

THE GREATER DES MOINES JEWISH PRESS

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Sharon Goldford re-appointed as interim Executive Director



Sharon Goldford, Interim Executive Director

It is my pleasure to announce, with unanimous Board approval, Sharon Goldford will serve the community for an additional year as the Interim Executive Director of the Jewish Federation of Greater Des Moines. Over the last nine months Sharon, as a volunteer, has managed the Federation with distinction. Her leadership has helped the Federation meet the demands of our mission and empowered our staff. The Board cannot begin to express our appreciation to Sharon and the work she does for our community. Sharon will begin in her official capacity June 1, 2016.

Over the last few months the Board employed a Jewish professional recruiter for the Executive Director search. The search

committee received numerous applications from around Iowa and the country. However, as President of the Federation, it was important for me to maintain consistency and continue the upward trajectory of the organization. The committee felt Sharon best met these requirements. The Board will re-open the Executive Director search April 2017. I could not be more excited for the future of the Federation and the people we serve.

Sincerely,
David Adelman, President of the Jewish Federation of Greater Des Moines

Summer Camps are in full swing



Engman Camp Shalom had an incredible first few weeks at Caspe Terrace in June. The theme of the first week was “Animals”. Campers enjoyed making animal crafts and animal cookies, having a pajama party complete with face painting, playing with water balloons and our water slide, sports competitions, and much more! In addition to all of the fun we had at Caspe Terrace, we traveled to the Blank Park Zoo, Valley View Aquatics Center, and Kimberlin Horse Farm. The second week was “Sports and Cooking.” Menace Soccer joined us and we had a great week cooking all sorts of fun treats! Engman Camp Shalom runs until August 19th with a new theme each week.

Register online at: <http://goo.gl/t6KSV6> We hope you will join! Enjoy more photos on Pages 16 and 17.

Israel anti-Boycott Bill Enacted in Iowa

After a bipartisan push from the Iowa Legislature, the Governor signed House File 2331, an act concerning investment of certain public funds in and public contracts with companies that boycott Israel. The progressive and conservative communities came together to advocate for the legislation after seeing that BDS is not a pro-peace movement. The Iowa State Legislature spoke resoundingly with the passage of legislation that rejects bigotry, rejects anti-Semitism, and prevents state agencies from working with companies that unjustly discriminate against one of America’s closest allies.

Among those in attendance when Gov. Terry Branstad signed the bill were Lt. Governor Kim Reynolds, Republican Majority Leader Rep. Chris Hagenow, Democratic Majority Leader Sen. Mike Gronstal, Sen. Matt McCoy, Sen. Charles Schneider, and 6-year-old Michael Adelman. Michael’s dad, David Adelman, also pictured, worked with a wide diversity of Iowans in support of the legislation.

Similar bills are being considered in over a dozen legislatures across the country and have been enacted in eight other states.

See a local opinion editorial on the topic on page 23.



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Come meet our
ISRAELI PARTNERS!

**WEDNESDAY
JULY 13 | 5:15 PM
CASPE TERRACE**

**DELEGATION OF 5 FROM
MATEH ASHER TO INCLUDE:
Mayor Yoram Israeli (*below*)
& Tanya Ronen (*first row, center*)
from the Jewish & Arab
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**Join us in welcoming the
Mateh Asher and Partnership2GETHER Delegation
as they make their first visit in celebration of the
West Des Moines - Mateh Asher
Sister Cities Partnership!**

RSVP to Jodi@dmjfed.org or call (515) 987-0899 x 213
for dinner reservations.

The Committee for the

Margo and Don Blumenthal Jewish Student Scholarships

is pleased to announce the awarding of scholarships for the academic year 2016 - 2017.

The awardees are:

**Julia Anderson
Arielle Lipman
Dani Lipman
Tal Neilly
Josh Waltman
Annie Weinberg**

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

***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

Message from the President

THE STATE OF THE FEDERATION IS STRONG



David Adelman, President

Wow! WHAT A YEAR!!! THE STATE OF THE FEDERATION IS STRONG. I could not be more excited about our recent success and the plans for the next 12 months.

None of this would be possible without our incredible staff. Teddy Roosevelt said “The best leader is one who has sense enough to pick good people to do what he wants done and more importantly the self-restraint to keep from meddling with them while they succeed in doing it.” No job is too big or too small for all of you. Thanks for always jumping in and helping out.

As you know over the last nine months Sharon Goldford, as a volunteer, has managed the Federation with distinction. Her leadership has helped the Federation meet the demands of our mission and empowered our staff. The Board cannot begin to express our appreciation to Sharon and the work she has done for our community.

A few months ago, the Board employed a professional recruiter for the executive director search. The search committee received numerous applications from around Iowa and the country. However, as President of the Federation, it was important for me to maintain consistency and continue the upward trajectory of the organization. The executive committee asked Sharon if she would be comfortable staying on as a compensated professional for the next year as the committee felt Sharon best met these requirements. The Board will re-open the Executive Director search April 2017. With unanimous Board approval, Sharon Goldford has accepted our offer to serve the community for an additional year as the Interim Executive Director of the Jewish Federation of Greater Des Moines. Sharon began her official role June 1, 2016.

I could not be more excited for the future of the Federation and the people we serve because of Sharon’s leadership.

As stated before, we have a lot to be proud of.

The Iowa Jewish Historical Society continues to be a jewel; sharing the stories from the past with visitors from the greater Des Moines community, Jewish community and our children. The museum is open for tours and will be open for a few minutes after the program.

Jewish Family Services provides critical programming and social service needs to some of our most vulnerable members of the community.

JCRC has become an invaluable tool informing our community of the latest events in Iowa, the US, around the world and Israel. Gil Coosner, the JCRC chair, and Mark Finkelstein have expanded the scope of JCRC. First, they have assisted the City of West Des Moines in establishing a sister city relationship with Match Asher. We are excited for the delegation from West Des Moines to travel to Israel this fall and build on this relationship. JCRC is also working with the DSM Partnership finding ways to build trade between the country of Israel and the State of Iowa.

JCRC was also helpful to me as we shepherded an Anti-Boycott Israel bill in the Iowa legislature which passed with bi-partisan support and signed by the Governor a few weeks ago.

These agencies fulfill the Federation’s mission and we should be extremely proud. However if there is no future generation than there is a time certain when an organization expires.

I beam with excitement when I speak about our schools. Let me provide you a few statistics:

Beit Sefer Shalom School Year	# of students
2012-13	88
2013-14	123
2014-15	127
2015-16	130 - 31 madrichim students
2016-17	150 - Goal

Gan Shalom

2013-14 school year started with 8 students.

2014-15 school year began with 19 students and ended with 26

2015-16 enrollment was 24 children

2016-17 goal is 30 students

Engman Camp Shalom

Year	# of campers
2014	58
2015	60
2016	81

The programs I briefly touched on and the resources required do not grow on trees nor do they fall from the sky. These programs and the agency run them require dollars. The school is realizing incredible growth and success; this requires more teachers, more IT, more material and more scholarship needs.

We are in the heart of the 2016 All-in-One campaign. I would like to thank Barb and Bruce Sherman as our honorary Co-Chairs. Our goal is \$514,000 dollars. We are asking our donors to increase their pledge from last year by 10%. Also, in order to fulfill our mission and not turn away a single Jewish child wanting to attend our schools we will allow contributions to be earmarked.

Look deep within and give to this very noble cause. Tell your friends about our success and encourage them to donate. Together we can make fulfill the Federations mission, serve our community and excel.

David Adelman, President of the Jewish Federation of Greater Des Moines

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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.

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Message from the Executive Director

The “Joy” of Summer by Sharon Goldford

The “joy” of summer is upon us. I am one of those people that waits all year for the warmth of the sun. I can’t lie out in it, but I love to be in it. Everyone feels better in the sunshine, even if heat is not your thing. The Federation is becoming a summer place. Summer camps have started. I love the voices and excitement when the kids arrive. The Engman Camp Shalom and Gan Shalom campers have to make you smile.

When I started helping out last fall at the Federation, the first thing I noticed was the children. If you are downstairs here at Caspe Terrace on a Sunday morning, the footsteps upstairs can be deafening. However, the sound of joy is awakening. The simple pleasures of the Jewish Federation involve people. It doesn’t matter the age. I have so enjoyed my volunteer time here at the Jewish Federation. It has given me the opportunity to get to know the wonderful staff and many of the people we serve.

When I was asked to stay in the Interim Executive Director role, it was easy to say “yes” because of the people, the children, and the adults, all ages. It is an honor and a pleasure to be here. I look forward to serving you and working with you. Please let us know at the Jewish Federation what you need and how we can help. All of us look forward to seeing you at the many programs at Caspe Terrace and sharing our “Joy” of summer with you.

A Federation Project Building Homes and Lives Together: Habitat for Humanity Multi-Faith Project



Members of the interfaith community, including Federation’s David Adelman celebrate the construction of a new home for a Des Moines family.

The Jewish Federation of Greater Des Moines was a proud sponsor of the Habitat for Humanity Multi-Faith Build. Habitat for Humanity is a nonprofit faith-based housing organization founded on the conviction that everyone should have a decent, safe, affordable place to live.

THE FAMILY- Bhima and Moti

It seems fitting that Bhima and Moti’s home was constructed as a multi-faith build because a house for their family represents far more than the walls and materials for which it will be constructed. In many ways, Bhima and Moti’s home will be a sanctuary for their family, a place where they can plant a garden in the backyard, and where their youngest children, Chandra (16) and Sobnum (8) can study and play.

Bhima and Moti are both originally from Bhutan. Religious and ethnic persecution codified by the Bhutanese government in the early '90’s forced them to flee their home country for the refugee camps in Nepal. For 18 years, they lived as refugees in Nepal, before resettling in Des Moines 6 years ago.

While Bhima and Moti are both very grateful for the chance to build a new life here in the US, immigrating has not been without major challenges. As the family explains, everything here is different: the food, the culture, even the weather has been a major adjustment. By far, the biggest challenge through has been learning a new language, but Bhima is eager to learn more English.

Bhima and Moti have big dreams for their family and after they purchase their home want to start saving for their children’s college education. Chandra is currently a junior at North High School and plans to study biochemistry to one day be a pharmacist. Subnum wants to be a doctor when she grows up- or maybe a teacher, but for now is happy as an energetic and spunky eight-year-old. As for Bhima and Moti, they are excited to begin moving into their own house!

Gan Shalom

The Jewish Center for Early Childhood Development

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Year End at Gan Shalom Preschool

Gan Shalom Preschool Graduation was held on Thursday, May 26, 2016. We celebrated the childrens' growth and development in preparing for kindergarten. The graduates sang songs for family and friends. We enjoyed a slide show of the many learning opportunities the children participated in over the year. Morah Juli and Mr. Zak gave the children graduation certificates and individual awards of achievement. We wish the Gan Shalom graduates all the best and look forward to seeing them during the summer at Engman Camp Shalom.

Photos courtesy of Laurie Wahlig



Gan Shalom children welcomed Michael Adato and three of his Waukee High School Band classmates for Music Enrichment. The band members played their French horns. The children learned about the many parts of the French horn. During the Week of the Young Child, children participated in PJ Library's Mighty Mensch activities. They donated to the food pantry and Animal Rescue League, visited seniors at the Senior Life Center and practiced welcoming visitors with a "Shalom" and a smile. Gan Shalom Graduation was well attended by family and friends. The graduates were interviewed and asked about their favorite activities at Gan Shalom. Some of the activities included learning about goose eggs, volcanos, and corn stalks; being a Mensch; reading books; and playing outside. The ten children sang songs, received certificates, and smiled for many photos. We appreciate the amazing work Morah Juli and Mr. Zak do preparing children for kindergarten. Gan Shalom Camp welcomes Assistant Teacher Lexie Larson. Lexie attends Marshalltown Community College. She also plays for the college softball team.



Online Registration for Gan Shalom 2016-2017 Preschool is open. We have new students enrolled for the fall. The first day of preschool will be Monday, August 29, 2016. Schedule your tour of Gan Shalom today. ganshalom@dmjfed.org or 515.987.0899

Gan Shalom Preschool 2016-2017 online registration open. Contact Anissa Deay at ganshalom@dmjfed.org or (515) 987-0899 x 233

In the Kitchen with Rhubarb

by Karen Engman

Early spring is typically the best time to find rhubarb at your local grocery store or farmers' market. Hopefully, it will still be available to purchase when this issue reaches our readers, since most fruits and vegetables are being harvested a little later than normal in the Des Moines area this season.

Rhubarb is very tart, so it's usually not eaten raw. Thus, when cooked in these pies and bars, there is a generous amount of sugar in the recipes. The colors of rhubarb stalks vary from pale green to bright pink, but they are not an indicator of ripeness. Most cooks prefer the bright pink stalks because of their attractive hue, but if only green stalks, are offered, they will taste the same as the pink. Rhubarb is sold in stalks but if you harvest your own, remember to dispose of the leaves, since they are poisonous.

I first tasted this recipe for Rhubarb Dream Bars (I love the name) when a co-worker brought them to share at a potluck over 15 years ago. My family loves their buttery shortbread crust and the sweet custard filling mixed with the natural tartness of the rhubarb. My book group friend makes practically the same recipe in a pie version. I hope you'll try one of these recipes, if you have never cooked with rhubarb.

Thanks to my friends, **Judy Pertzborn and Mary Susan Gibson**, who generously shared these delicious rhubarb recipes with me. If you have any recipes to share with our readers or have a cooking question I can research, just call me (515-274-3300) or email (karen.engman@gmail.com).



Rhubarb Dream Bars and Pie

Crust:

2 cups flour

¾ cup powdered sugar

1 cup butter or margarine

Mix these ingredients well (don't worry if it looks dry or crumbly) and press into greased 9 X 13 pan (metal is better than glass). Bake @ 350 for 10-15 minutes until golden brown.

Filling:

4 eggs, beaten

½ cup flour

2 cups sugar

1 ½ teaspoons salt

Beat until well blended. Add 4 cups finely chopped rhubarb (approximately 6 stalks).

Spoon rhubarb mixture onto baked crust. Bake @ 350 degrees for 45 minutes. Cool and cut.

Pie:

Crust: 1 cup flour

5 Tablespoons powdered sugar

1 stick butter (soft)

Mix well & press into a greased pie plate.

Bake 10 minutes @ 350, check halfway and press crust up sides if they start to slip

Cool slightly

Filling:

2 cups chopped rhubarb

1 ½ cups sugar

¼ cup flour

2 eggs

1 tsp vanilla

Mix together and pour into crust

Bake 1 hour @ 350 (cover with foil if getting too brown on edges)



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Jewish Family Services and Outreach



We traveled to Prairie Meadows in June. We enjoyed the buffet, the gaming, and the socializing.



In May, the senior luncheon was at Tifereth Israel Synagogue. We learned about fall prevention from a physical therapist from Spirit Home Care.

Upcoming JFS Events

- **July 14 – Tour of Des Moines Art Center**
- **July 29 – Senior picnic with Engman Camp Shalom students at Caspe Terrace**
- **August 11 – Senior lunch at Temple B’nai Jeshurun. Entertainment provided by Abe Goldstien.**

Partnership2GETHER News

Dinner and program with visiting Israeli delegation set for July 13 - RSVP for dinner

An official delegation from the Match Asher Regional Council, along with representatives from Partnership2GETHER (P2G)/Western Galilee, will visit our community in mid-July. The five-member delegation, including the mayor of Match Asher, will be here to celebrate the Sister City Partnership established between the City of West Des Moines and Match Asher in November 2014.

Match Asher is located in the Western Galilee, in northwestern Israel. The relationship between West Des Moines and Match Asher is at the governmental level and involves the schools, the arts, and trade relations. On the other hand, Partnership2GETHER/Western Galilee is a Jewish Federation program that brings together the Jewish communities of 13 American cities, including Des Moines, with the people and institutions in the municipality of Akko and Match Asher.

The Regional Council in Match Asher has representatives from 32 communities, with a combined population of 26,000. Within the 32 communities there are 19 kibbutzim, 8 moshavim, 3 planned residential communities, and 2 Arab villages. The region features a wonderful diversity of cultures. There are beaches on the Mediterranean, the famous grottoes at Rosh Hanikra, forests and nature preserves. In addition, the district is home to a world-renowned modern dance company, a summer school for violinists and Israel's first Holocaust memorial museum and educational center. The Regional Council's website is online in English at www.matte-asher-region.muni.il/eng/

A reception for the delegation, along with a program about Partnership2GETHER, will be held at the Caspe Terrace, 5:15 p.m. on Wednesday, July 13th. For more information, contact jcrc@dmjfed.org.



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ENGMAN CAMP SHALOM

SUMMER

CAMP 2016



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, 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, Swim Lessons, 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, Clive Aquatic Center

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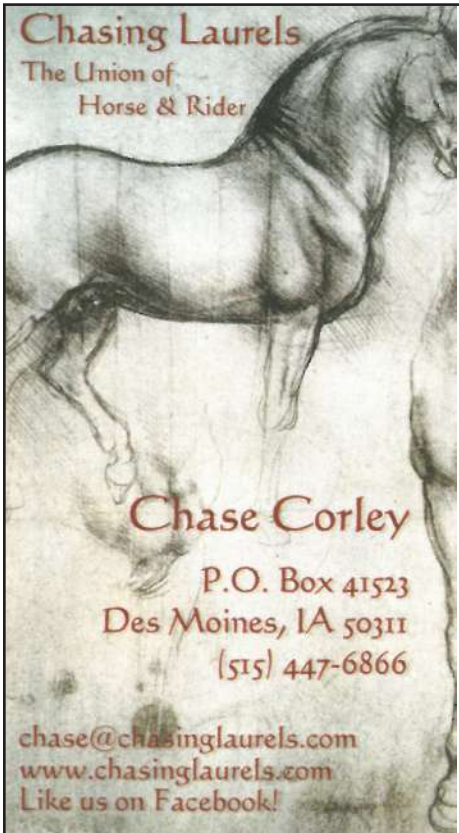
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Engman Camp Shalom


Questions? Contact
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From the JCRC Committee on Disabilities

The Committee on Disabilities has held its first meeting and begun work on defining issues of greatest immediate concern and determining its initial goals. After discussion, it was agreed upon that the committee would strive to be a resource to the community on issues concerning service availability, access to services, advocacy, and possibly ombudsmanship on behalf persons of all ages with mental, developmental, and physical disabilities.

We welcome any member of the community to join the committee or identify themselves as a resource we could contact for guidance on specific issues regarding our focus. Guest speaker recommendations would be warmly welcomed as well. Thank you in advance-Melanie Sandler, Chair.

Individuals can volunteer to join the committee by contacting jcrc@dmjfed.org



Beverly Ellis addressed Des Moines University audience



Beverly Ellis Nagel spoke about her family's experiences prior to and following the Holocaust in a program at Des Moines University on Yom HaShoah. Beverly Ellis Nagel pictured at Des Moines University with Phil Blumberg, Dr. Rich Salas and Dr. Stephen Gaies.

From the JCRC Food Insecurity Committee

Did you know that one in eight Polk County residents – including 25,000 children - experiences a lack of food sometime during the month? The Jewish Community Relations Council has started a work group on Food Insecurity, and we have been researching the programs and services that are fighting hunger in Central Iowa and identifying gaps that the Jewish community could help fill to ensure no one in our area goes hungry.

The Des Moines Area Religious Council (DMARC) operates eleven food pantries around Central Iowa. Most of these are open for a few hours each day, and households needing help can get visit once each month to pick up three days of food. DMARC has recently moved to a larger warehouse, allowing them to obtain food at lowest prices and is focusing on distributing healthy food that is low in sugar, fat, and salt. Households needing food can also visit food pantries for "Meals From the Heartland," donated baked goods, canned goods, and fresh fruit and vegetables, as available.

Thanks to major funding from Polk County a new food pantry at River Place (23rd and Euclid) has recently opened. Because it is open 40 hours a week and is located on a bus line, it has been very popular, especially among older individuals. The County also has a mobile food pantry that also offers health services. Polk County is planning a June week-long educational campaign about food insecurity in our community.

The United Way of Central Iowa has recently released its Community Opportunity plan, and one of its priorities is food security. The plan details four performance measures and a number of action steps. It is a very interesting read and is available online at <http://www.unitedwaydm.org/opportunity>. The United Way will have a large food drive in mid-July this year in conjunction with its 100th Anniversary this year.

In the next few months The Food Insecurity work group will be talking with organizations that serve meals to the hungry and are involved with "food rescue" (diverting leftover meals from being thrown away). We will be identifying opportunities for volunteers at the Food Bank's warehouse and at food pantries and working with potential partners on advocacy regarding eliminating hunger in Central Iowa. We need your ideas and help! Please contact the Federation or the work group's facilitator, Jonathan Neiderbach at (515) 556-3942, jneider@mac.com.



Jon Neiderbach, facilitator of JCRC's Food Insecurity Committee, with JFS director Jody Caswell

Holocaust Remembrance Day Program Holocaust Survival: Family Stories

The community-wide Holocaust Remembrance Day program was held the evening of Yom HaShoah at Tifereth Israel Synagogue. This year's program focused on family stories of survival, as presented by Iowa residents Dr. Pnina Luban, Dr. Mira Engler, and Dr. Harry Brod. A candle lighting ceremony and memorial prayers were conducted by rabbis Leib Bolel, Steven Edelman-Blank, and David Kaufman. Rabbis Yossi Jacobson and Marshall Berg were also in attendance. Musical selections were presented by lay cantor Patrick Courtney and cantorial soloist Ira Lacher. The program, which was open to the public, drew a large audience.



**Speakers at the Holocaust Remembrance Day program:
Dr. Pnina Luban, Dr. Mira Engler, and Dr. Harry Brod**

Mira Engler

My father, Asher Engler, grew up in Kosow' (Galizia), Poland. My mother, Lea Sher, grew up in Lutsk, Poland (today's Ukraine). They met in Israel when my father, a worker at the Tel-Aviv-Jaffa water department, bought cigarettes and soda at the kiosk where my mother worked. The kiosk belonged to her step parents, a childless couple who adopted her after the war and brought her with them to Israel. She was orphaned at age of eight after watching her parents be shot in their backyard by the Germans. Pretending to be an orphaned Christian girl, she fled and managed to survive the war years as a domestic servant of several local peasants. Her two-year old sister was given to a childless peasant couple in the countryside for safe-keeping, just before the Germans entered the town. She also survived. My father endured the horrors of the Holocaust as a teenager along with his father, Baruch, and younger brother, Gideon, in hideouts in theirs and nearby towns, while his mother was caught, taken to and murdered in the Belzec death camp. They lived worse than animals, nearly starving and constantly on the verge of being caught by the Germans and their Ukrainian collaborators. More than once, my father was ready to take his own life with the rope that he and his father and brother carried and planned to use in the event they got caught. Kicked out of their early hideout in 1943, they struggled for days to find new shelter. At one point, my grandpa told his boys they'd try one more place before giving up. Fortunately, they were taken in. They spent the last few months of the war until the Russians returned in that hideout at the home of Lupotinska, A Righteous Among the Nations, along with four other Jews, one of whom would become my step grandmother. My parents married in Tel Aviv in 1951 and bore four children, beginning a new cycle of life and endurance. They did not want us to know about the terrible things that happened in the war; prewar life

was also blocked from conversation. They spoke Yiddish when they did not want us to understand. Shielded from their wartime and prewar lives, history was a black hole for me until I became a teenager and began putting the broken pieces together. But their history was always present at home, and it shaped us, the children of holocaust survivors, in many ways – some of which we only now can understand.

Harry Brod

I am a child of Holocaust survivors. My father Srulek (Sam) Brod survived the war in the forests around his home town of Lejansk, Poland, from which most of his family were taken and murdered. He emerged after the area had already been liberated by the advancing Soviet Army, only to be shot and wounded by a man who knew him and recognized him as a Jew. Taken along by the Soviets, by the time they reached Berlin, his lower leg required amputation, the surgery performed at the Jewish Hospital of Berlin, home to the Reich's Association of Jews in Germany, the only Jewish organization to remain openly functioning by the end of the war. There, he met my mother, Lotti (née Schüfftan), a nurse at the hospital. Her parents were murdered at concentration camps Theresienstadt and Auschwitz. I was born in that hospital in 1951, and we came to live in New York City two years later, aboard the SS United States. I am now a Professor of Sociology and Humanities at the University of Northern Iowa, and dedicate my personal life, as well as the work I do as a teacher, author and lecturer/consultant to challenging all forms of oppression, including anti-Semitism, racism, sexism, heterosexism, etc. I have two adult children.

Pnina Luban

My mother, Lena (Rapiport) Harpak z"l, was born in 1920 in Libau, Latvia. Her family's happy and carefree life ended abruptly with the Soviet invasion of Latvia in August 1940 and the confiscation of the family's business. In May, 1941, my mother married her high school sweetheart, and together, they moved to Riga, Latvia's capital.

Five weeks later, in July, 1941, the Germans conquered Latvia. The next night, Latvian police broke into their house and arrested all the adult males, including my mother's husband. Together with another 7,000 Jews, they were taken to the adjacent forests and killed.

Riga's remaining Jews were relocated to a ghetto. To aid their war efforts, the Germans recruited several hundred Jews to serve as slave laborers, including my mother, who had sewing skills. A few days later, Riga's remaining Jewish population of 30,000 was taken to the nearby forests and shot.

Several months later, my mother learned that her parents, sister, and grandmother, along with nearly 7,000 Jews in her hometown of Libau, had all been murdered by the Nazis and their Latvian collaborators. Thanks to endless miracles and friends who saved her life, my mother survived four years in labor and death camps, as well as a death march. At liberation in May 1945, at age 24, she was horribly emaciated, sick with typhus, unable to speak due to exhaustion, and on the verge of death. She was then hospitalized for six months.

Less than 2% of Latvia's Jews survived the Holocaust. My mother was one of them.

In 1950 my mother made Aliya to Israel, remarried, had children and lived a long, productive, and full life.

For reflections on the Shoah, please visit the Iowa Holocaust Memorial on the grounds of the State Capitol, across from the Iowa Historical Building. Those interested in Holocaust education are invited to contact jcrc@dmjfed.org.

University of Iowa Hillel Bids Farewell to its Director, Jerry Sorokin



After serving the Jewish student community at the University of Iowa Hillel for seventeen years, Dr. Jerry Sorokin is leaving his position as executive director. In celebration of his many accomplishments, the Hillel Board and the congregation of Agudas Achim Synagogue in Coralville presented a Shabbat dinner in his honor on June 10th. Speakers including the shul's interim rabbi, and rabbi emeritus Jeff Portman, expressed their warm appreciation to Jerry. The Des Moines Jewish Federation added its congratulations, its thanks, and its best wishes to Dr. Sorokin, who served as the JCRC member from Iowa City. Pictured, Jerry (at left) congratulated by Federation's Mark Finkelstein

Assisting the Sudanese community



Rabbi David Kaufman and JCRC's Mark Finkelstein addressed a unity meeting organized by the local pro-democracy Sudanese leadership.

Greater Des Moines Partnership establishes new Iowa-Israel trade connection



Recently, the Greater Des Moines Partnership (comprising 21-affiliate regional Chambers of Commerce) and Iowa's Cultivation Corridor signed an agreement of mutual cooperation with The Federation of Israeli Chambers of Commerce. The memorandum of understanding opens up a new connection between Central Iowa and Israel, promoting the cooperative development of economic and trade relations.

Of particular interest to both Iowa and Israeli business leaders are the agricultural and biosciences industries. These areas would include seed genetics, plant science, and the agricultural production of biofuels. Cybersecurity is another area of mutual interest.

The signed memorandum of understanding reveals a mutual desire to share market research and information about trade fairs, and to promote the exchange of trade delegations.

Independent of the signed agreement, support for increasing trade between Iowa and Israel has come from Iowa's Lieutenant Governor, Kim Reynolds.

Having recently returned from an inaugural delegation of Republican Lieutenant Governors mission to Israel, Lt. Governor

Reynolds expressed her support, spurred by the realities in the new global economy, for developing economic relationships between individual American states and nations such as Israel. The Lt. Governor stated that during the six economic development meetings she held while on the trip, it became even clearer to her that "Israel is a source for innovative, world-changing ideas, a major hub for regional and worldwide economic growth, and a key partner for Iowa businesses."

As a result of the forward motion created by the newly signed trade development agreement, the JCRC of the Jewish Federation has initiated contact with the Greater Des Moines Partnership and its affiliate, The Cultivation Corridor, to see how it can be of assistance in expanding the Iowa-Israel trade relationship.

The Greater Des Moines Partnership is online at www.desmoinesmetro.com. Information about Iowa's Cultivation Corridor may be found at www.cultivationcorridor.org/ and The Federation of Israeli Chambers of Commerce website address is www.chamber-commerce.net/dir/2504/The-Federation-of-Israeli-Chambers-of-Commerce-in-Tel-Aviv

Jewish Federation Volunteer Appreciation Dinner



Photos courtesy of Todd Steinberg

Mikveh Mayim – A Collection of Water by David Friedgood

Our tradition teaches that the world was created from unformed void, dark, deep primordial waters of an ancient time; “The earth being unformed and void, with darkness over the surface of the deep and a breath from God sweeping over the water – God said, “Let there be light” and there was light.” (Genesis 1:2-3) Under the Creator’s guidance, our universe was then formed, and human beings were molded from the earth in the ‘image of God.’ Our ancestors initially thrived in a pristine environment that did not know poverty, despair, or evil. Unfortunately, we humans turned out to be imperfect, and the world soon became a broken place – very different from the original creation. The first few generations of our people brought impurity, lies and slander, murder, and suffering into what was created as a paradise. They were child-like, focused only on themselves and their immediate gratification. These people lacked perspective and did not appreciate the global nature of their existence. They failed to realize the glory of being human and the awesome wonder of God’s universe. Life became focused on their basic needs, as they ignored what was good for the greater society. Brother fought with brother, families quarreled, and nation groups focused on acquiring what they did not already possess. Our Lord; however, is a patient Sovereign, willing to work with His wayward children as He showed them glimpses of a better way, a better life. We have been provided with a basic Law to govern humankind, the details of which are found in our Torah. The short version is: “You shall be holy, for I, the LORD your God, am holy.” (Leviticus 19:2) We are taught that our lives matter, and each of us is precious to the Creator. God has high expectations, and He expects us to be holy. If we are to begin the process of Tikun Olam, the repair of our fractured world, we humans can start by following the example of our Maker. We, who

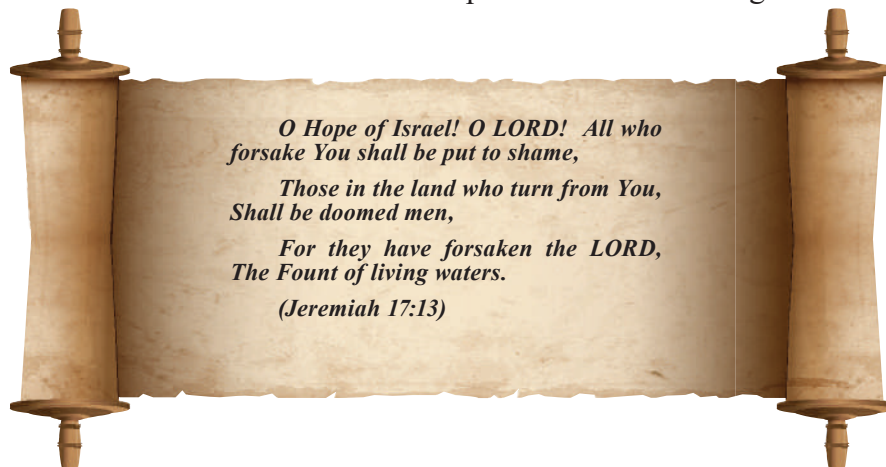
were created in God’s image, must strive to be as close to the Divine as humanly possible. We are commanded to emulate God in our actions and deeds – to be holy.

As is true in many of our endeavors, the devil is in the details. People can dream and talk about how to best follow God’s path to perfect humankind, but how do we actually move toward this lofty goal? The

to perfection, God inspired generations of Rabbi’s to insert ritual into our lives. Our early ancestors periodically showed their devotion to the Sovereign Lord by offering Him sacrifices. They slaughtered goats and birds in an attempt to influence the course of their lives. We modern people have replaced sacrifice with prayer, either in private or public. We donate some of our wealth to help promote the common good. But

is present. On Yom Kippur, the High Priest would wash in water before praying for his people. Preparing for the Revelation at Mount Sinai, the LORD said to Moses: “Go to the people and warn them to stay pure... Let them wash their clothes.” (Exodus 19:10) Today, every Jewish community maintains a Mikveh - a pool of water that is mostly natural and in contact with the earth. This ritual bath is used by Orthodox woman to purify themselves following menstruation and before their wedding. Some Orthodox men will bathe in the Mikveh before Jewish holidays. Orthodox and Conservative Rabbis, along with some Reform Rabbis, have their converts bathe in the Mikveh as part of the conversion ceremony. As the convert emerges from the waters of the Mikveh, he or she is spiritually reborn as a Jew.

In the 4th century BCE, the Greek Philosopher Aristotle taught that human beings can acquire knowledge through reason. As they accumulate knowledge, people will logically work toward natural perfection, which raises the common good of society. A person can only know that he has led a good and useful life at the end of his days. Then he can look back and see the positive difference his actions had on the world he lived in. Only then can he know that his being on this earth has resulted in the betterment of humankind. We are beings who come from the inert waters of an ancient sea. Although imperfect and frail, we each have the capacity to be great. Each of us can contribute, in our unique way, toward our collective perfection, as we piece together our fractured world. This is the glory of our lives on this earth. Enjoy the journey.



journey actually starts with each of us. Fortunately, human beings are endowed by their Creator with the ability to learn. We can think, reason, and we can educate ourselves. Unlike other living things, we have the ability to envision that which is beyond our senses, and we can imagine a better world that works for all of God’s creation. We can fortify our bodies, educate our minds, strengthen our spirits, and purify our souls in preparation for this task. To be holy, we separate from the mundane. What we do counts, as we are judged by how we behave and by our actions. As we move through the brief days allotted to us in this world, we need to be cognizant of that which is of ultimate importance. Our journey is difficult and the path tortuous. We will get lost along the way and may find it difficult to redirect our efforts. The trip; however, is wondrous and well worth the effort.

Anticipating episodic lapses in the people’s journey

what is the benefit, the purpose, of these rituals? As noted by the Prophet, the ritual of sacrifice was not for the benefit of our deity. It was for us, God’s people: “Hear the word of the LORD,... “What need have I of all your sacrifices?” {God wants us to} Wash yourselves clean; Put your evil doings away from My sight. Cease to do evil; learn to do good.” (Isaiah1:10-11) Some rituals are a bit more obscure and harder to understand, but each is designed to redirect our thought through action. Several traditional religious rituals involve water. Water is a permanent part of our lives, as humans cannot survive without a reliable source of water. We use water to drink, cook, and to cleanse ourselves. As noted, the world was created from the primordial waters combining with Ruach Elohim – God’s Breath. The birth of a child reenacts this history, as the fetus, endowed with the spirit of God, is delivered from the maternal womb filled with water. Tradition has rituals that use water to purify our bodies and souls, when the need

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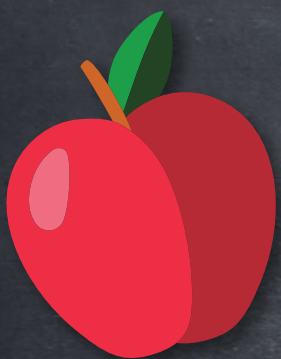
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Engman Camp Shalom at The Caspe Terrace





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Jewish Federation of Greater Des Moines Community Report May / June 2016



Gan Shalom students graduate to kindergarten.



Engman Camp Shalom at Valley View Aquatic Center.



Engman Camp Shalom at Blank Park Zoo.



Gan Shalom students visiting seniors at The Iowa Jewish Life Center.



Gan Shalom students learning about french horns.

Education

Beit Sefer Shalom / Gan Shalom Preschool / Engman Camp Shalom

- 75 students took advantage of the early bird discount and are already registered for the 16-17 school year at Beit Sefer Shalom.
- Several new Drake students have been hired to work at Beit Sefer Shalom.
- Beit Sefer Shalom Board met 5/23/16 to review the budget and plan for upcoming programs during the new school year.
- Hannah Rogers will become President of the BSS Board beginning July 1, 2016.
- Thank you to Gabrielle Callistein for your leadership over the past three years. Beit Sefer Shalom is a better place because of your support!
- 81 campers are registered for Engman Camp Shalom so far this summer
- Impressive staff has been hired for ECS 2016 and are being trained the week of June 6th.
- Camp Orientation was held 6/7/16.
- Camp begins 6/13/16 and runs 10 weeks!
- Gan Shalom has enrolled new students for the 2016-2017 school year. Family tours have increased.
- Preschool graduation was held on May 26, 2016. Ten children will be attending area Kindergarten programs this fall.
- Gan Shalom teachers attend STEM Training and Early Childhood and the Future of Our Nation Conference.
- Gan Shalom Camp is in session with new assistant teacher and 11 new campers.

Jewish Family Services & Outreach

Jewish Family Services and Outreach

- Jewish Family Services is working with the JCRC Advocacy Committee on Food Insecurity. We met with Polk County Supervisor John Mauro to gather more information about the Partnership for a Hunger Free Polk County and with Sarai Rice from the Des Moines Area Religious Council to learn more about the food pantry system in central Iowa. We are also partnering with Engman Camp Shalom in the "Pack a Protein Picnic" food drive July 7-21.
- Jewish Family Services made a donation in the amount of \$5,000 to the Des Moines Area Religious Council to assist with their food pantries and distribution of food to needy families and individuals.

Community

Jewish Community Relations Commission

- Organized and implemented the community Yom HaShoah program at Tifereth Israel Synagogue.
- Initiated discussion with the Greater Des Moines Partnership about strengthening the Iowa-Israel economic relationship.
- Provided networking support for passage of the Iowa anti-boycott legislation that prevents state-based discrimination against Israel.
- Addressed a local breakfast club about modern antisemitism.
- Planned and implemented the Israel Independence Day luncheon and film screening.
- Advised the synagogue in Waterloo when their building was defaced by religious-intolerant graffiti and networked the Iowa Jewish Leaders network about the incident.

History

Iowa Jewish Historical Society

- Will officially kick off our 20th Anniversary Celebration on September 18. Rabbi Barry Cytron will be the keynote speaker.
- Began a new oral history interview series with interviews of members of Des Moines' Jewish community.
- Hosted a traveling exhibit *A Welcome Place: Quad City Jewish Heritage* produced by the Jewish Federation of the Quad Cities and the Putnam Museum.
- Participated in the *Wonder of Words Festival* on June 18 & 19 to promote the IJHS and our cookbook.

Medical Innovations

Leukemia cure could be on the way, says med-tech firm Biosight
Israeli pharma company gets \$13m in investment money to further develop its 'trojan horse' cancer treatment
BY TIMES OF ISRAEL STAFF

Biosight, an Israeli pharmaceutical development company that is working on a cure for leukemia, this week closed an investment of \$13 million led by pharmaceutical investment firm Arkin Holdings, run by pharma mogul Mori Arkin, and US-based venture firm Primera Capital. The money will be used to fund an advanced phase study of the company's lead product, Astarabine, for the treatment of AML — acute myeloid leukemia, one of the two most common forms of the disease.

According to the investment terms, Arkin Holdings and Primera Capital will invest \$5 million each, and additional \$3 million will be invested by existing shareholders. The investment will be made in two steps, the first immediate, and the second expected in the course of the next year upon completion of several studies and milestones.

Astarabine is a special form of a compound called cytarabine that contains an amino acid harmful to leukemia cells but not to normal cells. Leukemia cells depend on an amino acid called asparagine, but they cannot synthesize it themselves, according to Dr. Ruth Ben Yakar, CEO of BioSight; as a result, they "steal" it where they can, from within the bloodstream. "We set up a molecular structure that leukemia cells recognize as being associated with asparagine, which they need," said Bar Yakar. "But instead we fill it with Astarabine, which kills them. Thus, using this trojan horse trick, we are able to destroy the cancerous cells while preserving the healthy ones."

It's stealthy enough to fool even the "smartest" cancer cells, said Ben Yakar. "Our interim results in a major study of patients with leukemia shows that that our system yields the maximum efficiency from chemo, with a minimum of toxicity. Our method of using chemo does not cause brain damage or weaken blood cells," with all its attendant phenomena, such as lethargy, loss of hair, etc.

This "trojan horse" chemo technology doesn't only work for leukemia patients, said Ben Yakar. "We believe it will be effective in many other kinds of cancer as well. It's a matter of finding the amino acid that a specific cancer is allergic to, and packaging it in a structure that the cancer cell thinks contains material that strengthens it, while in reality it contains material that destroys it."

BioSight is currently completing a Phase I/IIa clinical trial to evaluate the safety and efficacy of Astarabine as a therapy for AML and ALL (relapsed/

refractory Acute Lymphoblastic Leukemia, another common form of the disease) that was conducted at Rambam Hospital in Haifa under the supervision of Dr. Tsila Zuckerman. The results obtained to date indicate a good safety profile with no significant drug-related side effects, including in 80-and 90-year-old patients, said the company. In addition, Astarabine treatment achieved "high response rates" in newly diagnosed AML/ALL and secondary AML patients deemed unfit by doctors for conventional chemotherapy.

While further tests are needed, Ben Yakar is very optimistic that the technology – which, she said, could be applied to other cancers as well, will receive recognition as a breakthrough therapy, able to treat patients who have no other medical recourse. "We are excited with the results obtained to date with treatment of AML and ALL patients with Astarabine," said Ben Yakar. "These patients would have otherwise had very limited treatment options. We are optimistic that Astarabine could bring real hope to many patients and an answer to unmet needs in the treatment of hematologic malignancies."

Source: timesofIsrael.com based on information from www.biosight-pharma.com



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Rabbis Columns

Nervousness and Amazement By Rabbi Steven Edelman-Blank



Basically, everything about caring for a baby is brand new to me. Diapers, “onesies,” late-night feedings, you name it. Chloe is Deborah's

and my first child. I am the youngest child in my family and did not spend much time around babies. I have had practically no experience around children this age. I am finding the whole experience both amazing and nerve-wracking at the same time.

I had an interesting realization at one point that I would like to share, though. A part of our religious life has helped prepare me for this experience. I came to this thought during a rather mundane act, changing my daughter's onesie for one of the first times ever. Something about very carefully pulling the garment over Chloe's head and arms felt strangely familiar. It reminded me so much of pulling down the mantle over a Torah scroll after the Torah has been read. I had great love and respect for the object that I was covering. I did not want to get anything stuck or caught. I certainly did not want to let anything drop or fall.

Holding and moving around a Torah scroll and its decorative pieces, such as its breastpiece, yad, or crown, can generate a variety of emotions. We can feel honored to be working with such an amazing, holy object. It can bring us great joy. At the same time, it can be a little intimidating, since we do not want to do anything that is going to harm the Torah or show disrespect. And we can also even feel a little scared about the responsibility to do these things, since we grow up learning that a person who drops a Torah needs to fast for forty days. Also, the times when we are often moving around Torahs are during services, when we are standing

in front of other people and do not want embarrass ourselves. So, we approach actions involving Torah scrolls with a combination of emotions: great joy and a certain amount of wariness, or even nervousness.

I am finding this combination, great joy and nervousness, also underlies the experience of caring for a beautiful, baby girl.

You want to do everything right: the right feeding, the right holding, even the right burping. But, there is something a little mysterious about her. You cannot accurately read all her signs. So, you spend your time feeling great joy, while worrying about what you are doing at every turn. I am sure that other intense experiences in life create the same combination of emotions and feelings.

It is not always easy to maintain this combination, though, especially for a long time. In particular, the nervousness can feel uncomfortable. Even the “highs” can start to sap one's energy.

But, what keeps a person going when taking care of a Torah is the same thing that keeps him or her going when caring for a child.

Love brings both the emotions of fear and joy together. It encapsulates both of them. Love is the overarching emotion, one that makes it possible to face the other two and manage both the highs and the lows when they arise.

We approach the Torah with love. We approach our own children with love. May both of these loves continue to blossom. May they help us carry on our faith. May they also help us to raise happy, healthy children who grow to make this world a better place, as our faith and our Torah bid us to do.

Reflection by Rabbi Leib Bolel on departing Des Moines



The great Chinese teacher and philosopher Confucius taught; “Study the past if you would define the future.”

I find this profound yet a simple teaching, one that is practical and has the ability for us to put into practice. We all have a past, and if we reflect on it, we can use the values and lessons of our past to propel us forward.

Combining this teaching with one from the Talmud; “Who is wise, one who foresees the future” the outcome is one, where it's the thought process of reflection that molds the drive of the future.

It is nearly six years since Devorah and I were approached to consider moving from Israel to Des Moines. It is a moment where reflecting over our time spent in this community that brings us to our future.

Having served as Rabbi of Beth El Jacob Synagogue, the journey that time has taken me on has been one I will treasure and remember. The growth of the Synagogue, along with other notable accomplishments, including the dedication of a new Torah and stellar programing, are prides that I share with Beth El Jacob. The opportunity in working with so many of the Jewish students from different colleges in Central Iowa has shown me and many others in the community the promise for our next generation of Jewish leaders.

The Des Moines Jewish community as a whole is one that is unique in several ways, from the relationships that the Rabbi's share to the staunch support that the Jewish Federation provides. As a smaller Jewish community in the Midwest, the above mentioned and more are not just an outcome of circumstance and/or size, but the result of our leadership working diligently for the common good within our community.

Within any healthy community, it is the diversity that propels the future. Diversity of opinions, be it ones we agree with or ones that we adamantly oppose, are still to be considered, thought through, and valued, nonetheless. I have seen students

and adults alike make life-changing decisions in traveling to Israel to spend time immersed learning about their Judaism, while with others I have spent hours conversing as to whether there is, if any, significance to their Judaism. It is the diversity that can initiate challenge, but it is respect that is integral of overcoming it.

It is experiences like these that I reflect on and which I sincerely hope will define our future.

I shared a letter with the board and members of Beth El Jacob in May of Devorah 's and my decision to relocate. I mentioned in this letter the tendencies we have as parents to do all that we can for our children, and it was at a recent family wedding that I attended that this became evidently clear. Seeing the many children interacting with each other while surrounded by culture and interaction that is garnered through their community and Jewish education was something we could not afford our children to miss.

As a community, a fundamental focus has been on our children and the next generation. Accomplishments have been achieved, with confidence that more is yet to come. It is through the grappling of opinions and matters of such importance that the future is bound to flourish.

It is experiences such as these that shine a bright light on our future.

Our relocation to Scottsdale, AZ, where I will serve as a Rabbi with a grassroots initiative, as well as dedicating more time on the business front, that will pay tribute and be a testament to the wonderful time we have spent in Des Moines.

With travel so accessible, should you find yourself in Arizona, Devorah and I would be thrilled to get together with you.

With warmest gratitude and to a bright future,

Rabbi Leib Bolel

Ben Zoma says:

Who is wise?

The one who learns from every person...

Israel Independence Day Celebration at The Caspe Terrace



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A widow who is paying it forward Helene Kaplan performs tzedakah in husband's memory

By Helene J. Kaplan



“Small acts, when multiplied by millions of people, can transform the world.”

I remember having read this quote while online some time ago. Long before my dear husband Murray, of almost 49 years, quite unexpectedly, and much too early in his life span (73 years old), passed away in June of 2014.

He was a caring and loving man, and he believed in tzedakah, the Hebrew word signifying charity. The great Jewish philosopher Maimonides stated that the highest form of this service is to give an interest-free loan or a grant to a person in need, especially an unknown recipient and that this is a voluntary act.

Murray took these words and their meaning seriously, so much so, that when he received a Special Achievement Award from the City University of New York's Doctoral Biology Program in 2003, he faithfully contributed each year to a Fund (started by his mentor's widow, Lillian Fried, in his honor) to enable doctoral students in this program to attend conferences and help them to pursue their graduate degrees.

Contributions to this Fund continue even now, because of the generosity of family members and dear friends who believe that “what we do for ourselves dies with us, but what we do for others and the world, remains and is immortal.”

He was also very civic minded and believed that giving back to one's community is also a high form of service. Over the years, he volunteered for many organizations and in many

capacities. These included being president of our synagogue in Iowa, coaching soccer, playing trumpet in a regional orchestra and band, being a team leader in our community's CERT (Community Emergency Response Team) organization, working on the community's Audio Visual Committee and much more.

Our children were brought up mainly in the Midwest, where we worked and lived our lives. These were good years, full of life's experiences and growth.

We sent our children to Hebrew schools and camps. One Jewish camp program that was attended was named Kadimah, the Hebrew word that means forward and to advance. I thought of Kadimah as well as tzedakah when I was trying to make sense of what to do with Murray's worldly goods (especially his medical items and medicines and so much more) that were now waiting to be disposed of or moved on.

And then I remembered Aesop's quote that “no act of kindness, no matter how small, is ever wasted.” I was determined to carefully disburse all of Murray's possessions, in a meaningful and/or charitable way. In other words “to deliberately, pay it forward.” So now, almost a year and a half later, I am still in the midst of using this format to continue this challenge to “render service to others.”

The following is how I am personally accomplishing the above philosophies and includes the names, addresses, web sites, etc. of the good places and people that carry on their work to help others. I know that there are many other places that serve communities as well.

•Clothes, shoes, household Items, furniture, etc. to Gulfstream Goodwill Industries (www.gulfstreamgoodwill.com). Log onto this web site to get the locations of their Donation Centers. Headquarters telephone (561-848-7200). Gulfstream Goodwill Industries, a private non-profit organization, assists people with disabilities and other barriers to employment to become self-sufficient, working members of the community.

•Eyeglasses and eyeglass case donations to Crystal Clear Optical (www.CrystalClearOptical.com), 6338 Lantana Road, Lake Worth, FL 33463. Telephone 561-963-0099. They, in turn, donate and send these used eyeglasses (including readers) to the organization New Eyes for the Needy in Short Hills, NJ. This organization sends optometrists and missionaries to places in the United States and throughout the world to service and deliver the glasses to the disadvantaged in developing countries.

•Used medical equipment and supplies to The Lending Closet, Clinics Can Help (www.clinicscanhelp.org), 1550 Latham Road, Suite 10, West Palm Beach, FL 33409. Telephone 561-640-2995, hours Mondays to Thursdays from 9 a.m. to 5 p.m. and Fridays, 9 a.m. to 4 p.m. This organization lends the donated supplies and equipment to others who need them.

•Pills and medicines to Operation Pill Drop, part of the Solid Waste Authority (www.pbso.org). Operation Pill Drop is a program for Palm Beach County residents that accepts unwanted or expired medications so that they do not wind up in the hands of children or in the water supply system. This program accepts prescriptions, over-the-counter medications, vitamins, samples, medications for pets, ointments, lotions, and liquid medications in plastic or leak proof containers. For more information, and for exact locations and open hours, call 561-681-4460.

•Needles (sharps), thermometers, bloody or Infectious waste, hydrogen peroxide, aerosol cans, inhalers and medicine in glass containers as well as diabetic supplies, such as syringes, insulin, lancets and all other sharps can be placed in an appropriate container and brought to one of the Florida Department of Health Palm Beach County locations. Telephone 561-840-4500 to find the Health Center nearest to you. (www.pbchd.com) and click on locations at top and look for place closest to you. Open hours are Mondays to Fridays 8 a.m. to 5 p.m. I dropped my sharps, etc. off at the Lantana/Lake Worth Health Center, 1250 Southwinds Dr., Lantana, FL 33462 (Telephone 561-547-6800).

•Computers and monitors, propane tanks, pesticides, old paint, etc. can be disposed by Palm Beach residents at one of the many PBC locations sponsored by the Solid Waste Authority (SWA). Telephone 561-687-1100 or log onto www.SWA.org/HCRC Hours are Mondays through Fridays 7 a.m. to 5 p.m. for assisted drop off and Saturdays from 7 a.m. to 3 p.m. for self-served drop offs.

The above services are mainly for Palm Beach County residents. For those living in Broward County you can call 954-765-4999.

I am currently considering “paying forward” other items that were an integral part of my husband's life, avocation and career. These require more sorting out and thought. Some ideas that I am working on include donating his many musical discs and sheet music to the orchestra that he played in, his research papers and books to his former university and library where he worked for many years, his sports equipment to his community athletic center, and so on.

It has always been my belief that, in living a good life, we strive to make a difference and leave this world a better place for having lived in it. I know that this was Murray's philosophy as well. What I am attempting to do is to continue his act of good deeds even now, so that the power of righteousness and charity continue.

I have tried to “think of an idea to change our world and to put this idea into action” and at the same time to also remember that “just one act of kindness that you perform may just turn the tide of another's life.” This is my legacy for Murray.

The writer resides in Lake Worth.

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Murray Kaplan z"l served as president of the Ames Jewish Congregation and as a member of the board of the Jewish Federation .

Commentary

Support for Israel –U.S. relationship attracts attendance at AIPAC Conference

By Denise Bubeck



Denise Bubeck, pictured second from left.

Over 18,000 energized activists from all walks of life attended the American Israel Public Affairs Committee (AIPAC) policy conference on March 20-21, 2016. AIPAC policy conference is a uniquely different setting where a diverse community of people join together to support Israel. The conference centers on AIPAC's mission to strengthen, protect, and promote the U.S.-Israel relationship in ways that enhance the security of Israel and the United States. AIPAC policy conference in its enormity goes beyond bipartisan politics, as it strikes at the heart of the U.S.-Israel relationship and that is accomplished by a wide range of people like you and me.

This year, policy conference had a gripping moment when all the presidential candidates took the stage. The beauty of each candidate's speech was that they want to have a significant part in continuing the strategic partnership the U.S. has with Israel, in spite of their position on a multitude of other issues.

Policy conference is a diamond that sparkles, transcending politics. AIPAC is the Innovation Showcase of Israeli technology and products. Over and over again, those attending the policy conference are given the opportunity to see how such a tiny resilient country set in a bad neighborhood thrives. This year, two of the innovations were noteworthy: Mobile ODT and Softwheel.

Mobile ODT is a courageous upstart that has the potential to drastically reduce the strategy of Cervical Cancer through early detection (<http://www.mobileodt.com/>). The Eva System (Enhanced Visual Assessment System) is a support to assist in the early detection of Cervical Cancer for "every woman,

everywhere." The EVA System boasts of three user-friendly components: Easy to use, User-friendly App and Cloud based Information system. The EVA System is a powerful tool used for cervical visualization with clinical tracking for health clinics and clinicians at all levels of care. The EVA APP software will enable real-time enhanced visualization of the cervix that allows health providers to store and review the patient data confidentially and access remote expert consultations for decision support. The software engages with the patients, using images of their own cervix. The EVA system has traveled to countries in Africa and is looking to find states here in the U.S. to pilot this innovative technology.

The second noteworthy technology was SoftWheel, which is the world's first adaptive in-wheel suspension option. This groundbreaking wheel has three shock-absorbers working together to reset more rapidly and absorb more shocks and vibrations over the same distance and time. The shock absorbers have the ability to adjust to the terrain. When the area is flat, they work like spokes, but when the going over bumps, they compress to absorb the shock. The "action" of each obstacle causes a "reaction" limited to inside of the SoftWheel. The result is less vibration to the wheelchair and to its rider, providing for a much smoother ride. The SoftWheel is testing this ground-breaking wheel on wheelchairs, bicycles, and lastly, the automobile. Check out this adaptive wheel (<http://softwheel.technology/technology/>) and see for yourself this incredible technology.

Needless to say, this year's policy conference provided stimulation at all levels. The most important aspect of Policy Conference is the amazing ability for activists of all political persuasions to come together and lobby their members of congress to further strengthen and preserve the U.S.-Israel relationship. For the several years, I have now attended AIPAC Policy Conference. Each year I am more impressed by thousands of people advocating for the US-Israel relationship. The conference is analogous to thousands of Moses' and Esther's all speaking on behalf of the Jewish people and their protection. God has been faithful for this very unique country placed in the middle of the world surrounded by so many others who would love to overtake her.

Denise Bubeck is a Christian member off the Des Moines community.



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Iowa Jewish Historical Society

20 Years of Preserving Iowa's Jewish Heritage

The Iowa Jewish Historical Society's collection is the heart of our organization.

During the past 20 years, donors from across the state have entrusted the IJHS with thousands of artifacts, dating from the mid-19th century to the present. Some have been on display, many haven't, but the stories and the history they tell is critical to recording and understanding the history of the Jewish people in Iowa.

These treasures represent all different aspects of Jewish life in Iowa—religious artifacts from Jewish congregations that are still in existence, as well as those that have disbanded; organizational papers from religious and community groups; oral histories; personal and family artifacts; business and political records; Holocaust-related material; photographs, newspapers, scrapbooks, and paintings; furniture, textiles, clothing, medical instruments; and so much more.

Together these artifacts tell the story of everyday life—the work, play, traditions, and beliefs of Jews who carved out their lives in Iowa's rural towns or big cities—as well as events of national and international importance.

Since the 1830's, Jews have inhabited more than 100 cities and towns across the state, running successful businesses, raising families, and leaving our mark on Iowa history.

The Jewish settlement of Iowa serves as a microcosm for the study of national immigration patterns: Western Ashkenazi Jews from Germany, France, and Austria arrived between the 1840's and 1880's; Eastern Ashkenazi Jews from Russia, Poland, and the Baltic countries came to Iowa between the 1880's and 1920's; refugees from the Nazi Holocaust immigrated in the 1930's; Holocaust survivors arrived in the late 1940's and 1950's; and, most recently, Jews from the former Soviet Union, allowed to immigrate after the cessation of the Cold War, arrived during the 1980's and 1990's. All brought with them their customs and beliefs, while adapting to new lives in the U.S.

These are the treasures that the IJHS has been preserving for 20 years and will continue to do for future generations.



Chair from the Bimah of the Children of Israel Synagogue

None of this would be possible without the generosity and support of our members and donors and the entire Jewish community. Thank you!

P.S. After looking at the sampling of the artifacts pictured on this page, take a moment to go online to www.iowajewishhistoricalsociety.org and browse through more than 3,000 of the artifacts and photos in our collection. This online resource makes the IJHS collection accessible to people across the globe.



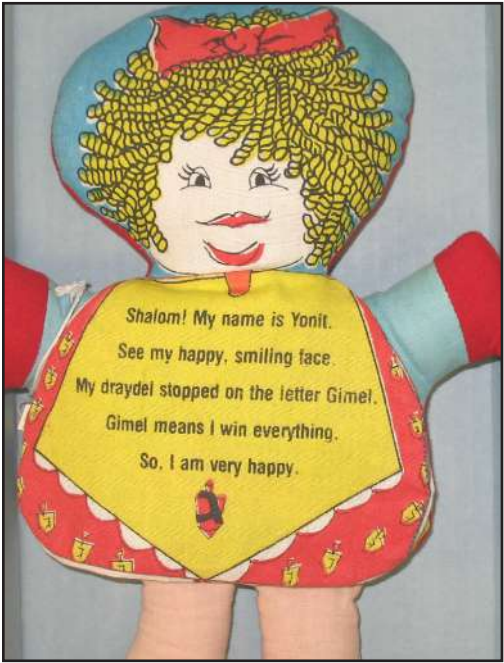
Frank Sanders, Mildred Sanders, Anne Blumenthal, Joe Blumenthal at the Golden Ball. No date.



Marvin and Jenny Pomerantz, 1938



Mathias Josephi



A Yonit Doll



David and Connie Belin, Jeanne and Dick Levitt, 1963 United Jewish Appeal

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Account number: _____

Signature _____

Mail form and payment to:

Iowa Jewish Historical Society
33158 Ute Ave
Waukegan, 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.

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Jewish Federation Annual Meeting



Engman Camp Shalom

CARNIVAL

Friday, August 19th
3:00pm – 5:30pm

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from all camp weeks.

For more information,
contact engmancampshalom@dmjfed.org

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2016 HOME SCHEDULE

MEN @ 7:30 WOMEN @ 4:30

MAY 21	CHICAGO FIRE U23	KANSAS CITY COURAGE	JUNE 4
JUNE 4	KOKOMO MANTIS FC	WSA WINNIPEG	JUNE 24
JUNE 18	ST. LOUIS LIONS	WSA WINNIPEG	JUNE 25
JUNE 24	WSA WINNIPEG	QUAD CITY EAGLES	JULY 9
JUNE 25	WSA WINNIPEG	CHICAGO RED STARS RESERVES	JULY 16
JULY 9	THUNDER BAY CHILL	MINNESOTA TWINSTARS	JULY 17
JULY 15	TOLEDO UNITED FC		
JULY 16	ST. LOUIS LIONS		



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 July and August 2016

July 2016

Friday, July 8th – 6:00 p.m. – Mishpacha Shabbat and Potluck
Saturday, July 9th, 7:30 p.m. – YAD Adult Trivia Night
Friday, July 15th, 6:00 p.m. – Acoustic Shabbat
Tuesday, July 26th – 6:00 p.m. – Women’s League Mahjong
Friday, July 29th – Teen Trip to Chicago
Saturday, July 30th – 10:30 a.m. - Tot Shabbat

August 2016

Sunday, August 7th – 4:08 p.m. – Tifereth at Iowa Cubs game
Saturday, August 13th – 9:00 p.m. - Tisha B’Av Service
Sunday, August 21st – 2:00 p.m. – Shelter Dinner
Sunday, August 21st – 4:00 p.m. – USY Kick-off
Wednesday, August 24th 7:30 p.m. – Women’s League Wine & Chocolate Event
Saturday, August 27th – 10:30 a.m. – Tot Shabbat, Children Service, Junior Congregation

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.

Teen Torah Readers Club – Patrick Courtney
Sundays at 4:00 p.m.



The Ames Jewish Congregation (AJC) is pleased and excited to announce it has hired Rabbi Robin Damsky as its new rabbi. Rabbi Damsky, former rabbi of West Suburban Temple Har Zion in River Forest, Illinois, currently runs a non-profit, In the Gardens, by which she advances sustainability initiatives and addresses hunger issues through edible garden design and mindfulness practice. AJC is looking forward to benefiting from Rabbi Damsky’s experience and innovative, caring, and inclusive spiritual leadership. She holds a Master’s degree in Jewish Education, in addition to her Master’s degree in Rabbinic Studies. Rabbi Damsky will be traveling to Ames to lead High Holy Day services, as well as for monthly visits during the academic year.



RECURRING EVENTS

Mishna Study 10 minutes before morning Minyan every day.

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:

12:30 p.m. - Lunch N' Learn - join local college students and Rabbi Bolel for lunch and discussion on a

variety of subjects.

4:30 p.m. - RIE Family Hebrew Program - provides children and parents with advancement in Jewish knowledge and identity, enabling the children to build a solid Jewish foundation with strong parental support.

Wednesdays:

7:00 p.m. -The “Shiur”. – covers Jewish learning on self-improvement, interpersonal relationships, weekly portion and current events.

Thursdays:

9:00 a.m. - Jewish Business Ethics - covers Jewish business ethics on a variety of subjects.

Please contact the office for more information or to attend any of the above events.



בס"ד

Rabbi Yossi and Chanie Jacobson and the board of directors of BEJ Synagogue announce to the Community that Lubavitch of Iowa’s JRC Will Be Having Rosh Hashanah and Yom Kippur Services at BEJ Synagogue

954 Cummins Parkway Des Moines, Iowa 50311

Rosh Hashanah October 3rd and 4th

Services at: 9:00 AM

Highlight of Services, Blowing of the Shofar at 11:00 AM

Kiddush Luncheon following services on October 3rd

Prepaid RSVP is a must for the Luncheon

Sponsor \$540.00 * Supporter \$360.00 * Partner \$180.00 (\$12 adult/\$6 child) 515-277-1770 / Jrcspark@msn.com

Yom Kippur October 11th and 12th

Break of the fast and venue details will follow.

In Memoriam

We note with sorrow the recent passing of

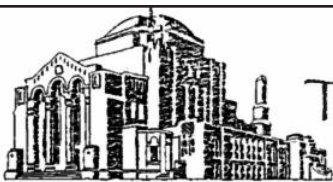
Miriam Lorber

Jim Anderson

Helen Reivson

Mary Kay Conley

Joe Grivois



Temple B'nai Jeshurun

JULY / AUGUST TEMPLE B'NAI JESHURUN WORSHIP SCHEDULE

JULY 1

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service

JULY 2

9:00 a.m. Weekly Text Study
10:00 a.m. Shabbat Service
10:45 a.m. Rabbi's Torah
Study

JULY 4

4:00 p.m. July 4th BBQ

JULY 8

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service

JULY 9

9:00 a.m. Weekly Text Study
10:00 a.m. Pet Shabbat
Service

JULY 15

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service
7:00 p.m. Sisterhood /
Brotherhood Game Night

JULY 16

9:00 a.m. Weekly Text Study
10:00 a.m. Shabbat Service
10:35 a.m. Rabbi's Torah
Study

JULY 22

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service

JULY 23

9:00 a.m. Weekly Text Study
10:00 a.m. Shabbat Service
10:35 a.m. Rabbi's Torah
Study

JULY 29

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service

JULY 30

9:00 a.m. Weekly Text Study
10:00 a.m. Zoo Shabbat at
Blank Park Zoo

AUGUST 5

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Family and Classic
Shabbat
7:00 p.m. Shabbat Dinner
and Potluck

AUGUST 6

9:00 a.m. Weekly Text Study
10:00 a.m. Shabbat Service
10:35 a.m. Rabbi's Torah
Study

AUGUST 12

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service

AUGUST 13

9:00 a.m. Weekly Text Study
10:00 a.m. Shabbat Service
10:35 a.m. Rabbi's Torah
Study

AUGUST 19

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service
7:00 p.m. Sisterhood /
Brotherhood Game Night

AUGUST 20

9:00 a.m. Weekly Text Study
10:00 a.m. Shabbat Service
10:35 a.m. Rabbi's Torah
Study

AUGUST 21

1:00 p.m. YG Kick Off

AUGUST 26

5:30 p.m. Wine and Cheese
Social
6:00 p.m. Erev Shabbat
Service

AUGUST 27

9:00 a.m. Weekly Text Study
10:00 a.m. Shabbat Service
10:35 a.m. Shabbaton

Saturday, July 30, at 10:00 a.m.

We will gather at the Blank Park Zoo for a special Shabbat program in which we will visit animals discussed in the Jewish tradition and learn some of what Judaism has to say about them. We will gather in front of the main entrance to the zoo at about 9:45 a.m. and then go to the zoo. The formal program will last about an hour and involve walking from exhibit to exhibit with prayers, readings, songs, and a story about animals told along the way. Tots will love it, as will their grandparents and great-grandparents! Donations will be accepted to help cover the cost of admission for non-zoo members.

Please RSVP to the Temple office (515) 274-4679 if you plan on attending.



Temple Youth Group Update

I'm free! Well, free from school, that is. School is ending or over for most of our members now, which means we can focus on fun, which is far more important than school anyway. Many of our youth groupers will be at GUCI Jewish summer camp in Indiana, so we will be missing 10(!) of our good friends for a month. We'll miss you here at home, but we know you'll be having the time of your lives! Those of us who are still here in Iowa might meet up a few times, but we won't have large programs or regular programs until late summer, when school starts again. We've already been thinking of programming for next year, and I think that the programs we're starting to think of for next year will get more ambitious and more fun accordingly. You can look forward to a strong youth group.

Before I get ahead of myself, I'd like to take a look back at the 2015-2016 school year. It has been such a long time since our kickoff event at my house last August. Since then, we've had our TYG participate in High Holidays, we marched in the Hunger Hike and raised record amounts for charity, we've had a whole lot of Teen Talks with the Rabbi, and we celebrated Hanukkah together. We had game and movie nights, we traveled to Washington DC and St. Louis, we made new friends, and we had a heck of a lot of fun. Wow. Could our year have been any better? I don't think so. It's been a whirlwind, and that's how we like it here at DMTYG!

Looking back, I'm quite happy with what we've done. Throughout this year, I have had adult after adult say something like, "I'm so happy that we have an active youth group," or "You must be having so much fun. I remember when I was in youth group!" Well, I like to think that those adults are right. We are having so much fun, and we're helping our Temple at the same time. That's like having two scoops of ice cream instead of one. I hope everybody in our congregation gets a chance to meet our members or perhaps come to an event we volunteer at or host. I want everybody to get some of that metaphorical ice cream!

Thanks for your support this year. Our board will be putting our thinking caps, on and we'll be planning some awesome stuff for next year.

Thanks again and shalom,

Michael Adato

DMTYG President

Pet Shabbat Service

Saturday, July 9, at 10:00 a.m. will be our Pet Shabbat Service outside on the Temple lawn. Bring your family pet and introduce him/her to everyone. "Horsing" around required!



We note with joy the celebrations of



Sammi Sobel, daughter of **Marla and Phil Sobel**, graduated from Johnston High School in May and will be attending Iowa State University next semester to study animal science.



Sheldon and Beth Ohringer and family are proud to announce Jack Ohringer's graduation with honors from Valley High School. Jack will be attending Tufts University in the fall. There he will play varsity golf and plans to study economics/premed.



Samuel Merrill Lerner graduated from Chariton High School in Chariton, Iowa, on May 22, 2016. While in Chariton, Sam was very involved in the Future Leaders of America (FBLA) He spent many summers playing on the CHS Baseball team and the winters were spent shooting hoops with the CHS Basketball team. Sam plans to attend the University of Northern Iowa pursuing a degree in business. Sam is the son of **Mark Lerner and Suse Cohen** and the step-son of **Dr Greg Cohen**. Sam is also a fourth generation Temple Member.



Thomas Joseph Anderson, son of **Greg and Daryl Anderson**, graduated from Valley High School on May 29, 2016. Tommy has been active in technical theatre, the Iowa High School Speech Association, and the Classical Cultures Club at Valley. He will be going to Iowa State University this fall and plans to study meteorology.



Josh Waltman, son of **Ken and Kim Waltman** and grandson of Bernie Waltman and Arnold and Camille Delbridge, graduated May 23 from Waukee High School. On June 14, he headed to Ft. Benning, GA, for 10 weeks of basic training with the Army National Guard. After completing basic training, he will remain in Ft. Benning for another 10 weeks to continue his advanced individual training (AIT) as a calvary scout. He will enter his freshman year at Iowa State University beginning in January for the spring semester. He plans to study kinesiology with the intention pursuing physical therapy, sports medicine, or athletic training.



Jack Wahlig graduated with several honors from Roosevelt High School and Central Academy in May 2016. Jack will be attending Iowa State University on an academic scholarship to study computer science.



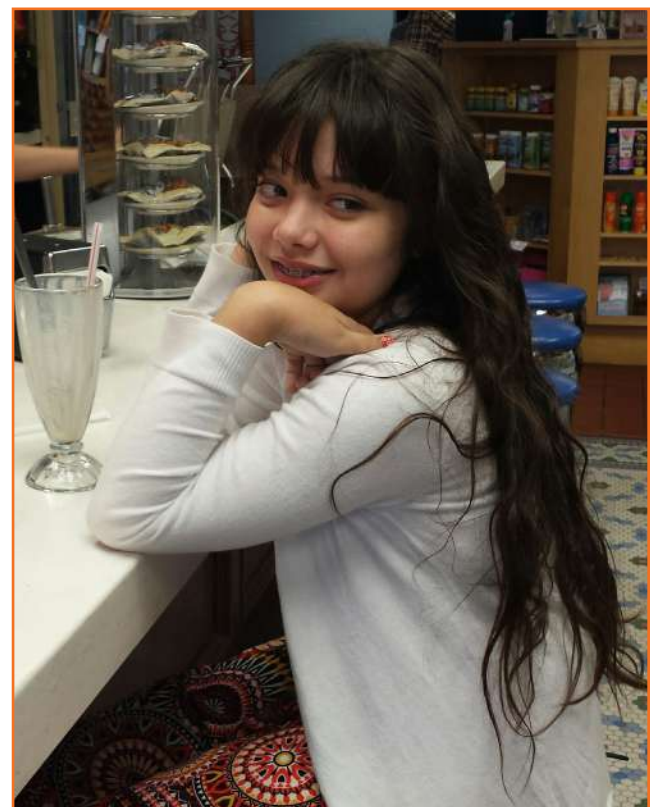
Holden Terpstra graduated from Perry High School with 36 college credit hours he acquired at the local DMACC campus while attending high school. He has been admitted to Iowa State University and plans to study toward a Bachelor's degree in mechanical engineering from the College of Engineering, and acquire a minor in business administration from the College of Business starting the fall of 2016. He plans to develop ways to improve 3D printing technology and developing whatever crazy inventions he can imagine. During his time at Perry, he did participate in several years of athletics, which included basketball, track and field, and football. He enjoyed participating at the annual volunteer day event, where over his four years, he volunteered at various places, such as cleaning up the local creek, helping at the Rowley masonic home, and picking apples to give away to Perry citizens. He is an avid outdoorsman and enjoys nature and late 19th to early 20th century history.



Gabe Klein, son of **Daniel Klein and Kathy Butler-Klein**, graduated from Valley High School in May and will be attending Indiana University Bloomington next semester to study business entrepreneurship and corporate innovation.



Sarah-Rose Ballard is the daughter of **Gwen Ballard** and the late **Kirk Ballard**. Throughout her years at Ankeny High School, she has been co-president of Student Council, co-president of National Honor Society, founder and president of Feminist's About Equality Club, social action chairperson on her Temple youth group board, and a varsity fall and competition cheerleader. She has made State in Speech and has been actively involved in theatre, as the student director and various crew heads, as well as assistant director at Ankeny Community Theatre. Sarah-Rose has been dedicated to volunteering, thus earning her Silver Cord. She has been a member of Key Club, participated in the National Council on Youth Leadership, having been nominated to Homecoming Court and for Youth of the Year, while maintaining a weighted GPA of above 4.0 and placing in the top 3% of her class. Sarah-Rose has been elected to speak at her graduation ceremony. Sarah-Rose is receiving her Associate Degree prior to attending Drake University Honors Program in fall 2016 with a Presidential Scholarship to pursue a double major in political science and sociology, while minoring in film.



With great joy, **David and Valerie Cohen** announce that **Zoey Arielle Cohen** will be called to the Torah, as a Bat Mitzvah on **September 3rd, at 10 a.m., at Temple B'nai Jeshurun**. The Jewish Community of Greater Des Moines are cordially invited to celebrate with us on this most auspicious occasion.

Zoey has selected Forever Home Dog Rescue as the beneficiary of her Mitzvah Project. If you would like to help, a container for the collection of needed items will be at the Temple. A complete list of needed items is available at www.foreverhomedogs.org, and please remember that blankets and towels that are no longer to your liking will suit a shelter dog perfectly.



July 7–21



hunger doesn't take a vacation

In the heat of the summer, when shelves are running low, central Iowa businesses and faith-based groups will join together to provide meals to food-insecure kids and families in Polk, Dallas and Warren counties.

What should you donate?

Look for these high-protein, shelf-stable items:

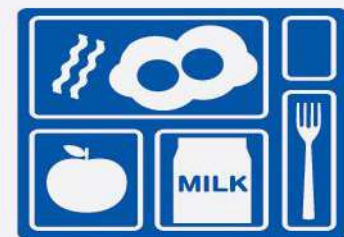
- Peanut butter
- Canned tuna or salmon
- Canned chicken
- Canned beans
- Dried beans
- Sardines
- Canned meat
- Other non-perishable items



One in five Iowa children doesn't know where their next meal is coming from.

75%

of students in Des Moines Public Schools are eligible for free or reduced lunch.



Jewish Family Services
Jewish Federation of Greater Des Moines



Bring your donations to:

Jewish Federation
OF GREATER DES MOINES

