

# THE GREATER DES MOINES **JEWISH PRESS**

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## DMJFED Annual Meeting

- pages 14-15



## Robb Pomerantz by Larry Deutch

- pages 22-23



## Marshalltown Memory Boards

- page 25



Avi Kaufman, Gwen Copple and Jan Hockenberg serving Lester Kavan at the IJHS cookbook dinner on June 16.

## Iowa Jewish Historical Society Cookbook Event

Featuring food from:  
**Beyond  
 Matzo Balls:  
 Celebrating  
 100 Years  
 of Jewish  
 Cooking in  
 Iowa**

See it all on pages 12-13

## Commentary: Boycott Israel? Exposing the lies of BDS

by Ben-Dor Yemini

Many a good person has fallen for the persuasive arguments of the movement to boycott Israel, which appears to be driven by respect for human rights. But the truth is far more nefarious.

Let's try to answer some of the questions about what's called the BDS movement -- to boycott Israel, to divest from Israel, and to apply sanctions to Israel. -- because they represent the questions of many a good man and woman who are being sucked into the rhetoric of the BDS campaign not out of hatred for Israel or anti-Semitism, but because they truly believe in human rights, non-violence and fixing the world. They deserve answers.

Perhaps the problem is the occupation and not the BDS campaign?

This appears to be the most widespread argument among those who understand, explain and justify the

boycott. Omar Barghouti, a leader of the BDS campaign, was once asked: Will an end to the occupation also bring an end to the campaign? "No", he replied bluntly.

More importantly, the BDS campaign wasn't suspended even for a moment when (former) Israeli Prime Minister Ehud Olmert and peace negotiator Tzipi Livni spoke for Israel. They actually wanted to end the occupation. It didn't work out for them.

On the contrary. The initiators and leaders of the campaign are opposed to a peace settlement based on two states for two peoples. Their guiding principle is the so-called

*...continued on pg. 15*

## Engman Camp Shalom 2015 summer is in full swing!

These past few weeks have been an amazing experience for the campers and staff of Engman Camp Shalom. We start every day by singing Hatikvah (the Israeli national anthem) and by reciting the pledge of allegiance as well as some fun songs in both Hebrew and English.

Every day the campers enjoy pool time during swim lessons. On Tuesdays we spend the afternoon at Valley View Aquatic Center, the kids have a lot of fun swimming in the pool, relaxing in the lazy river and flying through water slides!

The campers have also had an amazing opportunity to interact with our two Israeli scouts who are working with us this summer!

*...continued on pg. 5*

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# Community Report May / June



Engman Camp Shalom field trip



Gan Shalom Summer Camp



Jewish Family Services Spotlights  
Lora Lee Spiro



Supporting Peace in South Sudan



IJHS New Cookbook, Beyond Matzo Balls: Celebrating 100 Years of Jewish Cooking in Iowa

## Education

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

- Bunk 1 registration for 2015-16 school year is OPEN at: [jewishdesmoines.org/bss/registration](http://jewishdesmoines.org/bss/registration)! Contact [Sophie@dmjfed.org](mailto:Sophie@dmjfed.org) with any questions.
- Summer OLC (Online Learning Center) program starts July 1. Visit [jewishdesmoines.org/bss](http://jewishdesmoines.org/bss) for more information.
- Beit Sefer Shalom 2015-16 school year begins Sunday, September 13th, 2015.
- Gan Shalom Preschool Graduation was held on Wednesday, May 27th. The seven preschool graduates will be starting kindergarten in the fall. Family and friends attended the fun program in Bucksbaum Auditorium. The children sang, received certificates and a 'Year in Review' slide show was presented.
- Gan Shalom Camp started on Monday, June 8, 2015, and will run for 10 weeks. The camp will have a camp theme for each week. Teachers for camp are Abby Neibergal, Lisa Nelson and Raizel Small.
- Marsha Wiggins has accepted the position as the new Gan Shalom Preschool Board Chair.
- Nurse Consultant, Chris Lee, RN completed the Health and Safety Assessment, last of three Health and Safety Checks.
- Anissa Deay, Preschool Director, completed the National Administration Credential with the National Early Childhood Program Accreditation Commission
- Gan Shalom Preschool 2015-2016 will start on Monday, August 24, 2015.

## Senior Care & Family Outreach

### *Jewish Family Services and Outreach*

- Began working the ACEs Coalition to bring the message of the program to the faith-based community, with a special emphasis in our Jewish community. ACEs is a coalition of community organizations that are working to identify areas of prevention, early intervention, and healing for children and adults that endured Adverse Childhood Experiences (ACEs).
- Wrapped up the last of our yearlong "Kibitz and Kids" program. In the coming months we will be working on bringing you new and improved speakers, topics, and activities for the next school year.
- Held monthly senior luncheons, which included speakers on a range of healthy living topics and a trip to Prairie Meadows.
- Visited the Botanical Gardens with seniors and was able to enjoy the beautiful flowers and lunch at Trellis. We all had a great time on this special outing!
- Continuing to meet with community members to develop new programs and services for active adults.

## Community

### *Jewish Community Relations Commission*

- JCRC is participating in the series of race and equity committee work conducted by Valley High School.
- JCRC led a discussion about the Iowa Holocaust Memorial for the teachers workshop conducted by UNI's Center for Holocaust and Genocide Education.
- JCRC is leading the Federation's campaign against Anti-Semitism, speaking to interfaith audiences, leading the Federation's study and action committee, and educating on the internet.
- JCRC facilitated a presentation at a local school of a young Israeli soldier who spoke about the Iron Dome Mobile Missile Defense System financed by the United States to protect Israeli citizens.

## History

### *Iowa Jewish Historical Society*

- Published the IJHS' first cookbook--Beyond Matzo Balls: Celebrating 100 Years of Jewish Cooking in Iowa--that is available for sale from members of the IJHS Board of Directors, at The Caspe Terrace, in the museum, and online. The proceeds from the book will be used to support the preservation and education activities of the Historical Society.
- Hosted the very successful A Taste of Jewish Cooking, attended by more than 200 people at the Windsor Heights Community Center, in conjunction with a concert by the Java Jews and the Windsor Heights Music in the Park series. This event was sponsored through a grant from Bravo Greater Des Moines.
- Opened the new exhibit, Food in Jewish Life that focuses on why food is an important part of Jewish tradition and daily life.
- Opened the new exhibit, The Memorial Boards from the Sons of Israel Congregation, Marshalltown, IA. featuring the Memorial Boards that were recently restored through the generosity of Tom Press and Donna Paulsen.

# The 100th Year of the Jewish Federation of Greater Des Moines



David Adelman, President

Thank you for letting me serve as your new leader. It is a great responsibility and a huge honor. Thank you Jule Goldstein for your warmth and friendship. Thank you Barb Hirsch-Giller for setting the Federation on an exponential path of greatness. Your leadership over the last 3 years has positioned the Federation for success over the next decade. Thank you Elaine Steinger for introducing me to the great work the Federation does for our community. Thank yous go to Stuart Oxer and the Federation staff for being a great team and continuing to reach new boundaries with our incredible programming and social service work. Your work does not go unnoticed or unappreciated.

Thank you to my wife, Liz, for being by my side as we take action showing our 3 boys how to lead a life of Tikkun Olam and not just speak about it. Thank you to my parents who provided me a moral compass.

Thank you to those who attended the Federation's annual meeting on June 14th and to the greater Des Moines Jewish community....this is Your Federation. Your Federation is growing, thriving and looking to meet the new needs of our community.

Your Federation has increased attendance at Beit Sefer Shalom to 127 children...the largest numbers in our community Hebrew school in 15 years.

Your Federation, through the PJ Library Foundation, is providing a book to every Jewish child ages 6 months to 8 years old in our community every month and we are looking to increase the age threshold.

Your Federation has helped establish a Hillel House at Drake University for Jewish college students to gather, hold events, and develop lasting relationships.

Your Federation is teaching teachers statewide how to teach about the Holocaust and other genocides around the world.

Your Federation combats anti-Semitism on a daily basis communicating consistently with media outlets.

Your Federation meets regularly with religious leaders of other faith groups to deepen our sense of acceptance and tolerance.

Your Federation worked with the Iowa Legislature and Governor to divest Iowa's public pensions from company's doing business with Iran and will work to pass an anti-BDS bill next legislative session.

Your Federation, this fall, will partner with Habitat for Humanity and other religious groups to participate in an interfaith build.

We could stop here and ride our momentum forward but we won't. As the Talmud teaches us, The Torah begins and ends with acts of caring, loving and kindness. So too, does Jewish life – in Des Moines and around the world. I hope each of you notice at least a little piece of the important work the Jewish Federation is doing. Knowing how many thousands of lives we touch...everywhere, everyday, I hope you'll join me to support these acts of loving kindness in the two years of my presidency and beyond.

It's up to YOU to get invested, to get engaged, to speak up, to help improve our approach, to welcome new faces, to make it better. It's up to the Federation to listen and to act. It is up to each of us to see something great and to pitch in to make it happen. Please let me know your cares and concerns in order to make our Federation better. I'd even say the World is our oyster – but that's not quite kosher. So let's say the Federation is our matzah ball.

Shalom,

David

The Board and Staff of the Jewish Federation  
extends its heartfelt appreciation to  
**Jule Goldstein**  
for her service as president.

We sincerely offer our *thanks* to all who serve  
the community.

Thank you for making our community a more  
caring, a more vibrant home for all whose lives  
we touch.

THE STRENGTH OF A PEOPLE.  
THE POWER OF COMMUNITY.

[www.jewishdesmoines.org](http://www.jewishdesmoines.org)  
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THE GREATER DES MOINES

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## What's New for 2015-16

### Updated Website

#### *Improved and expanded parent resources*

- Quick link to teachers (including weekly classroom updates)
- Weekly Torah portion and how to talk about it with your children
- Holiday information and activities
- Hebrew language guides
- Information about Israel

#### *Enhanced student resources*

- At-home OLC link
- Games (Hebrew language, holidays, Jewish values)
- Research portal

### Revitalized Madrichim Program

- Patrick Courtney and Wendy Beckerman, new co-leaders
- Focused Jewish leadership training
- Community service and social activities added
- Interaction with Jewish Drake students at the Hillel House

### New School Programs

- History Through the Arts
- Interfaith Youth Programming
- Trip to Washington, DC for high school aged students

## Beit Sefer Shalom Board of Directors for 15-16

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*Randi Schwartz Carr*, Treasurer

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*Leah Jones*, Volunteer Coordinator Chair

*Jill Mollison*, Personnel Chair

*Tasha Hausmann*, Interfaith Youth Programming Liaison

*Todd Steinberg*, Information Technology and Photography Liaison

*Juli Margolin*, Potential and New Student Liaison

We are so fortunate to be able to provide scholarships to families raising Jewish children who cannot afford to pay the full tuition at either Beit Sefer Shalom or Gan Shalom. The **Janice Zuckert Scholarship Fund** is a generous gift to our community, and these scholarships are awarded based on need. Recipients are able to give back to the community by volunteering their time and talent to the school. The Jewish Federation is committed to providing a quality religious education for our Jewish community. Contact ***Sophie@dmjfed.org*** for more information.



**Beit Sefer Shalom**  
**Summer**  
**OLC**  
online learning center  
**program**

Practice your Hebrew on the OLC  
this summer and earn prizes

**JULY 1 - AUGUST 1**

Go to [www.behrmanhouse.com](http://www.behrmanhouse.com)  
1st prize given after 18 minutes online  
Pick up prizes at any local synagogue or Caspe Terrace  
Email [Sophie@dmjfed.org](mailto:Sophie@dmjfed.org) with questions



**Beit Sefer Shalom**  
The Jewish Federation Community School

**NOW ENROLLING FOR THE 2015-2016 SCHOOL YEAR**  
**SCHOOL BEGINS SUNDAY, SEPTEMBER 13TH!**  
PRE-SCHOOL - 12TH GRADE

- High-quality Jewish education that meets the diverse academic, social and emotional needs of our students
- Safe and nurturing environment where students develop a strong Jewish identity and families engage in their own Jewish educational experience
- Provides a unified educational approach. Whether affiliated or unaffiliated, are welcome and find common ground in our religious program

Go to [www.jewishdesmoines.org/bss/registration](http://www.jewishdesmoines.org/bss/registration) to enroll on-line  
Call 987-0899 to enroll by phone or request an enrollment application.  
*Needs-based scholarships available.*

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## Education

### Gan Shalom Preschool 2014-2015 Graduation

Seven students from Gan Shalom Preschool successfully graduated in the first Commencement Ceremony, held at Bucksbaum Auditorium at Caspe Terrace on Wednesday, May 27, 2015.

The monumental ceremony included the children singing “Good Morning Boker Tov”, 1-10 in Hebrew and the Shema. Families and friends joined the children in singing, “You are My Sunshine.”

Morah Margolin presented the children with Graduation Certificates.

The ceremony was attended by Board Members, invited guests, parents and other proud family members and well-wishers to support the graduating class of 2015 and to acknowledge the successes of the preschool school over the last academic year.

In closing, the Executive Director, Stuart Oxer congratulated all the graduates, expressed sincere gratitude to all who have contributed and supported the school throughout the academic year.

The ceremony, although marking the end of preschool careers, signifies the beginning of higher academic pursuits as the school continues to embody its vision of “Building a Foundation of Learning- both academically and spiritually.”



### Gan Shalom Preschool Summer Camp off to a great start!



### Engman Camp Shalom Summer Camp

*...continued from pg. 1*

The Israelis led the campers in creating bracelets and learning Hebrew. One day we traveled to Skate West and all of us had a great time roller-skating. We even got to try to do the Limbo on our skates! All week a group of campers worked on a camp play which was titled Heroes Vs. Monsters. The campers presented their play to the rest of camp on Friday and it was received with thunderous applause! On Fridays we also celebrate Shabbat by eating Challah, drinking grape juice and singing songs. We also enjoy a delicious pizza or hot dog lunch made by parents of our campers.

In the upcoming weeks we will have even more fun! Campers will continue to become better swimmers during swim lessons and we will also be going to the Blank Park Zoo. Engman Camp Shalom's 2015 summer has definitely started with a burst of fun!





## Meet Our Seniors: Lora Lee Spiro



Lora Lee is probably a familiar face to many of you, as she regularly participates at Jewish Family Services senior luncheons, where she particularly enjoys the musical programs. She was born and raised in Syracuse, New York, where her father was a furrier and tailor who also loved opera. Lora Lee would sing along with the opera recordings, prompting her aunt to suggest she take voice lessons. Lora Lee was so talented that she competed on “Teen Corner,” a talent competition on a local TV station; although she did not win the competition, they invited her back to sing on a regular basis.

While still in high school, her aunt suggested that she sing for the new cantor at her synagogue, Pinchas Spiro. Pinchas was originally from Israel, and had traveled to the United States to study music. The cantor was very impressed with both Lora

Lee and her musical ability; Lora Lee states that “their voices blended perfectly together.” Following their marriage, they and their two children lived in Philadelphia, Los Angeles, and Cleveland. Lora Lee and Pinchas moved to Des Moines in 1973. Lora Lee said they “fell in love with Des Moines,” and that everyone was very welcoming to them.

Lora Lee’s musical talents led her to write and direct numerous productions, many of which were published by the National Women’s League. While living on the East coast, Lora Lee, Pinchas, and their two children performed as “The Spiro Family.” After moving to Des Moines, Lora Lee served as the committee chairwoman of the Women’s League at Tifereth Israel Synagogue from 2005 to 2015, and continues to participate in activities at the synagogue, including the choir.

Lora Lee is a fascinating person to visit with and has many interesting life experiences to share – make sure you take time to say hello!



Lora Lee and Pinchas Spiro

## Get to Know Your Jewish Family Services: What We’re Up To

Jewish Family Services is an agency steeped in rich history in Des Moines, starting with its foundation in 1874, when its sole purpose was to support newly arrived émigré from Europe. As it has always done, Jewish Family Services continues to serve the needs of our ever-changing Jewish community. As we move forward over the next year we will keep you abreast of all of the services we will be offering, so that we can be sure we are always meeting the needs of our community members and neighbors here in Greater Des Moines.

Here are some tidbits of information about the services we’ve provided to the community over the last year:

- Provided over 200 rides to doctor’s appointments, the grocery store, and for essential needs
- Sent out 1656 PJ Library books to children 0-8 years old in our community
- Installed life alert systems

to 5 new seniors so that in case of emergency, they can easy access help

- Delivered 24 Hanukkah baskets to seniors and arranged for the Gan Shalom Preschoolers to surprise 17 seniors with a May Day Basket

- Enjoyed 9 outings with our seniors, including trips to Reiman gardens, the Des Moines Community Playhouse, and the World Food Prize building

- Hosted over 200 people from all 5 of our area synagogues at our annual Global Day of Jewish Learning

- Distributed 15 Life cycle baskets to community members welcoming a new baby or mourning the loss of a relative

- Helped 4 families modify their homes for safety

If you would like to participate in any of our activities, have questions, or ideas for programming or new services, we would love to hear from you!



## Upcoming Events

- **Thursday, July 2nd at 12:00: Senior Luncheon with Engman Camp Shalom at Caspe Terrace**
- **Wednesday, July 22nd: Lunch at Baru at the Art Center at 11:15 and a Guided Tour at 1:00**
- **Thursday, August 13th at 12:00: Senior Luncheon at Temple B’nai Jeshurun**
- **Date TBD: Jerusalem IMAX Movie Showing at the Science Center of Iowa**

## Exercise!

In an effort to bring you more information to help you or someone you love maintain a safe and healthy lifestyle, we will be bringing you articles each edition that will focus on one aspect of healthy aging. This month’s article is from the National Institutes of Health Institute on Aging.

### Exercising: Safety First

Most older adults, regardless of age or condition, will do just fine increasing their physical activity to a moderate level. However, if you haven’t been active for a long time, it’s important to start out at a low level of effort and work your way up slowly.

If you are at high risk for any chronic diseases such as heart disease or diabetes, or if you smoke or are obese, you should check first with your doctor before becoming more physically active.

Other reasons to check with your doctor before you exercise include: chest pain, shortness of breath, infections, hernias causing discomfort and pain, ongoing, significant and undiagnosed weight loss, foot or ankle sores that won’t heal, and pain or problems walking after a fall -- you might have a fracture and not know it. If you have had hip repair or replacement check with your doctor before doing lower-body exercises.

Your activity level is an important topic to discuss with your doctor as part of your ongoing preventive health care. Talk about exercise at least once a year if your health is stable, and more often if your health is getting better or worse over time so that you can adjust your exercise program. Your doctor can help you choose activities that are best for you and reduce any risks.

### Tips to Avoid Injury

When you exercise, it is important to do it safely. Follow these tips to avoid injury. When starting an exercise program, begin slowly with low-intensity exercises. Wait at least 2 hours after eating a large meal before doing strenuous exercise. Wear appropriate shoes for your activity and comfortable, loose-fitting clothing that allows you to move freely but won’t catch on other objects. Warm up with low-intensity exercises at the beginning of each exercise session. Drink water before, during, and after your exercise session. When exercising outdoors, pay attention to your surroundings -- consider possible traffic hazards, the

weather, uneven walking surfaces, and strangers.

### When to Stop Exercising

#### Stop exercising if you:

- Have pain or pressure in your chest, neck, shoulder, or arm
- Feel dizzy or sick to your stomach
- Break out in a cold sweat
- Have muscle cramps
- Feel severe pain in joints, feet, ankles, or legs

### Setting Your Goals

Many people find that having a firm goal in mind motivates them to move ahead on a project. Following these steps will help you achieve the goal of making exercise a part of your everyday life.

Goals are most useful when they are specific, realistic, and important to you. Consider both short- and long-term goals. Your success depends on setting goals that really matter to you. Write down your goals, put them where you can see them, and review them regularly.

### Identify Your Starting Point

To figure out how to begin, you need to know your starting point and build slowly from there. Knowing your starting point will help you pick activities that are comfortable and realistic for you. Starting out this way also will help you be successful. To identify your starting point, think about a typical weekday and weekend day. How much time do you spend sitting? How much time are you active? When you’re up and moving, what kinds of activities are you doing?

### Figure Out Your Fitness Level

To help you figure out your current activity level, try filling in an activity log. For a couple of weekdays and a weekend, keep track of how much time you exercise or are physically active. Write down how much time you spend doing each activity.

### Set Short-Term Goals

Short-term goals will help you make physical activity a regular part of your daily life. For these goals, think about the things you’ll need to get or do in order to be physically active.

...continued on next page



Does Am Yisrael need Eretz Yisrael? by David Friedgood

On May 14, 1948 a miracle occurred. On that Friday, 67 years ago, humankind witnessed the birth of a new nation – Medinat Yisrael, the State of Israel. The birth was a painful process, which followed a 2000-year gestational period. It was seeded by the glimmer of hope in every Jewish heart over the millennia. Although nearly stillborn during the Holocaust, the infant State burst onto the world scene full of promise and hope for a glorious future. Like in many developing newborns, the path to maturity was rocky and difficult. I need not review with readers of the Jewish Press the history of wars, and other horrors, the new country had to deal with, starting the day David Ben-Gurion declared Independence. Here I would like to briefly discuss the relationship World Jewry has with that small piece of land in the crossroads of the Middle East.

Before Israel was named, our forefather Avram (later renamed Abraham) gathered his family in ancient Mesopotamia (today’s Iraq) and brought them to the Land of Canaan. He was responding to his God: “The LORD said to Avram, “Go forth from your native land and from your father’s house to the land that I will show you.” (Genesis 12:1) Avram was the first human to recognize the uniqueness of the One God, the Creator of all Humankind. As a righteous man, when God said ‘Go’, Avram went. As a reward Avram was promise two things. God took Avram outside and said: “Look toward heaven and count the stars, if you are able to count them... So shall your offspring be... To your offspring I assign this land, from the river of Egypt to the great river, the river Euphrates.” (Genesis 15:15, 18) Avram’s progeny were to be numerous, a great nation, and they were promised the Land of the Canaanites, today’s Land of Israel. This land was a special place, ‘a land flowing with milk and honey’; but more important was the connection of this piece of earth to God’s Providence. As

reviewed by Moses generations later when the Israelite people were poised to conquer the Land of Canaan: “this land that you are about to enter and possess is not like the Land of Egypt... There the grain you sowed had to be watered by your own labors, like a vegetable garden; but the land you are about to cross into and possess, a land of hills and valleys, soaks up its water from the rains of heaven. It is a land which the LORD your God looks after, on which the LORD your God always keeps His eye, from year’s beginning to year’s end. (Deuteronomy 11:10-12) In Egypt there was plenty of water. Israel, on the other hand, was an arid

and the late.” (Deut. 11:13-14) But, if the people turned away from their Creator, serving false gods in the ways of wickedness “the LORD’s anger will flare up against you and He will shut up the skies, so that there will be no rain and the ground will not yield its produce; and you will soon perish from the good land the LORD is assigning to you”. (Deut. 11:17) The Land of Israel, then, is the perfect place to raise a people who will follow God’s path, working together toward the perfection of their world.

Unfortunately the people would not always benefit from God’s



place. In Egypt, all you had to do was put in a little effort to grow crops to feed your family. In Israel, one had to be blessed by God. Only then would the rain come in due season, and the crops would grow. “If then you obey the commandments that I enjoin upon you this day, loving the LORD your God and serving Him with all your heart and soul, I will grant the rain for your land in season, the early rain

Providence. The Bible is filled with stories of Jewish transgression and punishment. The road to ultimate perfection has proven a tortuous one and the path not always clear. As the Jewish nation develops and moves forward they make mistakes, individually and as a people. Eventually our ancestors were exiled from their homeland and scattered across the globe. At times they flourished on

foreign soil, but more often life in the Diaspora was hard and difficult. Still they maintained their Jewish identity and always had the Land of Israel, their ancestral home ‘flowing with milk and honey’, in their hearts and in their songs:

“By the river of Babylon, there we sat,

sat and wept, as we thought of Zion (Jerusalem)...

If I forget you O Jerusalem, let my right hand wither;

Let my tongue stick to my palate if I cease to think of you, if I do not keep Jerusalem in my memory

Even in my happiest hour. (Psalms 137:1-6)

At the end of their most festive occasion, the wedding ceremony, Bride and Groom break a glass, recalling the destruction of Jerusalem. At the conclusion of each yearly Passover Seder, when Jews renew their bond to God, reliving the Exodus from Egypt and the events on Mt. Sinai, the people sing “Next year in Jerusalem”. Jews became citizens of many countries, and made significant contributions to the development of world civilization wherever they were allowed to settle. They were British Jews, Egyptian Jews, and American Jews. They participated in their adopted countries struggles, served in governance and the military, but in each Jewish soul there remained a special place for the ancient homeland. Today the Land of Israel is still in the Jewish heart. The Israeli flag is the Jewish flag, and we pray for the welfare of the land and its people. For us, Israel remains a place with a special connection to Almighty God, where the hopes and dreams of our families, our people, and all of Humankind may one day be fulfilled. Israel needs the support of us Jews (Am Yisrael) living and prospering in the Diaspora; and, we need Eretz Yisrael (the Land of Israel) to nourish our Jewish soul.

Exercise!

...continued from previous page

For example, you may need to buy walking shoes or fill out an activity log so you can figure out how to fit physical activity into your busy day. Make sure your short-term goals will really help you be active.

Here are a few examples of short-term goals:

- Today, I will decide to be more active.
- Tomorrow, I will find out about exercise classes in my area.
- By the end of this week, I will talk with my friend about exercising with me a couple of times a week.
- In the next 2 weeks, I will make sure I have the shoes and comfortable clothes I need to start walking.

If you’re already active, think of short-term goals to increase your level of physical activity. For example, over the next week or two, you may want to move gradually from walking to jogging, increase the amount of weight

you lift, or try a new kind of physical activity. No matter what your starting point, reaching your short-term goals will make you feel good and give you confidence to progress toward your long-term goals.

Set Long-Term Goals

After you write down your short-term goals, you can go on to identify your long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Long-term goals also should be realistic, personal, and important to you. Here are a few examples:

- By this time next year, I will swim a mile three times a week.
- Next summer, I will be able to play ball with my grandchildren.
- In 6 months, I will have my blood pressure under control by increasing my physical activity and following my doctor’s advice.

Regularly review and update your plan and long-term goals so that you can build on your success.

Choosing Your Activities

Do What You Enjoy

Find activities you truly enjoy. If you prefer individual activities, try swimming, gardening, or walking. Dancing or playing tennis may be for you if you enjoy two-person activities. If group activities appeal to you, try a sport such as basketball or join an exercise class. Some people find that going to a gym regularly or working with a fitness trainer helps them stay motivated.

Examples

Some physical activities build endurance, while others build strength, or balance. Examples of physical activities that build endurance include: brisk walking, yard work (mowing, raking), dancing, aerobics classes, jogging, swimming, water exercises, biking, tennis, and basketball.

Examples of physical activities that build strength include: lifting weights, using a resistance band, or doing Pilates.

Examples of physical activities that improve balance include: heel-to-toe walk or Tai Chi.

Exercises that increase flexibility include: shoulder and upper arm stretch, calf stretch, and yoga

How Much, How Often?

Try to do at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. If you don’t have 30 minutes in your daily routine to be active, look for three 10-minute periods. Getting this amount every day is best, but doing anything is better than doing nothing at all. When you do strength exercises, try to do them for all of your major muscle groups on 2 or more days a week for 30-minute sessions each, but don’t do strength exercises of the same muscle group 2 days in a row.

“Exercise: How to Get Started and How to Stay Active.” NIH...Turning Discovery Into Health. National Institute on Aging, National Institutes of Health, U.S. Department of Health and Human Services. June 2012.





In 2006, she entered the horse racing business at Prairie Meadows with three horses. They each were in the winner's circle twice. Patsy said; "It was great fun while it lasted for those two years." She no longer owns any horses but she does have a Shih Peke which is a Shih Tzu/ Pekingese mix. Her name is Sadie and she is a therapy dog. Patsy takes her monthly to visit the Veterans Hospital to boost

The Jewish Press thanks Patsy for sharing this appetizer recipe with our readers. Remember, if you have a recipe to share or a cooking question I can research, please call (515-274-3300) or email ([Karen.engman@gmail.com](mailto:Karen.engman@gmail.com)).

Fleur de sel or sea salt

The unbaked rolls keep for 2 weeks in the refrigerator and up to 6 month in the freezer. Defrost before baking.



Despite the rain, educators participating in a teachers workshop on Holocaust education paid a study visit to the Iowa Holocaust Memorial. The program, presented by UNI's Center for Holocaust and Genocide Education, was held in June at Grand View University in Des Moines. Jewish Federation was among the co-sponsors. For additional information about the Iowa Holocaust Memorial, visit [IowaHolocaustMemorial.com](http://IowaHolocaustMemorial.com).



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## West Des Moines - Mateh Asher Partnership

### An update from Jeff Lipman, chair, West Des Moines Sister Cities Commission



The City of West Des Moines, Iowa is extremely excited about its new Sister Cities partnership with Mateh Asher, Israel. This formal relationship will allow West Des Moines and Mateh Asher to engage in economic, educational and social exchanges between the two city governments, schools and communities.

As part of the initial introductory process, a West Des Moines delegation of leaders representing business, education, agriculture and government will travel to Mateh Asher yet this year. Conversely, we will extend an invitation to Mateh Asher officials to visit us in West Des Moines. These initial visits will allow the respective agencies to identify areas

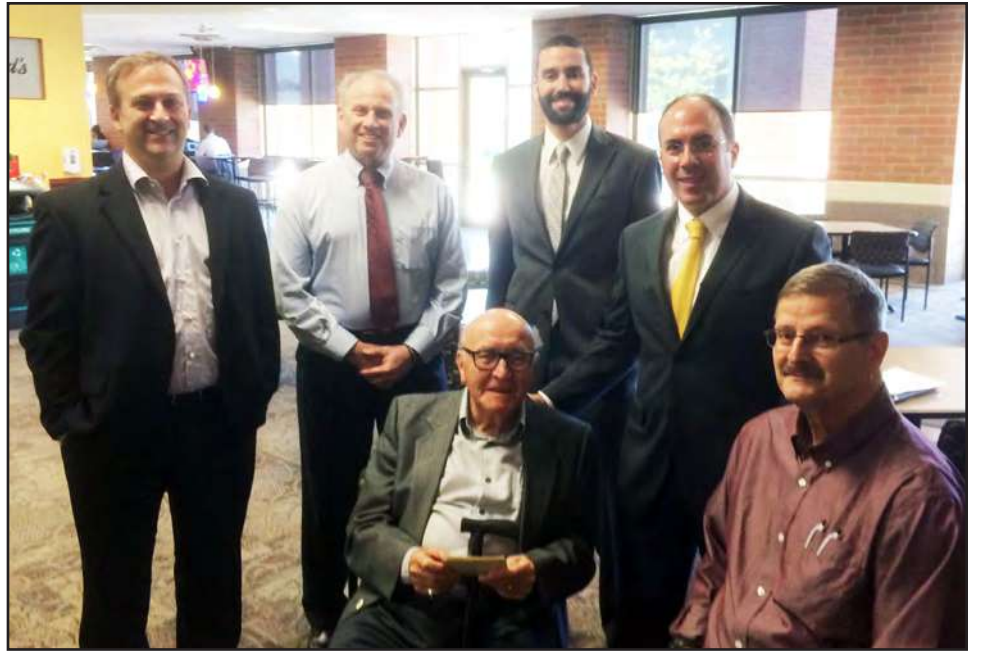
of common interests, promote mutual dialogue and discussion, and pursue economic investment by companies from Israel who might desire to have a presence in West Des Moines, as well as those businesses in West Des Moines who may have an interest in expanding their presence to Israel.

Mateh Asher, which is part of the Western Galilee region, is rich in agriculture and advanced technology; their economy is centered on tourism, small manufacturing, and light industrial. Mateh Asher is situated in the northwest corner of Israel on the Mediterranean Sea, and borders the 5000 year old historical city of Akko, the beach front resort city of Nahariya, and is in proximity to the port city of Haifa. The City of Haifa is known for its Technion University, which is comparable to the Massachusetts Institute of Technology (MIT), in Cambridge, MA.

Officials from both sides of this partnership are looking forward to our upcoming visits where we can begin the process of establishing what promises to be a very prosperous relationship.

If you are interested in learning more about our unique partnership, join us on [www.facebook.com/WDM.MA.partnership](http://www.facebook.com/WDM.MA.partnership)

## Holocaust Education



In a program about the Holocaust presented at Des Moines University, David Wolnerman, originally from Poland, spoke about his experiences prior to during, and after the Shoah. A book about Mr. Wolnerman, written and illustrated by students in Des Moines, entitled, A Lucky Lie, is available on Amazon.com. Production of the book was funded by the Jewish Federation. Pictured are participants in the program, from left: Prof. Daniel Reynolds of Grinnell College, Prof. Stephen Gaies, Director of the UNI Center for Holocaust and Genocide Education, Mr. Wolnerman, Phil Blumberg of DMU, Michael Wolnerman, and Brad Wilkening, teacher. Not pictured, Mark Finkelstein of JCRC.

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AT THE CASPE TERRACE**

**7.2 TZOFIM MUSICAL CARAVAN**  
Singing & Dancing • Dinner - 5:30PM • Show - 6-7PM

**7.16 MOVIE NIGHT - ABOVE AND BEYOND**  
**7:15PM** • A documentary about the ragtag band of Jewish American pilots that helped Israel win its War of Independence.  
[aboveandbeyondthemovie.com](http://aboveandbeyondthemovie.com)

**8.6 MOVIE NIGHT - BODY AND SOUL**  
**7:15PM** • A documentary examining the broad and deep connections between the Jewish people, its Spirit, and the Land of Israel.  
[bodyandsoulthemovie.com](http://bodyandsoulthemovie.com)

**8.27 MOVIE NIGHT - BENEATH THE HELMET**  
**7:15PM** • A coming-of-age story following the journey of five Israeli high school grads drafted into the army to defend their country.  
[beneathhelmet.com/the-film](http://beneathhelmet.com/the-film)

**RSVP to Jodi at 987-0899 x213 or [jodi@dmjfed.org](mailto:jodi@dmjfed.org)**

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# Our 101st Annual Meeting



Jule Goldstein, Dennis and Sharon Goldford



Ron and Susan Jackson



David and Christine Copeland



The Adelman Family



Robbie Winick



Kent Rosenberg



IJHS Staff - Sarah Carlson, Allyson Zarr and Sandi Yoder



Judy Blank and Sophie Homonoff



Paul Kagin and David Goldman



Janice Rosenberg



Judy and Larry Deutch



A new display in the IJHS Gallery



Will Rogers, Lil and Jared Bernstein, Elaine Steinger and Gil Coosner



Vegetarian Chopped Liver, recipe by Alice Friedgood



Gabrielle Callistein





**Judy and Stuart Shkolnick**



**Jody Jacklin**



**Cheese Puffs, recipe by Ronna Pochter**



**David Adelman**



**New display in IJHS**



**Stuart Oxer**



**Food from the IJHS new cookbook, Beyond Matzo Balls**



**Jule Goldstein**



**Hershey Cookies, recipe by Marie Shadur Swarzman**



**Bud Hockenberg and Steve Adelman**

## Engman Camp Shalom

**SUMMER CAMP 2015**

### CAMP WEEK DATES

**WEEK 1: LECH LECHA - GO FORTH! JUNE 8 - JUNE 12**  
Skate West, Valley View Aquatic Center, Swim Lessons

**WEEK 2: CHAYOT - ANIMALS! JUNE 15 - JUNE 19**  
Blank Park Zoo, Valley View Aquatic Center, Swim Lessons

**WEEK 3: DOR L'DOR - GENERATION TO GENERATION! JUNE 22 - JUNE 26**  
ICUBS game, Valley View Aquatic Center, Menace Soccer Camp

**WEEK 4: CHOFESH - FREEDOM! JUNE 29 - JULY 3**  
Adventureland, Valley View Aquatic Center

**WEEK 5: MACCABIA - COLOR WAR! JULY 6 - JULY 10**  
Sleepy Hollow Sports Park, Valley View Aquatic Center, Swim Lessons

**WEEK 6: MAYIM - WATER! JULY 13 - JULY 17**  
Science Center, Valley View Aquatic Center, Swim Lessons

**WEEK 7: SIPURIM - STORIES! JULY 20 - JULY 24**  
Movie Theater, Valley View Aquatic Center, Menace Soccer Camp

**WEEK 8: SHAMAYIM - THE SKIES! JULY 27 - JULY 31**  
Skyzone, Valley View Aquatic Center

**➔ Bonus Week ➔**

**Al Galgalim - ECS on Wheels! August 3 - August 7**  
Glow Golf, Skyzone, Valley View Aquatic Center, Bowling, Kil'N Time Ceramics Studio

**EACH SESSION IS MON-FRI FROM 9AM - 4PM, COST PER WEEK : \$190**

**AGES: ENTERING KINDERGARTEN - 10TH GRADE**

**EARLY BIRD DISCOUNT :** For families that register their campers by May 3rd

**MULTI CHILD DISCOUNT**  
\$10.00 off per week and per camper for any weeks that a family is sending more than one child

**MULTI WEEK DISCOUNT**  
\$10.00 off per week and per camper for all campers that will be attending camp for 4 or more weeks

**TRANSPORTATION:** \$15 one way or \$20 round trip per week  
Pick up/Drop off: Tifereth Israel Synagogue - 8:30am/4:30pm - Pick up/Drop off: Valley West Mall - 8:40am/4:15pm

**MORNING AND AFTER CARE:** One \$20/week, both \$30/week  
Morning care starts at 7:30am - After care ends at 5:30pm

\*\*\*\*\* **REGISTRATION: [jewishdesmoines.org/ecs/registration](http://jewishdesmoines.org/ecs/registration) \*\*\*\*\***

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## Gan Shaom

**SUMMER CAMP** JUNE 8 - AUGUST 7, 2015

**AGES 2-5 3 DAY AND 5 DAY PROGRAMS**

Welcome to Gan Shalom Camp. This summer we will take full advantage of our beautiful playground as well as daily outdoor water play activities. Each week we will incorporate a STEM (Science, Technology, Engineering and Math) activity for children to explore and investigate.

**WEEK 1: JUNE 8-12**  
How does your Garden Grow?

**WEEK 2: JUNE 15-19**  
Fun and Fitness

**WEEK 3: JUNE 22-26**  
Creative Arts

**WEEK 4: JUNE 29-JULY 3**  
Stars and Stripes (Independence Day)

**WEEK 5: JULY 5-10**  
Outer Space Exploration

**WEEK 6: JULY 13-17**  
Colors of the Rainbow

**WEEK 7: JULY 20-24**  
Paleontologist Dinosaur Dig

**WEEK 8: JULY 27-31**  
Mad Science Laboratory

**WEEK 9: AUGUST 3-7**  
The Great Outdoors and Camping (National Watermelon Day)

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3 full-days (9-3:30) \$160 per week

**3-5 YEAR OLD PROGRAMS**  
5 full-days (9-3:30) \$200 per week  
3 full-days (9-3:30) \$150 per week

**MORNING AND AFTER CARE - ONE \$20/WEEK BOTH \$30/WEEK**  
Morning care, (7:30-8:55) Stay-n-Play (3:40-5:30)

**TRANSPORTATION - ONE WAY \$15/WEEK, BOTH WAYS \$20/WEEK**  
Pick-up (8:30am) and Drop-off (4:00pm) location - Tifereth Israel Synagogue

**Online Registration: [www.ganshalompreschool.com](http://www.ganshalompreschool.com)**  
Casper Terrace | 3358 Ute Ave. | Waukee, IA 50263



# A Taste of Jewish Cooking

More than 200 people attended the Iowa Jewish Historical Society's event featuring recipes from the Society's new cookbook *Beyond Matzo Balls: Celebrating 100 Years of Jewish Cooking in Iowa*. Diners enjoyed brisket made from a recipe from Judy Deutch, Aunt Edith's Health Salad (Heidi Moskowitz), Sour Salad (Rosita Rabinovitz), Fresh Corn Salad (Audrey Rosenberg), Rugelach (Gwen Copple), Mandel Brot (Susie Kimelman), Challah buns (Karen Engman), and Mary Jane's Brownies (Pam Bookey).

The event took "a village" of hardworking volunteers and staff to make this fun but complex event a reality, and would not have been possible without the tireless efforts of the Event Committee chaired by Melanie Sandler and Jan Hockenberg and committee members Loretta Fingert, Ronna Pochter, Karen Engman, Lori Long, Dave and Ellen Arkovich, Robbie Winick, Jonathan Yentis, Gayle Brimeyer, Christine Copeland, Sarah Carlson, Ally Zarr, and Sandi Yoder.

Additional volunteers from the board, staff, and community who helped ensure the event's success included: Janice Rosenberg, Gwen Copple, Jan Farber, Susie Kimelman, Marsha Miller, Joyce Swartz, Jodi Larson, Cathie Laufenberg, Dennis Brimeyer, Nikolas Brimeyer, Kent Rosenberg, and Judy Rosenberg;

Temple B'nai Jeshurun Youth Volunteers under the direction of Wendy Beckerman--Ethan Adato, Michael Adato, Shae Laufenberg, Kayla Laufenberg, Spencer Laufenberg, Grant Brown, Jake Brown, Avi Kaufman, Ellie Kaufman and Hanna Kaufman--David Swartz with the Windsor Heights Park Board and Foundation, the Java Jews for great music and letting us share the evening with them, and Tifereth Israel Synagogue for the use of their kitchen and staff members Barb Berven and Patrick Courtney. THANK YOU!

In addition to good food, good friends, and a lot of smiles, the event also helped the IJHS raise funds with the sale of more than 30 cookbooks!

The IJHS thanks all our volunteers and all the members of the community, Bravo Greater Des Moines for the grant that helped fund this event, and everyone who came out and supported this event.

The new cookbook is available for \$36 at the Federation's office at The Caspe Terrace, at the IJHS museum, the Tifereth Israel gift shop and online at:

[jewishdesmoines.org/cookbook](http://jewishdesmoines.org/cookbook),



Jan Hockenberg



Judy and Scott Rosenberg



Youth volunteers and Wendy Beckerman



Judy Blank and Aden Finkelstein



Sandi Yoder and Karen Engman



Ronna Pochter and Sarah Carlson



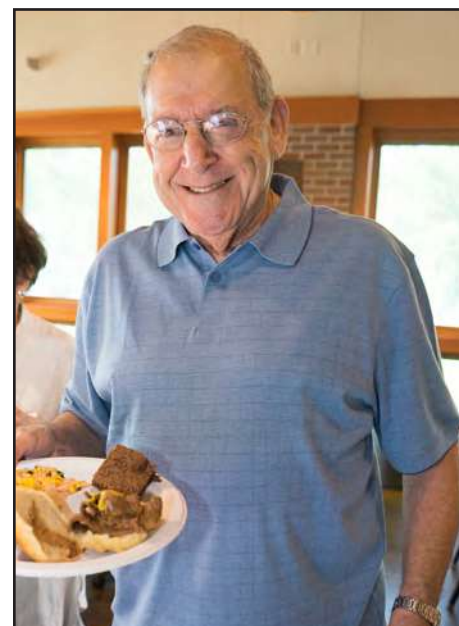
Loretta Fingert



A very fine turnout!



Ready for brisket!



David Farber





Lori Long and Jan Farber



Gwen Copple



Melanie Sandler



Marsha Miller and Dave Arkovich from Ames!



Michael Adato serving brisket and hot dogs.

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## Meet Lisa Gerlach, Summer Intern at the Jewish Federation



Lisa Gerlach is a Junior at Drake University, majoring in Politics and International Relations, and a member of the Drake Hillel executive board. She is working this summer as the Donor Development intern for the Federation, forming relationships with donors and community members to aid in the expansion of the young Jewish community here in Des Moines.

**Jewish Press:** Lisa, welcome to the Federation. We're glad to have you on staff and hope you will not only learn a lot with us this summer, but that we can learn from you, as well.

**Lisa Gerlach:** Thank you.

**JP:** Tell us a bit about yourself. Where did you grow up?

**LG:** I'm from the Chicagoland area, I grew up in a town called Lake in the Hills, about an hour and a half from the city. Half of my family is Jewish and half is not—the only reason my sister and I were raised with a Jewish education is because we actually asked our mother to enroll us in Sunday school at our synagogue!

**JP:** You're a Junior at Drake, majoring in Politics and International Relations. What career aspirations do you have?

**LG:** I haven't quite solidified my career aspirations yet (that's what the next two years of college are about for me!) but I have a few ideas. I'd like to be involved in politics, inter-

national or domestic. Working for the state department or an NGO or even being involved in America-Israel politics are all things that I would love to do.

**JP:** What are some of your interests?

**LG:** I love being involved in the Jewish community and also learning about and being active in Israel advocacy. I also like cooking and baking, playing guitar, and hiking.

**JP:** Your interests, I see, include Israel. What has been your experience?

**LG:** I spent the year following my high school graduation on the Nativ gap year program in Israel. For half of the year, I was living in the heart of Jerusalem and studying at the Hebrew University. The other half of the year I spent up north in a village called K'far Hassidim, volunteering with Magen David Adom and the local daycare. This past December I went back to Israel for the Hasbara Fellowship program—an Israel activism seminar. I've attended a couple of AIPAC events, including this past year's Policy Conference and the first ever Progressive Student Retreat, and I am currently on the national board of a new organization called Campus Democrats for a Secure Israel.

**JP:** Very good. Turning now to the local scene, what are some of the things you enjoy most about the Des Moines area?

**LG:** I love the culture and pride out here. It seems like everyone who is from Des Moines is proud to be from here and from Iowa—something I never heard people say back in my hometown! There's always so much to do, from the farmer's market to festivals to local restaurants. Definitely not what I expected when I moved to the middle of Iowa!

**JP:** Very interesting. Well thank you very much for the interview, and lots of good luck in your summer position here at the Jewish Federation.

**LG:** Thank you.

## Drake Hillel Wine and Cheese Fundraiser



A fundraiser for Drake University Hillel was held at the home of Lilianna and Jared Bernstein this past month on June 10th.

Drake Hillel has come a long way in the past 10 years. When current director of Hillel Lilianna Bernstein was a student at Drake, the Jewish student organization was unaffiliated with Hillel International and had only a few members. Today, the Hillel has over 100 students on their mailing list, an active involvement from both board members and non-board members, and a new house to call their own. These developments have not only enriched the lives of Jewish students on campus, but they have also helped recruit new Jewish students to the school.

The new fund-raising campaign has even higher goals for the future of Drake Hillel. Though the organization has come a long way in a short time, in order to continue moving forward there is need for an official Hillel staff member. The goal of the fundraiser is to get 200 donors, and it is already well under way, with several donors contributing over \$70,000 already by the end of the fund-raising event.

The future of Drake Hillel is profoundly integrated with the future of the Des Moines Jewish community. If you would like to send in a donation, you can visit [drakehillel.org/donate](http://drakehillel.org/donate) or contact [lisagerlach@dmjfed.org](mailto:lisagerlach@dmjfed.org) for more information.



Randy Kane, Brian Pearl, David Golder, Lilianna and Jared Bernstein and Caitlin Golder.

## Check Out Our E-Newsletter!

As many of you may have noticed, we have a new weekly e-newsletter that keeps the community informed of what's going on at The Caspe Terrace as well as our upcoming events. If you would like to receive our emails, please contact Jodi at [jodi@dmjfed.org](mailto:jodi@dmjfed.org) to subscribe.



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## Anti-Semitism and Jewish Destiny

By Robert S. Wistrich, published posthumously.

Prof. Robert Wistrich is widely regarded as the foremost scholar on Anti-Semitism. Until his untimely death on May 19, 2015, he served as director of the Vidal Sassoon International Center for the Study of Anti-Semitism at the Hebrew University of Jerusalem.

There are few topics of more pressing concern today to Jewish communities around the world than the current resurgence of anti-Semitism. Thus, there could have been no more appropriate time for the 5th Global Forum for Combating Antisemitism to meet than last week in Jerusalem. It was a large and impressive gathering of participants from all over the world, initiated by the Foreign Ministry, together with its Diaspora Affairs Department.

In my own remarks to the conference I emphasized the need to free ourselves from certain outdated myths. My first point was that even today, Jews in Israel and the Diaspora are fixated on the dangers of far-right traditional anti-Semitism – whether racist, religious or nationalist. While neo-fascism has not altogether disappeared, it is in most cases a secondary threat.

Second, there is an illusory belief that more Holocaust education and memorialization can serve as an effective antidote to contemporary anti-Semitism. This notion, shared by many governments and well-meaning liberal gentiles, is quite unfounded. On the contrary, today “Holocaust inversion” (the perverse transformation of Jews into Nazis and Muslims into victimized “Jews”) all-too-often becomes a weapon with which to pillory Israel and denigrate the Jewish people. Hence the approach to this entire subject requires considerable rethinking, updating and fine-tuning.

Third, we must recognize much more clearly than before that since 1975 (with the passing of the scandalous UN resolution condemning Zionism as racism) hatred of Israel has increasingly mutated into the chief vector for the “new” anti-Semitism.

By libeling the Jewish state as “racist,” “Nazi,” “apartheid” and founded from its inception on “ethnic cleansing,” its enemies have turned Zionism into a synonym for criminality and a term of pure opprobrium.

Hence, every Jew (or non-Jew) who supports the totally “illegitimate” or immoral “Zionist entity” is thereby complicit in a cosmic evil.

Fourth, today’s anti-Semitism is a product of a new civic religion that could be termed “Palestinianism.”

The official Palestinian narrative seeks to supplant Israel with a judenrein Palestine from the Mediterranean Sea to the Jordan River. In the case of Hamas, this intent is absolutely explicit. With Fatah, it is partly veiled for tactical reasons.

But when it comes to the Palestinian ideology and the millions around the world who support it, virtually all actions of self-defense by Israel are instantly classified as “genocide,” demonized and treated as part of a sinister Jewish-imperialist conspiracy. Not surprisingly, then, pro-Palestine demonstrations, beginning in the summer of 2014, were often accompanied by ugly chants of “Death to the Jews” and anti-Semitic incidents.

My fifth point is closely related to this reality. Since the turn of the 21st century, anti-Semitism has undergone a process of growing “Islamicization,” linked to the terrorist holy war against Jews and other

non-Muslims with its truly lethal consequences.

Yet most debates skirt around the issues of Iran and radical Islam.

However, if we do not confront the prime danger posed by radical Islamist and genocidal anti-Semitism, how can our common struggle hope to succeed? One of the symptoms of this vain policy of appeasement pursued by America and Europe is the almost Pavlovian reflex after every terrorist, anti-Semitic outrage to immediately disconnect it from any link to Islam. Of course, Islamist is not identical with Islam, only a minority of Muslim believers support terrorism, and stigmatization is wrong. Equally, we must empower moderate Muslims wherever we can.

But denial does not work. Levels of anti-Semitism among Muslims clearly remain the highest in the world, and the horrific consequences of jihadi movements like Islamic State for all minorities are impossible to ignore. Nothing can be gained by sweeping this threat under the carpet.

The Islamists are the spearhead of current anti-Semitism, aided and abetted by the moral relativism of all-too-many naive Western liberals.

My sixth observation relates to the need for Israelis and Diaspora Jews to rediscover, redefine and reassess their Jewish identity, core Jewish values and the depth of their own connection to the Land of Israel as well as to their historic heritage. I was privileged to have authored two years ago the exhibition “People, Book, Land – The 3,500-Year Relationship of the Jewish People to the Holy Land” for the bold project initiated by the Simon Wiesenthal Center together with UNESCO. Against all the odds and in the face of predictable opposi-

tion, it opened at UNESCO headquarters in Paris in June 2014.

In April 2015, the exhibit was even shown at UN Headquarters in New York, and it will soon come to Israel. This is not merely a historical exercise, for it shows the extraordinary tenacity, cultural vitality, spirituality, and metaphysical as well as physical bonds of Jews and Judaism to the Land of Israel. None of this was intended, it should be emphasized, to negate the historical presence and significance of Christianity and Islam in this land.

But it sets the record straight.

My final reflection flows from this experience. I believe that in an age of Jewish empowerment, living in a sovereign and democratic Israeli state, we can and must first clarify for ourselves our vocation, *raison d’être*, moral priorities, and the deeper meaning of our near-miraculous return to the historic homeland.

This is the other side of the coin in our essential and relentless fight against anti-Semitism. As we celebrate Jerusalem Day let us be worthy of the scriptural promise that “the Torah will come forth from Zion and the word of the Lord from Jerusalem.”

Here, in the beating heart of the Jewish nation, where its body and soul come together in the City of Peace, we must be true to the national and universal vision of our biblical prophets. Anti-Semitism, the long shadow which has for so long accompanied our bi-millennial Diasporic tribulations, and nearly 70 years of renewed statehood, is neither “eternal” nor must it prevent Jews from fulfilling their ultimate destiny to one day become a “light unto the nations.”

This column was published in the Jerusalem Post on May 20, 2015.

## BDS

*...continued from pg. 1*

right of return, which would mean an end to Israel; and one of their main slogans reads: “From the river to the sea, Palestine will be free.”

Thus, we need to find a compromise, and we need to fight for a settlement and peace – and that’s exactly we also need to oppose the boycott campaign.

Perhaps the BDS campaign is intensifying because Israel has rejected the peace proposals?

In early 2001, Yasser Arafat went to the White House and turned down Bill Clinton’s peace proposal. In 2008, Mahmoud Abbas rejected a similar proposal from Ehud Olmert. And in March 2014, Abbas again said no – this time, to a proposal drafted by US Secretary of State John Kerry. Therefore, even if the lie about Israeli rejectionism is repeated a thousand times, it still remains a lie.

Perhaps the fact that Israel con-

tinues to build settlements is proof that it doesn’t want peace?

The settlement enterprise is the focus of intense public debate within Israel. Not every piece of criticism aimed at Israel is demonization; and criticism of the settlement enterprise is certainly not demonization.

In any event, the construction in the West Bank, for the most part, is taking place inside the existing settlement blocs, which even under Clinton’s proposal will remain in Israeli hands. Justified criticism is one thing, but support for BDS is a different story altogether.

Perhaps it’s worth trying the non-violent BDS approach in light of the failed diplomatic efforts and armed struggles?

A campaign led by people who deny Israel’s right to exist cannot hide under a blanket of “a non-violent campaign.” Negating Israel’s right to exist is “politicide,” political annihila-

tion, a blatant violation of international law. We’re not dealing with a fight for rights, but a fight rather to single out and deny one particular nation’s right to self-determination.

Perhaps international pressure is a legitimate means to achieve political goals?

International pressure is a legitimate tool. Therefore, and as unpleasant as it may be, the European Union has every right to pressure Israel vis-à-vis the settlements, to mark products and the like. But don’t get things mixed up.

There’s a big difference between international pressure designed to promote a peace settlement and the BDS campaign, the stated aim of which is to oppose any peace arrangement based on two states for two peoples.

Just because Iran and North Korea violate human rights, does that mean Israel can do so too?

Violating human rights is unjust, regardless of the national or religious identity of the state. The problem is that while dozens of countries are involved in conflicts and human rights violations, an international campaign is being waged almost exclusively against just one country – Israel.

Hypocrisy isn’t morality. Double standards aren’t standards. The criticism aimed against Israel isn’t criticism; it’s racism.

And what about the blockade on Gaza?

Israel pulled out of the Gaza Strip. It didn’t want a blockade. The blockade isn’t against the residents of the Strip; it’s against the supreme effort on the part of Hamas to acquire weapons. A flourishing and prosperous Gaza Strip is in Israel’s interests. The BDS movement and Hamas have other interests at heart.

*Adapted from Ben-Dror Yemini’s Op Ed in ynetnews.com*



## Our Jewish Community

### PDS by John Zeller, Special Reporter to The Jewish Press

One of the biggest warehouses you've never seen sits on a street in the middle of this city, owned by a company that never advertises on TV, has no billboards and isn't traded on the Big Board. It sells a product that gets delivered with every pizza and big-screen TV; a product made in 1,300 factories across the U.S. that employ 70,000 people and is valued annually at \$26 billion.

Corrugated cardboard boxes were introduced into this country in 1894 by Wells Fargo for small freight shipments. They may not seem sexy at first, but after talking to PDS — Packaging Distribution Services — owners David Lettween and Bruce Sherman will turn you on to them. They explain that every customer who wants a cardboard box needs a precise one — the just-right price and dimensions and be in supply. Orders in this business come in two types: “HOT” and “RUSH.”

PDS is celebrating its 60th year. But the company's Iowa ancestry goes back 103 years to the arrival of Jewish immigrant Jacob Pomerantz, who came to Carroll, Iowa in 1912. With the help of the Jewish Relief Agency he immigrated from Warsaw, Poland by way of Texas and founded a scrap-metal business. In 1915, their son, Alex, with his wife Minnie and their two children, arrived from New York.

Alex worked hard selling scrap metal, tires and used cars. By 1921, he had raised \$3,000 to pay for the passage of his mother Sarah, and eleven family and friends from Poland. Carroll, Iowa Jews, Harry Lipsman and Herman Krensky, loaned the family money to transport the newly-arrived members of the Pomerantz clan from the Fort Dodge train station to Des Moines.

Alex bought a house for the wife and kids in Des Moines close to the rest of the extended family in 1925, while he continued to do business in Carroll, returning to Des Moines for



Lou Pomerantz, Founder of PDS

family and Sabbath observations.

By 1926, Alex had joined his father in the junk and peddling business, then in 1929 in the rag business at “Iowa Whipping Cloths.” After his father Jacob's death in 1933, Alex started Midwest Burlap and Bag Company at 501 E. Walnut Street that refurbished used potato and flour sacks. By 1952 he had brought in three of his sons, Lou, Harry and Marvin to the business. Three years later Alex handed the business over to his boys and retired to Miami Beach.

By 1955, the three parted ways professionally, with Lou starting what would become PDS, while Harry and Marvin started manufacturing the new-style multi-wall craft paper bags at Midwest Bag and Great Plains Bag companies. Lou renamed the company “Pomerantz Diversified Services” (PDS), doing paper recycling, sanitary wiping clothes, real estate and trucking.

Lou's friend, Jack Levinsky, arranged for the purchase of a big lot of land at 2308 Sunset Road in 1962, moving the company from 5th Street to near the old railroad tracks close to



Warehouse under water during the flood of 1993

Waterworks Park. As the first paper recycler in Iowa, Lou sold paper mills all of the used IBM punch cards that he could buy from Des Moines' large insurance companies. (Today, 91% of corrugated cardboard is recycled and the remainder is biodegradable — it's a very green product).

In 1968 Pomerantz made the company a regional distribution warehouse for cardboard containers. Dave Lettween, who came to the firm on December 16, 1972, recalls working every Saturday, when Lou Pomerantz held the weekly business meeting. Dave recalls that Lou was one tough, business negotiator, who was very philanthropic. Lou and Dorothy Pomerantz were generous with time and money to the Variety Club of Iowa, the Jewish Federation, Tifereth Israel Synagogue, and the Children's Convalescent Home, where a wing is named in their honor.

After Lou's death in 1988, wife Dorothy owned the business, controlled by a board of directors that included Marv Pomerantz, Mort Bookey and Sheldon Rabinowitz.

The new 1991 owners Lettween and Sherman changed the name six years later to Packaging Distribution Services, still PDS, and took the business to new heights. Lou wouldn't recognize his old warehouse, which is 126,000 square feet. Today, the firm owns a fleet of 13 semis with 35 trailers. Electric forklifts are sent scurrying about to precise locations within the enormous computerized inventory to fill those trucks and send them off to dozens of Midwest delivery points.

The 500-year flood of 1993 left the new owners with three feet of muddy river water throughout the building. Cleaning up the mess entailed 274 semi-truck trips to the recyclers and three months of arduous fourteen-hour days.

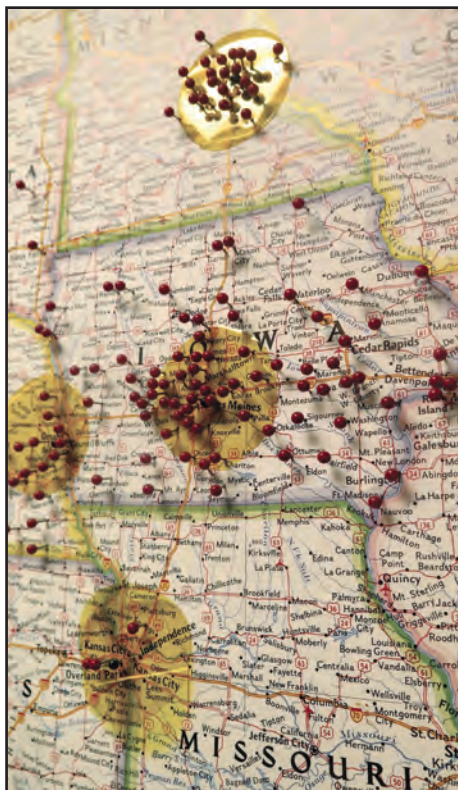
Lettween and Sherman have made PDS an essential partner for companies practicing “lean manufacturing.” They order and warehouse each customer's boxes in the PDS warehouse, ready to be shipped to customers on a moment's notice, keeping inventory from cluttering their clients' factory floors. On an average year they stock ten to twelve thousand “SKUs” or inventory items. And they speed delivery by having four regional warehouses located here and in Kansas City, Omaha and Minneapolis, with a total of 400,000 square feet of space, the size of nine football fields.

A year and a half ago, they bought C.M.B., Custom Made Box, and now can provide small quantities of small boxes on short notice. With a CAD cutter, the firm can digitally produce complicated corrugated cardboard containers.

Company CEO Dave Lettween grew up in a Ukrainian Jewish farm family that homesteaded near Lincoln, Nebraska. His father moved the family to Des Moines where Dave was born, graduated from Roosevelt in 1967, then earned an accounting degree from Drake University. He is a strong member of Tifereth Israel and long-time board member of the Jewish Life Center. His years spent in sales force have given him an excellent perspective on their 700 clients'



Partners Dave Lettween and Bruce Sherman



Push pin map of customers and regional distribution centers



Our Jewish Community

inventory needs.

His partner, PDS President Bruce Sherman, a Twin City product, graduated from the University of Minnesota in psychology before joining the company in 1977. Sherman, who was President of Temple B'nai Jeshurun 1993 - 95, keeps the operations humming and the company's twenty-odd vendors happy.

When they're not watching the shop both owners belong to Des Moines Golf and Country Club, where Sherman can (reputedly) knock the stuffings out of a golf ball and Lettween can knock about in the sunshine. Dave is an avid reader

and book collector and also a better-than-par photographer (check out his office gallery). Bruce likes to hit the road and visit the grand kids.

While this writer was visiting, the office door was wide open, "It's simple around here," Lettween explained. "When the door is open, it's open for anyone to step in to ask a question" It seems like a fun place for the firm's more than fifty employees, but they all understand the PDS mission statement: "Complete Customer Satisfaction." You might call it "The Great American Rags to Riches Story."



An old safety sign upon entering the cardboard cutting room



Dave Lettween & his 2014 photo of Krakow Synagogue



Outside the Des Moines office on Sunset Road



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# New Torah symbolizes synagogue's rejuvenation

DANIEL P. FINNEY, *Des Moines Register*

Rabbi A. Leib Bolel spread out a Torah on a table at Beth El Jacob Synagogue on Des Moines' western edge.

The wooden handles were worn. Some of the ornate decorations once embedded in the handles had broken off.

But the parchment was largely unblemished.

The handwritten Hebrew text was faded but legible. The stitches that held the columns together were frayed in spots, but they held.

This particular Torah was one of four at Beth El Jacob, all of them at least 100 years old.

"No one knows for sure how long it has been since the last Torah was purchased here," Bolel said. "One of our members is in his 90s. He said all of the ones we have now were here when he came. We believe they are all from before World War I."



Rabbis Marshall Berg, Yochanan Nathan and Leib Bolel

The scrolls are, in a way, a metaphor for the Orthodox synagogue that serves about 80 families in a humble building along Cummins Parkway.

Like the holy scrolls, the synagogue is old. Its roots date back to Jewish immigrants who came to Iowa in 1881 — the same year Drake University was formed.

## The "IronRabbi"

The congregation, like the Torah, has faded in some ways.

In the 1940s, Beth El Jacob served more than 400 families and was the largest Jewish congregation in Des Moines. Five years

ago, the synagogue served about 40 families.

That was before Bolel, an Englishman who studied his faith in Jerusalem, came to Beth El Jacob in 2011.

He pushed outreach and connection to the community, offering ministry to Jewish students at Iowa universities.

Bolel is a frequent contributor to the Register's editorial pages and the Jewish Press and is in demand as a speaker on radio and throughout the metro.

His energy has, in turn, brought new life to Beth El Jacob.

Membership has doubled to more than 80 families. Younger families are attending.

This is no easy feat given that Jews make up less than 1 percent of Iowa's religious composition and less than 2 percent of faith followers nationwide, according to Pew Research Center data.

Yet, under Bolel, life is blossoming in the old synagogue.

"He is our IronRabbi," said Marty Grund, a member of Beth El Jacob, referring to Bolel's participation in Ironman triathlons — 140.6 miles of swimming, biking and running.

## Bridging generations

Grund's family has attended the synagogue for generations.

He is a stained-glass maker who has created a wall of windows in the main sanctuary and is creating stained glass skylights for the smaller chapel at Beth El Jacob.

Grund likes the energy of the athletic rabbi.

"He is youthful and has great vitality," Grund said. "People respond to him."

Bolel brushed off the praise, but he's gotten results. The momentum helped him suggest to his

flock that it purchase a new Torah in the spirit of its ongoing revitalization.

Such a thing is not done lightly or cheaply. A Torah is handwritten by specially trained scribes. One can cost as much as \$30,000.

But the commitment, both in faith and funding, was there.

"We raised the money almost entirely from inside the congregation," Bolel said. "There were a few outside donations from other synagogues and Jewish leaders. But most of it was from the Beth El Jacob community."

## Only perfection will do

The Torah is the story of the creation of the universe and history of the Jewish people as given to Moses by God at Mount Sinai and Tabernacle.

Beth El Jacob, a traditional congregation, selected a firm in Jerusalem for the work.

It takes a year to write the narrative that forms the first five books of what Christians call the Old Testament.



Dancing with the Torah in Rabbi Bolel's Home

Each letter must be perfectly formed on heavy parchment. A single mistake — a gap in a letter or a misplaced serif — invalidates the entire scroll.

"People who write the Torah are very serious in their faith," Bolel said. "They are not just doing it for a good salary. They believe it is their mission."

The final verses of the new Torah were to be written at Bolel's house by a scribe from Chicago.



Congregation President Sydney Jacobson holding the Torah

The local completion of the scroll adds to the sanctity and ownership of the Torah for the synagogue.

"If you go to the bookstore, there are many varieties of Bibles to choose from with many different translations and wordings," Bolel said. "But there is only one Torah. This is the way it has been for thousands of years."

On Sunday, Beth El Jacob held its first services with its new Torah.

The rituals and texts that produced it may be ancient, but for Beth El Jacob, the sacred scroll is something new as well.

It's about revitalization.

DANIEL P. FINNEY, the Register's Metro Voice columnist, is a Drake University alumnus who grew up in Winterset and east Des Moines. Reach him at 515-284-8144 or [dafinney@dmreg.com](mailto:dafinney@dmreg.com). Twitter: @newsmanone.



Rabbi Yochanan Nathan with David and Susan Lekowsky



# Now Hiring at The Jewish Federation of Greater Des Moines

## Development Director

### Summary:

The Development Director of the Jewish Federation of Greater Des Moines shall be a full-time employee engaged in all facets of donor development and fundraising including the oversight of the Annual Campaign, Planned Giving (Endowment), and Direct Giving to various agencies. The Development Director works in tandem with the Executive Director and the Board of Directors to raise funds to support Jewish Family Services, Jewish Community Relations, Beit Sefer Shalom Community School, Engman Camp Shalom, Gan Shalom Preschool, The Iowa Jewish Historical Society, Drake University Hillel, and Students Supporting Israel.

The candidate should have the personal qualities and skills to act as a motivator, leader, and visionary while articulating the mission of the Federation. The candidate should be a people person that enjoys interacting with others. Experience in donor development, community building, fundraising, and event planning is preferred.

### Major Responsibilities:

#### Annual Campaign

- Responsible for growing the annual campaign in the community
- Work with the volunteer Campaign Chairs to coordinate the campaign activities
- Identify new donors and cultivate existing donors
- Develop corporate gift opportunities and sustain existing corporate gifts

#### Donor Development

- Work with the Executive Director, Federation Staff, and Board Members to cultivate and grow donor relationships through meetings with community members and organizations

- Discuss Planned (Endowment) Gifts with donors that will support their passions
- Work with Foundation Board on Life and Legacy Programs
- Discuss Planned (Endowment) Gifts with donors that will support their passions
- Work with Executive Director and Board Members to close gifts
- Maintain Relationships with Donors who have made an Endowment gift

### Requirements:

- Minimum of 3 years fundraising experience
- Must have passion for the Jewish Community and the State of Israel
- Entrepreneurial self-starter and creative thinker
- Collaborative team player willing to work evenings and weekends as necessary
- Excellent interpersonal and written communication skills
- Ability to close significant gifts to support the agencies of the Jewish Federation

### Salary and Benefits:

- Competitive Salary based on experience
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- Retirement Plan
- Time-off to observe all Jewish Holidays
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For more information contact **Stuart Oser** at **515-987-0899** or **stuart@dmjfed.org**.

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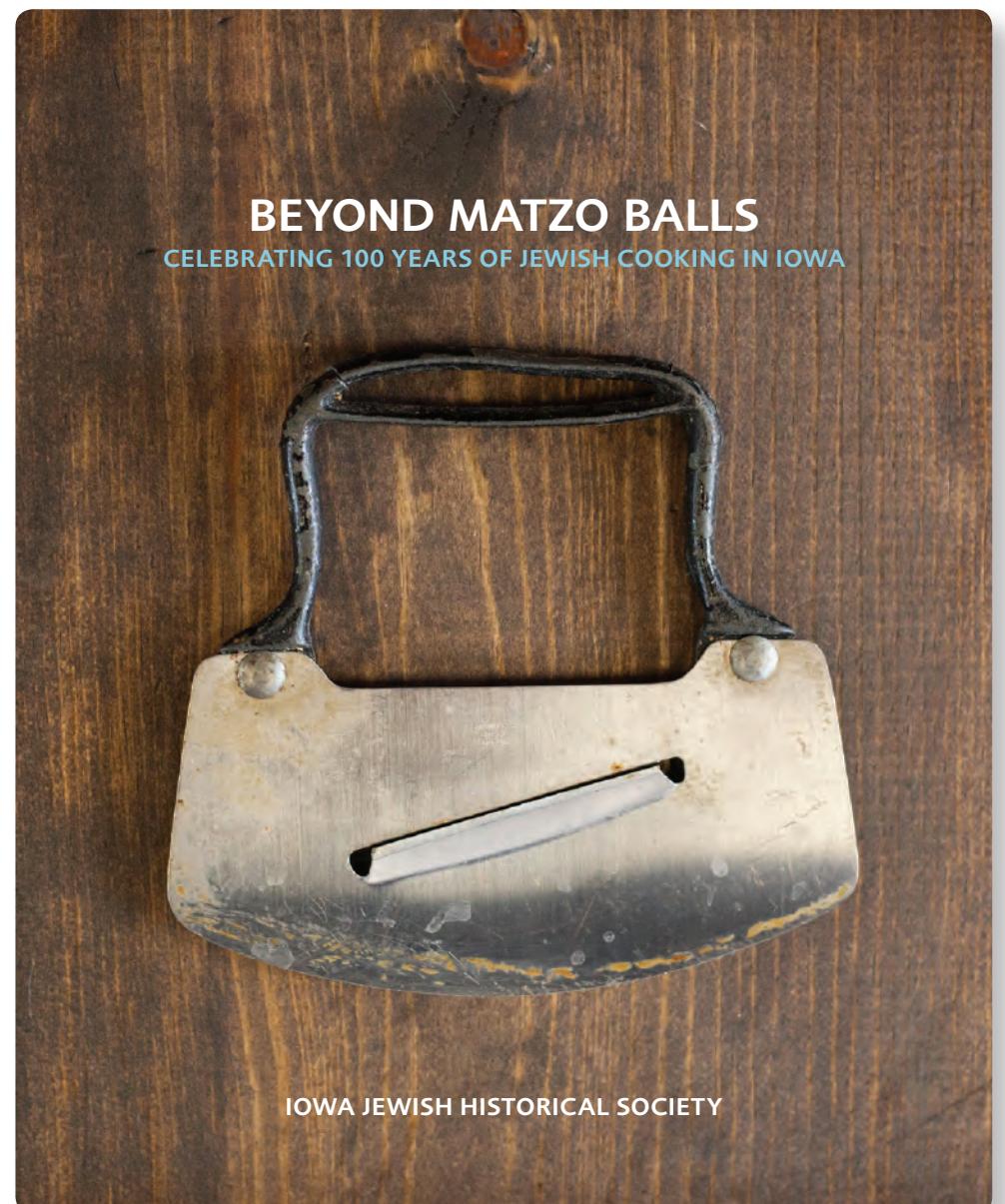
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Iowa Jewish Historical Society

33158 Ute Ave

Waukee, IA 50263

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





Strengthening Interethnic Bridges



JCRC along with Rabbi David Kaufman are still engaged with assisting local leaders from the diverse, pro-democracy South Sudanese community maintain cooperative relationships. With civil war raging in South Sudan, it is very important that different ethnic groups, now resident in Des Moines, strengthen open and positive communications.

Local Artists visited Israel with P2G



We were privileged to have two Des Moines artists participate in this year’s Partnership2GETHER Artists-in-Residence program held in May in the Western Galilee. Anders Rosborough, a photographer, and his mother, Rebecca Ekstrand, a sculptor, joined the group of twelve artists working with local artists and community members in our partnership district. Anders was assigned to photograph members of four kibbutzim or moshavim, and his work will be included in a digital book issued later this year. Rebecca worked with kindergarten children in Acco, helping them construct beautiful and creative mosaics. The mosaics will be installed outdoors in the city. Community members involved with P2G joined Anders and Rebecca over lunch, recently, and discussed the arts project. Pictured from left: Tim Urban, Anders, Rebecca, Marilyn Vaughan, Jody Hramits, Sharon Goldford, Jarad Bernstein, and Brenda Daisy.

Lauding “Iron Dome”



A young member of the Israeli Defense Forces, Dan Ravitch, shared with us the story of how the Iron Dome Mobile Anti- Missile Defense System. They system, sponsored by the United States, saved the lives of many Israeli civilians during last summer’s defensive action to stop rockets from Gaza -- some 3,000 rockets -- from falling on Israeli cities. The Iron Dome system is capable of intercepting multiple mis-siles at a time in mid-air.



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July/August 2015





## HANNA ANDERSON

graduated from Valley High School on May 24, 2015. Hanna has been involved in numerous activities, including : Baker's Dozen Mime Troupe, as president; Tigerlillies Synchronized Swim Team Captain; Silver Cord Presidential Award Volunteer; National Honor Society; National Council on Youth Leadership; Closed Caption Literary Magazine staff; Iowa High School Speech Association All-State. Hanna is a National Merit Scholar Finalist and will attend Carleton College in the fall. She plans to study Math/Statistics.

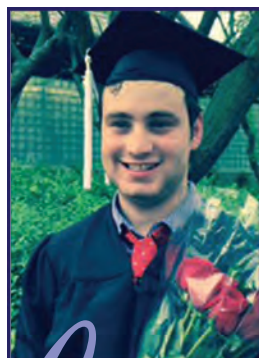
## JULIA ANDERSON

graduated Valley High School on May 24, 2015. Julia has been involved in numerous activities, including : Caption Literary Magazine Editor; Synchronized Swim Team Captain; Silver Cord Presidential Award Volunteer; National Honor Society; National Council on Youth Leadership; High School Speech Association All-State; All State Band; Friends for Foreigners Co-President. Julia is a National Merit Scholar Finalist and will attend Grinnell College in the fall



## SARAH BELL

graduated from Valley High School, West Des Moines. She will be attending Drake University, Des Moines. Proud of her academic and extra-curricular accomplishments are her parents, Ed and Mindy Bell, and grandparents Sig and Marilyn Nussbaum and Ray and Evelyn Bell.



## KUPER BERGMAN

graduated with bachelor degrees in political science and journalism from the University of Iowa. He has been hired at a private school in Nagoya, Japan where he will teach English to children and adults. Kuper spent his junior year at the Nagoya University of Foreign Studies and also studied Japanese at U of I. His one-year teaching contract begins in June. His parents are Ames Jewish Congregation members Cliff Bergman and Marilyn Vaughan.

# Congratulations GRADUATES



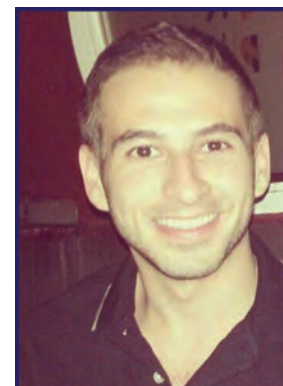
## SHEYA FINKELSTEIN

graduated from the University in Iowa with a Bachelor's degree in Electrical Engineering. He holds a professional certificate and is spending his second summer interning with the Shive-Hattery Architectural Engineering firm. Sheya is the son of Jody Hramits and Mark Finkelstein.



## ANDY & ALEX GILLER

sons of Barb and Harvey Giller have both graduated from law school. Andy graduated in May 2014 from the University of Iowa and is employed by Cedar Rapids firm, Rush and Nicholson. Alex graduated on May 17th, 2015 from DePaul University College of Law. Alex will commission into the U.S. Army Judge Advocate General Corps (JAG) in January 2016.



## DANI LIPMAN

daughter of Jeff and Andi Lipman, graduated from Valley High School with an Honors diploma and Scholars designations in Math and English. Dani plans to attend the University of Iowa in the fall of 2015. Dani has been accepted into the University of Iowa Honors program and plans

to major in physics. She also plans to continue pursuing her passions in writing, music, and theater.



## ELIZABETH OXER

graduated from Ankeny Centennial High School. She participated in marching band, concert band, speech competitions, and was president of GSA during high school. She will be attending the University of Iowa in the fall, and plans to major in Linguistics. In the future, she hopes to travel the world and teach English. Her proud (tired) parents are Stuart OXER and Wendi Harris.



## KATHERINE ROSENBLATT

graduated from American University Law School on the 17th of May. She has accepted a job working as the Law Clerk for a Federal Judge in Topeka, Kansas. Her parents, Ron and Susy Rosenblatt, are delighted and quite proud!!



## ILAN SEVILLA

graduated Tarbut V Torah from Drexel University with a major in interactive Digital Media.



## LOUIE SLOVEN

graduated from Drake University Law school in May 2015. At Drake he was the Research Editor for the Drake Law Review and captain of Drake's National Moot Court team. Louie received the Justice David & Madonna Harris Award, recognizing the student who, in the opinion of the law school faculty, shows the greatest promise as a public servant, advocate, and legal practitioner. After taking the bar exam this summer, Louie will be working as a law clerk at the Polk County Courthouse.



## ANNIE WEINBERG

graduated from West Des Moines Valley High School. Her high school experience includes involvement in student government, drama, choir, synchronize swimming, show choir and PEOPLE P.E. Annie's next adventure will take her to Decorah, Iowa where she will be attending Luther College. Her current plans are to study psychology.



# Golfer Robb Pomerantz by Larry Deutch



1985 Maccabiah Games Award Ceremonies in Cesaria with team members

For Robb Pomerantz a passion for golf has resulted in a roomful of trophies, a large group of friends and a lifetime of memories. One of the top highlights of his golf life was winning both the individual and team gold medals at the Maccabiah Games.

The Maccabiah Games are held in Israel every four years drawing Jewish athletes from around the world. The golf competition is held on Israel's only 18-hole course in Ceasarea, a coastal town between Tel Aviv and Haifa.

"You had to qualify for the games the year before," Robb recalls. "I traveled to Rockville, MD for qualifying. I finished second but the top qualifier didn't go." Robb, then 30 years old, led the USA team of five to Israel where they captured the gold medal. "It was a great thrill receiving my gold medals from Chaim Herzog the President of Israel."

"I remember the heat, humidity and the wind. The wind would blow the desert sand that would stick to our faces," he remembers. "Mary Jo traveled with me. It was very meaningful and we made a totally new group of friends with whom we are still in contact today."

It was Robb's mother Peggy that sparked and encouraged his inter-



1977 Drake University Missouri Valley Conference Championship at Wichita State

est in golf around age 12. "I had played a lot of baseball and competed in swimming. I was a pitcher in baseball which meant that I didn't get to play every day. That frustrated me because I didn't like sitting. That's when Mom suggested golf. She had learned the game from my grandfather."

Robb, who served as Federation president 1994-95 and campaign chair 1997-98, decided to concentrate on golf during this junior year at Lincoln High School. He went on to play at Drake University where he earned all Missouri Valley Conference honors for three years and captained the squad his senior season.

He credits two professionals with much of his links success. "In the winter when we traveled to California I worked with Johnny Revolta, winner of the 1935 PGA championship. His former assistant pro Bill Rose became the pro at the Wakonda Club and was my coach at Drake."

Among Robb's many other golf accomplishments are qualifying for the 1978 U.S. Open and U.S. Amateur, winning the Men's City championship in 1989 and finishing in the top 15 in the Iowa State Amateur every year he competed. He continues to play competitive senior golf in both Iowa and California.



1985 Maccabiah Games at Olympic Stadium, USA Team in Foreground



1985 Maccabiah games, Robb with coach Ira Kamens just after award ceremonies





1977 US Open at Cherry Hills Denver, Colorado. Robb and Harry (father) Pomerantz



1978 US Open at Cherry Hills Denver, Colorado. Robb with coach Bill Roge and caddie Tim Rose



1974 Bob Hope Desert Classic with winning team members and scorekeeper



1985 Maccabiah Games Robb with friend Gary Lind dressed in USAA outfits.

The Israel Independence Day picnic at The Caspe Terrace was a lot of fun!



Partnership2GETHER Chair, Jacob Lederman

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Iowa Jewish Historical Society

# Now on display in The Caspe Heritage Gallery

Nearly two years ago, the Iowa Jewish Historical Society (IJHS) began a project to restore the memorial boards from the Sons of Israel Congregation in Marshalltown, IA. The congregation was established in 1920 and dissolved in 1985. The congregation's memorial boards were first moved to Tifereth Israel Synagogue and then were donated to the IJHS in 2013. The boards were definitely showing their age and needed restoration before they could be displayed. Tom Press and Donna Paulsen very generously donated the funds needed to restore these important artifacts of Jewish history in Iowa.



Close-up of one of the side panels prior to restoration showing a loose plate, broken bulb, light damaged wood and chipped paint.

On the surface, it looked like restoring the boards would be easy—take a dust cloth or a vacuum cleaner to remove the dust and grime, replace a few broken light bulbs and the boards would be ready for display. The reality, however, was very different and would involve a painstaking, 6-month process done by trained conservators at the Ford Conservation Center in Omaha.

First, the boards were vacuumed to remove surface dust.



Outdated and potentially dangerous wiring prior to restoration

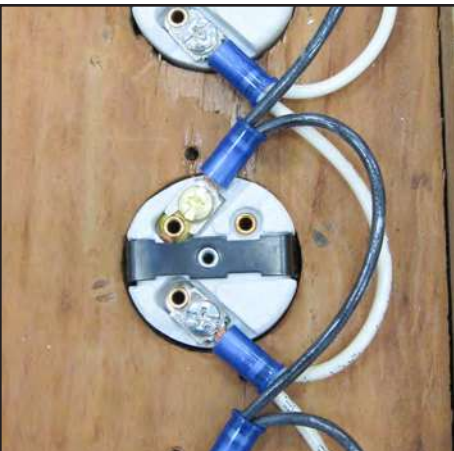
Electrical wiring was examined and it was determined that the wiring did not meet modern safety codes. The old wiring was removed and replaced with new, safer components that looked as similar as possible to the original components.

The old electrical sockets were also replaced and a professional electrician re-wired the boards. Replacement bulbs matching the appearance of the originals were found.



Name plates discolored by dirt and dust prior to restoration

Each individual bronze name plaque was carefully taken off the boards and the grime on each plate was removed using deionized water and cotton pads. The paint on the lettering of the plaques was very unstable and flaking. For the best long-term stability, the brown paint on each plaque was completely replaced. A clear top coat was applied over the front and back of the plaques to stop the flaking and near-term future corrosion. The original plaques were reattached using the original screws, which had been treated



New electrical wiring that meets modern safety codes.

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Join the Iowa Jewish Historical Society

Whether you are a recent arrival in Iowa or have lived here all your life, the artifacts, photos, manuscripts, and other treasures that the Iowa Jewish Historical Society collects and preserves are your history. They are the irreplaceable record of the accomplishments, contributions, and personal stories of Jews in Iowa.

Help preserve our history so that you and future generations can learn from the past as you shape our future.

Your application form is below or you may join online at [www.jewishdesmoines.org](http://www.jewishdesmoines.org).

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City, State, and Zip Code

Membership Levels

Membership Year: July 2015 though June 2016

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Sponsor - \$500

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In addition, I want to make a donation to the Iowa Jewish Historical Society \$

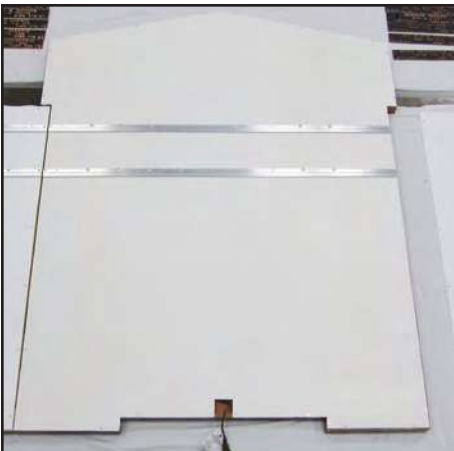
Please make your check payable to the IJHS and send it to 33158 Ute Ave., Waukee, IA 50263.

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with a steel bristle brush to reduce existing corrosion

A conservation-safe varnish was added to the surface of the wood where abrasion and loss was present. Large holes in the wood at the top were filled, as were small cracks and losses. An overall protective coating of clear paste wax was applied to the wood surfaces with a soft natural bristle brush.

A special cleat hanging system



Restored boards with heat-resistant backing to prevent fires.

was installed on the back of the boards to support them while on display, and Cintra board was attached to protect electrical components and prevent heat build-up.

The final step was to document the finished boards with photographs and pack them for safe transport back to the museum where they are now on display.



Name plate after restoration



# The Past and Future Significance of the Marshalltown Sons of Israel Memorial Boards by Thomas E. Press

Observing Yahrzeit, the anniversary of the death of a loved one, may be one of the most practiced traditions in Judaism. Many synagogues have memorial boards that enhance that tradition by permanently inscribing the names of deceased members and loved ones of the congregations on a plaque as a legacy to their lives. The Boards typically have a light with each plaque that is lit for the Yahrzeit and other key holidays throughout the year. Such was the memorial board that my grandparents, Ben and Lena Rovner, had built in honor of their son Jerome, to remember his life and all of the others who would pass in the Marshalltown Jewish community.

Jerome Rovner would have been my uncle. I never knew him as he died at the age of 9 in 1933, when my mother, Sis Rovner, was 7. Coincidentally, when Lena Rovner passed away in 1966, her memorial plaque became the last one to fill the Board. As a 10-year old child, I remember going with my parents, Bob and Sis Rovner Press, to a woodworker and an electrician to have two extensions of the Board built to match the original and carry on the tradition.

It is often said “it takes a village.” To me, the Memorial Board represents the Jewish village that raised me. I suspect in one way or another, I remember perhaps 70% of the individuals memorialized on the Board and their ancestors and descendants. All of my grandparents are on the Board as are two of my great-grandparents. We all have stories about the people and their families, how they lived, how they acted, what they stood for and what they meant. While the significance and influence may only be meaningful to those of us who grew up in Marshalltown, the experience may resonate with anyone who grew up from 1950 to 1970 in a small town Jewish community. The Board may also serve as a symbolic message about what has happened to small Jewish communities in Iowa and around the country, and what could potentially happen in the future to medium-sized communi-

ties like Des Moines.

I am sure I was naïve, but growing up in Marshalltown in the late 1950s and 1960s, I could not have imagined a better place on earth. Marshalltown was blessed with two major international corporations, Fisher Controls and Lennox. The owners, inventors, and innovators of those companies lived there, their families grew up there and their children were in the public school system. The manufacturing they created spawned many other locally owned companies that became the fabric of a thriving community. Most importantly, these companies were early adopters of what is now known as Corporate Social Responsibility. They paid their civic rent, they spent their time and talent through corporate philanthropy enhancing the community and making it a better place to live.

The Jewish community within that environment was strong and influential given its size. When my mother grew up in Marshalltown in the 1930s, there were over 70 Jewish families. When I grew up in the 1960s, there were about 25-30 Jewish families. Those in Marshalltown never dreamed the Jewish community would disappear. We thought that the key entrepreneurial and professional families would continue to support the Jewish institutions forever. We were wrong: children moved away, families dispersed, rabbis were hard to recruit, and the community changed as well. In the mid-1980s, my parents were two of the last 10-15 members of congregation who finally decided to close the Sons of Israel Synagogue.

The Memorial Boards were donated to Tifereth Israel Synagogue in Des Moines, along with some of the proceeds from the

sale of the synagogue. It was intended that the Boards be displayed and that the legacy of the individuals be preserved. That arrangement lasted for about 25 years, but when Tifereth renovated its facility several years ago, the Boards were removed and eventually made their way into the storage room at the Iowa Jewish Historical Society.

I wanted to have the Boards restored and displayed. Those memorialized on the Boards mattered and a commitment had been made to them and to their families. These individuals created a wonderful environment for so many of us where people were happy and their families grew. Many of them grew up in a time when anti-Semitism was common, but they helped create an avenue from the late 1960s to the present in which Jews were a welcome and integral part of Iowa and of American life. This is a challenge that has returned to us today. Anti-Semitism is on the rise in Europe and in many parts of the United States. How will we react to that challenge? Each plaque reminds us of a different story and a lesson to be remembered.

Jewish communities today like Des Moines, Cedar Rapids, and the Quad Cities are significantly challenged for long-term survival. The socioeconomic makeup of these medium-sized communities has changed dramatically. On a larger scale, just like Marshalltown, the entrepreneurial families have dispersed, moved away and are being replaced with professionals. Some have the desire to give, but not the ability; some have the ability and not the desire. But by sheer numbers we have to make the accommodations to be strong collectively as one, and not divide and conquer ourselves. If we fail, there will only be relevant Jewish communities in large metropolitan areas: New York, Los Angeles, St. Louis, Chicago, and Minneapolis. Marshalltown was only a microcosm of what can still happen on a larger scale. We will hopefully learn from our history and not make the same mistake.



Donna Paulsen and Thomas Press

The Iowa Jewish Historical Society  
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SONS OF ISRAEL CONGREGATION

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Restored

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**BEN AND LENA ROVNER and BOB AND SIS PRESS**



Community Information



Recurring Events:

Minyan: Tuesdays (NOTE TIME CHANGE) 7:15 am

Services: Fridays– 6:00 pm Shabbat Evening Services

Saturdays- 9:30 am Shabbat Morning Services

11:30 pm Shabbat Cafe

12:30 pm Shabbat Minchah Meditation

Special Events for July and August 2015

July 2015

Friday, July 3rd – 7:00 pm – First Friday Potluck & Game Night

Friday, July 10th – 6:00 pm – Family Shabbat Service & Potluck/Barbeque at Caspe Terrace

Saturday, July 11th – 9:30 am - Volunteer Shabbat

Thursday, July 16th – 6:30 pm – Des Moines Tribe Event

Sunday, July 19th - 2:00 pm - Tifereth Book Club

Saturday, July 25th – 10:30 am - Children’s Service & Tot Shabbat

9:00 pm – Tisha B’Av Commemoration

August 2015

Friday, August 7th – 7:00 pm – First

Friday Potluck & Game Night

Saturday, August 15th – 9:30 am – Bat Mitzvah of Aviva Jotzke

Sunday, August 16th – 12:00 noon – Potluck Luncheon & Play, Dogs invited at Raccoon River Park

Tuesday, August 18th – 6:30 pm – Tifereth Book Club

Thursday, August 20th – 6:30 pm – Des Moines Tribe Event

Sunday, August 23rd – 2:00 pm – Shelter Dinner Prep

Adult Education:

Introduction to Judaism / Conversion Class – 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 pm)

S.T.E.P. (Sunday Torah Education Program) - Michael Kuperman:

Sundays at 10:00 am

Tifereth Book Club – Sunday, July 19th - 2:00 pm

Tuesday, August 18th – 6:30 pm

Ames Jewish Congregation  
Ames, Iowa

The Ames Jewish Congregation is excited to announce that Rabbi Niles Goldstein from Chicago will be serving as its rabbi starting in August 2015.

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Please join us on July 4 for a Temple Family Picnic!

Immediately following Shabbat Services (approximately 11am), we'll be outside and Brotherhood will be grilling out! Please RSVP to the Temple office at (515) 274-4679 or templebnajeshurun.com so we can make sure we have enough food. We hope to see everyone at this fun event!

Moving On Up-TBJ Youth Group Update

Hello, readers! Welcome to my famed article on the state of our great youth group! For our youth, school has ended. All those extra-curriculars are over, and everyone is on their way to somewhere. I think it's a great time to go over where we are, what we've done, and where we're headed.

I'd like to start with what we've done. The biggest event since my last article is the NFTY (National Federation of Temple Youth) Spring Chavurah at Temple Israel in Omaha on May 1-3. We had the chance to meet and socialize with other Jewish youth from all over the Midwest! We also got to go to parties, and attend really great Jewish programs and services. We sent five people, which is the most that have gone to Spring Chavurah in the past 2 decades! (That also happens to be longer than my very existence.)

At the Chavurah, we received the "Best Small TYG Award" from NFTY-Missouri Valley President Ethan Stone. He was the regional president at the time, and a new president was elected the day after he gave us this award. I can't stress how important this award is. There are perhaps 10-15 other small TYGs in our region that could've received it, but we were chosen, because we've made tremendous strides. We are more involved with NFTY than we

have been since last century! We can be extremely, extremely proud that we received this award, and that we really are the best small TYG.

Secondly, and only barely less important, we have a new mascot! We've decided upon one of our favorite Iowa natives, and a Purimspiel veteran, the majestic, the mighty, cow!

That's right; our new mascot is a cow! We do need to name our cow though, so any suggestions you have would be appreciated. To go along with the cow, we have decided to have shirts made for the youth group, and are working on designing a logo. We're so excited to make our really cool design a reality! If anyone is interested in helping us get these shirts made, feel free to email me! Make our new cow proud!

Moving on from recent events, we look to the future. We have some great new fun ideas for next year. We've got a cool kickoff event in the works for this fall, and some fantastic new ideas, most of which may entail food... Our Junior Youth Group can look forward to some more events made for them, and maybe, just maybe, a JYG trip for a weekend. We're really excited about getting more TYGers involved in next year's Purimspiel as well. We need a lot of people, and it's a lot of fun! Plus we might get better singers, so I don't have to be a bad singer with a solo!

We can look back on the past and say that we've done a lot, and we can look forward to a bright future! Our community can be very excited about where we are and where we're going.

At the end of the day, one thing's for sure. We're moving on up!

Michael Adato  
DMTYG President  
adatoisepic@gmail.com

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

Daily after morning minyan: Two study groups to choose from that will study a range of Jewish topics, from

the Weekly Torah portion to Mishna & Talmud and Jewish Law.  
  
Tuesdays:  
The "Shiur" at 7:00 p.m. – covers Jewish learning on self-improvement, interpersonal relationships, weekly portion and current events. Please contact the office to attend.  
  
August  
August 14th 6:30pm Shabbat Ruach to welcome Avi and Karen Dzik



JRC of Iowa  
Shabbat Morning Minyanim 10:00am  
Followed by a Kiddish

Sunday Noon Torah Classes at the Deli  
for more details please call 277-1718

Tisha B'Av July 25-26  
The Saddest day in the Jewish Calendar is observed this year from nightfall July 25th due to it falling out on Shabbat.  
Saturday night Eicha 9:30pm  
Minyan Sunday, July 26th 7:00 pm bring your Tefilin with you.



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In Memoriam

We note with sorrow the recent passing of

Jeanette Altman Frieden  
Blanche Weindruch  
Gertrude Esther Blair

Lenore Moss  
Dorothy Hammond  
Inge Lederer

Bat Mitzvah

We note with joy the upcoming celebration of



Aviva Jotzke, daughter of Tanya Keith and Doug Jotzke, is an incoming 7th grader at Meredith Middle School, where she is on the Math Counts team and the championship winning Battle of the Books team. She plays flute in band and guitar. She plays goalkeeper for Iowa Rush Soccer Club. Aviva is an avid supporter of US Soccer and has traveled to four countries and coast-to-coast supporting her teams. She will be called to the Torah as a Bat Mitzvah on Saturday, August 15th at 9:30 am at Tifereth Israel Synagogue. A Kiddush Luncheon will follow.



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