



THE GREATER DES MOINES
JEWISH

PRESS

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HAPPY CHANUKAH

from the Jewish Federation of Greater Des Moines

The eight day festival begins the
evening of December 6th



GLOBAL DAY OF JEWISH LEARNING

SUNDAY, NOVEMBER 15TH • 9AM - 12PM | CASPE TERRACE | WAUKEE

For more information about this community event, see the ad on the back page.

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Community Report September / October



Teachers and Madrichim prepare for the first day of Beit Sefer Shalom



Students in the computer lab using the online learning center.



Jewish Family Services



West Des Moines / Mateh Asher sister city group



Elmets family of Des Moines lighting Chanukah candles.

Education

Beit Sefer Shalom / Gan Shalom Preschool / Engman Camp Shalom

- Gan Shalom Pre-kindergarten children joined the Senior Luncheon at Tifereth Israel Synagogue, followed by a Yoga class
- During Rosh Hashanah, Gan Shalom Preschool was highlighted with a photo in the West Des Moines Register
- Gan Shalom has put together a music enrichment program with the support of volunteers. Preschool children enjoyed visits from the Belin Quartet and Bob Dutch in the Bucksbaum Auditorium.
- Teachers attended the Iowa Association for the Education of Young Children, Early Care and Education Fall Institute Conference
- Successful 1st day of school on Sunday, September 13th, 2015 with standing room only in Bucksbaum Auditorium for Parent Orientation
- 5th grade students led lessons for all students in the Sukkah
- Music and Dance each Sunday is being led this year by Stacie Franklin, Patrick Courtney, and Laura Sparks
- 29 teenagers are participating in the Madrichim program
- Rabbis are teaching Parshat Hashavuah each week during their Rabbi Rotation
- Winter Break camp scheduled
- Summer 2016 preparations underway

Senior Care & Family Outreach

Jewish Family Services and Outreach

- Continued our new and improved Kibitz 2.0 program, which features great activities for children of all ages that will complement the adult component of our program. We have also shifted some of the times that we will be meeting to accommodate families with varying schedules.
- Participated in Connections Matter workshop. This is a community wide effort to share the message that caring relationship built with children, families, and adults in our lives matter to developing healthy brains and thriving communities.

Community

Jewish Community Relations Commission

- Convened a meeting of the Iowa Council for Holocaust Education in Des Moines
- Facilitated the series of Presidential Candidates Forums along with Federation staff
- Represented the Federation in an interfaith Hunger Coalition
- Established an Israel Emergency Committee to contend with the current situation in Israel
- Organized Skype conference calls with officials from Mateh Asher to assist the WDM-MA Partnership
- Maintained monitoring networking about global antisemitism
- Conducted an educational film series at Caspe Terrace

History

Iowa Jewish Historical Society

- The museum will be open on Sunday, November 22 from 1-4 p.m.
- November 11 is Veterans Day. The Iowa Jewish Historical Society's search for the names and information on Iowa's Jewish veterans continues. The Historical Society started its search in 2011 with a list of 25-30 names. With the help of veterans, their families, cemetery records from Des Moines and across the state, 1,342 veterans are now listed in the database. If a veteran, family member, or friend served in the military or the Iowa National Guard and has not sent the Historical Society their information, please contact us as ijhs@dmjfed.org
- The Iowa Jewish Historical Society hosted several special tours of the museum in October. The first was for Dr. Yaakov Ariel, Professor of Religious Studies at the University of North Carolina Chapel Hill, and the speaker for DMARC's 5th Annual David Bear Memorial Interfaith Lecture Series. On October 26, IJHS Presidents Robbie Winick, Melanie Sandler, and Karen Engman and Board Members Ellen and Dave Arkovich and Jonathan Yentis and staff welcomed nearly 80 members of the Ray Society for their first official tour of the museum.
- Board member Marsha Miller and her husband Marty represented the IJHS at the celebration of the Ottumwa Synagogue's 100th Anniversary on October 11.

Message from the President
Home and Abroad



David Adelman, President

With the High Holidays behind us, we pass from Fall eventually into Winter. As the seasons change, I am energized by the excitement I feel about the future of our community. I am deeply privileged to be leading the Federation and thrilled that we can put our resources to work fulfilling the needs of so many of our members. It is a great feeling to know that with many positive changes to the Federation and with the help of some wonderful volunteers, the Greater Des Moines Jewish community is becoming even more engaged than ever in the larger community, through application of our Jewish principles of Tikkun Olam (repairing the world) and Tzedakah (charity). We have you, our contributors, as well as our staff, to thank for all this.

As the calendar year is coming to an end, we have asked many of our members to confirm their pledges for the 2015 All-in-One Campaign. Yet, thinking ahead, in order to plan more effectively and efficiently for the future, your executive committee has made the decision to move the future campaign start dates to January as opposed to April. The generous contributions already made for the 2015 budget and pledges made for 2016 are very much appreciated and will help us to continue to meet the needs of our community. Our goal and our promise is to make thoughtful and disciplined choices that will benefit our entire community: those needing help from it, those participating in it, and those supporting it. During the coming year we are committed to our goal of being a creative, constructive partner with the ability and resources to help address known and unknown challenges we face in our community.

Although I am excited about the work we are doing locally, I cannot help but be concerned, as I imagine you are as well, with the news coming from the Middle East. By the time the Press is published, the situation on the ground will undoubtedly change. However, at present, I have been watching in disbelief as Israelis are facing increasingly vicious attacks by Palestinians in the neighborhoods familiar to those of us who have visited Israel. Regrettably, there have been no statements by Palestinian leaders to help in calming the situation. The media has also been of little help. For example, the Des Moines Register's USA Today section has published certain pictures out of context. Pictures freeze one moment in time and it is not always the case that a picture can adequately show the immediate violent action inflicted, say, on an Israeli soldier, that caused the soldier to react in a certain justifiable way. Such pictures may indeed be misleading.

Yes, context is everything. The international community may call for "restraint," however, I've been frustrated by the lack of seriousness of these leaders with their comparison of the victims and aggressors (the Palestinian teenagers who stab Israelis at random) as moral equivalents. And yet, through all this, we understand that Israel continues to defend its citizens and that life goes on.

We know that Israel will continue to strive for peace and to provide humanitarian assistance, as it has done for decades, for people worldwide facing massive natural disasters.

With Israel continuing to fend off multiple challenges to its safety and security, the mission of our Federation naturally includes educating our community as to the moral values of Israel and its vibrant democracy, calling for Israel's equal and unbiased treatment on the global stage, and in providing support to our Israeli brothers and sisters. This is our fraternal obligation.

May I say, in conclusion, that I welcome your questions, comments and suggestions as we work to fulfill our commitments to the Greater Des Moines Jewish community. We know the input we receive from you will add important perspective to our work, and will enhance the Federation's role as the trusted, social and human service partner our community deserves.

Shalom, friends.

David

Sunday, November 8th
Community Discussion
"The Current Situation in Israel"

Noon at Beth El Jacob Synagogue.
RSVP to jodi@dmjfed.org for lunch, provided by
the Jewish Federation of Greater Des Moines.

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THE GREATER DES MOINES

**Jewish
Press**

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November/December 2015
Cheshvan/Kislev/Tevet 5776

Beit Sefer Shalom



Wendy Beckerman



Patrick Courtney

The mission of the Beit Sefer Shalom Madrichim Program is to create a growing and evolving community in which Junior and Senior Madrichim have a strong sense of personal ownership, community connections and Jewish identity.

A leader in Judaism is generally understood as one who shows us the way by going in advance, guiding and directing by virtue of wisdom, experience, or the confidence we place in him or her. As Co-Leaders of the Madrichim Program, Wendy Beckerman and Patrick Courtney are working hard to develop and improve the Jewish leadership program this year at Beit Sefer Shalom. The Madrichim Program is designed to train the next generation of young Jewish leaders through working with our youth in various roles within the structure of Beit Sefer Shalom. The program is divided into two age groups: Junior Madrichim and Senior Madrichim with different pay scales, expectations and job responsibilities. This year 29 students are participating in the program. The Beit Sefer Shalom Madrichim Program is a rewarding, challenging and meaningful experience which takes place in a creative, safe and nurturing Jewish educational setting.

BEIT SEFER SHALOM MADRICHIM PROGRAM

Jr. & Sr.
Programs Available



WHAT WILL I DO?

Assist in leading small groups or Hebrew practice
Support students with special needs
Prepare supplies and materials for classroom activities
Babysit/Play with younger children
...many other opportunities!

WHAT ARE THE REQUIREMENTS

Madrichim must be in 7th - 12th grade
Be able to work Sunday Mornings (9am - 12pm) or
Wednesday afternoons (4:30pm - 6:30pm) or both
Participate in a 2 hour training session within one month
of becoming a Madrich

DO I GET PAID?

Jr. Madrichim (7th - 8th Grades)
Earn community service
hours
Sr. Madrichim (9th - 12th Grades)
Earn community service
hours or minimum wage
(\$7.25/hr, must be 14 yrs old)

HOW DO I APPLY?

Applications available online at:
[http://www.jewishdesmoines.org/
media/bss/bssmadrichapp.pdf](http://www.jewishdesmoines.org/media/bss/bssmadrichapp.pdf)

The mission of the Beit Sefer Shalom Madrichim Program is to create a growing and evolving community in which Junior and Senior Madrichim have a strong sense of personal ownership, community connections and Jewish identity.

Beit Sefer Shalom
The Jewish Federation Community School

33158 Ute Avenue | Waukee, IA 50263 | 515.987.0899 x 221

Beit Sefer Shalom off to a great start

The first day of Beit Sefer Shalom was a huge success with standing room only in Bucksbaum Auditorium for Parent Orientation. Enrollment continues to rise as we welcome 3 year olds through 12th grade this year at Beit Sefer Shalom. Computer Lab, Music/Israeli Dance, Library, Arts & Crafts, and so much more make for an incredible Jewish educational experience for all children. If you know of someone who is not enrolled, please contact Sophie@dmjfed.org. BSS welcomes new students at all grades and any part of the year.





DIANA BLETTER

Acclaimed author from our
partnership region in Israel

Come hear Diana Bletter speak
on two upcoming occasions.

SUNDAY, NOVEMBER 8TH

A Community Kristallnacht Commemoration

1:00 pm at Beth El Jacob Synagogue

Her topic: "From the Darkest Night to the Brightest Day"

For more information, contact jcrc@dmjfed.org

MONDAY, NOVEMBER 9TH

Diana will speak about her newly published novel

A Remarkable Kindness

The intertwined stories of four American women who are members
of the Chevra Kadisha, the Burial Society, in the Western Galilee.

Barnes and Noble (Jordan Creek)

7:00 pm – 8:30 pm

*Diana Bletter resides in the Western Galilee.
Her work appears in The New York Times, The
Wall Street Journal, and The Huffington Post.
She is a National Jewish Book Award finalist.*

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children's books to be used by the
preschool classes.

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ganshalom@dmjfed.org or 515-987-0899 x233



Jewish Family Services and Outreach



Upcoming Events

- **11/12:** Senior Luncheon at Beth El Jacob Synagogue
- **11/15:** Global Day of Jewish Learning at The Caspe terrace
- **12/6:** Kibitz 2.0 Hanukkah Party at The Caspe Terrace
- **12/17:** Senior luncheon at Temple B'nai Jeshurun

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For additional information email:
Sophie@dmjfed.org

KIBITZ 2.0
Workshop Series at Caspe

12.6 11:30 am - 12:30 pm
INTERGENERATIONAL HANUKKAH PARTY AND LUNCH

1.24 11:00 am - 12:00 pm with brunch
"CREATING A FAMILY MISSION STATEMENT"
Facilitated by Tasha Hausmann

This is for all parents in our community, from those raising toddlers through teens. Our programs will integrate adult learning and will also offer activities and lessons for children.

Contact: 515-987-0899
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Beit Sefer Shalom
PJ Library

Wishing our friends

a

Happy Chanukah

On behalf of

The Iowa Jewish Senior Life Center



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Torah Talk

Tzedakah

by David Friedgood

I recently had the opportunity to visit with the 6th grade class at the Jewish Community School (Beit Sefer Shalom). Our topic was Tzedakah. First we reviewed the meaning of the word and the derivation of the term. For us 21st century Jews tzedakah means charity. In Biblical times however, tzedakah, which is derived from the Hebrew verb tzdk, was translated as righteousness, justice, or merit. It means to do what is right in a religious sense. For instance: God rewarded Abraham for his belief in Adonai with a multitude of offspring. "And, because he put his trust in the LORD, He reckoned it to his tzedakah (merit / righteousness)". (Genesis 15:6) Also, "Noah was a righteous man (a tzadik)". (Gen. 6:9) Later in Deuteronomy Moses commands his people: "Tzedik, tzedik (Justice, justice) pursue it" (Deut. 16:20). The question for our class then was to explain how tzedek (righteousness, justice) is related to our modern notion of charity.

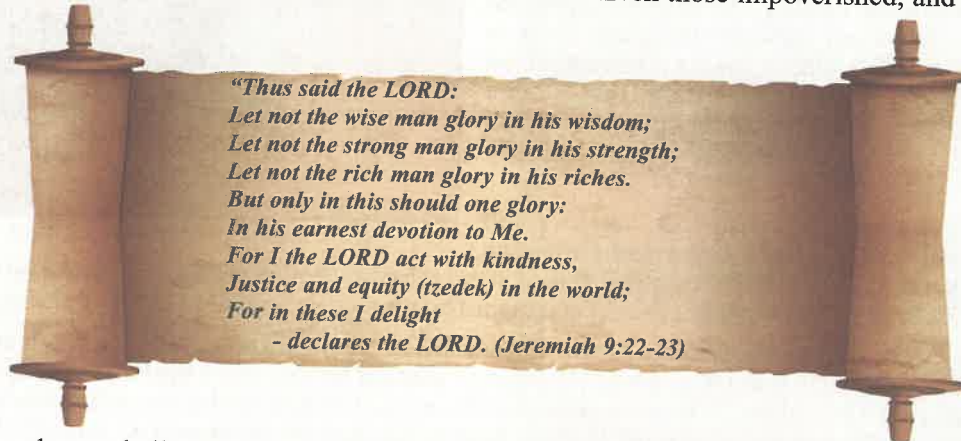
We started to explore an answer to this question by circling the room and recording our students' reasons for giving money, food, solace and other forms of charity to those in need. Responses included: the right thing to do, it's expected, prestige, people need help, etc. Next we discussed an often-recited story of a Jewish man who each week, before the Sabbath, would give charity (money or food) to his needy neighbor. One day he approached his friend and apologized for not being able to help him that week. When questioned why, the man responded:

"Unfortunately my son has started gambling and I have to pay off his gambling debt this week". The poor man said to his benefactor: "Why should I suffer. If your son wants to gamble, let him do it with his own money". We learned that the poor man was not being ungrateful. He was reminding his friend of basic Jewish Law. Human life is of infinite

distribute charitable funds and other goods. The Rabbis also insisted on adequate oversight to ensure that the Charity was run honestly. At least 2 individuals needed to be responsible for collecting and managing funds. As Jews, we are responsible for each other. Tzedakah is not an option, but an obligation our tradition demands of us. Even those impoverished, and

their own needs. In other words, helping them find a job so that they may support themselves and their families, so that ultimately they would not require charity. But, on top of the list, even above number 1 was the solicitor. That person who organizes the charity and persuades others to give. Concerning those who take on this difficult task the Rambam quotes Daniel: "Those who lead the way to tzedakah (righteousness) will be like the stars, forever and ever". (Daniel 12:3)

What then is the connection between justice, righteousness, and the giving of charity? As we live out our brief time on this earth, each of us strives to make a difference. When the time comes for us to leave this world we each want to know that we leave it a better place for us having been there. We strive to emulate the example of our forefather Abraham who is credited with an act of extreme righteousness. He taught us, and all of humanity, that our existence is not futile. There is an ultimate purpose to each of our lives, even when the future appears hopeless. For this teaching Abraham was rewarded by his Creator, and we – the offspring of Abraham – the Jewish people are his reward for a life of tzedakah (righteousness). As we fulfill our obligation to feed the poor, raise up those in the gutter, and provide support for those who have lost hope we enrich our lives as we make this world of ours a better place for us, and for all of God's creation. This is the power of Tzedakah.



value, and all of us are equal before our creator. Our Bible commands us to care for those less fortunate – the widow, the orphan, the poor and the stranger. Further, generations of Rabbis have expanded on these commandments. Specifically, each of us – every Jew and by extension every human being – is entitled to the basic requirements of life. This includes: 2 meals a day (three on Shabbat), adequate clothing, shelter and a bed to sleep on. If one does not have the resources to provide these necessities for himself and his family, the community is required to provide them. Every Jewish Community is to fund an active Tzedakah organization to regulate and

even those receiving support, are to give what they can to help those less well off than themselves. The poor man was right to remind his benefactor of this obligation.

Our lesson concluded with a reading from 'Mishnah Torah'- the 12th century compendium of Jewish Law penned by the great Rambam (Rabbi Moses Maimonides). In his section on Tzedakah, the Rambam quantified rules and regulations concerning charity. He detailed 8 levels of giving, each of greater merit than the one below. Of greatest merit was not the giving of money or goods, but enabling a poor person to have the means of providing for

"Year-end Tax and Charitable Giving" Seminars, November 10th and 12th



Tom Houser

The Federation has arranged for **Tom Houser**, a local estate planning attorney, to host two separate 'Year-end Tax & Charitable Giving' seminars. One seminar will be held at 6:00 pm on November 10 at Tifereth Israel Synagogue and the other will be held at 1:00 pm on November 12 at Temple B'nai Jeshurun. Information on Mr. Houser's credentials are below.

As the end of the year approaches and as we continue to reflect on the messages provided by Rosh Hashanah & Yom Kippur, many people look for ways of combining their desire to do good with their desire to save on taxes. For the charitably inclined, there are strategic ways of giving that can help the giver and the receiver. Tax changes that went into effect in 2013 raised the income tax rate for high-income earners, making charitable deductions a more attractive option.

Generally, if you itemize your deductions, making charitable contributions can decrease your tax bill, but the higher tax rates for high-income earners add an increased tax benefit for charitable contributions. In the giving mood? Here are five

strategies to consider that can help you make the most of your giving this year.

- *Gifting highly appreciated assets – leverage your charitable giving by avoiding capital gains on your highly appreciated assets.*
- *Lumping itemized deductions – this technique may allow you to itemize your deductions every other year.*
- *Gifting IRA assets - one of the most popular and tax efficient charitable giving options could make a return this year.*
- *Estate tax portability – this game changing estate planning tool recently was enacted and needs to be part of your estate plan.*
- *Review powers of attorney – recent changes have been made to Iowa's powers of attorney laws.*

Tom Houser is a senior shareholder of the Davis Brown Law Firm and chair of the law firm's Estate Planning department. Tom's areas of practice include estate planning, business and succession planning and administration of trusts and estates. His practice concentrates on crafting comprehensive estate plans designed to accomplish a client's personal objectives in a tax efficient manner. He offers advice on methods for distributing wealth to the next generation, transfer techniques for the family business, tools that leverage the transfer tax system, coordinating beneficiary designations with the estate plan, and distributions from qualified plans and IRAs. He also advises on asset protection matters, pre-marital planning and handles complex estate and trust administration. Among Tom's many professional recognitions, he is a Fellow of the American College of Trusts & Estates Council (ACTEC), a national association of lawyers skilled and experienced in and committed to improving the fields of estate planning, probate and trust law. In addition, he was named by 'The Best Lawyers in America' 2008-2016, Trusts and Estates and 'Best Lawyers' 2016 "Des Moines Trusts and Estates Lawyer of the Year."

In the Kitchen for Chanukkah! by Karen Engman

Every family has their own version of potato pancakes/latkes for serving during the holiday of Chanukah.

For this recipe I added a carrot, zucchini and fresh herbs (like chives or parsley) for some color and extra flavor. These additions make the pancakes ideal for a savory appetizer or side dish year round.

I have found that when making latkes a cook needs to be able to adjust the amounts of ingredients in the recipe. Potato sizes can vary, so sometimes there is too much liquid or not enough flour. If too much liquid, try using a slotted spoon when measuring out the pancakes to be fried. I like to serve the latkes to a large group all at once so I prepare a day ahead and then reheat on cookie sheets at 325 so take care not to overbrown when frying. Drain again on paper towels and they will be nice and crisp.

Many years ago for a Des Moines Ballet holiday house tour, we prepared hundreds of latkes and applesauce for all our visitors. I had to fry and freeze the latkes a few weeks early in order to have enough. I found the best method was to stand the pancakes on their sides (like a roll of coins) on paper towels in plastic boxes. I also use this method for fried wonton appetizers since the paper towels keep them from breaking and allow more draining.

For applesauce, I prefer a chunky style. I usually buy apples in the fall when they are so plentiful and make a big batch and then freeze in cartons and actually save for my Chanukah latkes. It's so easy to make applesauce that I hesitate to classify my method as a recipe. I peel and core lots of apples (usually Jonathon but a variety works well, cut them into bitesize chunks and then boil them in water with some lemon juice. When apples are soft, drain and then mash to desired consistency with a large fork (Foley fork if you own one). Now add honey and cinnamon to taste. Kids might like the additional of some Red Hots candy for a nice red color and spicy taste (be sure they melt completely though).

Happy Chanukah and remember to call (515-274-3300) or email (karen.engman@gmail.com) if you have a recipe to share or a cooking question I can research.



Potato Pancakes with Zucchini (Latkes for Chanukah)

6 medium potatoes, peeled and grated
2 red potatoes, peeled and grated
1 carrot, grated
1 onion, grated
1 zucchini, grated
2 eggs, beaten
3 Tablespoons flour
Dash of garlic powder or chopped fresh herbs
Kosher salt and fresh ground pepper to taste
Oil for frying

Grate potatoes, carrot, zucchini and onion in food processor, blender or by hand * and then drain in colander over large bowl for 5 minutes. Squeeze out excess liquid. Dump liquid from bowl but leave the starch from potatoes. Combine grated vegetables, beaten eggs, flour and seasonings.

Heat enough oil to cover bottom of large fry pan, then drop pancake batter on by the spoonful. Brown one side and then flip carefully. Drain on paper towels and then reheat in oven if you want to serve all at once to a group. Latkes can be frozen.

Traditionally served with applesauce (homemade is best) and sour cream.

Some families like with syrup or jam.

Gourmet style, try an Asian dipping sauce (combination of soy sauce with rice vinegar)

*Note: If veggies are coarsely grated, then pancakes are like hash brown patties but if medium or finely grated then they will stay together better and flip more easily.

Serves 8

Check Out Our E-Newsletter!

We have a 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 to subscribe.



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Temple Youth Group provides visitation stones for our cemeteries

The Jewish Cemetery Association of Massachusetts offers a wonderful explanation of why we leave stones on a tombstone:

The Origins of Leaving a Visitation Stone

One of the most common Jewish cemetery customs is to leave a small stone at the grave of a loved one after saying Kaddish or visiting. Its origins are rooted in ancient times and throughout the centuries the tradition of leaving a visitation stone has become part of the act of remembrance.

The origin of this custom began long ago, when the deceased was not placed in a casket, but rather the body was prepared, washed, and wrapped in a burial shroud, or for a male, in his tallis (prayer shawl). Then the body would be placed in the ground, covered with dirt and then large stones would be placed atop the gravesite, preventing wild animals from digging up the remains. Over time, individuals would go back to the gravesite and continue to place stones, ensuring the

security of the site and as a way to build up the "memory" of the loved one.

As time passed on, and carved monuments became the preferred memorial, the custom of leaving a visitation stone became a symbolic gesture—a way for the visitor to say to the loved one, "I remember you..."

The Temple B'nai Jeshurun Youth Group provides now for this custom at Woodland Cemetery by the Younker Mausoleum and the Gordon Garden at the entrance to the Jewish Section.

The Temple Youth Group has also placed stones at Glendale Cemetery. We have placed 5 clay pots with small stones for our visitors to leave, so you too, can continue on with this ancient custom of remembering throughout the Cemetery. Please watch for those.

A big thank you goes out to Jody Kolmen for all her advice and help with this project.



Jewish Federation of Greater Des Moines Shalom Education Group



Gan Shalom

WE GROW CHILDREN

Year-round preschool

Monday - Friday
daily from
9:00am - 3:30pm

Before & aftercare
daily from
7:30am - 5:30pm

Creative curriculum

Gold assessment



Beit Sefer Shalom

WE GROW MINDS

Sundays 9:00am - 12:00pm
(3 year olds to 6th grade)

Wednesdays 4:30 - 6:30pm
(3rd - 7th grade)

Wednesdays 7:00 - 8:30pm
(8th - 12th grade)

ARE curriculum

Special Israel Programming

Computer lab time

Madrichim program

Library



Engman Camp Shalom

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Gan Shalom

The Jewish Center for Early Childhood Development

2015-2016

Gan Shalom Preschool has enjoyed a busy fall! The Pre-kindergarten class visited Tifereth Israel Synagogue and joined the seniors for the September senior luncheon followed by a Yoga class. For Sukkot, the children put on their hard hats and got to work building the sukkah. Carrying the poles and collecting corn stalks from the fields. Though their Sukkot lunch 'Pizza in the Hut' had to be enjoyed indoors due to the Waukee winds!

They have had visits from the Waukee Fire Department, the Waukee Library, DramaTykes and Raccoon River Parks "Nature Lady". The students were so excited to welcome new class pet hamsters, Flash & Button!

Gan Shalom has put together a music enrichment program with the support of volunteers. Preschool children enjoyed visits from the Belin Quartet and Bob Dutch in the Bucksbaum Auditorium. The students & teachers all look forward to enjoying many more musical events.

The teachers of Gan Shalom attended the Iowa Association for the Education of Young Children, Early Care and Education Fall Institute Conference and the Lion's Club offered the students vision screenings as a part of the Iowa Quality Rating System.





Medicine News

A Glass of Red Wine with Dinner Can Improve Cardiovascular Health of People with Type 2 Diabetes, According to Researchers at Ben-Gurion University of the Negev

-- Both Red and White Wine Can Improve Sugar Control

Depending on Genetic Profile --

BEER-SHEVA, Israel...Oct 12, 2015 – A glass of red wine every night may help people with type 2 diabetes manage their cholesterol and cardiac health, according to new findings from a two-year randomized controlled trial (RCT) led by researchers at Ben-Gurion University of the Negev (BGU). Additionally, both red and white wine can improve sugar control, depending on alcohol metabolism genetic profiling.

In this first long-term alcohol study, just published in the prestigious *Annals of Internal Medicine*, the researchers aimed to assess the effects and safety of initiating moderate alcohol consumption in diabetics, and sought to determine whether the type of wine matters.

People with diabetes are more susceptible to developing cardiovascular diseases than the general population and have lower levels of “good” cholesterol. Despite enormous contribution of observational studies, clinical recommendations for moderate alcohol consumption remain controversial, particularly for people with diabetes, due to lack of long-term, randomized controlled trials, which are the “holy grail” of evidence-based medicine.

“Red wine was found to be superior in improving overall metabolic profiles, mainly by modestly improving the lipid profile, by increasing good (HDL) cholesterol and apolipoprotein A1 (one of the major constituents of HDL cholesterol), while decreasing the ratio between total cholesterol and HDL cholesterol,”

the researchers explain.

The researchers concluded that, “initiating moderate wine intake, especially red wine, among well-controlled diabetics, as part of a healthy diet, is apparently safe, and modestly decreases cardio-metabolic risk. The differential genetic effects that were found may assist in identifying diabetic patients in whom moderate wine consumption may induce greater clinical benefit.”

The researchers also found that only the slow alcohol-metabolizers who drank wine achieved an improvement in blood sugar control, while fast alcohol-metabolizers (with much faster blood alcohol clearance) did not benefit from the ethanol’s glucose control effect. Approximately one in five participants was found to be a fast alcohol-metabolizer, identified through ADH enzyme genetic variants tests.

Wine of either type (red or white) did not effect change in blood pressure, liver function tests, adiposity, or adverse events/symptoms. However, sleep quality was significantly improved in both wine groups, compared with the water control group. All comparisons were adjusted for changes in clinical, medical and drug therapy parameters occurring among patients during the years of the study.

The two-year CardiovaSCuAr Diabetes and Ethanol (CASCADE) randomized controlled intervention trial was performed on 224 controlled diabetes patients (ages 45 to 75), who generally abstained from alcohol. They gradually initiated moderate wine consumption, as part of a healthy diet platform, and not before driving. The trial completed with unprecedented adherence rate of 87 percent after 2 years.

In Profile

Ramblin’ Jack Elliott, American Folk Singer



Born in Brooklyn, New York to Jewish parents in 1931, with the name Elliot Adnopoz, Ramblin’ Jack Elliott attended Midwood High School in Brooklyn and graduated in 1949. Elliott grew up inspired by the rodeos at Madison Square Garden, and wanted to be a cowboy. Encouraged instead to follow his father’s example and become a surgeon, Elliott rebelled, running away from home at the age of 15 to join Col. Jim Eskew’s Rodeo, the only rodeo east of the Mississippi. They traveled throughout the Mid-Atlantic states and New England. He was only with them for three months before his parents tracked him down and had him sent home, but Elliott was exposed to his first singing cowboy, Brahmer Rogers, a rodeo clown who played guitar and five-string banjo, sang songs, and recited poetry. Back home, Elliott taught himself guitar and started busking for a living. Eventually he got together with Woody Guthrie and stayed with him as an admirer and student.

With banjo player Derroll Adams, he toured the United Kingdom and Europe. By 1960, he had recorded three folk albums for the UK record label Topic Records. In London, he played small clubs and pubs by day and West End cabaret nightclubs at night. When he returned to the States, Elliott found he had become renowned in American folk music circles.

Woody Guthrie had the greatest influence on Elliott. Guthrie’s son, Arlo, said that because of Woody’s illness and early death, Arlo never really got to know his father, but learned his father’s songs and performing style from Elliott. Elliott’s guitar and his mastery of Guthrie’s material had a big impact on Bob Dylan when

he lived in Minneapolis. When he reached New York, Dylan was sometimes referred to as the ‘son’ of Jack Elliott, because Elliott had a way of introducing Dylan’s songs with the words: “Here’s a song from my son, Bob Dylan.” Dylan rose to prominence as a songwriter; Elliott continued as an interpretative troubadour, bringing old songs to new audiences in his idiosyncratic manner. Elliott also influenced Phil Ochs, and played guitar and sang harmony on Ochs’ song “Joe Hill” from the *Tape from California* album.

Elliott plays guitar in a traditional fingerpicking style, which he matches with his laconic, humorous storytelling, often accompanying himself on harmonica. His singing has a strained, nasal quality which the young Bob Dylan emulated. His repertoire includes American traditional music from various genres, including country, blues, bluegrass and folk.

Elliott’s nickname comes not from his traveling habits, but rather the countless stories he relates before answering the simplest of questions. Folk singer Odetta claimed that her mother gave him the name, remarking, “Oh, Jack Elliott, yeah, he can sure ramble on!”

Elliott’s first recording in many years, *South Coast*, earned him his first Grammy Award in 1995. He was awarded the National Medal of Arts in 1998.

His long career and strained relationship with his daughter Aiyana were chronicled in her 2000 film documentary, *The Ballad of Ramblin’ Jack*.

Adapted from Wikipedia.

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Sports

"The Biggest Rolodex" New Book by popular sports caster Larry Cotlar by Larry Deutch

If you are looking for a Chanukah gift for a sports fan consider the book "The Biggest Rolodex in Sports" written by popular Des Moines sportscaster Larry Cotlar. The book published earlier this year features entertaining stories about the thousands of guests that Cotlar has interviewed both in the sports and entertainment world.



Larry Cotlar Valley High School Senior Picture

Cotlar has been involved in sports radio professionally since 1974. He began his career in sports talk at WHO radio in 1981. His distinguished career includes stints for several national sports radio networks. He currently serves as the radio voice for Drake University men's basketball and hosts a weekly show every Thursday from 6-7 p.m. on 1350 KRNT.



Zachary Brewer and Larry Cotlar broadcasting from the Iowa State Fair in 2014.

He says his first public performance came at his Bar Mitzvah at Congregation Nusach Hari in St. Louis. "Odd thing about that was that we had a new rabbi. He had just been involved in a car accident, broke his leg, and missed my Bar Mitzvah," Cotlar remembers.

Cotlar's move to Des Moines during his sophomore year in high school came quite abruptly. His father had died when he was four and a half. His mother remarried a man from Des Moines, Bill Luftman. They had been introduced by Sally's twin sister Maryanne Rosenbaum who was living in Colfax, IA. "One day Mom picked me up at University High School in St. Louis," he recalls. "She said 'get in we moving to Des Moines' and off we went." Cotlar enrolled at Valley High School not knowing anyone. He became an accomplished musician playing the string base in concert and stage bands and the orchestra.

He enrolled at the University of Missouri with no idea of a major. "In your sophomore year you have to declare a major," he recalls. "I went backwards thinking what I wouldn't want to do with my life. Then I thought about my fantasy job...voice of the St. Louis Cardinals. I figured I might as well try broadcast journalism."

His love of sports had been nurtured by his uncles Harry and Sonny. "After my father died they stepped up...taking me to games and playing ball with me."

As far as deciding to write his book he credits his long-time friend Mike Chapman with getting him started. Chapman, a veteran Newton, IA newspaper reporter, has written nearly 20 books. "I had always wanted to write something," Cotlar says, "so I thought why not." Fans of local sports will enjoy personal stories about his relationships with Jim Zabel, Hayden Fry, Dolph Pulliam, Johnny Orr and many others.

"The Biggest Rolodex in Sports" is available at Beaverdale Books, the Drake Bookstore, and the Iowa Hall of Pride for \$19.95 plus tax. It can be ordered at www.larrycotlar.com

Cotlar is a member of Temple B'nai Jeshurun along with his mother Sally Luftman. He is married to Deb Brewer-Cotlar and has two sons, Zachary Couture and Zachary Brewer.



Larry Cotlar with Hayden Fry (left), Johnny Orr (middle) and my friend, Rick Leiserowitz (right) at an event at Tournament Club of Iowa.

Amazing experiences honoring the past and living the present. Enjoy every page of the Larry Cotlar journey.

The Biggest Rolodex in Sports
By Larry Cotlar



"The Biggest Rolodex in Sports" is available at Beaverdale Books, the Drake Bookstore, and the Iowa Hall of Pride for \$19.95 plus tax. It can be ordered at www.larrycotlar.com

Official signing by Governor Terry Branstad. Larry Cotlar flanked by Todd Kimm and Larry Morgan.



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Commentary

Abbas incites anti-Jewish violence. But coexistence must prevail for peace in the Middle East

By Yehuda Yaakov, Israel's consul general to New England.

Over the past month, Israel and Israeli Jews have been subject to a new wave of violence and terror that points to one clear and unfortunate conclusion: the perpetrators' idea of coexistence rules out our very presence in the land.

Same old story, new players.

Jews have been harassed in Jerusalem on their way to prayers by radical Islamist sympathizers for quite some time now. These attacks are not occurring at the Temple Mount, they are taking place in alleyways and side streets leading to the Western Wall, the most holy site of the Jewish people.

It, therefore, comes as no surprise that the Palestinian Authority aggressively pursued an initiative to UNESCO that would seek to claim the Western Wall as part of the Al-Aqsa Mosque Compound (aka the Temple Mount). The goal here is clear: To erase the connection between the Jewish people and their holiest site, and create a

false reality in the eyes of the international community.

This development is the inevitable next step to the now infamous remark made by Palestinian Authority leader Mahmoud Abbas a month ago. After clearly articulating his opinion that "Every drop of blood spilled in Jerusalem is pure, every martyr will reach paradise, and every injured person will be rewarded by God," he added that Jews "have no right to desecrate the mosque with their dirty feet."

This rhetoric is all too familiar. Of course "dirty Jews" have "dirty feet." What Abbas lacks in creativity, he makes up for in consistency.

And it doesn't end there. Fueled by inciting hatred and the rejection of the Jews' very presence in Israel, over the weekend about 100 rioters torched and damaged another Jewish holy site — the Tomb of Joseph — one which the Palestinian Authority is obligated to protect

under the Oslo Accords.

The PA and its ideological partners have made their goal clear. Despite their most virulent efforts to delegitimize the Jewish presence in the land and undermine the Jewish state, Israel will continue to do its utmost to show restraint, respect the sensitivities of all involved, work to restore calm, and pursue dialogue without preconditions.

Despite the heightened challenges, we will continue to foster coexistence among Jews, Muslims, Christians, and Druze. Just ask Hadassah Hospital's Drs. Ahmed Eid and Bala Miklosh, treating both Jewish terror victims and their attackers. Ask Fahdi Dakiki and Aharon Adler of Jerusalem MDA ambulance number 27, treating those in need regardless of their religion, ethnicity or place of residence.

This week we marked the 20th anniversary of the Hebrew date on which Israeli Prime Minister Yitzhak Rabin was as-

sassinated. In this spirit, I find it pertinent to recall his comment at the 1994 Nobel Peace Prize acceptance ceremony:

"I am here as the emissary of Jerusalem, at whose gates I fought in days of siege; Jerusalem, which has always been, and is today, the eternal capital of the State of Israel and the heart of the Jewish people, who pray toward it three times a day."

I have been, and will continue to be, an incurable optimist when it comes to my country's future. Coexistence must prevail — in Jerusalem, and throughout Israel. Mutual respect must be accompanied both by maintaining the status quo and accepting thousands of years of Judaism's historic affinity to the land.

This commentary was published originally in the Boston Herald.



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In Honor of Veterans Day on November 11, 2015

A journal entry and reminder of the importance of what America's veterans have fought for and preserved—freedom for all peoples and religions.

30 March 1945
Somewhere in Germany

The First Seder in Germany

Today is just an ordinary day, as so was yesterday, but something happened yesterday that proved to me that someday there will be peace again. Yesterday I celebrated Seder Dinner in Germany. It wasn't just an ordinary celebration, it was the first Seder held on German soil since Hitler had tried to annihilate the Jews. The celebration yesterday proved how unsuccessful he was.

The candles rested in a Menorah, which had been fished out of a rubbish pile. The crude destruction of some S S man was obvious, one arm was broken off, others were bent, yet this Menorah made history. Oh yes, we had a general there too, he wasn't Jewish, yet he realized what this celebration meant. We weren't sitting around a table, we didn't have any white table cloth. We had to "requisition" our furniture, so we could sit. And we weren't wearing our best clothes. We had our combat uniforms, steel helmets, and our rifles were between our knees. There was plenty of ammunition in our clips—we had come back. We had come back to destroy the fanatics who were, in vain, attempting to destroy us.

The RAF was represented, there were French girls, there was a Jewish Chaplain, a Catholic priest, a protestant minister...everyone was in uniform. The civilians were conspicuous by their absence. There was wine, not much, very few got a mouthful. There was food—we ate it in our mess kits, and had to stand in line to get it. Nevertheless a spirit of festivity prevailed, here was a celebration that will be remembered by everyone who attended it, and maybe it will be remembered by the world.

Around us was destruction—destruction that can't be described by mere words. You cannot visualize the desolation of destroyed buildings, you can only feel it. Every building tells another story, yet in ruins, it retains its own personality. German propaganda was still on the bare walls. The idea which rose to destroy the Jews in Germany told its own story.

And here we were, listening to the ancient words of the Kiddush, celebrating the exodus from Egypt. The American, the Frenchman, the Englishman, the Christian, the Jew—everybody was listening. These weren't just mere words, praising the wine, but rather these were words that proved that we had come back. Were we avengers? Some Yes...others no. We were proving to the world, and to ourselves that no one can destroy a religion, a people, just because they will to.

Everyone felt it...this was a privilege that very few people can enjoy. We were proving our point...we are winning this war.

In this year 1945, on the 29th day of March, we celebrated Seder in Germany.

Bob Press served as a Staff Sergeant in the Army during World War II in both the Pacific and European theaters. In recognition of his service, he received the following military awards: Philippine Liberation Ribbon, Good Conduct Medal, Victory Ribbon, American Theater Ribbon, European-African-Middle Eastern Theater Ribbon with Stars, and the Asian Pacific Theater Ribbon

A copy of this journal entry has been donated to the Iowa Jewish Historical Society's collection.



Bob Press, c. 1945



Bob Press, 2011

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Help IJHS find Iowa's Jewish veterans

Four years ago, the Iowa Jewish Historical Society began a project to identify and recognize Iowa's Jewish veterans. We reached out to veterans, their families and friends, and to Jewish congregations and Federations across the state to tell us the names and histories of the Jewish men and women who served our country in all branches of the military—including the Iowa National Guard and the Iowa Guard—since Iowa became a state.

As we celebrate Veterans Day 2015, we are proud to report that we have identified more than 1,342 Jewish men and women who sacrificed to keep our country free and strong. Many of the veterans have shared pictures, facts about where they served, what honors they were awarded, and the stories of their experiences in the military!

But the search is not over!

If you or a loved one's name is not included in our database, we invite you to contact us so we can properly document and honor your service and preserve these important pieces of Iowa, America, and the world's history. Call **515-987-0867 ext. 216** or email us at **ijhs@dmjfed.org**. Or go online to **iowajewishhistoricalsociety.org** to download a Veterans Information Sheet that lists the information we need.

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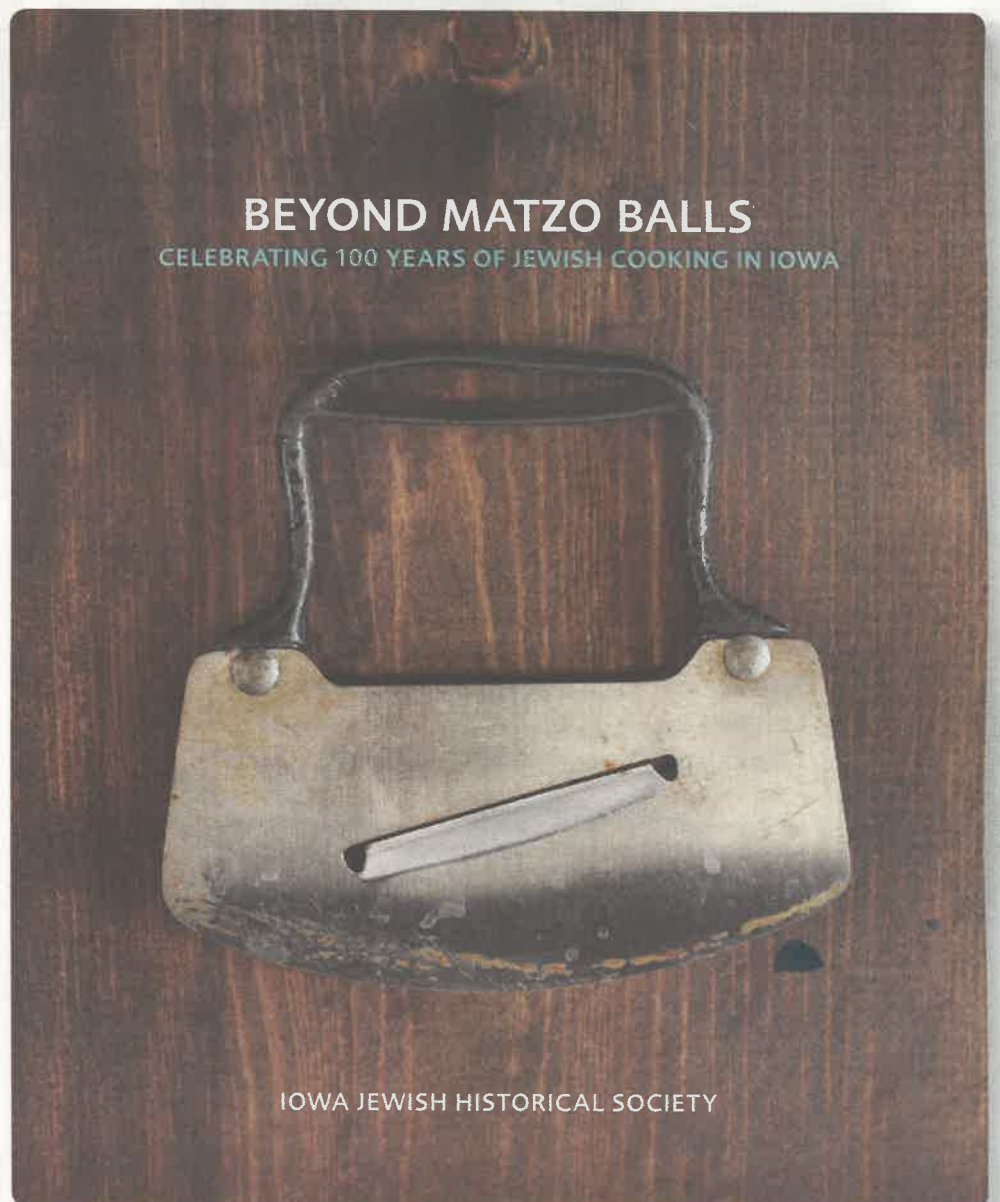
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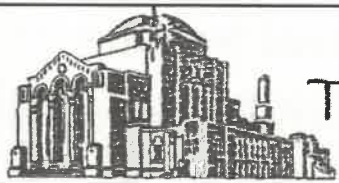
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Proceeds from the sale of this book will be used for the preservation and education activities of the Iowa Jewish Historical Society. Thank you.





Temple B'nai Jeshurun

Adult Education Schedule November-December 2015

Introduction to Judaism students are expected to attend the Thursday evening classes and are welcome to attend the Sunday Symposia as well.

Thursday Evening Classes
7:00-8:30 pm at TBJ – All are Welcome.

Nov 12 Origins of Reform Judaism
Dec 3 Mei Chanukah? – Oil, Wars, Light and Darkness

Sunday Symposia

A symposium in ancient times was a discussion about a topic of current interest among equals sharing wine, beer, and often a bit of food. We are resurrecting the tradition! We hope you will join us for our once-a-month symposia over the

course of the year beginning on October 25. Each session will meet from 4:00-5:30 pm. Be aware, some of the locations require that people be of legal drinking age. There is no cost to attend the classes, but food and beverage costs will be your responsibility.

Our Fall Schedule is:

Nov 8 “Do we really believe that?”- Prayer Language
515 Brewery Taproom– 7700 University Ave, Suite C, Clive, IA
Must Be 21 yrs Old to Attend

Dec 13 December Dilemmas Eatery A - 2932 Ingersoll, Des Moines, IA



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Minyan: Tuesdays 7:15am

Services:

Fridays– 6:00pm Shabbat Evening Services
Saturdays- 9:30am Shabbat Morning Services
11:30pm Shabbat Cafe
12:30pm Shabbat Minchah Meditation

Special Events for November and December 2015

November 2015

Friday, November 6th – 6:00pm Shabbat Evening services & Consecration
Saturday, November 7th – 5:45pm Havdalah & Game Night
Friday, November 13th – 6:00pm Acoustic Service
Wednesday, November 18th – 6:30pm Tifereth Book Club
Saturday, November 21st – 10:30am Tot Shabbat, Children Service and Junior Congregation

December 2015

Saturday, December 5th – 5:30pm - Havdalah & Game Night
Friday, December 11th – 6:00pm – YAD Hanukkah Celebration
Saturday, December 12th – 10:30am – Tot Shabbat, Children's Service and Junior Congregation

Adult Education:

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

Spirituality Study and Discussion Group - Patrick Courtney: Saturdays after Meditation (1:30pm)

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

Jewish Women's Book Group – Wednesday, November 18th – 6:30pm

Adult Bar / Bat Mitzvah Class – Time TBD



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Sunday, November 22
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We believe that Judaism has the power to transform lives, offer meaning, create community, and maybe even help save the world. Join us for an in-depth introduction to Judaism that will open your mind, heart, and soul.

Your journey begins here.

This class meets at Tifereth Israel Synagogue on Sundays, usually at 1:00pm. Contact Rabbi Steven Edelman-Blank at 515-255-1137 or rabbiedelman-blank@tifereth.org for more information.



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:

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Tuesdays:

Lunch N' Learn 12:30 p.m.

Join us for lunch with central Iowa Jewish students followed by a learning discussion. Please contact the office to attend.

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.

November 2015

22 - Annual Gala
26 - Thanksgiving Minyan 9:00 am

December 2015

6-14 Chanukah Minyan 6:45 am
13 - Latkes & Country
22 - Fast of Tevet Minyan 6:45 am
25 - Public Holiday Minyan 9:00 am

Latkes & Country
December 13 - 5:30 PM

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Monday Dec 7th 5:00pm

Tuesday Dec 8th 5:00pm

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Thursday Dec 10th 5:00pm

Friday Dec 11th 2:30pm

Saturday night Dec 12th 7:00pm

Sunday Dec 13th 5:00pm

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Chanukah Ice

An Exciting Evening of Skating & Fun

- Ice Menorah Carving
- Lively Jewish Music
- Hot Latkes and Yummy Doughnuts

Sunday, December 9th 2015

5:30PM - 7:30 PM

The Brenton Skating Plaza

520 Robert D Ray Drive Des Moines, IA

(Dress Warmly; The skating plaza is outdoors)

Fee for skating is \$5.00 per person

For more info and to RSVP, please call or email

515-277-1718/ Jrcspark@msn.com

Menorah Ice Sculpture sponsored by: Mr. Jerry Bassman in Memory of Steve (Shmuel) Bassman OBM
A Project of Lubavitch of Iowa's JRC

In Memoriam

We note with sorrow the recent passing of

Helen K. Weinstein

Dorene Zieman

Sam Bobb

Howard Streit

Dr. Mildred "Millie" Kaufman

SAVE *the* DATE



SUNDAY, NOVEMBER 15TH
9AM – 12PM | CASPE TERRACE | WAUKEE

Join us as we gather together as a community to learn, explore our traditions, and read stories about this year's theme **"LOVE: DEVOTION, DESIRE AND DECEPTION"**. This event is for all ages and all community members, with breakout sessions from our youngest PJ Library readers to adults.

SEE YOU THERE!