of those amusement parks of my childhood, I have been searching. Searching for something missing from those memories, in fact, missing from every amusement park in America, from Great Adventure, to Rye Play Land, to Disney World, to Geauga Lake Ohio, to Magic Mountain ... something Jewish.

When you think about it, it's difficult to even imagine an amusement park for Jews, since the entire concept is so antithetical to Jewish inclinations. What respectable Jew would intentionally spend a day drenched in sweat, standing in line to give away their hard-earned money by trying to win an over-priced stuffed animal, particularly if it required the performance of impossibly difficult stunts like tossing a tiny plastic loop onto the neck of a milk bottle? Any self-respecting Jew would rather just buy all the milk bottles wholesale.

Amusement parks had nothing that appealed to Jews ... until now.

Welcome to Gefilte Park, an amusement park filled with rides and attractions that only Jews could love! Just like its namesake (which is a kind of pellet-like food object pureed from moribund fish so disinterested in fighting for life that they obviously could be caught by my grandmother), the pleasures of Gefilte Park will be hard to explain to anyone but Jews.

Here are some highlights of this wonderful retreat:

1. Iconic landmark When you walk into Gefilte Park, you are treated with a view of the park's iconic landmark. At Disney World, you see a vaguely anti-semitic Cinderella Castle (doesn't it look like it housed the SS during WWII?), at Universal Studios, the icon appears to be a random and pointless revolving globe. At Six Flags, it's ... well, I don't remember but it's definitely iconic. Maybe a huge statue of Garfield or something. At Gefilte Park, behold the ultimate icon of Jewish amusement: an enormous Brunch Buffet, featuring a Ferris wheel of herring, coupons for half-price tee-shirts at the gift shop, and all-you-can-eat sable plate. Welcome Jews! This place was made for you out of pure Jewish imagination.

2. Ticket policy and hours What would be the ultimate ticket policy to attract hordes of Jews to Gefilte Park? They have it! Half-price for everyone, every-day, and if you're a senior citizen and it's after 4 pm, another half off! Handeling welcome. The park has a weekly fireworks display every Saturday night as part of its Havdalah celebration. Things get a little crazy at Gefilte Park on Saturday night -- rumor has it that they even give out free raisins to all the kids!

3. Roller coaster Every amusement park has an enormous, gut wrenching, body-twisting, scary roller coaster, and Gefilte Park is no exception. But at Gefilte Park, it's not named "Batman: The Ride" or "Killer Anaconda" or some other thrilling character Jews aren't actually thrilled by. It's "Crazy Haman" and it will rock your world. The ride starts with a relatively modest 20 foot incline but, watch out, when you reach the top, hold onto your lunch! Your Haman coaster levels out for 200 feet, quickly stops for a nosh of some prune hamantashen, but wait ... who is that up ahead! It's Haman himself! He halfheartedly chases your Haman coaster for maybe 25 feet before succumbing in an asthmatic fit, starts up again, but too late! Your coaster is already gently on its way back to the station. Wow! Nice try you stupid Haman! You stink at catching us! This Jewish thrill coaster is tailor-made for the delicate Jewish intestinal tract, and has the added benefit of a pyrrhic victory against a homicidal maniac. Please mommy; can we go again!

4. The 3D Tevye-Tron 5000 If Jews love anything, it is recreating scenes from "Fiddler on the Roof" and "Yentl the Yeshiva Boy" in 3D. Now that's amusement worth paying for! In the 3DTevye-Tron 5000, the patrons of Gefilte Park will experience, just as if they were there, the incredible scene from "Fiddler" when Motel Kamzoil gets that automatic sewing machine. You know which scene I mean! Just like his father-in-law Tevye, Jews will literally reach for the screen to be amazed by Motel's amazing machine ... but it's not even really there! Amazing! And almost as amazing is the 3D "Yentl" show, where Gefilte Park customers will don their 3D glasses and again reach towards the screen to shake some sense into the young Mandy Patinkin and Amy Irving, who appear to be in serious need of emergency ophthalmologic care. How else could they mistake the 40-year old Barbra Streisand for a 15-year old boy? The best part of 3D Tevye-Tron 5000 is that when it ends, you are ushered into an actual eyeglass clinic where you can purchase your own remedial eye wear from Doctor Morris Lipstein himself.

5. Food Let's face it; no visit to Gefilte Park would be complete without some serious noshing! Booth after booth filled with Jewish-focused treats! No snow-cones or corn dogs here. Instead, the patrons of Gefilte Park can choose from various fresh New York bagels at Bagel Park (none of these authentic bagels are available at Panera ... what Jew could ever come up with an oatmeal raisin bagel -- give me a salt bagel please), pickled herring, some tiny little revolting fish things with bones, more smoked fish, sponge cake, babka, pumpernickel rye bread, pickled tomatoes, the list goes on. At Gefilte Park, the main event is eating, and truth be told, focusing on eating lowered the amount of construction financing that was needed. Everybody wins!

5. Neighborhoods At Disney World, you stroll from one magical neighborhood to another, from Tomorrow Land to Adventure Land to Main Street to Fantasy Land. Hmmm ... sounds pretty irrelevant to this Jew.

continued on page 15

In the Kitchen with Beth Ohringer by Karen Engman



Beth Selzer was born in Madison, WI while her father attended graduate school at the University of Wisconsin but she grew up in Sycamore, IL and Ashland, OR with her brother, step brother and step sister. She graduated from Ashland Senior High and then attended the University of Oregon for two years. She finished her degree in hospitality administration at the University of Nevada, Las Vegas.

While working for Hilton Corporation in San Antonio, TX, she met Sheldon Ohringer in a wine shop. They dated and eventually moved to Denver, CO to be near his son Kylie. They married in 1995 and remained there for thirteen years. Beth first worked for the Adams Mark Hotel and then served as the volunteer co-coordinator for Gail Schoettler's campaign for governor.

Besides her stepson Kylie (23) who

is in his second year of law school at Drake University, Beth and Sheldon have another son Jack (11), and two daughters, Allison (9) and Lexi (6). They keep Beth very busy with their soccer, basketball, and football games and golf and acting classes. She is grateful that they all attend Jordan Creek Elementary School, which makes carpooling easier for the time being.

In high school and college, Beth was a downhill ski racer and still likes to be active by participating in tennis, Pilates, yoga and sometimes golf with Sheldon. She also enjoys walking their rescue Labrador Benny, vegetable gardening, and attending Iowa Energy games.

Beth is a busy school volunteer, PTA member and Talking Canvas speaker. She currently serves on the executive board of the Jewish Federation.

Beth credits Sheldon's mother Shirley with teaching her how to cook by sharing her recipes

and then showing Beth how to prepare them.

These skills have come in handy since she prepares dinner for six on most nights.

This Carrot Ring is one of Shirley's recipes. It's a traditional dish that can be served year round though it is very popular during the fall holiday meals. The women in the Engman family

usually serve it with green peas in the center of the carrot ring, which is quite attractive.

The Jewish Press thanks Beth Ohringer for sharing her mother-in-law's recipe for Carrot Ring with our readers. If you have a recipe to share or a question I can research, call Karen Engman (515-274-3300) or email (aengmandsm@yahoo.com).

Shirley Ohringer's Carrot Ring

A Recipe from Beth Ohringer Parve

- 1/2 cup oil
- 1/2 cup brown sugar
- 1 egg, beaten
- 2 cups grated carrots
- 1 1/4 cups flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp orange juice or water
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

Cream the oil and sugar together, add egg, carrots and orange juice. Sift dry ingredients together then fold into wet mixture.

Pour into a greased 4 cup mold

Bake at 350 degrees for 45 minutes or until done.

Loosen edges with knife and unmold. Serve hot.

Recipe can be doubled, using 4 1/2 -5 cups carrots, and baked in a bundt pan for at least 1 hour.



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The Synagogues ‘Down Under’

Let’s learn a little about the Jewish community in Australia! Here’s information about the names of some of their synagogues.



The names Great Synagogue and Central Synagogue in Sydney reflect “the English usage.” The original Great Synagogue in the City of London – founded in the early eighteenth century – was the first, the largest and the pre-eminent Ashkenazi synagogue of the Empire. Outside New South Wales, synagogues almost always used the name “Hebrew Congregation.”

The English names of Australian synagogues were generally defined by geography, for example the Newcastle Hebrew Congregation. Some names were maintained even when the synagogue moved, such as the Blake Street Hebrew Congregation in South Caulfield, Melbourne.

With the English names often came Hebrew nomenclature which rarely bore any relationship to the English name: for example East Melbourne was *Mikveh Yisra’el* (in the early days often spelt *Mickva Yisroile*) – the Hope of Israel. There is a recent tendency to have Hebrew names without any English version at all. Few of the newer synagogues use the archaic phrase “Hebrew Congregation”.

When the Liberal movement began in Australia in the 1930s its places of worship were called Temples. Nonetheless, “Temple” is out of fashion in many contemporary Australian Liberal communities. Thus, Temple Emanuel in Sydney is now The Emanuel Synagogue and the Adelaide Liberal Temple is now *Beit Knesset Shalom*.

Newer orthodox congregations are tending not to have separate English names at all but call themselves merely *Kehillah*, the Hebrew for “congregation.” In Sydney the congregation that meets at Masada College is *Kehillat Masada*. The increasing number of Lubavitch-affiliated centres are known as Chabad Houses.

The choice of a Hebrew name is often based on a Biblical phrase. In Australia, two such phrases were especially popular. *Bet Yisra’el*, The House of Israel (adopted by the Great Synagogue, Sydney; Temple Beth Israel, Melbourne; and the Adelaide, Launceston and Newcastle Hebrew Congregations.) *Bet Yisra’el*, found in Ex. 16:31 symbolises the determination of the early Jewish arrivals to continue the long chain of Jewish history even in far-away Australia. *She’erit Yisra’el*, The Remnant of Israel (adopted by the Melbourne, Perth

and Ballarat Hebrew Congregations and the small congregation at the Maccabean Hall, Sydney). *She’erit Yisra’el*, from Zeph. 3:13 acknowledges that Jews who came to Australia were few in number and felt themselves to be on the distant fringes of the Jewish world.

Several non-Biblical names focus on the word *shalom*, peace: for example *Ohavei Shalom*, Lovers of Peace – St. Kilda Hebrew Congregation. Some congregations have adopted the Hebrew names of a founder or philanthropist, for example: *Bet Avraham*, House of Abraham – Elwood Talmud Torah Congregation, Melbourne, named for Abraham Hyam Sicree, a former president

Another group of names has ideological connotations. A number of small Sephardi congregations in New South Wales are named after luminaries such as Rambam (Maimonides) (d. 1204), Joseph Karo (sixteenth century) and the Baba Sali, Israel Abuhatzaira (d. 1984), the “Praying Father” of the Moroccan community. In the Progressive community, the name of Leo Baeck, the twentieth century German Jewish thinker and leader, is perpetuated by the Leo Baeck Centre in Kew, Victoria.

Some names have a geographical provenance, for example the Bondi Mizrachi (“Eastern”) Synagogue, Sydney. In contrast, *Mizrachi* in Melbourne was founded by the religious Zionist (Mizrachi) movement, whose nineteenth century founders looked eastwards to Zion. Another Melbourne congregation is called *Yotz’ei Russia* (Jews from Russia). Though Jewish cultural and social centres were set up in Melbourne by Jews from Polish towns such as Lodz, Warsaw and Bialystok, their members were often non-religious and did not establish synagogues. The most prosaic Hebrew name is *HaMerkaz Shelanu* (“Our Centre”) founded to meet the needs of Israelis living in Melbourne.

Liberal congregations generally choose short names. Progressive congregations include Temple David in Perth (named for King David); *Kedem* (Melbourne), an acronym for “Progressive Congregation of King David School;” *Kadimah* (“Forward”) on the New South Wales Central Coast; and a number that use the name *Shalom* (for example Gold Coast, Central Coast, Adelaide and Brisbane).

Unlike orthodoxy and Liberalism, Conservative Judaism is new on the Australian scene. It exists only in Sydney, where it forms part of the Emanuel Synagogue, and in Melbourne, where its congregation is called *Nitzan*, Bud, because it is the first independent Conservative group in the Antipodes.

The entire article on this topic can be found online at <http://www.oztorah.com/2009/07/australian-synagogue-names/>

Honoring Jewish Veterans On Memorial Day

If you have visited Jewish Glendale Cemetery or the Temple’s Emanuel Cemetery at Woodland, you may have noticed a significant increase in American flags displayed on the graves of Jewish veterans. The increase in flags is due to 1) being able to identify deceased veterans, and 2) the gradual aging of surviving veterans since the close of World War II 65 years ago.

The Jewish community’s response to our request for names of Jewish veterans from central Iowa has been wonderful. You have helped us identify the estimated local burial sites of 95% of our Jewish veterans going back to the Spanish American War. This includes five women who served during WWI. We need your help in further identifying any living or deceased veterans we may have missed.

Burial locations of deceased members of Beth El Jacob, Tifereth Israel (including former Children of Israel) and Temple B’nai Jeshurun are all now recorded in databases. In addition, we are completing a separate database of veterans’ graves for future generations to follow. This makes

it possible to locate Jewish veterans’ graves when placing markers and flags or to replace those lost to vandalism or theft.

Our activity of placing flags and markers at all the cemeteries begins in April, well in advance of Memorial Day, May 31. These flags will remain (except those that don’t survive the winter) until the following year when all new flags are put in place. In addition, we attempt to place markers and flags for current burials as they occur.

We still need your help to reach our goal of identifying 100% of deceased veterans. In addition, we need to expand our list of living veterans who might be buried locally at some time in the future. Keep in mind that any man or woman who served in the armed forces of our country -Army, Air Force, Navy, Marines or Coast Guard - during peace time or war is a veteran.

Please call the following with any information you may have in regard to living or deceased Jewish veterans: Jewish Glendale: Ted Block 515 223-9476; Emanuel Woodland, Temple: 515 274-4679.

[medicine]

A REVOLUTION IN HEART DISEASE DIAGNOSIS By Ilana Teitelbaum for Israel21C.org

A new imaging device from Israel can capture a still image of a beating heart, providing early diagnosis of the world’s Number One killer disease.

Today doctors treating heart patients often don’t know whether a patient requires an invasive procedure until the procedure is in progress.

Even though it’s widely known that heart disease is the number one killer in the US and worldwide, there’s a critical piece missing from its treatment - early diagnosis. By the time a patient has suffered a heart attack, the damage has already been done, yet that is precisely when most people discover that they have heart problems. A new invention from Israel that can provide a still image of the heart may supply the missing piece.

Dr. Ehud Dafni, CEO of Israeli company Arineta, has invented the first Computing Tomography (CT) imaging system that is specially designed for the heart. In the past, CT imaging of the heart was not possible because the organ is constantly in motion, beating. Recently, advanced technology has made it possible to capture a still image of the heart, but only with the use of expensive equipment that and utilizes large amounts of radiation.

A one-stop shot of the heart

In contrast, explains Dafni, Arineta’s imaging system is small, inexpensive and uses only a small quantity of radiation. “It shows the entire heart in a one-stop shot and provides better quality images with less radiation,” Dafni tells ISRAEL21c.

Since it is low-cost and easy to operate, such a machine could be used for preventive screenings. Once people reach the age when they are at risk for coronary disease (age 45 for men, 55 for women) a cardiac CT screening every five years could mean early diagnosis of the conditions that can lead to a fatal attack. It could also mean a significant reduction in the need for invasive procedures and surgeries.

Such screenings are not feasible today, given the cost and risks associated with cardiac CT imaging. “Today there is a general purpose machine, the best of which costs \$2.5 million, weighs about three tons, can’t be operated in the doctor’s office, is hard to operate, and uses a relatively large amount of radiation,” explains Dafni. “What we offer is a machine which is much smaller, uses less radiation, and provides better images.”

Dafni is a veteran of the medical imaging field, having spent years as chief physicist and project manager for Elscint, once Israel’s leading producer of medical imaging devices. While at Elscint, Dafni also collaborated with Siemens on products that were distributed by both companies.

A revolution in cardiac care

Dafni suggests that cardiac CT imaging has the potential to revolutionize the way patients are currently treated for heart disease. While many companies are developing medications to improve the state of the heart, cardiologists have no way to determine whether or not the medications are working.

“There is no way to know if a patient will have a heart attack until he actually has one,” says Dafni. In contrast, with imaging, “Doctors can find out who will benefit from treatment, prescribe medication, and afterward follow up and see if medication worked.”

Another problem with the current state of cardiology is that doctors often don’t know whether or not a patient requires an invasive procedure until the procedure is in progress. By the time tubes have been inserted into the arteries, the patient has racked up costs both physical and financial, which may have been unnecessary all along.

“With CT imaging, we can detect the disease at an early stage and can take steps to prevent it, which is an option we don’t have today,” Dafni concludes.

BETH EL JACOB SYNAGOGUE

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May 14th: **Congregational Dinner** after ma'ariv. Spend a leisurely leil Shabbos with the BEJ family...enjoy a home-cooked Shabbos meal, lively conversation, and singing. (\$12, advance reservations required)
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29th: **Fast of the 17th Day of Tammuz**

[milestones]

B’nai Mitzvah



Please join us as our daughter, **Dani Rachel Lipman**, celebrates her Bat Mitzvah on Saturday, May 1, 2010 at 10:00 a.m. at Temple B’nai Jeshurun. The Jewish community is cordially invited to a Kiddush luncheon following services.
– Andi and Jeff Lipman



Please join us as our daughter, **Elise Alexander**, celebrates her Bat Mitzvah on Saturday, May 8, 2010 at 10:00 a.m. at Temple Bnai Jeshurun. The Jewish community is cordially invited to a Kiddush luncheon following services.



Please join us as our daughter, **Sarah Lauren Bell**, is called to the Torah as a Bat Mitzvah on Saturday, June 5, 2010 at 9:00 a.m. at Tifereth Israel Synagogue. The Jewish community is invited to worship with us and celebrate at the Kiddush luncheon following services.
– Mindy and Ed Bell

Mazel Tov

Edye Beckerman, Private Dining Director at Fleming's Prime Steakhouse and Wine Bar, has been named to the **Des Moines Business Record's "Forty Under 40"** class of 2010. The business community honors these individuals for their active participation in civic affairs and non-profit volunteerism as well as their ongoing involvement within their place of employment. Edye is involved with the Food Bank of Iowa, Susan G. Komen for the Cure, Blank Children's Hospital, Temple B’nai Jeshurun, and The Leukemia and Lymphoma Society. Edye is also a Board member of the West Des Moines Chamber of Commerce. Please help us to congratulate Edye for the recognition she has received for her work in our community.

In Memoriam

We note with sorrow the recent passing of
David Bear
Ruth Davis
Genna Karno
Frieda Levin
Harry Melman
Sidney Pearlman
Maisha Perowsky
Harry Tobis

TEMPLE B’NAI JESHURUN

“Connections” Shabbat Service May 14th, 2010
On Friday night March 12, we introduced a new Shabbat service that I call “Connections.” It is subtitled, “A service of meaning and relevance, spiritual exploration and fulfillment.”

The Connections service addresses issues that are meaningful and relevant in our lives: healing, mourning, stress, thanks and joy among others. It offers significant opportunities for personal prayer and meditation as well as providing some time for members of the congregation to come before the open ark.
There are opportunities for everything from meditation to dancing. It is a different kind of worship experience.
As part of the new experience, we hold a communal Shabbat candle lighting ceremony at 5:50 p.m. in the social hall. Each family or individual lights a pair of candles which are provided. Candles will continue to be made available so that those arriving after 5:50 p.m. might say the blessings and light their own as well before entering the sanctuary where the services begin promptly at 6:00 p.m.
Because silence and meditative thought play a significant role in the service, this service is not designed for children (under age nine or so) to be present. Talking, fidgeting, and crying will disturb the environment. In this light, we are providing a sitter in the kindergarten room during the service.
Since the service will run a bit longer than a normal service, we will end around 7:15 p.m. or shortly thereafter.

We will have our next Connections service on May 14th with the Choir.
Please call to let us know if your children will be with the baby sitter Friday night (274-4679). We hope to see you there.
– Rabbi David Kaufman
Beit Café Sunday, May 9, 7:30-10:00pm
A special Beit Café in honor of Mother's Day Featuring The 2nd Ave. Jazz Band, Louis Dean and special surprise performers!
Admission is FREE donations appreciated. Refreshments provided, board games available or bring your own...
Interested in performing on the open mic? Bring your instrument, song, poetry or other “act” for a short performance. For more information, please call Laura Berkson at 274-4679 or email LBerkson58@yahoo.com.

The 2010 Confirmation Class
Service will be: May 21, 2010 at 6:00 p.m. at: Temple B’nai Jeshurun. The following students will be honored:
Alex Arenson, Leah Bailin, Rachel Jacobs, Megan Mansfield, Sarah Mansfield, Tommy Stern, Thomas Swartz, Aaron Wylie

TIFERETH ISRAEL SYNAGOGUE

May 2 – **Tifereth's Annual Meeting**
4:00 p.m. - Social Hall
May 6 – **Adult Education**
7:00 p.m. – Library
Class taught by Robin Karney – “Build a Class”
8:00 p.m. – Library
Class taught by Rabbi Edelman-Blank
May 13 – **Adult Education**
7:00 p.m. – Library
Class taught by Robin Karney – “Build a Class”
8:00 p.m. – Library
Class taught by Rabbi Edelman-Blank
May 16 – **Book Club**
4:00 p.m. – Tifereth
May 18 – 20 – **Shavuot**
May 18 – 7:00 p.m. **Shavuot Study Sessions**
May 19 – 9:00 a.m. Services
May 20 – 9:00 a.m. Services
May 21 – TI / TBJ **Joint Confirmation**
6:00 p.m. at the Temple
May 26 – **Women's League Fashion Show**
12:00 noon – Social Hall
May 27 – **Adult Education**
7:00 p.m. – Library
Class taught by Robin Karney – “Build a Class”
June 5 – **Sarah Bell's Bat Mitzvah**

Iowa Jewish Historical Society Introduces Spring Patron Dinner Featuring Kay Bucksbaum

Mark Sunday, May 23 in bright red on your calendar and join the Iowa Jewish Historical Society for our new Spring Patron Dinner!



Kicking off this new event as our first keynote speakers will be Kay Bucksbaum, author of *A Place to Grow: Remembering An Iowa Childhood*, and her brother Ben Swartz of Des Moines. According to Kay, her book grew out of her desire to share the story of her childhood with her grandchildren, “who, growing up in Washington, DC and Chicago, might find it hard to imagine coming of age in a place such as Iowa, the Iowa I loved.... I thought they might enjoy reading of my growing up years—where I grew up, when I grew up” so that “if someone should ever wonder, ‘How did that lady come to be that way?’ there are some answers here.” Ben helped with her book, serving as one of her “fact checkers” to keep the facts and memories as accurate as possible.

Kay remembers her girlhood in Iowa with fondness and humor and will share some of those memories with us, blending personal reminiscences of her close and extended family, the landscape, and the food with those of the Great Depression and World War II, polio epidemics and telephone party lines. As the granddaughter of early Jewish immigrants to Des Moines, Kay will reflect also on the perspective that being Jewish brought to her young life.

In addition to sharing these memories of her Iowa childhood, Kay will also talk about the process of writing her book. As Kay said recently, “I had not been an author. I had never delved into genealogy. But I did want to get a book together that my descendants would be interested in reading. I named it “A Place to Grow” because I truly believe that Iowa does foster growth in so many different ways.” The process of writing this book is one that other families in Iowa can easily follow and one that is very important to Kay and to the preservation of the history of Jews in Iowa. “I have heard it said that when we lose our stories, we lose ourselves. I hope this recounting will inspire others to keep their stories alive for those who follow them.”

Join us on Sunday, May 23 to hear more of Kay’s fascinating stories and her journey in becoming an author. See one of Kay’s swimming medals on display in The Caspe Heritage Gallery. Watch for your invitation in the mail or call Dorothea Gamel at 515-277-6321 ext. 218 to make your reservation: Patron \$125 per person; Benefactor \$250 per person. Cocktails will be at 5:30 p.m. with dinner served at 6:00 p.m. Kay will speak at 7:30 p.m. in the Bucksbaum Auditorium. Tickets for Kay’s talk only will be \$5 at the door.

This event is the Iowa Jewish Historical Society’s major fund raiser for 2010. The funds raised at this event will be used to support the Society’s education and preservation mission.



Kay Swartz, age 1 and ready for mischief on the front walk at 533 Polk Boulevard



Your Pictures, Documents, Family and Business Records May be the Iowa Jewish Historical Society’s Treasure! Recent Donations to the IJHS

Family Photos: The Julius and Lillian Epstein Collection



Julius Epstein (rt) and worker at Portland Arcade 6th & Grand DM



Lillian Epstein and friends bowling

Julius Epstein, a life-long resident of Des Moines, visited The Caspe Heritage Gallery late last summer with his son David. As the two men toured the museum, Julius recalled numerous stories about the people and the businesses featured in the gallery. He became very excited about the possibility of adding some of his family pictures to the Iowa Jewish Historical Society’s collection. Unfortunately, Julius wasn’t able to return to the museum before he passed away in November, 2009. To honor their father’s wishes, Julius’ children recently donated copies of more than 25 family pictures and a copy of Woodesky-Glazer-Sklar family tree to the museum. The Julius and Lillian Epstein Collection includes a variety of pictures of important family events, two of Julius’ businesses, and Lillian’s involvement with several Jewish women’s organizations. These photos are a wonderful addition to our history of Jewish life in Iowa.

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[calendar]

may • june

Saturday	May 1	10:00 am	Dani Lipman Bat Mitzvah at the Temple
Saturday	May 8	10:00 am	Elise Alexander Bat Mitzvah at the Temple
Wednesday	May 12	4:15 pm	Last day of Wednesday school
Thursday	May 13	12 Noon	Senior Luncheon at the Temple
Wednesday	May 19		SHAVUOT
Sunday	May 23		Last day of Sunday School, final program
			IJHS Spring Event at The Caspe Terrace
Monday	May 24	7:30 pm	Federation Board meeting at The Caspe Terrace
Tuesday	May 25	5:00 pm	Life Center Board meeting
Wednesday	May 26	11:30 am	Women's League Lunch 7 Fashion Show at Tifereth
Saturday	May 29	10:00 am	Kathy Moretz Bat Mitzvah at the Temple
Monday	May 31		MEMORIAL DAY
Saturday	June 5	9:00 am	Sarah Bell Bat Mitzvah at Tifereth
Monday	June 7	6:30 pm	Federation Annual Meeting at The Caspe Terrace
Monday	June 21		Engman Camp Shalom starts

Park from page 10 But at Gefilte Park, there are neighborhoods that only Jews would understand and love: Boca Raton Land, Orchard Street Land, Israel Land, and Garment District Land. No Jewish amusement park would be complete without Complaining Street. At Gefilte Park, every street is Complaining Street! Let's listen: "Harry, my feet are killing me." "What kind of place has two toilets for 10,000 people?" "They call this a kosher hot dog?" "I thought you told me it was going to be sunny here." That voice in my head, it just never, never stops. But let's face it, without a serious dose of complaining, a visit to Gefilte Park wouldn't even be a realistic Jewish experience.

6. Legal and Accounting Office
You know those pavilions at Epcot where they recreate a trip into the human brain or back in time to visit the dinosaurs? Well, none of those attractions exist at Gefilte Park, since Jews were the ones who actually performed the basic research about dinosaurs and trees and stuff. These kinds of exhibits are academically unnecessary! Instead, our Gefilte Park attractions allow Jews to view actual Jews at work: preparing your tax return, diagnosing your gall bladder problem, investing your 401(k) and Roth funds, advising you on the best putter to use, and, of course, operating an automatic sewing machine.

Have fun, and remember, bring a sweater. You'll catch cold!

The author is still waiting for his first reader e-mail at iowadavid@me.com. Readers: without your feedback, this column will be forced to continue.

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TRIBUTE PROGRAM education

Our youth *is* our future. It is our responsibility to provide opportunities for them to develop into responsible Jewish adults. Many educational opportunities are available through the Federation and Foundation. Consider designating your gift to: Engman Camp Shalom, Hebrew Tutoring Scholarships, Community School Book Fees, the Student Scholarship for Trips to Israel or the Jewish Learning Institute.

senior care

Our seniors are the threads that weave the tapestry of our history and rich traditions. You can earmark your gift to offer social activities or help ease the burden of many of the challenges our seniors face: Social Outings (movies, plays, community events), Transportation to Doctor or Pharmacy co-pay, Groceries for a Week, In-home Safety Modifications, Adult Programming or the Iowa Jewish Senior Life Center.*

community

Our community's boundaries extend to faraway places such as Israel, Darfur and Russia. You can provide needed funds locally and abroad for programs such as: The Project Elijah Foundation's* Kosher Manna Program for feeding disadvantaged Jewish people worldwide, Partnership with Israel, Iowa Jewish Historical Society, The Caspe Terrace Tree Fund, Des Moines Jewish Foundation's Various Funds (please call 277-6321 x211 for more information), General Community Tzedakah Fund, Mischkiet and Aliber Holocaust Education Funds or Community Interfaith Relations.

*Independent organizations

For more information call Cathie at 515-277-6321 x224.



What do you hold close to your heart? Special moments in time create lifetime memories. You can honor one of life's simchas or remember a loved one through the TRIBUTE PROGRAM offered by the Jewish Federation of Greater Des Moines and the Des Moines Jewish Foundation. An acknowledgement card in your name will be sent. You designate how the gift will be used by the Jewish Federation or you can contribute to an existing fund managed by the Des Moines Jewish Foundation. Let someone know that you are thinking of them while supporting what's close to your heart.