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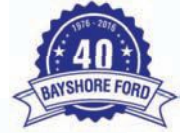
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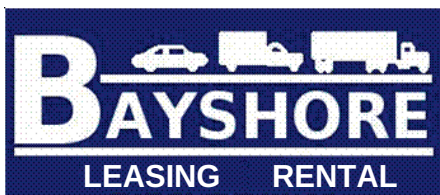


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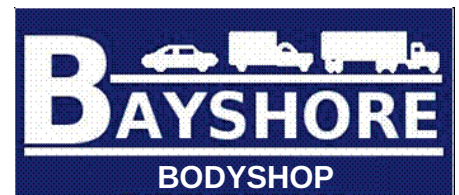
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~ Richard Levine

Create A Jewish Legacy is a program of Jewish Federation of Delaware’s Jewish Fund for the Future and is funded in part by the Harold Grinspoon Foundation.

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For more information about Create A Jewish Legacy, contact the Jewish Federation of Delaware at (302) 427-2100 or [JFDinfo@ShalomDel.org](mailto:JFDinfo@ShalomDel.org).

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# BUILDING COMMUNITY EVERY DAY

The Jewish Federation of Delaware's 2017 Campaign officially closed last month and successfully raised \$1,650,000. We are grateful and appreciative for your continued support of our sacred mission of making the world a better place to live today and for future generations.

Every day, Jewish Federation of Delaware supports programs that feed, clothe, shelter, counsel and rescue thousands of people here in Delaware and the Brandywine Valley, in Israel and around the world. We provide opportunities that educate, inspire and celebrate a vibrant Jewish life. It's our responsibility. It's our privilege. It's who we are.

Federation is about the commitment of an entire community to repair the world, care for the vulnerable, ensure a Jewish future and enhance and strengthen Jewish life. It is about building a vital and vibrant community that inspires generations to come. Whether the task is educating our youth, reducing poverty and hunger, rescuing and resettling new immigrants, or spurring Jewish renaissance worldwide, the Federation is the one place that belongs to every Jew, the place where philanthropy, volunteerism and a shared commitment come together to make a difference, every day.

Later this month, our community will come together for **Federation Shabbat** at Congregation Beth Shalom on Friday, January 26, 2017 followed by **Super Sunday** on January 28, 2017. Federation Shabbat

showcases the uniqueness of the Delaware Jewish community as our seven state-wide synagogues come TOGETHER for an evening of prayer, celebration, and pride. It is an expression of unity as well as a show of support in the power of collaboration.

Federation counts on the generosity and increased support of our community members to sustain the life-saving work that we do. Please help us meet the needs of as many Jews as possible, throughout the region and across the globe by making your **2018 Annual Campaign** gift today.

The Annual Campaign is at the core of what we do, providing essential, unrestricted dollars for the organizations that provide amazing services to our community and to those in need around the world.

It is the Annual Campaign that addresses the most pressing needs and issues at a moment's notice.

It is the Annual Campaign that feeds the hungry, helps the unemployed, supports families with special needs, and funds Jewish education.

It is the Annual Campaign that has been the glue that has held the Jewish community together for more than 80 years and will continue to do so.

While we look back at the amazing feats we've accomplished, we must also look toward the future. We look ahead at the alarming challenges that lie ahead and the daunting obstacles we must overcome.

Please, on behalf of the thousands of men, women, and children who are in desperate need of a better life, commit to the Annual Campaign and become part of the solution. There is no better time to get involved because, through Federation, you can make a world of difference and deliver the gift of hope to those in need.

We are here for the Jewish People both locally and abroad...and we will never let them down.

**Thank you for your continued support.  
We Are Stronger TOGETHER.**

# THINK AGAIN: Trump's Jerusalem Decision May Actually Revitalize the Peace Process

By Rabbi Steven Saks  
*Adas Kodesch Shel Emeth*

## AUTHOR'S NOTE:

*The following article was published in the News Journal regarding President Trump's decision to recognize Jerusalem as Israeli's capital and relocate the U.S. embassy to Jerusalem. Though I understand that some will disagree with my views, I nevertheless, present my views to you because our tradition celebrates Machloket (intellectual dispute) as long as it is argued L'shem Shamayim (for the sake of heaven). In other words, the point of the argument should not be to win the argument but to serve heaven. Though we may have differing views regarding Israel if we remember that we all love and want the best for Israel we should be able to civilly share our view with each other regarding our homeland.*

Kol Tuv,  
Rabbi Steven Saks



Conventional wisdom is that President Trump's recognition of Jerusalem as Israel's capital and decision to move the U.S. embassy to Jerusalem will hinder the peace process.

But this "wisdom" ignores reality—the reality that Jerusalem has been Israel's capital for 69 years, a reality acknowledged by an overwhelming bipartisan majority of Congress in passing the Jerusalem Embassy Act of 1995.

The true hindrance to the peace process has been a Palestinian narrative that refuses to recognize Israel's right to exist. Palestinian Authority president Mahmoud Abbas has stated, "The Palestinians won't recognize the Jewishness of the State of Israel" and even referred to the ancient Jewish Temple in Jerusalem as the "alleged temple." According to this narrative, the Jewish people have no historical connection to Israel and are to be viewed as modern crusaders who were gifted land in the Levant due to guilt over the

Holocaust. This narrative denies accounts in the Gospels mentioning the Temple as well as overwhelming archeological evidence.

By acknowledging Jerusalem as the capital of Israel, Trump has publicly rejected this false narrative and instead embraced the historic ties of the Jewish people to Israel and Jerusalem. Many have criticized Trump for tipping the scale in favor of Israel, but an honest assessment reveals that Trump has only balanced the scales, and in doing so perhaps found a way to revive a process that can finally result in peace.

For decades and culminating with President Obama's decision not to veto the one-sided U.N. resolution declaring the West Bank and Jerusalem (including even the Western Wall) to be occupied territory, the strategy for achieving peace has been the same regardless of which party controls the White House. It has been to pressure Israel into making concessions while not holding the Palestinians accountable for continued terrorism. Feckless pleas have done nothing to stop the PA and Hamas from inciting and glorifying terror and even rewarding terrorists and their families financially. After the Oslo Accords were signed in 1993,

**MORE ON NEXT PAGE**



launching the “peace process,” terror attacks against Israel increased sharply, with a toll now of thousands of Israeli civilians injured and murdered.

It is no wonder why this strategy has failed; there has been no incentive and no pressure for the Palestinians to make concessions. The Palestinians have had the luxury of spurning generous Israeli peace overtures such as the one made at Camp David in 2000. Frustrated by then PA president Yasser Arafat’s unwillingness even to propose a counter offer, President Clinton admonished him, “You and the Palestinians did not come to this summit with sincere intentions.” Shortly after walking out of the Camp David talks, Arafat launched the bloody second Intifada.

Trump’s decision is a watershed moment. It puts the Palestinians on notice that the failure to negotiate in

earnest has negative repercussions. If he remains consistent in his message, the Palestinians will realize eventually that they can gain more at the negotiating table than by engaging in a war of attrition against Israel through the use of terror and unilateral efforts at achieving statehood and demonizing Israel at the U.N.

It has been said that the definition of insanity is doing the same thing again and again and expecting different results. Though I often find myself disappointed with the president, I must commend him for stopping the insanity of denying a reality that is obvious to anyone who is serious about achieving peace. That is that Jerusalem is and will remain Israel’s capital.

This recognition does not preclude the Israeli government from making future concessions even regarding Jerusalem,

as Prime Minister Ehud Olmert did in 2008. Olmert was prepared to forgo sovereignty of the Temple Mount, Judaism’s holiest site, proposing that the area containing the religious sites in Jerusalem be managed by a special committee consisting of representatives from five countries: Saudi Arabia, Jordan, Palestine, the United States and Israel.

Those who are concerned that Trump’s decision will spur increased terrorist attacks should consider Alan Dershowitz’s warning that “terrorists should not have a veto over American policy.” Over the long run what emboldens terrorists the most is success. Holding American policy hostage to their threats of violence would be an act of capitulation that would only encourage more threats and violence.

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# WE MUST FIND A SOLUTION

By Jerry Silverman  
President and CEO  
of the Jewish Federations  
of North America.

Two months ago, my family and I buried my father next to my mother in Israel.

My parents taught us that we are a blessed generation to have Israel, as so many previous generations did not. They would have done anything to support the Jewish state, and we took that to heart.

“Just as Abraham and Sarah opened their tent to all, **we look to Israel to deliver on its promise** as a truly **welcoming home for all Jews.**”

My brother and sister made *aliya*. My aunt Anne has 19 sabra great-grandchildren. However, my parents would have both struggled, as I and so many North American Jews are right now, with the issues challenging our relationship with Israel today – among them pluralism, conversion, and the Western Wall.

In Israel, these issues have become political challenges that cause us to ask another difficult question: can Israel truly be the nation-state of the Jewish people

– the entire Jewish people – when there is no official recognition of non-Orthodox movements there? This is not an Israeli issue, and this is not a Diaspora issue. This is a Jewish issue.

When we say *kol yisrael arevim zeh lazeh*,” that all Jews are responsible for one another, we mean it.

And the Jewish Federations of North America (JFNA) demonstrates this through its actions every single day. We believe Israelis need to demonstrate that same feeling of responsibility for and inclusion of all of world Jewry as well.

That’s why it was deeply challenging and frustrating for so many of us this past June when the Israeli government suspended its commitment – its long-negotiated contractual promise – to implement the Western Wall agreement. The agreement would have not only created a much-enhanced space where men and women could pray together, accessed from the main Western Wall plaza, but would also have provided for

a governing council that included those who would utilize the space. At the same time, the government tried to advance a conversion bill to give the Orthodox Chief Rabbinate full legal control over conversions in Israel.

Since that time, many of us have sought and created opportunities to tell Israeli officials from the prime minister on down how hurt and angry we are, how such decisions are creating a rift between Israel and far too many Jews worldwide.

This last November, at the 2017 General Assembly (GA) of the JFNA, we passed a resolution that both reaffirms our unending support for the people and State of Israel, and urges the Israeli government to reverse its decision on the Western Wall agreement and permanently halt the conversion bill. We want Israeli leaders to understand the strong feelings on these matters, and their detrimental effect on Jewish unity and world Jewry relations.

We continue to work closely with our partners at the Jewish Agency for Israel – in particular its extraordinary chairman, Natan Sharansky – to develop a sustainable, long-term plan to bring the egalitarian space to fruition. Just as Abraham and Sarah opened their tent to all, we look to Israel to deliver on its promise as a truly welcoming home for all Jews.

In November at GA 2017, we heard both Prime Minister Benjamin Netanyahu, via live satellite feed, and President Reuven Rivlin, in person, suggest, as the president put it, that the Western Wall “has become a symbol of division and disagreement.”

But both leaders told us that they remain committed to creating the egalitarian space. In his first public speech in North America since assuming office a year ago, President Rivlin spoke of his hope that “in the future, we can return to the table together and reach an understanding on this important issue. It is our mutual responsibility and a common interest.”

Prime Minister Netanyahu also said he “remained committed to moving forward.”

We have been patient. For a long time, Jewish Federations have worked with our partners and invested considerable time and effort to reach a compromise.

We understand the political realities. However, our patience is wearing thin. It

**MORE ON NEXT PAGE**

# KNOW YOUR GENES

By Hedy Mintz  
 Women's Philanthropy and  
 Israel & Overseas Committee

Anyone who has had a child recalls the dread and fear before the baby is born.

Will he/she be healthy? We pray the answer is yes. The first thing we all do when we hold our baby is to count the fingers and toes and look to see that all is as it should be and then . . . we fall in love with this tiny, helpless infant.

But, some families live through the agony of having a child born with a genetic disease—some that can be healed and some that must be endured, affecting the child, the parents and the entire family.

If you could do something that would help safeguard the future of your family tree from inherited diseases, would you do it? In an upcoming Jewish Genetics Symposium co-sponsored by Jewish Federation of Delaware, Jewish Community Relations Committee, and Jewish Family Services, people will have the opportunity to understand the role that carrier screening plays in the prevention of the tragic and often fatal inherited genetic diseases that may affect families. Incredible innovations in technology allow us to access invisible information about our genetic makeup. This is something we expect from science, but up until a few years ago, it wasn't

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possible. Little was known about many of the devastating genetic diseases that are common among Jews. Being a carrier of a Jewish genetic disease doesn't make you feel any different. Typically, there are no physical symptoms and no family history. Genetic carrier testing is the window to your family's future and allows you to prevent passing on a disease to your children. During the symposium there will be a panel discussion moderated by Dr. Molly McBride. Also participating in the panel will be JScreen, and Sharsheret, two organizations whose sole purpose is to support Jewish families as they do family planning. A genetic counselor will be part of the panel as well.

In addition, Rabbi Larry Sernovitz will share his own story of living with their child who has a devastating genetic illness. Information will be available, questions and answers from the experts, and genetic testing opportunities will be highlighted for the community.

## WE MUST FIND A SOLUTION

CONTINUED FROM PAGE 8

is critical that we come together around the table and discuss the path forward.

JFNA will bring its General Assembly to Israel for the fifth time next October. We are hoping that these issues will be behind us by then, and that we can celebrate a promise fulfilled: "One Wall for One People."

My parents – who are resting at Har HaMenuchot, the cemetery at the entrance of Jerusalem – always believed that our greatest strength lies in the unity of the Jewish people. I look forward to our moving closer together over the coming year.



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(L-R) Russ Silberglied, Arad Mayor Nissan Ben Hamo, and Joel Friedlander meet to discuss Delaware-Arad economic development  
 PHOTO CREDIT: JEWISH NATIONAL FUND-USA

# FOSTERING GREATER TIES BETWEEN DELAWARE AND SISTER CITY ARAD

By Eric Narrow  
 Israel Communications Office, Jewish National Fund-USA

A short thirty-minute drive from Be’er Sheva, the Negev’s capital city and Israel’s latest booming economic and social center, is a community emerging as a shining example of Israel’s moniker as the “Start-Up Nation.”

Founded in the 1960s as Israel’s first planned community, the city of Arad was on the fast track to fulfilling David Ben-Gurion’s dream of developing the Negev. By 1980, Arad was rated as the sixth highest city for quality of life, and rated eighth (out of 10) on the socioeconomic scale. However, several large factories that provided employment to many shutdown, and Arad began suffering from unemployment and a declining population.

When the communities of Arad and Delaware came together in 1995 as part of the Partnership2Gether initiative, the support from Arad’s sister community brought with it a renewed sense of fervor, energy, and potential for the city

and its residents. This energy continued to grow as a young and dynamic new mayor, Nissan Ben Hamo, was elected to office, bringing with him big ideas and a creative attitude to build the future of Arad. Born in Arad, Ben Hamo left a successful career in Tel Aviv to run for mayor back home, with the goal of transforming Arad into a vibrant civic and commercial center in the Negev.

As part of its Blueprint Negev initiative for developing Israel’s Negev communities, Jewish National Fund (JNF-USA) has aligned itself with Mayor Ben Hamo’s vision of revitalizing the region into a central hub. This past November, Mayor Ben Hamo met with two leaders of the

**MORE ON NEXT PAGE**

“Our activities with the Delaware community focus on **a living bridge**, one that is connecting our two communities... **this partnership** is the **anchor of growth for Arad.**”

Delaware community—Delaware JNF President Joel Friedlander and Federation Vice President and JNF Board Member Russ Silberglied—to show them Arad’s potential.

“Our activities with the Delaware community focus on a living bridge, one that is connecting our two communities,” said Mayor Ben Hamo. “This partnership is the anchor of growth for Arad.”

Mayor Ben Hamo wasted no time in excitedly showing Silberglied and Friedlander his plans to grow the city. His vision centers on innovation, challenging the status quo, and thinking outside the box. Geographically, Arad is the fourth largest municipality in Israel, providing a strong growth engine for the community. It boasts a leading educational system, with an 85% matriculation rate for higher education. Many families have already relocated to Arad specifically for its exceptional educational programs and alternative schools, which the Delaware community has greatly impacted through its support. Mayor Ben Hamo also sees Arad as a top tourist destination, having already completed the first stage of a Formula 3 regulation racing track, which recently hosted two exhibitions for Ferrari and Audi. Overlooking the Dead Sea and just an hour from Jerusalem and Tel Aviv, Arad is also positioning itself as a boutique desert tourist destination. Additionally, renovation work is in-progress on an abandoned airstrip for use by private and luxury jets and travelers.

Commercially, the Central Intelligence Base for the IDF will be moving to the Shokek Junction, located just outside the city, and will provide residential opportunities to the 5,000 career officers

and their families relocating to the region. The IDF relocation will also provide thousands of new jobs for other workers in the area. To establish economic growth, Mayor Ben Hamo plans for Arad to be the first fully clean energy city in Israel by utilizing methane gas and other green energy alternatives, which will generate approximately \$10 million per year in revenue.

Following a tour of the projects and meeting with members of the community, Silberglied and Friedlander were in awe of the possibilities in this

small city.

“Maybe families from Delaware will decide to come directly to Arad,” Mayor Ben Hamo said. “You are our ambassadors overseas.”

As part of its 2030 plan, Arad has proven to stand by its tagline, “Innovation as a Way of Life,” and between the support of the Delaware Federation, Jewish National Fund, and the pioneers in the city of Arad, the sky is the limit.

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# FEDERATION SHABBAT: A Unique Delaware Shabbat Experience

By JFD Staff

On January 26, walk into Congregation Beth Shalom, and you will witness a marvelous and unique sight – area rabbis, cantors, synagogue presidents and community members from every Delaware congregation joining together for a festive, traditional Shabbat dinner and a collaborative service for our entire Jewish Community.

Delaware’s rabbis, cantors, agency presidents and executives and lay leadership will all participate in the evening to celebrate as one

unified Jewish community. Rabbi Michael Beals commented, “The annual Friday night Jewish Federation of Delaware Shabbat service is a unique event to this state and indeed for most Jewish communities. As an event that moves from congregation to congregation each year, it allows for the Jewish community to appreciate the many gifts that are within the Jewish community of Delaware.”

This year, Federation Shabbat will be held at the Congregation Beth Shalom in Wilmington. This will be a different experience from last year, however, it will be one with as much holiness (*kedushah*) and spirit (*ru’ach*). Federation Shabbat asks of each of us to open ourselves to the variety of religious expression that makes Delaware the tapestry of Jewish life today.

We look forward to seeing you at Federation Shabbat on January 26th and sharing the *ru’ach* of our vibrant community with family and friends!

Please call the CBS office at 302-654-4462 with any questions.



**This year’s Federation Shabbat will take place on Friday, January 26, 2018 at Congregation Beth Shalom in Wilmington.**

5:15 PM – PJ Library program  
5:45 PM – Community Kosher Shabbat Dinner

7:30 PM – Services begin after dinner  
The cost for this fabulous kosher chicken dinner is only:  
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ALL CHECKS MUST BE RECEIVED BY JANUARY 17TH  
*Late registrations or walk-ins will not be accepted.*

# SUPER SUNDAY: Make the Call and Answer the Call

By JFD Staff

Super Sunday is taking place on Sunday, January 28, 2018 at the Siegel JCC. Community volunteers will be making phone calls to thank our generous donors and raise the funds so urgently needed to help our Delaware Jewish community survive and thrive. This year we have two phoning sessions to allow greater participation and broader support of Super Sunday from 9 AM to 12 PM and 3 to 6 PM. Registration is now open on the Jewish Federation of Delaware website at [www.ShalomDelaware.org/SS2018](http://www.ShalomDelaware.org/SS2018) and we encourage volunteers to sign up for one or both of the sessions.

Your generous support of the Annual Campaign provides funding to our local beneficiary agencies (Albert Einstein Academy; the Siegel JCC; Jewish Family Services of Delaware; The Kutz Home; and University of Delaware Hillel). The Annual Campaign also supports area teens through BBYO and the Jewish Education Committee.

We will also be helping our fellow Jews throughout the world by working with our international partners – the Jewish Agency for Israel and the American Jewish Joint Distribution Committee (JDC). Your dollars also support specific programs in our Partnership2Gether community of Arad including a Youth Outreach Center and the

Ethiopian National Project.

The Annual Campaign additionally provides funding for Birthright Israel and brings Israel to Delaware through our Community Shlichah. Every day in so many ways Federation is making a difference in the lives of thousands of people thanks to your support of the Annual Campaign and participation in Super Sunday – a day to make a difference.

This year’s Annual Campaign Co-Chairs are Barbara Blumberg and Lisa Dadone-Weiner. Wendy Berger, Senior Philanthropy Director for Jewish Federation of Delaware said, “Super Sunday is a wonderful opportunity to have personal conversations with so many caring and giving individuals to thank them for their ongoing support and learn about their interests and inform them of the many ways in which Federation supports our beneficiary agencies, international partners and people in need around the world.”

This year, every donor has a special opportunity to make an even greater difference with our 2018 Challenge Match. All new donors and donors who increase their gifts by 20 percent or more will have their new gift or increase matched dollar-for-dollar, doubling the impact of their new or increased support!



**Two Super Sunday phoning sessions  
9 AM to Noon  
3 – 6 PM**

Registration is now open on the Jewish Federation of Delaware website at [ShalomDelaware.org/SS2018](http://ShalomDelaware.org/SS2018)

*Please make the call and answer the call on Super Sunday. Register for one of our two phoning sessions by visiting [www.ShalomDelaware.org/SS2018](http://www.ShalomDelaware.org/SS2018) or call 302-427-2100. To join our list of corporate sponsors, contact Wendy Berger at [Wendy@ShalomDel.org](mailto:Wendy@ShalomDel.org).*

LEFT: Harriet Wolfson (right) in 1937 on the deck of the ship, Batory, the ship she boarded to the United States

BELOW: Harriet Wolfson in her later years

PHOTO CREDIT: GENIE WOLFSON



## REVISITING THE GARDEN OF THE RIGHTEOUS GENTILES

By Genie Wolfson  
with support from Steve Gonzer, Chair  
*Halina Wind Preston Holocaust Education Committee*

In front of the Bernard and Ruth Siegel Jewish Community Center, sandwiched between the circle drive and Garden of Eden Road, is an important memorial—a memorial to ordinary people who did extraordinary deeds; a memorial to people who saved others, sometimes for money, but mostly because it was the right thing to do or the only thing they could do, during a time when the world seemed to have gone mad.

On November 16, 1981, Holocaust survivors residing in Delaware planted the first trees in the area that today is known as the Garden of the Righteous Gentiles. Each tree bore a plaque bearing a rescuer's name, and one tree honored "the unknown righteous." Halina Wind Preston, whose life was saved during the Holocaust by Leopold Socha and Stefan Wroblewski, two Polish Catholic sewer workers in Lvov, Poland, first proposed this garden of remembrance. At the time of the tree plantings, Halina said:

"The trees planted in honor or memory of those valiant Christians who saved Jewish

lives during the Nazi era, will remain—we trust—an eternal symbol of unity between Jew and Gentile, then, now and for all time."

Halina Wind Preston died in December 1982. My mother, Harriet Wolfson, as chairperson of the Halina Wind Preston Holocaust Education Committee, made her first order of business to see that Halina's vision of a garden honoring gentiles who saved Jews would become a reality, the first of its kind established in the United States. The memorial at Yad

**MORE ON NEXT PAGE**



*i*

For more information, contact Gina Kozicki at 302-427-2100 (main number), 302-394-9062 (direct number) or [gina.kozicki@shalom.org](mailto:gina.kozicki@shalom.org).

## RIGHTEOUS GENTILES

CONTINUED FROM PAGE 13

Vashem in Israel honoring the Righteous Among Nations inspired the design for the garden, which was designed and installed, pro bono, by Robert Grenfell, whose kindness and generosity has continued to support the Garden for the past three decades.

The Garden of the Righteous Gentiles was officially dedicated on December 11, 1983. Several years later, a sculpture in memory of more than one million children who perished during the Holocaust, 1933–1945, was placed in its center.

My mother was eight years old when she came to the United States as a refugee from Poland, in the fall of 1937. She and her parents and 6-year old sister were extremely fortunate to have received visas from her father's brother, who was already living and working in this country. Much of my mother's extended family in Poland, including her grandparents, aunts and cousins, perished in the Holocaust. My mother graduated from Hunter College High School, in New York City, where she gave the commencement address, and went on to attend the University of Michigan. She lived in Wilmington for the next 60+ years of her life.

Shortly after my mother's death in 2012, my brothers, David and Martin, and I decided to honor her for her 30-year commitment to promoting and preserving the Garden of the Righteous Gentiles as a place of beauty, serenity, remembrance, and community teaching space, in addition to her steadfast devotion to the Halina Wind Preston Holocaust Education Committee by establishing the Harriet Wolfson Garden of the Righteous Maintenance Fund. Over the years, due to unforeseen circumstances, including several seasons of extreme temperature fluctuations, dry summers and lack of irrigation, the Garden now requires major enhancements to thrive and bloom into the future.

Beginning in early spring, 2018, Jewish Federation of Delaware, the Halina Wind Preston Holocaust Education Committee, the Harriet Wolfson Garden Maintenance Fund will join forces to complete the necessary enhancements by the beginning of summer, 2018.

The estimated cost of the project is \$30,000, and we will need financial contributions from private donors to complete it. The project includes

installation of a permanent automated irrigation system, new plantings, new benches, additional plaques, a leveled paved pathway throughout the Garden and a marketing campaign. Please consider being a donor. Several opportunities are available to honor and/or memorialize loved ones.

As we view the world today, it's very clear that history does repeat itself. We must remain vigilant and continue to speak the truth to those who would deny history. We must strengthen our commitment to raise awareness about the lessons that must be learned from the Holocaust, and to highlight the actions of those who courageously followed their hearts to reject evil.

Ger and Gerard Van Raan, a Dutch couple, who are honored in the Garden saved the lives of two young Jewish boys during the Holocaust, risking their lives and the lives of their own children. During an interview they were once asked, "Why did you do it?" Mrs. Van Raan quickly responded, "You are asking the wrong people the wrong question."

"You have to ask . . . Why didn't more people do anything?"

The graphic features a blue arrow on the left pointing right, containing the text "SAVE the DATE JAN 26 2018". To the right is the logo for the Jewish Federation of Delaware, which includes a menorah icon and the text "Jewish Federation OF DELAWARE". Below this, the word "Federation" is written in large, multi-colored letters (blue, green, red, orange, blue, green, red). Underneath "Federation" is the word "Shabbat" in the same multi-colored font, followed by a large orange "@" symbol. In the bottom right corner, a blue box contains the text "CONGREGATION BETH SHALOM".



# Throwback Delaware



## BROTHERHOOD JANUARY 1958 Wilmington, Delaware

Our American way of life is based on the concept of brotherhood: giving to others the same rights and privileges we would like for ourselves. Our free enterprise society is based on the concept of the utilization of the most efficient human skills and the most efficient machine skills. The challenge to all of us today — labor, management, government — is to implement there [sic] principles to their fullest extent in practice so that we may maintain and expand our system for the benefit of all.

This means that discrimination in employee-employer relations is contrary to the best in our way of life. Discrimination in industry is costly. It has been estimated that it costs thirty billion dollars a year for the luxury of not using the best possible human skills because we discriminate in recruiting, promotion, and other facets of our employment patterns because of color, creed, national origin, sex, age, economic status. Not to use the best person available is inefficient.

Again, to discriminate is contrary to the principles of our Judaean-Christian heritage and to the ethical principles of the major religions of the world. The love for one's neighbor must mean in practice doing unto others as you would have them do to you.

We know, too, that as persons in so-called minority groups receive equal opportunities to increase their income, they add to the general prosperity of all. In addition, the cultural gap that exists in certain areas of our population can be bridged by increasing the opportunities for cultural advancement when income is increased through equal opportunities in the labor management field.

We know that management seeks a stable community in which to establish new plants. Discrimination, causing restlessness in the community, is therefore a handicap to the industrial expansion of any locality. Discrimination, unrestrained, can bring anarchy, threatening the basic structure of our law, which in addition to protecting human and civil rights, protects private property.

We must be sensitive, too, on the international level of the Russian propaganda of their superiority in granting equal opportunity.

For these and other reasons, we should practise [sic] brotherhood every day in the year. Brotherhood Week presents an opportunity to rededicate ourselves to the acceptance of every individual as a human being, with a spark of divinity, to be judged on his or her own capacity and merit.

**NOTE:**

When we began thinking about sharing an article or photo from an historic issue of the Jewish VOICE, we decided to select an item that was first published 25 or 50 years ago. When I opened the issue of the Jewish VOICE from sixty years ago, January 1958, I really felt I was stepping back into history. I was surprised to see then Vice-President Richard Nixon on the front page. It appears that Brotherhood week was celebrated every year in January in the late 1950s and early 1960s. In 1959 the address was given by President Eisenhower. Reading the lead article and others in the paper is fascinating, given all the history that has passed in those years that informs our knowledge, but hadn't yet happened. It is another world. And yet, we also find remarkable similarities with the Jewish community of Delaware sixty years ago.

The Jewish Historical Society of Delaware is pleased to share these glimpses of life seen through the past issues of the Jewish VOICE.

– Gail Pietrzyk  
Jewish Historical  
Society of Delaware



To see this and other articles and images from the January 1958 Jewish Voice, visit our our website at <http://jhsdelaware.org/jewishvoice>

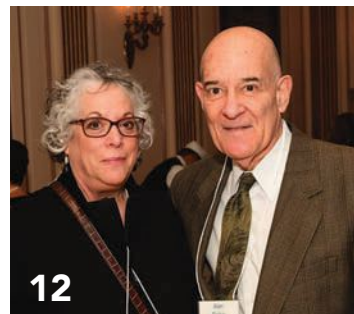


You may also contact us at [info@jhsdelaware.org](mailto:info@jhsdelaware.org) for more information.

JEWISH FEDERATION OF DELAWARE  
**18 CHAI EVENT**  
PHOTOS BY BRAD GLAZIER PHOTOGRAPHY



More than 175 generous donors attended the CHAI Event on Monday, December 11th with Ambassador Ron Dermer at the Hotel DuPont to support Federation and the Annual Campaign. We sincerely appreciate the leadership of Event Co-Chairs, Barbara Schoenberg and Leslie Newman, as well as the event committee who ensured this was an evening to remember.





13



14

- 1 Event Co-Chairs, Leslie Newman and Barbara Schoenberg with Ambassador Ron Dermer
- 2 The Honorable Jack and Carla Markell
- 3 Shara Bubes, Barbara Blumberg, and Sissy Aerenson
- 4 Russ Silberglied and Bill Wagner, Federation President
- 5 Michael Sugarman and Jonathan Neipris
- 6 Carol Rothschild and Phyllis Aerenson
- 7 Lisa Lessner and Leni Markell
- 8 Bob Davis and Jerry Turnauer
- 9 Andrew Rosen, Jennifer and Gregg Goldstein
- 10 Sheldon and Ruth Weinstein
- 11 Alan Levin and Ken Bubes
- 12 Susan and Alan Paikin
- 13 Ambassador Ron Dermer with CHAI Event Chairs and Honorary Chairs
- 14 Ron Dermer speaking to a crowded ballroom at Hotel DuPont

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# WOMEN'S PHILANTHROPY

PHOTOS BY JFD STAFF

As part of the social action plan from the WOW Event on November 1st, Wendy Berger and Nicole Terranova met with Child Life Program Manager, Melissa Nicely, at Nemours A.I. DuPont Hospital for Children and donated 50 signed copies of *Little Bigfoot, Big City* by WOW speaker and best-selling author, Jennifer Weiner. We also donated two signed posters of the covers of *The Littlest Bigfoot* and *Little Bigfoot, Big City*.



Wendy Berger, Melissa Nicely, and Nicole Terranova donating books

# SWIG FUNDRAISER

PHOTOS BY JFD STAFF



Our amazing parent committee held a fundraiser for PJ Library on Dec 7th at Swig. Thanks to all of their hard work, we raised \$441 for PJ Library! This money will go towards programming and to help build a stronger Jewish community.

- 1 Julia Forester, Taylor Clearfield, and Missy Tal
- 2 Wendi Ufberg, Heather La Scala, Ali Winaker, and Liz Platsis

# PJ LIBRARY ON THE ROAD @... BETH EMETH



On the Global Day of Jewish Learning, we read the PJ Library book *The Only One Club* and made bracelets to represent the uniqueness of our personalities.

- 1 Leo Cole showing off the book and his bracelet

PHOTO BY JAMYE COLE



- 2 The children in Beth Emeth's consecration class making their bracelets

PHOTO BY SARAH KITTINGER



# ...ALBERT EINSTEIN ACADEMY LATKE FEST



PHOTOS BY JAMYE COLE

Latke Fest, a joint program by Einstein Academy and PJ Library, was a huge success this year! We had Hannukkah themed activities, including the dreidel game, making necklaces and tasting warm latkes. Thank you to Silly Joe for kicking things off, to our volunteers for all their help and to all of you for joining us!



- 1 Volunteers, Sophia and Miriam, did a great job helping the kids learn about latkes



- 2 Hannukkah necklaces were so fun to make



## FEDTALKS

PHOTOS BY JFD STAFF

On November 28th, Roger Horowitz, Director, Center for the History of Business, Technology, and Society at the Hagley Museum, and Professor of History at the University of Delaware, spoke on *Protecting Israel: Irving Shapiro and the Arab Boycott*.

On Monday, December 4th, Congresswoman Lisa Blunt-Rochester delivered a powerful message that we are living in challenging times but must come together to overcome the moment.



1 Seth J. Katzen, Jennifer Steinberg, Roger Horowitz, Dana Berman, and Rabbi Ellen Bernhardt

2 JCRC Director Rabbi Ellen Bernhardt with Lisa Blunt-Rochester

3 Seth J. Katzen, Jennifer Steinberg, Lisa Blunt-Rochester, John Elzufon, and Dana Berman

4 Lisa Blunt-Rochester and Wendy Berger

## PJ Library ...TEMPLE BETH EL TOT SHABBAT

PHOTOS BY JAMYE COLE



On December 16th we had a Chanukkah PJ party Tot Shabbat with Temple Beth El and Albert Einstein Academy. Singer-songwriter, Reece Ratliff, performed Shabbat and Chanukkah songs for us. Thank you SO much Reece!

Reece Ratliff, Rachel Mussaf from Temple Beth El and some of the PJ tots

## PJ Library ...SEASIDE JEWISH COMMUNITY

PHOTOS BY JAMYE COLE

On December 17th PJ Library along with our shlichah, Dana, visited Rehoboth Beach to celebrate Chanukkah with the Seaside Jewish Community. Thank you for a great day Seaside! We loved getting to know you and your amazing community!



Dana writing the children's Hebrew names on bookmarks that they decorated

## OUT & ABOUT WITH DANA

PHOTOS BY KAREN MOSS



Community Shlichah Dana Berman out and about with Einstein kids



Lessons from Dana



**EINSTEIN STUDENTS**



- 1 Einstein student Gabriel L. interviews a veteran at the Kutz Home on Veterans' Day PHOTO BY SIMA MALKA
- 2 Einstein 5th graders prepare for lead roles in *Star of Judah Wars* PHOTO BY ELLY ALEXANDER

**JFS THANKS & GIVING**

PHOTOS COURTESY OF JFS

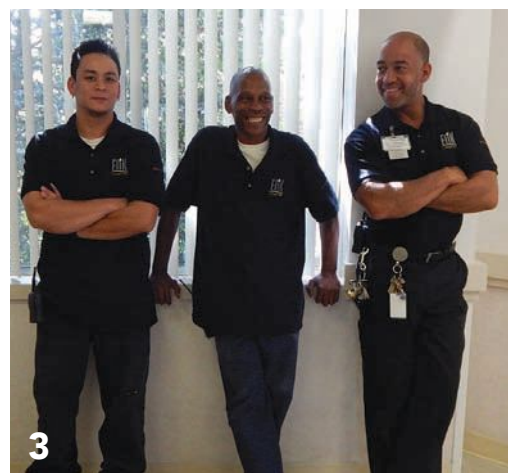


- 1 Ilicia Shaver, JFS CEO Basha Silverman, Erin Strickland, ECC friends making holiday decorations
- 2 Friends from the ECC came to JFS to bring their donations for the Thanksgiving food pantry

**KUTZ FASHION SHOW**

PHOTO CREDIT: SALLY GOODMAN

The Kutz Home welcomed the change of season by holding a Fashion Show in their main lobby with Lodge Lane residents joining in the fun.



- 1 Resident Doretta Lee-Pollack owned the color red!
- 2 Resident Bernice "Bunnie" Cohen, wearing a stunning lace ensemble is escorted by staff member, Norman West
- 3 Men in Black! The Maintenance department couldn't be enticed to walk the runway but they sure enjoyed the show



J FUN

PHOTO CREDIT: DONNA HARLEV



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1 Michael Longwill, Michelle Silberglied, and Benjie Cohen 2 Julia Klebanov and Dave Saul enjoying the beer workshop at Craft Bash 2017 3 Karen Legum, Sara Auerbach, Julie Glazier, and Jaidy Schweers 4 Bobbi Levitt 5 Board Member Stacy Horowitz and Staff Members Wendi Weingartner, Abby Schreiber, Katie Glazier, Cindy Goldstein, and Anna Saul pose at Craft Bash 6 Caryl Marcus-Stape and Jeff Stape 7 Seth and Kathy Bloom 8 Kids rocking out at the Mini Ball! 9 Jason Kutz and Adam Marmon 10 Friends at the Mini Ball 11 ArtSpace Artist Marcie Tauber giving a glass art demo in the Senior Center 12 Board President Brent Saliman and Executive Director Ivy Harlev

# TEMPLE BETH EL

PHOTO CREDIT: SHARON FULLERTON PHOTOGRAPHY



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1 WDEL news anchor Allan Loudell plays trivia with the congregation at Men's Club Breakfast 2 Learning about Jewish incantations on Halloween 3 Rabbi Jacob Lieberman gives us a glimpse of Gehinnom on Halloween 4 TBE kids from Camp Havaya share the "llama chant" with their classmates



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# HEALTHY INSTITUTIONS

By Rabbi Jeremy Winaker  
Head of School, Albert Einstein Academy

## Healthy institutions, like people, must do more than function well to flourish.

Institutional health depends on not only having the organization run smoothly internally but also on having the organization keep up with what is happening on the outside. In today's culture, even healthy institutions struggle, and flourishing is too often a dream.

The Jewish take on institutional health is a mix of optimism and survivorship. On the one hand, we have Theodor Herzl's inspiring call, "If you will it, it is no dream." On the other hand, we have millennia of Jewish institutional failure from the Golden Calf to the Golden Age of Spain, not to mention the Temple in two different iterations, and the consequent adaptations of Judaism that continue to this day. Which is it, then: audacious entrepreneurship or transferable traditions and communal commitments?

By borrowing the best of these approaches, Einstein has set a course to be more than a healthy institution. Just as we exist to help students rise up and flourish, we are studying the dynamic opportunities and deeply held values that will help us flourish, too. What is more, we are acting on that learning, and our success will be about much more than the school. The key has been listening to trends and to people.

We have survived serious challenges, especially in the educational landscape. The first big hit was public schools switching to full-day Kindergarten. Add the rise of charter schools and 6th grade becoming the start of middle school, the result is a narrow focus for Einstein as a Jewish Day School. Certainly smaller as a result, Einstein has fully implemented a dual-language immersion program to push our Hebrew curriculum as a competitive edge. Our small size has helped us personalize education with the help of new technology and online materials. Likewise, we have spent the last year and half growing our educational presence among pre-school families, from Inside Einstein to 3's Lunch Bunches to Storytime at libraries and bookstores. Each step along the way, we have taken what we have heard and adapted our offerings to meet people where they are. We turned survivorship into opportunity and opportunity into enhancement.

We also had a routine check-up and saw a specialist. Accreditation by the Middle States Association Commissions on Elementary and Secondary Schools was a two-year process of self-evaluation followed by outside assessment. Not only did we pass, we also planned a seven-year path with semi-annual benchmarks to even greater student achievement and to sustainable enrollment. Our specialist put us on a plan to treat current conditions with investments that are already paying significant dividends. We were also put on a national experimental treatment program for Governance and Fundraising, where we were first to achieve its goals.



Einstein's blended primary students PHOTO BY SYLVIA WAGMAN

As we make improvements to ensure a vibrant future, our institutional house is in order. We listened to these experts, followed their advice, and have benefitted mightily.

We are grateful to the community for its support of our efforts to be healthy. As an institution of Jewish learning, we aim to do more than be healthy, we aim to benefit the community. Our work is not only to graduate critical thinkers and dynamic leaders, as our mission states. We have also renewed our commitments to bring Jewish education out into the world by focusing on our core values. In addition to starting-up learning for pre-schoolers, we have launched a parent education series and plan to expand adult learning. It is not enough for us to be a healthy institution, we need to do more. Share your thoughts with us, we are listening. Feedback is the best nutrition.



Albert Einstein Academy is a Beneficiary Agency of Jewish Federation of Delaware.

## AGENCY UPDATE

### DEAR SARAH

advice and answers to  
life's questions



Each month, JFS' skilled team of counselors and therapists offer their expert opinion on your issues, problems, or questions about family, aging, marriage, coping with loss, depression, or children. No question is too large, small, or complex!

Dear Sarah,

My closest friend is suffering from depression, and has been for some time. She is not comfortable seeking treatment - no therapy, no drugs. Day to day, she is able to function in her job. She is functional, but she is struggling and unhappy. Recently she has been pulling away, turning down all attempts to get together. Our relationship has been reduced to text messages from her that are getting shorter and farther apart. I don't know how to support her when she is so clearly struggling. Should I try to talk to her honestly and tell her I'm worried about her, or should I let her be and wait this phase out? I know our friendship will be fine in the long term, but I am looking for the best way to give her the support I can, in a way that won't make things worse.

– Concerned Carol

Dear Concerned,

This is a difficult situation for you. I can imagine that it's been painful to watch your friend struggle and to feel the distance between you two grow. The most important thing that you can do right now is to continue providing your friend with the support and love that she needs. Bringing up your own worries about her will only make her feel worse, as I'm sure she is well aware that she is struggling and unhappy. She may feel guilty or embarrassed about the impact her depression is having on her friendships. Send your friend supportive text messages and remind her that you will always be there no matter what and are there for whatever she needs. If she asks for help, then you can give her suggestions and advice but for right now, you need to be patient and understanding of where she is emotionally. When she is ready, she will seek and ask for help.

Sarah

Dear Sarah,

Next month, my almost 13-year-old and I will travel halfway across the country to help take care of my aging parents for a week. My mom is having knee replacement surgery, and we hope she'll recover well. Knee problems comprise maybe 1% of her "issues,"

which include chronic pain and increasingly worrisome forgetfulness. My dad is in decent health, but also manages challenges. I want it to be a nice visit; my folks live a long and expensive plane ride away, and I can't make the trip often. They resist my efforts to help them get more help at home. Right now they just have someone come to clean the house every other week, but I would like to help them think through longer-term or bigger-picture solutions. I feel helpless in the face of their enormous needs, and I feel badly for sizing the situation up, so to speak, and finding it not in line with what I wish for them in their later years. I also feel guilty for not being there to help more often, and I can't help finding my brother's family's efforts in this regard to be less than I think they should be. Meanwhile, I am painfully aware that I won't have my parents in the world with me forever. One day, in the normal course of events, I will find myself missing them beyond belief. My question is that of someone navigating life in the "sandwich generation": What's a good way to get through the week and to manage my hopes about how helpful I can be?

– Sandwiched Son

Dear Sandwiched,

How wonderful that you can go out and be supportive of your parents after your Mom's surgery.

I really feel for you - it is so difficult to live so far away. I think before you go, ask your brother how it has been for him to deal with the day to day - really listen to him - it can be easy to be critical from afar. Ask him how he thinks you can be most helpful

It can be frustrating and difficult, but also very rewarding to help our parents at this stage in their lives. There are many resources both on-line and in the community for older adults including social workers at the hospital. Professionals and agencies can play an important role in helping your family navigate this process and offer assistance to you and your parents in developing a care plan.

Having your son with you may be helpful in several ways. Maybe he could spend time with your father - go for walks, interview him about his life. Looking at pictures together can be a way to help them to tell their stories. It could be a wonderful way for your son to bond with them.

Sarah



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JFS is here to help you. Please email letters to [dearsarah@jfsdelaware.org](mailto:dearsarah@jfsdelaware.org). Names and details will be altered in published letters to protect your privacy. Some letters and responses will appear here each month, and all letters and responses can be viewed on our website, [www.jfsdelaware.org/dearsarah](http://www.jfsdelaware.org/dearsarah)

# A SURPRISE IN A BAG

By Malina Spirito  
*ECC Parent*



PHOTO SUBMITTED BY M. SPIRITO

## Shabbat Shalom!

On a seemingly unsuspecting Friday afternoon this fall, I picked up my son, Quinn, from the Siegel JCC's Early Childhood Center, to discover that he was the first proud recipient of his classroom's "Shabbat bag." The bag was chock full of supplies to create our own Shabbat experience at home, along with educational materials and a journal to document our experience. Now I must be honest, my first thoughts were somewhat less-than-eager. In fact, I believe I experienced a brief sense of dread as I said to my husband, "Fantastic-we have homework. Just what we need after a long work week, more work!"

My mood quickly softened though, as I noted how excited Quinn was about this project. He seemed genuinely excited and proud to be the first friend in his classroom to have the honor of carrying home the Shabbat bag. We were barely one foot in the door of our home before Quinn began imploring us to begin Shabbat.

"Hold on, Quinn! Mommy has to read the papers and see what this is all about..."

"It's OK, mommy! I know what it is! I can show you!"

And show us, he did! Quinn showed us all of the items in the bag, happily naming the Kiddush cup and donning the kippot, and he walked us through the process of preparing for Shabbat. I was amazed to discover that Quinn knew about the supplied items and their purposes. Even more amazing, Quinn quickly demonstrated that he knew the Hebrew blessings to go along with all the Shabbat components. As we read the book, I began to let go of my anxieties about ensuring that

we completed this activity the "right" way and I found myself embracing the moment and the purpose of the ritual.

It's hard to find words to aptly describe the emotions and thoughts I experienced as we engaged in this ritual with my little three-year-old. I went from feeling overwhelmed by the prospect of having more work to complete over the weekend, to feeling a mixture of relief, pleasure and joy. I relished watching my son take pride in teaching his parents, demonstrating what he has learned at his "big boy school." As the candles burned and Quinn requested that we read for the 3rd time in a row, my angst about having to do "work" melted away, leaving room for an appreciation I hadn't anticipated.

While it may have simply been a coincidence, our weekend with the Shabbat bag was a truly enjoyable one—calm, quiet, and cozy. We enjoyed our time together as a family, without the typical sense of chaos and rushing around. Instead of asking to watch Paw Patrol or play with the tablet, Quinn's most frequent request that weekend was to "do Shabbat again!" I'm pretty sure we repeated the ritual at least a dozen times over the weekend, probably more. Though I certainly didn't expect to find such enjoyment in a homework assignment, I can now honestly say I look forward to the next time the Shabbat Bag comes home.



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SUMMER  
2018  
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For more information, email [adamcook@siegeljcc.org](mailto:adamcook@siegeljcc.org)



## AGENCY UPDATE

Melanie (right)  
on Birthright with  
the University of  
Delaware Hillel

PHOTO SUBMITTED  
BY UD HILLEL



# DANCING INTO THE NEW YEAR

By Leigh Deitz  
*UD Hillel Communications Intern*

### Music brings people together and makes us want to dance.

Zumba, a form of dance fitness has made its way around the world and is hip-hopping its way into everyday workout routines.

Melanie Alswanger, a senior at the University of Delaware, shares how Zumba has changed her college experience. She teaches dance class at her family owned day camp, Long Ridge Day Camp. Since beginning college, Alswanger has been attending Zumba classes as part of UD's Zumba club and the school's gym. After realizing her passion for Zumba, she received her certification in the summer prior to her junior year. She now teaches free classes as part of UD's Zumba club.

Alswanger has always been interested in the music that accompanies Zumba. When traveling to Israel on her Birthright trip with UD Hillel, she noticed how

perfect Israeli music would be for Zumba because it has the same beat. She said both Zumba music and Israeli music makes you want to keep moving.

Once returning from her Birthright trip, Alswanger became the Birthright Communication Intern at UD Hillel. Since then, she has led a Zumba class specifically for Birthright Alumni to keep everyone connected. Alswanger also led Zumba classes in October benefiting breast cancer. One event was held at Hillel and benefited Alpha Epsilon Phi's philanthropy, Sharsheret. The other event was a national Party in Pink Zumbathon which was a two hour Zumba dance party that partners with the Susan G. Komen Foundation.

In the future, Alswanger hopes to sponsor more events for organizations near and far from UD. Bringing Zumba into her daily routine and sharing it with other students at school has showed her how exciting staying active can be. She said, "It is the best way to work out because you don't realize you are working out."

Alswanger loves Zumba and sees it as a great way to stay active and become a better dancer. In the New Year, Alswanger hopes to improve on her teaching style and continue to create new dances.



UD Hillel is a Beneficiary Agency  
of Jewish Federation of Delaware.

# A SEAT AT THE TABLE

By Jessica Bannan  
 Administrator, Lodge Lane Assisted  
 Living & Memory Care

It's lunchtime, as I look out into the crowded dining room of Lodge Lane Assisted Living.

The tables are filled with residents and some visiting family members. A latecomer arrives at the doorway to the dining room in search of a seat. Before I can approach, another resident signals with a wave and stands to pull out an empty seat at her table. Such a simple gesture that brings a smile to my face. How wonderful it is to see that the residents have created a new "family" within their Community.

At Lodge Lane Assisted Living, recreational activity is at the heart of what we do. The Activities department is essential in the socialization of our residents. Every month you are sure to find a calendar of events that touch upon the physical, mental, emotional and spiritual needs of our population. The opportunities are expanded with residents having the opportunity to share activities between both Lodge Lane and Kutz Home programs.

Although the aging process is met with various obstacles, a healthy social life can help prevent the downfalls of depression and physical deterioration. Creating new friendships and doing something meaningful creates lasting bonds that help improve self-esteem and increase confidence. Our themed "Meet & Greet" socials, along with our Friday "Community Corner" encourages residents to interact and build connections with others who share common interests, thus strengthening



PHOTO BY DONNA HARLEV

the bonds of friendship and enticing participation in various programs because there is a friend to join them.

Although the residents are our primary focus, Lodge Lane recognizes the significance of family. Their input and well-being weighs heavily upon the minds of our residents. The staff work hand-in-hand with families in effort to provide the best care possible for the family as a whole. Family members are welcomed and invited to participate in events both large and small. To support resident families, and those in the community coping with a loved one with memory loss, there is a caregiver support group

which meets the third Wednesday every month at 4 PM.

As I look out into the dining room once again, the smile on my face focuses inward and my heart swells. I hope that one day I, too, will have a friend wave to me so that I may have a seat in the dining room.



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# FAMILIAR FACE IN A NEW PLACE

By Ellen L. Weingart  
CBS Member



Matthia McCracken PHOTO BY ELLEN L. WEINGART

When Matthia McCracken became Director of Administration at Congregation Beth Shalom in October, she was already well-acquainted with the synagogue and the community, having previously served as the Hebrew school administrator.

As school administrator, McCracken primarily managed communications with the Hebrew school families and provided organizational support with the goal of strengthening the relationship between the school and the families.

Her role as Director of Administration is, of course, broader, but has much in common with her previous position. McCracken is now in charge of the day-to-day management of the synagogue and has supervisory responsibility for the clerical staff, maintenance, and outside contracted professionals and vendors.

“Both roles involve strengthening relationships,” she said. “But now the focus is the entire CBS community as well as partnering with organizations in the wider Jewish community.”

So how did McCracken, a member of Hanover Presbyterian Church, come to CBS?

She was working part-time as an administrative assistant at Hanover

Presbyterian Church, where she is a member, and was looking for a second job, when Rabbi Michael Beals, Beth Shalom’s spiritual leader, approached her about the Hebrew school administrator position. She knew the rabbi from Theology on Tap, an interfaith discussion and fellowship group hosted by Hanover Church, CBS and Congregation Beth Emeth. She held both part-time positions until last winter when Hanover offered her a full time role. A few months later, CBS Executive Director Sam Nussbaum left to become CEO of Jewish Family Services of Middlesex, leading to McCracken’s return to the synagogue.

Her focus here has been on operations, organizations, and member relationships. The fundraising responsibility that was Nussbaum’s concentration and strength essentially has been eliminated from the role.

“My position at Hanover was primarily an administrative support role,” she said. “The CBS position is more of a leadership role. It’s a growth opportunity for me. I started out with a general knowledge of the synagogue—now I’m learning the intricacies. I enjoy seeing all the moving parts and how they mesh.”

She is grateful to have a staff that works as a team and who can fill in for each other in a pinch.

Neither McCracken nor the congregation sees her Christian faith as getting in the way of her role at the synagogue.

“I was probably the only non-Jew at the regional meeting of the North American Association of Synagogue Executives, but I received a welcoming letter with full acceptance although I can’t have full membership,” she said.

A self-described “religion nerd,” McCracken said she enjoys learning about different faith perspectives and rituals. “I’m getting paid for learning about what I love,” she said.

While completely comfortable in her Christianity, she said she has a deep appreciation for Judaism.

“Modern Judaism and Christianity are very different paths and that’s a beautiful and wonderful thing” she said. “Both are rich in theology and practice and that’s also true of Islam, Hinduism, Buddhism, and other religions.

“I was raised as a Catholic, but one day my father explained to me that he’s a different person to different people—a husband to my mother, a father to me, a son to my grandparents, and so on. If that was true for him, my father said, why

**MORE ON NEXT PAGE**



**FRIDAY, JANUARY 5, 2018**

Light candles at 4:34 PM  
Shabbat, January 6, 2018  
Shabbat ends at 5:37 PM

**FRIDAY, JANUARY 12, 2018**

Light candles at 4:41 PM  
Shabbat, January 13, 2018  
Shabbat ends at 5:44 PM

**FRIDAY, JANUARY 19, 2018**

Light candles at 4:49 PM  
Shabbat, January 20, 2018  
Shabbat ends at 5:51 PM

**FRIDAY, JANUARY 26, 2018**

Light candles at 4:57 PM  
Shabbat, January 27, 2018  
Shabbat ends at 5:58 PM

“ I was **raised as a Catholic**, but one day my father explained to me that he’s a **different person to different people**—a husband to my mother, a father to me, a son to my grandparents, and so on. If that was true for him, my father said, **why couldn’t it be true for God?** That was my introduction into **pluralism.** ”

couldn’t it be true for God? That was my introduction into pluralism.”

McCracken, who said she is “hard-wired” to believe in God and would be interested in a seminary education (without going into the clergy) “if there were more hours in the day,” has an online certificate in theology and ministry from Princeton Seminary.

As for those hours in the day, McCracken has regular office hours, but if there’s a Friday night or Saturday event that needs special attention, she will try to be present. She also attends morning services twice a week, where she enjoys catching up with congregants.

“At the same time, the congregation is very supportive when I want or need to attend church services. They understand the importance of worship,” she said.

McCracken enjoys the variability of her position. A recent Sunday found her at a bat mitzvah, chatting with a teen from the synagogue’s Shalom Corps program who admired what several girls wore to the event. Then McCracken was off to a meeting with Linda and Michael Sigman, co-vice presidents for Education.

“I’m switching what I’m doing all the time,” said McCracken. “And although

Judaism is a religion thousands of years old, it’s always changing, too. There’s always something new. It just doesn’t get any better than that.”

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# GAMBLING IS NOT CHILD'S PLAY



PHOTO CREDIT: YOUTUBE.COM



If you need information or help with a gambling problem for you or a family member, call the Delaware Council on Gambling Problems confidential 24-hour helpline: 1-888-850-8888. We offer treatment referrals to counselors certified in problem gambling, access to Gambler's Anonymous and Gam-Anon, education services, and a variety of written materials about problem gambling. Or checkout our website: [www.deproblemgambling.org](http://www.deproblemgambling.org).

*The mission of the Delaware Council on Gambling Problems is to raise public awareness that gambling disorders are treatable and to facilitate the development of a network of services for problem gamblers and their families in Delaware. Executive Director, Arlene Simon.*

By Judy McCormick  
*Director, Prevention Services for Youth, Delaware Council on Gambling Problems, Inc.*

## I had lunch at Deerhead Hotdogs not long ago.

A family sat in the booth behind me: a young mother in her mid-20's, her young son, and two grandparents.

In the restaurant stood a skill crane, the game with a claw that can grab a toy and hopefully deposit it in the chute for the lucky winner. The boy ran to the game and begged his grandparents to give him a dollar to play. The boy was mesmerized by the assortment of stuffed toys at his fingertips, and "almost" got the toy on his first turn. Disappointed, he begged for another dollar from his grandparents, which he promptly lost. The boy became more and more frenzied to win as several more dollars met the same fate. "I need to win that toy, Mama, I NEED it," the child cried loudly, nearly in tears. To quiet the boy, his mother tried the game

herself, but the outcome was the same.

Their waiter delivered their food, saying he had tried the game many times himself and was "positive this young man was sure to win." The boy became even more agitated, lunch forgotten, convinced that one more turn would get him his prize. The grandparents, anxious to eat their lunch in peace, gave the boy yet another dollar. Over the course of 15 minutes, the grandparents gave him more than \$10 but the nearly hysterical child was still glued to the game when I left.

This situation can happen to the best of us. What appears to be an innocent childish game can turn into something more problematic for reasons we cannot always predict. As the lines between gaming and gambling become blurred in the games available to our children, parents need to be prepared to talk to their kids about taking risks and knowing when to walk away. Instead of turning the experience into a learning opportunity, these adults encouraged the boy to believe some of the worst gambling fallacies, while putting him at

**MORE ON NEXT PAGE**



higher risk for problems with gambling in the future.

Increasingly, young people are engaging in gambling activities with their family, their peers, or through online gaming sites. Family poker games, sports betting, gifts of lottery tickets and scratch-offs are seen as harmless forms of entertainment for kids. Skill cranes and other games of skill for prizes are found in restaurants and arcades. Online gambling games allow kids to legally “play for free” without parental approval. However, studies have shown that children who began to gamble by the age of 12 were four times more likely to become problem gamblers.

Gambling appeals to the impulsivity in teenagers and college-aged young adults, especially young males. National studies show that 60-80% of high school students gambled for money during the past year. Of these students, 4-6% meet the criteria for pathological gamblers and an additional 6-8% are at risk of developing a serious problem with gambling. As for college students, the recent research indicates that 6% suffer from a serious gambling problem that has resulted in failing grades, unmanageable debt, and/or psychological issues.

Young people with gambling problems may steal from family and friends to finance their addiction. They are more likely than their non-gambler peers to

participate in other high risk behaviors, e.g., skipping school, carrying a weapon, fighting, driving while intoxicated, having sex, smoking, using drugs or drinking alcohol. Their grades often drop, and they lose interest in normal school activities. Like other addictions, a youthful gambling addiction can impact mental and emotional health, increasing levels of unhappiness and lowering self-esteem in an already turbulent time of growth and self-discovery. These problems can increase the risk of suicidal ideation or worse.

To reduce the risk of youthful gambling problems, parents need to take an active role in discussing the risks of underage gambling and its potential for addiction.

Here are some suggestions for parents and caregivers of youth:

- Include underage gambling in conversations with youth about all potentially addictive behaviors
- Emphasize that respecting legal age limits on potentially addictive activities like smoking, drinking alcohol and gambling will help to protect their developing brain
- Instead of allowing or ignoring youth gambling activities, encourage youth to engage in healthy and supervised risk-taking (e.g. sports, clubs, skill-building activities, games like chess, etc.)

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# Q ■ What Does the Harvey Weinstein Scandal Mean to Our People?

Who is strong?  
The one who conquers his inclinations. –Pirke Avot 4:1

**A ■ RABBI JEREMY WINAKER**  
*Head of School,  
Albert Einstein Academy*

I am no Nathan the Prophet chiding King David for his power plays with Bathsheba. I am no contemporary woman whose #metoo story waited (because by the 21st Century she should be able to tell it) and weighted (because even in the 21st Century she could not tell it) until now. My voice is not the one to which we should be listening.

My listening is not silence; and the silence of men is too often complicity. Here is what I, as a rabbi, hear: “Our people” have work to do; we have work to do, and by “we” I mean Jewish men.

That is what the Harvey Weinstein scandal means.

I remember too well the Jewish youth group and summer camp culture around sex and dating, with more conversation about young women’s bodies as a baseball field than the soaring feelings of emotional chemistry or the depths of despair in a breakup. I remember the objects of discussion and desire found in licit and illicit magazine pages.

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I remember getting “woke” in college to the way power can shift sex in an encounter or a relationship.

Power is the problem, not men, not sex. Power, especially in a culture that teaches boys to think of girls and women as objects, is the problem.

Harvey Weinstein had power; he abused it. Many other public figures, Jewish and not Jewish, by their status or celebrity had power and abused it. Sexual contact where power is at play is not sex, is certainly not an expression of a relationship of mutuality; it is abuse.

“Our people,” Jewish men, we need to focus on relationships and on boundaries. The Sages, the Jewish men whose rabbinic worldview dominates Jewish tradition, largely left women out of the conversation, and even they knew better. The Sage Ben Zoma taught, “Who is strong? The one who conquers his inclinations” (Pirke Avot 4:1). The Sage “Rabbi Akiva taught: a man and a woman [who have appropriate sexual relations] merit God’s presence between them; [if they have inappropriate sexual relations] they do not merit [God’s presence and] fire is between them” (Sotah 17a). The fire has been burning in our society for decades. The wisdom for meriting God in our relationships has been around for millennia.

It is time for Jewish men to be strong by conquering our inclinations to power’s corrupting influence. It is time for Jewish men to be strong by saying less and listening more. And it is time for all of us to teach ourselves and our children to

value people as embodiments of God’s presence in our world.

**RABBI PETER GRUMBACHER**  
*Rabbi Emeritus, Congregation Beth Emeth*

While the scandal has expanded beyond Harvey Weinstein with more and more men being accused of sexual impropriety, you can bet that our People were mortified when they heard that a Jew, and so influential a Jew at that, was involved. Every time we hear about a Jew in trouble we take on a bit of shame. What is more, when a Hollywood mogul is the culprit, we think of all those who claim that Jews “own” Hollywood, and the “ownership” involves immorality. Similar situations were the norm of the movie producers of old and, yes, many of them were Jewish.

But the point is, Jewish or not, we have the obligation of teaching our boys and young men (older ones as well) to respect women; and if it is power that gives them the encouragement to take advantage of women, better the power of our tradition to restrain them.

In the Holiness Code, Leviticus 19, we are commanded to “be holy” because God is holy. It’s an amazing verse inasmuch as we are to be God-like, imitating God. Bill Cosby and Louis C.K., perhaps even wannabe senator and founder/president of the Foundation for Moral Law, Alabama’s Roy Moore, Matt Lauer, etc., prove that this is not a parochial issue. It is an issue that must be addressed across the board so that other women are not the targets of men who take advantage.

# ARAD: THE MOST BEAUTIFUL PLACE ON EARTH

By Anna Saul  
Marketing &  
Communications  
Director, Siegel JCC



PHOTO COURTESY OF ANNA SAUL

## Nine members of the staff of the Siegel JCC traveled to Israel for a seminar for JCC professionals from October 27th - November 9th.

The trip included staff members from six medium-size JCCs from across the country. The focus of the trip was to experience the beauty of Israel, understand Jewish collective memory, strengthen community, and bring it back to the J.

Our trip itinerary was jam-packed, but we knew we couldn't miss an opportunity to visit our sister city of Arad—a relationship developed through Jewish Federation of Delaware, the Jewish Agency for Israel and its Partnership2Gether (P2G) program. The primary goal of P2G is to develop programs that will build bridges in the area of education, tourism, economic development, and volunteerism. P2G connects Jewish and Israeli communities in 46 city-to-city and region-to-region Partnerships, engaging participants in meaningful ongoing connections between Israelis and Jews around the world.

How lucky for us that we were scheduled to break off from the full traveling group for 16 hours in Arad and experience this unique connection.

At our first group dinner in Israel, our icebreaker included revealing what we saw in our minds when thinking about Israel. Common themes included Jerusalem (the Western Wall and the golden Dome of the Rock) and Tel Aviv (the Miami or New York City of Israel). After this trip, and to my surprise, my new vision of Israel, however, would be of the beautiful city of Arad.

ShalomDelaware.org

## MY TOP 5 FAVORITE THINGS ABOUT ARAD:

### THE LANDSCAPE:

Arad is an incredible example of the majesty and the tranquility of the desert. Being outside in Arad felt like being in a theater without a bad seat in the house. From the lookout point where the strangely beautiful Mitzpor monument stands, you can see the Judean desert, the Dead Sea, and the Moab Mountains. I could have stood there for the entire 16 hours and not seen enough.

### THE CULTURE:

The city of Arad is exploding with culture: music, dance, and art. The art gallery had a really cool exhibit showing artists' interpretation of Arad. But what I really felt inspired by was the street art in the artists' quarters, done by a group of artists from Hawaii, Tel Aviv, and

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## IN ISRAEL

### ARAD

CONTINUED FROM PAGE 33

Los Angeles. Not only did the art bring renewed life to the neighborhood, but it inspired young locals to create in the area in response.

#### THE COMMUNITY:

The city seems like the kind of place where all of a person's needs can be met. People in Arad can work, learn, shop, and enjoy life all within the city. I was told that every part of the city is no more than a 3-minute drive away. The community center produces events and opportunities for people to come together to learn, share, and celebrate. Their "Free School" day of learning program provides a forum for people to share their knowledge on a particular topic with anyone interested.

#### THE PEOPLE:

I can't imagine more gracious hosts. Community members welcomed us into their homes and invited us to dinner with their families. We were thrown a

party that can only be described as epic. And, we were paired with professional counterparts to learn about their community-building efforts, all of whom were so incredibly passionate about their work. It was so easy to find common ground with each person I encountered, and the connections we made were instantaneous and strong.

#### THE CONNECTION:

Meeting likeminded individuals wanting to connect and bring our communities together was so rewarding. The community center in Arad has so many similarities to our own JCC in Delaware, we couldn't help but start trying to come up with ways to continue the partnership: bringing art from Arad to our ArtSpace, setting up a basketball gaming connection for high schoolers, and celebrating Chanukah together by lighting candles via Skype call.

16 hours in Arad was not enough, but it certainly sparked a flame inside all of us. I can't wait to continue what we started. I can't wait to go back. I can't wait to keep talking.

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# ISRAEL CYCLING ACADEMY LAUNCHES WORLD'S MOST DIVERSE TEAM

IN ISRAEL

By Simon Davies, *Israel*



PHOTO CREDIT: ISRAEL CYCLING ACADEMY

The Israel Cycling Academy's 2018 roster was unveiled November 17th in front of the world's media, and awarded the prestigious title of Peres Center "Ambassador for Peace" by Chemi Peres, son of the late President Shimon Peres, at a ceremony attended by Ambassadors from many countries. The team comprises cyclists of three religions, from 16 different countries on five continents, including recent addition Ahmet Örken, the 2017 Turkish National Time Trial cycling champion.

The team also launched its roster, the team's strongest ever, ahead of the 2018 season, the most significant in its short existence which it hopes will culminate with a place in the 2018 Giro d'Italia – beginning in Jerusalem and passing through several other Israeli cities including Tel Aviv, whose Mayor Ron Huldai attended the event.

The Israel Cycling Academy, Israel's first and only professional cycling team,

is unique in the world of professional sports. As a non-profit team, its values, ethos and commitment to social change set it apart from its competitors, and ensures that its significance extends far beyond the realm of sport.

Among the team members are four current national champions, including Ahmet Örken, the 2017 Turkish National Time Trial cycling champion. Örken's participation is further proof of the Israel Cycling Academy's ability to break down barriers. Meanwhile, Spain's Ruben Plaza and Italy's Kristian Sbaragli have won stages of the Tour de France and Vuelta a Espana respectively. The team also includes five of Israel's top cyclists, including national champion Roy Goldstein, hoping to make their mark on the international stage. It is the world's most diverse team, and a living embodiment of the potential for sport to bring people together.

In recognition of these values, the Peres Center for Peace bestowed upon the Israel Cycling Academy team members, team managers, plus team founders – Sylvan Adams and Roni Baron - the title of "Ambassador for Peace." The award, given by Chemi Peres, Chairman of the Board of Directors of the Peres Center for Peace and Innovation, is a powerful statement that sport can be a strong force for good in the world.

"My father [Shimon Peres] believed in the ability of sport to bridge nations, cultures and religions. As he used to say, 'When you are on a sports field, you are a team player – Not a Muslim, Jew or Christian.' Sport knows no boundaries. Sport is an international language that unites us all. It does not matter if you speak English, Hebrew or Turkish – everyone has a place and a role to play. Athletes have the power to be ambassadors for peace, and to serve as role models for the younger generation."



# LACROSSE IN ISRAEL:

## Six Years in and Still Chasing a Dream

By Dan Brosgol



Israel vs. Yale on Oct 3 PHOTO: ISRAEL LACROSSE

M

More than six years ago, when Scott Neiss cold-called Bill Beroza to ask him to be the head coach of Israel's national lacrosse team, he got an all-time response: "You don't need a lacrosse coach; you need a therapist." Not to be deterred, Neiss continued his pitch by making his vision crystal clear—to make lacrosse the national sport of Israel.

That sounded, and sounds, like a long shot; after all, lacrosse in Israel at that time was akin to, well, nothing, but underdogs have a long history of success in the Land of Israel. But with Neiss's passion for Israel activated by his Birthright experience, combined with his professional work in the greater New York City area for the National Lacrosse League, it seemed like a dream worth chasing. And Beroza, a member of the

National Lacrosse Hall of Fame and the Jewish Sports Hall of Fame—and the former co-captain of the U.S. national team—was the obvious choice to help Neiss make his dream a reality.

With little more than a nascent vision and some outreach to American Jews and expats in Israel, August 2011 found Neiss, Beroza and a few other passionate lacrosse-Zionists putting together an exhibition game in Jerusalem at the Kraft Family Stadium. Two teams' worth of players were rounded up and took the field after Shabbat, playing until midnight in front of a large crowd, a cholent of Orthodox Jews, Sabras, secular Israelis and Israeli Arabs.

And what began on a midsummer's eve in Jerusalem continued later that year with a handful of American guys with big

dreams running clinics during gym classes in Israeli public schools and knocking on doors in Ashkelon, trying to get kids to come to after-school lacrosse workshops. Thanks to some hard work and pavement-pounding across southern Israel, in that first year, somewhere between 2,000-3,000 Israeli schoolchildren held a lacrosse stick for the first time.

Six years later, in a country where most kids specialize in one sport, and early on in life, approximately 500 kids in Israel have made lacrosse their year-round sport, and the youth development program has successfully produced the first native-born Israeli player for the national team, Ori Bar David. As lacrosse continues to take root in Israel's fertile sporting soil, the hope is that more kids will focus on lacrosse and put in the hours necessary to become world-class players. As Neiss says, "It's not a question of talent. Israel has plenty of good athletes—they just need to be convinced to play lacrosse."

Since 2011, lacrosse has steadily gained notoriety in Israel. Israel's national team, much like the Israeli baseball team in the World Baseball Classic, comprises mostly Jewish Americans, but has achieved a string of good results on the world stage. In 2012, the national team debuted at the European Box Lacrosse Championships in Amsterdam, coming in second place, and in 2014 the team competed at the FIL World Lacrosse Championships in Denver, coming in seventh place and barely missing out on making the Final Four. The future is bright.

Beyond the national team's exploits, the growth of Israel Lacrosse is also reflected

**MORE ON NEXT PAGE**

in its summer league for college players from around the world, with teams situated in Ashdod, Ashkelon, Be'er Sheva, Haifa, Herzliya, Kiryat Gat, Netanya and Sderot. It also organizes a winter Birthright trip, where 80 participants from across North America play lacrosse and see Israel, runs programs for high-school students, and now employs 15 full-time coaches in Israel.

But the biggest news out of Israel Lacrosse is, in fact, a huge deal. Israel was recently awarded the right to host the FIL Men's World Lacrosse Championships in the summer of 2018, and for two weeks next summer, Netanya will be the center of the lacrosse universe. For tiny Israel, it is a massive feather in the proverbial cap, and the most prestigious international sporting tournament they will have ever hosted.

It would be tempting, and appropriate, to call the World Championships the greatest success in the (short) history of Israeli lacrosse, but while that might put the program on a huge platform, there are clear goals for beyond 2018.



Israel Lacrosse head coach Bill Beroza PHOTO: ISRAEL LACROSSE

With rumors circulating that lacrosse will be back as an Olympic sport in 2028 in Los Angeles, just as Israeli lacrosse turns 17 and will have (perhaps) produced multiple generations of home-grown players, Neiss thinks the stars are aligning for a gold-medal campaign for Team Israel. Given the fact that Israeli sports history is

full of dismal performances on the stage, particularly when it comes to team sports, a gold medal at the 2028 Olympic Games just might make lacrosse the national sport of a country desperate for winners.

Given the past six years, it's not much of a stretch.

*Dan Brosgol is the Director of Prozdor and a native Bostonian passionate about sports, Israel and running when he's not chasing around his five kids. Dan also blogs for JewishBoston, Hebrew College, and The Bedford Citizen.*

*Permission to reprint given by the author.*

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# MORE THAN A DIAGNOSIS

By Dana Berman  
*JFD Community Shlichah*

## When talking about Health and Israel, we can review it from various different angles:

We can talk about TEVA and the Pharmaceutical companies, discuss the field hospitals Israel established in areas that were struck by natural disasters, or even mention the research and the technological breakthroughs in the medical field Israeli companies present so often.

But how does Israel, in its most basic form, come across?

The answer is, when you need it the most. And although this is probably one of the most personal pieces I have written, I feel that for those who are seeking to understand Israel and Israelis, it's an experience worth sharing.

When I was 14, I was diagnosed with Hodgkin Lymphoma cancer. Or, the way Israelis tend to refer to it *HaMachala* (the illness). My family and I were on a vacation up in the northern part of Israel, when I noticed my neck looked a bit swollen. I remembered noticing this before, but it always ended up disappearing. This time I noticed it, I decided to share it with my mom. She felt her neck and mine several times, trying to compare. Eventually, puzzled, she said

we'll go check it out with our pediatrician once we get home, just in case. The doctor, a nice Russian lady, said with all the tact she could come up with "Dear god! Those are the biggest lymph's I've ever seen!" leaving my mom and I pale and confused.

It was the second holiday of Sukkot, so no blood tests were available that day. My mom wouldn't wait for another minute, so we ended up at the ER, where the staff immediately decided to hospitalize us (well, me, but obviously I wasn't going to let my mom go anywhere).

Over the next two weeks, I went through about two dozen different tests. I, of course, already self-diagnosed myself with Mono (two kids in my class had it, and showed very similar symptoms to mine, so I figured it was only a matter of time until my doctors caught up with my diagnosis).

Eventually, the medical team insisted on a biopsy, which unfortunately ruled out my very optimistic Mono.

When people find out they have cancer, they usually go into deep thoughts about life and death, the meaning of our existence and the world around us. Well, I am not one of those people. I was devastated over the loss of my *hair*.

So as I started my chemotherapy treatments at the Schneider hospital for kids in Petah-Tikva, we started to seek for, well, hair. My cousin, who is a modern orthodox man, reached out to his friend's wife. The lady was wearing a wig regularly, as a part of her orthodox way of living, and he figured she could give us a tip on where to go for a good one. "I'm so glad for you!" she gushed, "Your wife has finally decided to go switch from a hat to a wig!"

Well, we had to correct her, and apologized for letting her down, but then we all had a good laugh about it.



Dana Berman

So the wig part was covered (as was my head, finally). I was expected to go through 4-6 chemotherapy treatments. During my treatments, I stayed at the hospital with two other kids in the room, each time, different kids. Ages varied from 0-18, and you could see every ethnicity and culture and background there – Jewish, Christians and Muslims, Ethiopians, Russians, Sabra, Yemens, Hungarian and Moroccans, blonds, brunettes, religious and atheists, village and city people, lovers of pink, green, and grey colors. (If you want to see the Israeli potluck at its finest, pay a visit to the Oncology department.)

Our doctors and nurses were also from all different backgrounds, and I've come to love and admire each of them, and until this day, I am certain they probably hold some of the hardest jobs in the world.

Volunteers are a huge part of your time at the hospital—each week we would receive visits from different Israeli organizations. Some of them would come to talk with us or play guitar, others would bring items from gifts (I once got an electric scooter!), to the *Besamim* (fragrances) as a blessing before Shabbat. Some of our volunteers were older, retired people; others were doing it as a part of their Bar/Bat Mitzvah events. Units' of soldiers often came to just hang

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“ I was in constant awe of how many people care for **complete strangers**. Volunteering time, money, and energy without getting anything back but our **gratitude**. It was one of the greatest lessons earned from this experience. ”

out and talk with us. Some were just extraordinary “ordinary” people, wanting to do good for others with their time. They meant the world to us, each in their own way, distracting us for a while from the situation we were in. In between treatments, I got to go on trips and adventures, all courtesy of good people, who were trying to provide us with positive experiences that would make things a little easier for us.

Although I can't say I had fun going through treatments, I was in constant awe of how many people care for complete strangers. Volunteering time, money, and energy without getting anything back but our gratitude.

It was one of the greatest lessons I've earned from this experience.

My four “first” treatments resulted in another, harder, treatment, followed by a self-bone marrow transplant, and radiotherapy sessions. I was MIA from school for over a year, but thankfully was able to come back and graduate with the rest of my class. I got involved in different school activities, making up for the lost time, and also started a volunteering opportunity for teens at my school. We would fundraise, buy toys, and organize visits to the oncology department at my hospital. It was a privilege to see how deeply each of them took the commitment, and how much

passion people showed to this project. Over the past two years, my mom started a project of her own, arriving at the oncology department for a day of volunteering, teaching kids and their families to make jewelry, having a fun experience, and a distraction from day to day things.

For us, the journey towards my physical health went hand in hand with our attitude, support system, and positive experiences, and it is my hope that we will be able to create those positive experiences for others as well.

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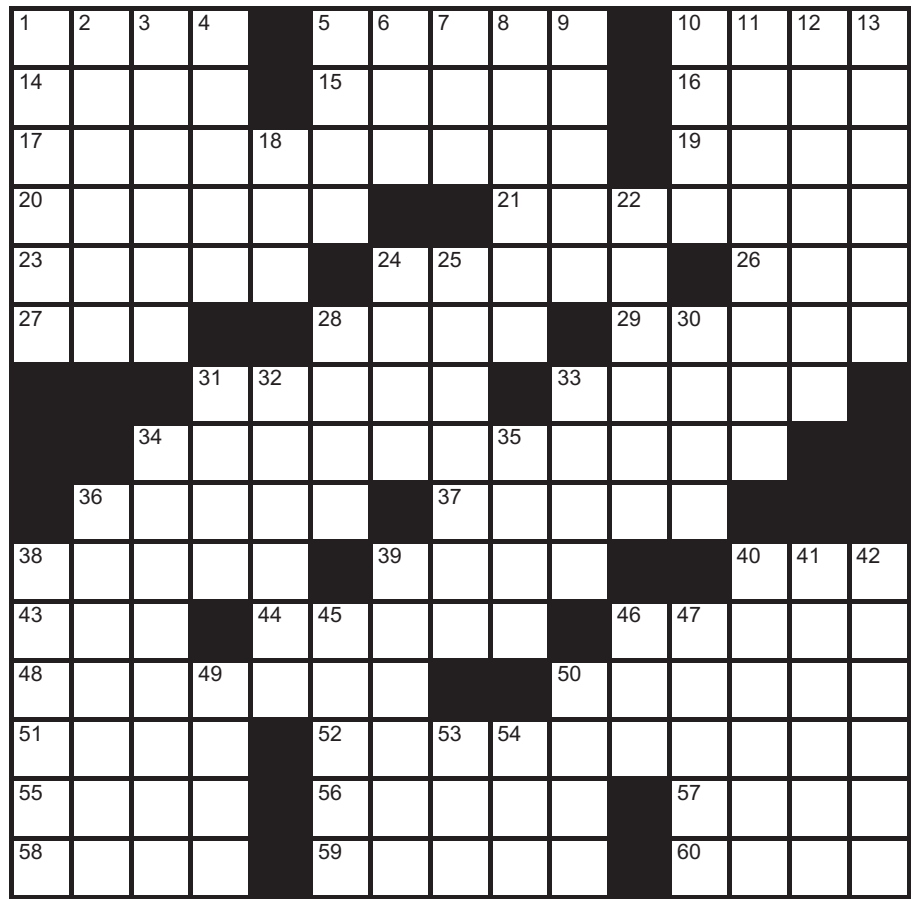
# FOOTBALL PHRASEOLOGY

By Yoni Glatt  
koshercrosswords@gmail.com

**DIFFICULTY LEVEL: Easy**  
**SOLUTION APPEARS ON PAGE 51**

**ACROSS**

- 1. "Buona \_\_\_" ("Layla tov")
- 5. Judges (to be)
- 10. Chutzpah
- 14. Mars, to the Greeks
- 15. (Knesset) topic
- 16. Cookie once labeled OU-DE
- 17. Begin minyan with only nine?
- 19. One finished with Hebrew U.
- 20. Chinese and Thai, e.g.
- 21. Like one hurrying to make it to shul
- 23. Lou and Willis
- 24. Went into the air
- 26. End of yom tov?
- 27. Maybe the most important letters in Israel
- 28. Like venison, some say
- 29. Make like Joseph with Egypt's grain
- 31. Grape liquid some use for kiddush
- 33. Refine, as metal
- 34. They create new Jews
- 36. These puzzles always have one
- 37. Jewish wedding fragments
- 38. Rebbetzin \_\_\_ Mushka Schneerson
- 39. Paper purchase
- 40. Dough machine?
- 43. Unlikely locale for Jewish remains
- 44. Involuntary wink, for example
- 46. (Jason) Schwartzman's mom Talia
- 48. Outer layer of notable tref
- 50. Those born in Israel



- 51. Go upside down, like Aly Raisman
- 52. Ben-Gurion landings
- 55. Tefillin area bone
- 56. Angelic glows
- 57. Defensive spray
- 58. Is far behind during services
- 59. "It's \_\_\_ Rock and Roll to Me" (Billy Joel)
- 60. Shaloms

**DOWN**

- 1. Expedition where one might see unique kosher animals
- 2. Removed, as chalk

- 3. Alleviation, to one on shpilkes
- 4. Syrian leader
- 5. Disrespect verbally, in slang
- 6. UWS time zone
- 7. Carlebach's "\_\_\_ Einai"
- 8. Bill of "Groundhog Day"
- 9. Shidduch arrangement
- 10. Vincent van \_\_\_
- 11. 52-Across, essentially
- 12. Most skinny (like a cow in Pharaoh's dream)
- 13. Skiers' cottages
- 18. Naval rank: Abbr.
- 22. "Fuller House" actor John
- 24. Shoestring
- 25. Rises to prominence
- 28. \_\_\_ tzedakah
- 30. Synagogue section
- 31. One of the Ramones
- 32. Expose, as a superhero
- 33. Where Anna met a king, in a musical
- 34. \_\_\_ teams (34-Across, essentially)
- 35. Grand hit for Ian Kinsler
- 36. "\_\_\_ in Manila" (Ali/Frazier bout)
- 38. Coffee measure
- 39. Didn't have enough (oil for the Menorah)
- 40. Windpipe, e.g.
- 41. Prophetic state, perhaps
- 42. Neatnik's banes
- 45. Israeli breads
- 46. Like the tragic story of Chana and her seven sons
- 47. Mushroom cloud former, for short
- 49. Some Dead Sea resorts
- 50. "The Giving Tree" author Silverstein
- 53. "Mind Medicine" author Geller
- 54. Baseball legend Ripken

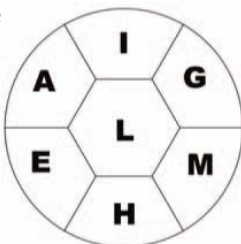


## SPELLING BEE

By Yoni Glatt

How many common words of 5 or more letters can you spell using the letters in the hive?

Every answer must use the center letter at least once. Letters may be reused in a word. At least one word will use all 7 letters and have a direct Jewish connection. Proper names and hyphenated words are not allowed.



**SCORE:**

1 point for each answer  
3 points for Jewish related word that uses all 7 letters.

**RATING:**

8 = Good  
12 = Excellent  
15 = Genius

**HERE IS A LIST OF SOME COMMON WORDS**

(Yes, we know there are more words in the dictionary that can work, but these words are the most common):

**JEWISH ANSWER:** MEGILLAH

**OTHER ANSWERS:** MAMMALIA, AMALGAM, ILLEGAL, MILEAGE, ALLEGE, HALLAL, HALLEL, GAGGLE, GIGGLE, HAGGLE, MAMMAL, EAGLE, GLEAM, LEGAL, LLAMA

# MAKING A DIFFERENCE

By Maayan Lattin

My grandmother, Ann Jaffe, was honored with three other individuals at the Anti-Defamation League's *Concert Against Hate* in Washington, DC at The John F. Kennedy Center for the Performing Arts this past October.

All this helps to emphasize the enormous contribution that my grandmother has made to both this community, and beyond its borders.

To her grandchildren, she is beloved. We look up to her and absolutely adore her. We know, to the rest of the community, Ann Jaffe is not just a friend; she is a role model for speaking up against injustice, and she has taught all of us that each and every one of us can make a difference, if we try.

*Maayan Lattin was born in Israel, but grew up in Wilmington, DE. She is an attorney living in Washington, DC.*



PHOTO BY LINDA JAFFE SEREDUKE

The ADL's *Concert Against Hate* is an event that honors ordinary men and women who have performed extraordinary acts of courage and compassion when confronted by hatred and bigotry. Each honoree was recognized for their work in trying to prevent hate-speech and bigotry and their positive efforts to reconcile the differences among people with understanding and outreach. An abridged version of my grandmother's story was narrated beautifully by Blythe Danner.

It was a coincidence that the ADL chose to honor my grandmother at the same time Hadassah's Wilmington Chapter had plans well underway to honor her locally as well.



## LIFE CYCLES

# BAT MITZVAH

### BETHANY BAUER

Bethany Bauer became Bat Mitzvah on December 9, 2017 at Congregation Beth Shalom. Daughter of Derrick and April Bauer.

PHOTO CREDIT: RABBI MICHAEL BEALS.

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# SPEAKING OF HEALTH

By Jaidy Schweers, *Editor*

There are a number of people in the Delaware community who decide on most days to make a healthy living choice.



Whether their inspiration is propelled through self, family, or a medical condition, they speak about it with passion, some with reluctance, but all with honesty.

Their voices originate from the initiative of the *Jewish VOICE*, which recently posed the following questions regarding Health and Wellness:

- **What does being ‘fit’ mean to you?**
- **What inspires you to be healthy?**
- **How do you maintain a healthy lifestyle?**
- **What’s your greatest obstacle to staying in shape?**

You will find their responses on the following pages, and will be reminded of just how significant a healthy-living philosophy spans the generations throughout our colorful community.

#### IVY HARLEV, AGE 47

Being “fit” means taking care of my mind, my body, and my soul. I try to live a positive life. I look for the positive; I work out, I watch what I eat, and make sure I get adequate sleep. I work to spend time with my family and friends.

I want to make people feel good and if I don’t feel well, then I don’t have the best energy to share. All of this takes a concerted effort, but I think the benefits are worth it.

My parents worked hard to be healthy and that inspires me. If I don’t take care of myself, I can’t take care of others, and my biggest pleasure is to help others. I have read and watched enough documentaries to know that what I put into my body can either help or hinder how my body works. I definitely indulge sometimes, but my dad always quoted Oscar Wilde: “Everything in moderation. Including moderation.” I want to be healthy for my family and friends and also so I can do the best I can in my job. My job is a gift and I don’t want to take it for granted.

#### DAVID SATRAN, AGE 45

My kids inspire me to be healthy. I’ve been running with my daughter, Shoshi, since she was six. She’s now 11, and we run around twenty races together each year. A 5K is now a walk in the park for her, and she’s run as far as 15K; she’s even beaten me to the finish a few times. I expect she’ll be faster than me in a few years, but I’m not going easy on her until then. She’s a fierce competitor, and running alongside her is one of my greatest pleasures. We’re looking ahead to when she turns 14 and we can run a half marathon together.

I also skate with my kids once a week. A couple of year ago Shoshi threatened to quit skating, so I told her I’d take skating lessons with her and her brother, Ari. She’s now ahead of me, and I’m in the same level as my nine-year-old son. I expect he’ll pass me pretty soon as well. I’ve got to keep in shape to keep up with them!

I maintain a healthy lifestyle by drawing on friends and family for support. It’s easier to get out and exercise if you know others are depending on your being there. It’s also important to be mindful that the next workout will be easier because of the one you’re doing now. The hardest part is taking the first step. Any time you get out to the JCC or on a trail it’s a success. Even taking a walk is important. The key is to make plans with someone else. Even if you’re not able to exercise together on a particular day, it helps to know that your partner is planning a workout and depending on you to follow through. Accountability is empowering. Once you string together a couple of workouts and record your progress, it becomes a habit. Lastly, share your successes with others. You’ll very quickly discern your real supporters, and they’ll carry you through when you encounter obstacles.



David and Shoshi Satran PHOTO BY DONNA HARLEV

#### WENDY BERGER, AGE 55

Being fit means taking care of myself through diet, exercise, lifestyle and attitude in order to continue to do all the things I enjoy and still want to experience in my life. I am inspired by so many friends who make fitness and health a priority in their life and who push me to be the best version of myself possible, and it is truly a work in progress! I have been blessed with many family members who served as an example for me and enjoyed very long, happy lives because of their commitment to good health. I have, unfortunately, also lost some family

members and friends at too young an age due to poor health or disease. The result is that I do not take my health for granted and am motivated to take control of my own wellness.

To maintain a healthy lifestyle, I try to exercise at least four days per week through a combination of running, weightlifting, tennis, hiking and just about any outdoor activity available, especially in the summer months. I also try to eat healthy foods, but admittedly have a weakness for sweets which I am constantly battling. The greatest

obstacle I face to staying in shape is my time limitation. I work full time and often have evening commitments for my job, which makes it easy to find an excuse to skip the gym and a healthy meal. On the weekends, I am always trying to catch up on so many things that got pushed to the side during the workweek. I find that I do best when I “schedule” my exercise which helps me make it a priority. I also reach out to my close friends and loved ones to motivate and encourage me when needed!

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SPEAKING OF HEALTH

CONTINUED FROM PAGE 43

RACHEL APPELBAUM, AGE 15 What inspires me to be healthy is my sport. Since I am a dancer, I need to stay fit and healthy to be able to do what I love, and to do what I love to the best of my ability. I am on two different competitive dance teams, and therefore I need to keep myself healthy and fit that way I can perform my best and feel my best when I am dancing.

HARVEY GILBERT, AGE 76 Being 'fit' means eating healthy and exercising on a regular basis.

What inspires me to be healthy? Living a long life.

SHARA BUBES, AGE 54 My overall well-being inspires me to be healthy. I feel you are given one body, one "shell" to go through life with. Why not make it the best it can be so you can feel good mentally and physically. I might not have control over certain things in my life but I do have the ability to make my body and mind feel better by having a consistent exercise routine and a healthy diet. People are living longer so it is important to maintain a quality of life, and one of the easiest ways to do that is by having a healthy lifestyle. It all comes down to how you want to feel every day and for the rest of your life.

Being fit isn't just about how far you can run or how much weight you can lift. You might be able to bench press a ton of weight but walk hunched over. You may run 10 miles a day but have no upper body strength. You may work out every day but feed your body junk. There is a harmony between strength, flexibility, and being aware and mindful of how our bodies move, and fueling them properly. Each person has their own level of fitness. The question is, what small changes can you make to improve your fitness level. These small changes can impact your health and wellness overtime. The more fit we are the better we will feel, the better our quality of life.

JORDAN COHEN, AGE 20 My greatest obstacle for staying in shape is consistency with my diet. It is not hard for me to go to the gym and put in the time at the gym, I actually like that part. The hard part for me is diet. The reason this is so hard is because I try not to eat any junk food, as well as eating plenty of protein. Doing this is a challenge because I try to eat around a gram of protein per pound of body weight. So for me trying to get 200 grams of protein a day is quite difficult, but if you can do it, you will definitely see major changes in your workouts at the gym.

The ways I maintain a healthy lifestyle is by going to the gym at least six days a week. I go to the gym and work my butt off for around an hour and a half each day, but this is fun for me and I love being at the gym. Another way I maintain a healthy lifestyle is by constantly having food with me, I try not to buy any foods from stores or restaurants because they tend to be worse for you, so I avoid this by meal prepping and having food with me always. Lastly, I try and consume around a gram of protein per pound of body weight, which greatly influences how much weight I can push around in the gym.

MORE ON NEXT PAGE

Siegel JCC Snowball Run 2016 PHOTO BY DONNA HARLEV



**KATIE GLAZIER, AGE 39** My kids are my biggest inspiration for being healthy and active. I want to model positive behaviors, so on the mornings when I just don't want to work out, I think about telling my kids to follow through when they feel challenged. My dad goes to the gym several days a week, and that motivates me to get off my tush and do that run, go to the gym, or head out for a walk with my family.

What's my greatest obstacle to staying in shape? Honestly, my natural tendency towards wanting to read on the couch with a plate of cookies is my biggest obstacle. What I've found in my exercise journey is that what I eat really impacts my exercise – when I make healthy food choices, I want to work out more, which encourages me to make healthy food choices! An evening of pizza and brownies makes it very hard to get up in the morning and work out.

**SARA AUERBACH, AGE 37** Being "fit" to me means taking care of my mind and body by eating a balanced diet, exercising regularly, and taking time to mentally center myself. What inspires me to be healthy is the way I feel when I eat well and take care of my mind and body - I have a lot more energy and feel good inside and out. I maintain a healthy lifestyle by creating as much balance in my life as possible and sticking to routines. I practice yoga several times a week on the same days and at the same times. Since it is part of my routine, I don't even have to think about it. I am not very strict with my diet, but I do my best to balance out the junk food by cooking healthy meals at home. My greatest obstacles to staying in shape are my love of food and relaxation.

**DAVE SAUL, AGE 33** I'm a 33-year-old man, and I am inspired to stay healthy by my two-year-old son. He is always very active, and likes to play rough and tumble. I need to be in good shape in order to keep up, and working out at the J helps keep me feeling young enough to run after him and enjoy his energy.

My work schedule is very intensive and highly variable, so I have always had a hard time keeping up a consistent workout schedule. However, now that I belong to the J, I can take advantage of the long gym hours and am able to fit workouts in before or after work. My trainer, AJ, is also very flexible and works around my unpredictable hours to help keep me motivated.

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# HAPPY, HEALTHY, AND JEWISH

By Dan Metz

“Well,  
grandma,  
this one’s  
for you.”

## About a year ago, my mother took up cooking.

She’s always had her go-to recipes, but a year ago she bought a half-dozen cookbooks and has set out to test and taste every recipe she could find. She’s been pushing me, and my sister when she’s in town, to invite friends over for home-cooked meals, and takes every opportunity to cram people together at our tiny dining room table. As of yet, there have been no overt urgings for grandchildren from either myself or my sister, but she’s taken to babysitting the infant children of our friends who have been less timid about settling down and starting families of their own. My sister and I have begun sweating, each recognizing the signs: the over-the-top family meals, the practice runs at sitting for infants. Ready or not (and we are not), my mother is becoming a bubbe.

Bubbes are the biggest punchline in Judaism. They’re the aspect of Judaism we most cherish and dread, so much so that it seeps into our art. Can any Jew say that their heart didn’t quiver every time they heard the off-screen voice of Harold Wolowitz’s mother on *The Big Bang Theory*, or Jerry and George’s mothers from *Seinfeld*. Having a couple bubbes myself, I was not too excited about the idea of my mother turning into one as well. Genetics don’t lie, though, and her mother being in town is like a road map to bubbe-dom: After taking her to an open mic night where a close friend of mine, B.H. Littleman, read an excerpt from his new book, she turned to me with a look. You know the look.

“When will you be like that?” She asked. “Like what?” I replied.

It’s a touchy subject. “Book in hand.” She said, “Published, successful. If he can write that well, you should be writing twice as good!”

Well, grandma, this one’s for you.

In the MyJewishLearning article, *Battling the Stereotypes of the Jewish Mother*, authors Adina Kay-Gross, Carla Naumburg, and Judith Rosenbaum discuss the origin of the bubbe stereotype. They reference the *Yiddishe Mama*, the strong matriarch of the shtetl and the immigrant family new to America. These women held their families together with a strong will and an iron nerve, dedicated to the success of their children and grandchildren, and justifiably nervous about the very real threats of life outside the family and community.

As American Jewry took root and began to thrive in America, the motives of the *Yiddishe Mama* drew ever farther away from the experience of younger and more assimilated generations. Steadfast matriarchs became nagging, nervous, bubbes. Ask yourself: Are they truly to blame? What’s the difference between the Jewish bubbe and any other matriarch from an immigrant community holding onto their culture? Only the details. Who among us can say that they watched *My Big Fat Greek Wedding* and saw anything other than a Greek-speaking Jewish family? Haven’t watched it? I’ll wait.

As much as she may guilt, poke, and prod, Bubbe does what she does out of love. All she wants, when you get down to it, is

**MORE ON NEXT PAGE**

Dan Metz is a former Hebrew school teacher at Congregation Beth Shalom in Wilmington, DE, as well as current Youth and Teen Coordinator at the Siegel JCC.



“As much as she may **guilt, poke, and prod**, Bubbe does what she does out of love. All she wants, when you get down to it, is for you to be **happy, healthy, and Jewish.**”

for you to be happy, healthy, and Jewish, and she’s willing to nudge you to make it happen.

I am blessed to still have both of my bubbes in my life, as well as a good relationship with my mother. Still, they can’t be around all of the time. These aren’t the old days of tight family units where bubbes reigned supreme. For many of us, they’re a road trip or a plane ticket away. There can’t always be someone to give you a hearty home-cooked meal, or an unsparing pep talk to get you back on your feet. Sometimes, you have to go it alone. Sometimes, you need to be your own bubbe.

Maybe that’s what my mom’s done. We don’t have a lot of family nearby. Her mother lives in Michigan. So, she decided to do it all herself. She wanted the big family dinners, so she’s recruited herself a full table and her own set of “Bubbe’s Secret Recipes” (my grandmother is known in our family for many things, but cuisine isn’t one of them). She wanted grandkids before her kids were ready (like, way before), so she added more children to the family with children of their own. The bubbe’s credo is, after all, “the more, the merrier!” And who can fault my mother or my grandmother for wanting their children to be happy, healthy, and successful?

It makes me wonder what I can do to be my own bubbe. Maybe I’ll crack open a cookbook and make myself an over-the-top elaborate meal just because it’s Friday night. Maybe, when I’m feeling down, I’ll show myself so much love that I’ll be embarrassed to be in public with me. Maybe I’ll go out, find a nice Jewish girl, maybe a doctor, and settle down in a house with two kids and a couple 100k a year jobs. Well, maybe not quite yet. Maybe if I take better care of myself, my bubbes might not feel like they have to do it themselves. Maybe there’s only so much that I can ask.

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# FALLING AWAKE: The Art of Jewish Meditation

By Rabbi Micah Becker-Klein



הַרְיֵנִי מִקְבֵּל עָלַי אֶת מִצְוֹת  
הַבּוֹרָא וְאֶהְבֶּתָּ לְרַעְךָ כְּמוֹד:

Hereni Mekabel Alay et  
Mitzvat Haborey Ve'ahavta  
Lareyacha Kamocho

PHOTO CREDIT: GAIAM.COM

“Behold, I am ready to take upon myself the mitzvah of the Creator to Love my Fellow Human Being as Myself”

–Traditional Jewish morning prayer

Meditation has been an important aspect of my spirituality for many years. This verse, (“Hareni mekabel...”) above is one that I first meditated on about twenty-five years ago. Jewish meditation is practiced by many people today and has many forms including guided, silent, and chanting. It is part of a great

tradition that evolved alongside mainstream rabbinic Jewish practice and continues to unfold with each consequent generation. Within the text of the Tanakh, the Hebrew Bible, there are references to individuals who are in meditation or deeply spiritual states. For example, in Genesis when Rebecca first sees Isaac, he is in the field, alone in the late afternoon, and around him is a great radiance. The tradition teaches he was meditating and had achieved a high state of focus at that time in meditation which Rebecca could perceive. Another tradition understands the encounter with Moses at the very moment of his calling to be one of intense meditation and deep

**MORE ON NEXT PAGE**

Rabbi Micah Becker-Klein is a faculty member at University of Delaware. His teachings, videos, and more can be found at rabbimicah.com. Rabbi Micah has also developed his own coffee roasting business, roastingrabbi.com.

listening. In Exodus, chapter three, Moses goes to rescue an escaped lamb and sees a shrub on fire, but not burning. This is the “bush that was not consumed.” When looked at carefully, one question you could ask is, “how long does a person need to observe a fire until one realizes that the wood is not actually burning, but the flame is around it?” That is to say, Moses may have been meditating for some time, had achieved a high state of enlightenment, and then came to realize that the flame was not burning the wood.

As rabbinic Judaism evolved, so too did the idea of *hitbodedut*, meaning meditation, or *dveikut*, the Hebrew term that reflects an attachment to Holiness. While Jewish practice would abhor the notion that one would dare meditate on the form of God directly, there emerged many alternatives. Earliest forms of Jewish meditation that we are aware of include the *Hechalot* and *Merkavah* meditations. The *merkavah* mystics mediated primarily on the structure of the chariot that ascends between the earthly and the heavenly realms based on the imagery early in the writings of the prophet Ezekiel. *Merkavah* mysticism seems to have emerged between the second and fourth centuries of the common era. *Hechalot* mysticism follows as a practice of meditating on the heavenly realm or palace. This type of mysticism seems to have been mainly present from the fourth through fifteenth centuries and overlaps with other types of Jewish meditation practices. In ways this is not very different from the Buddhist sand-art mandalas which are similarly visual depictions of heavenly palaces.

In the evolution of Jewish civilizations, Kabbalah, Jewish mysticism, fully emerges between the 13th and 16th centuries. Of the many Jewish mystics, some were proponents of a practical kabbalah, some practiced theosophical kabbalah, while others practiced meditation kabbalah. There were a few

distinct approaches to Jewish meditation that emerged in kabbalah. Of the great Jewish mystics, Abraham Abulafia, a 13th century Spanish kabbalist stands out. Letter meditations, word meditations, and the chanting of God’s holy names were among his practices.

Today there are many Jewish meditation practices. Among the ways one can explore mindfulness and meditation today include local practices, Jewish retreat centers such as Pearlstone in Maryland and Isabella Freedman in Connecticut, yoga retreat centers, in addition to numerous places and teachers in Israel, and of course podcasts. Modern science finds that not only is meditation part of religious practice and importance, it is also a part of developing a healthy spirit. As much as each of us should work to have a healthy mind and body, it is just as important to develop a strong spiritual soul through meditation.

Meditation helps us to slow down. Creating the mindful space to open up, we are able to relate to one another and to ourselves better. Meditation has proven to be helpful in battling stress, anxiety, and increasing a sense of well-being and happiness. With meditation, we can achieve a calmness and awaken a higher sense of being.

#### **A basic meditation follows:**

Begin with the awareness of your breath and the awareness of yourself. We start with the posture. How are you sitting? Sit with your feet flat on the floor, if possible. Find your hips against the seat of the chair and have your spine as straight as you can—without straining—holding up your shoulders strongly. Sit, consciously and intentionally.

We are building a sense of the energy flow of your body, the gift of this container that carries us through life, shielding and protecting our soul as much as our organs.

You are falling awake. Meditation is the art of falling awake. Sitting strong, feeling the energy of the central nervous system

flowing as you take a slow breath.

Relax. Try to relax your muscles while keeping your back straight and tall. If there is any tension in your body, feel it lessen. Let your breathing be natural... so that your breath flows in....and out... in a natural rhythm. I meditate by taking the breath in through the nostrils, filling my belly with air and releasing through the mouth. You might want to try this. In my practice I do this with a little sigh. In through the nostrils, filling the abdomen, and then release, ahhh...Focus on your breath entering your body with a sense of freshness and holiness and releasing any tension as you sigh out the breath. Don’t control the breath or overthink it, just breathe normally and gently.

Inevitably thoughts will appear; your attention may be distracted by them, but as soon as you realize this is happening, bring your mind back to your breath. It is just your brain. Say “hello, brain,” to yourself, and then let it pass. Relax. Breathe. Stay awake. Natural and easy. Breathing in newness through the nostrils and breathing out the negative through the belly.

Remember we are falling awake. Think to yourself, “may this meditation bring a sense of happiness, a sense of love, a sense of peace to me, to those I know and love, and to all in the world.”

Keep breathing, with focus, slowly, filling the abdomen, and releasing through the mouth with a soft sound. Slowly, with three intentional breaths, bring your focus and attention back into the room. Open your eyes, come back into the awareness of now. Smile. Softly say, “Shalom.” You are awake.

Perhaps this is a practice that can be yours each day to begin the day. A few minutes, checking in, being grateful, and being present. *Modeh/ Modah Ani Lefanecha Ruach Chai Vekayam*. I am awakening to gratitude before You, everlasting Spirit. Shalom. Peace and Blessings.

# VEGETABLE QUINOA SOUP

By Sharon Lehman



PHOTO BY SHARON LEHMAN

**VEGETABLE QUINOA SOUP**  
Prep Time: 15 minutes  
Cook Time: 40 minutes  
Total Time: 55 minutes  
Servings: 8-10

Sharon Lehman is a Registered Dietitian Nutritionist based in Wilmington. For more healthy recipes and nutrition advice, visit Sharon's blog at [www.heartandstove.com](http://www.heartandstove.com) or contact her at [SharonLehmanRD@gmail.com](mailto:SharonLehmanRD@gmail.com).

**It's January.** You need soup. Bonus points if it's a healthy, veggie and protein packed soup to help you stick to your 2018 health and fitness intentions!

Vegetable Quinoa Soup is full of good-for-you veggies in a savory tomato broth. This soup is easily customizable, vegan-friendly (if you use vegetable stock), and perfectly warming on a cold winter day!

Rainbow carrots, onion, garlic, fennel, bell pepper, Yukon gold potatoes, kidney beans, and quinoa are gently simmered in a rich tomato broth. Green beans, peas, and parsley are added toward the end of the cooking time to help preserve their green color and texture.

Working on eating more leafy greens? Try adding a few handfuls of curly kale or spinach in the last few minutes of cook time.

I add a splash of red wine vinegar at the end of cooking. Don't worry – you won't taste vinegar when all is said and done.

Finishing dishes with a bit of acid helps brighten and balance flavors. It can also counteract the blandness of an under-salted recipe or eliminate the need for extra salt at the table. Sometimes it's just what you need to take something from tasting "just okay" to extra flavorful!

I'm a lemon lover and, for me, the combination of both vinegar and a squeeze of lemon brightens this soup and makes it delectable. Give it a try!

This recipe makes a large pot, so freeze half for later or enjoy the leftovers for healthy lunches all week long.

## INGREDIENTS:

- 2 tbsp olive oil
- 1 medium yellow onion, chopped
- 4-6 garlic cloves, minced
- 1 green bell pepper, chopped
- 1 fennel bulb, chopped
- 2 carrots, sliced into thin rounds
- 2 cups yukon gold potatoes, chopped
- 2 14oz cans fire-roasted diced tomatoes
- 1 14oz can chickpeas OR red kidney beans
- 1½ tsp kosher salt
- 1 tsp black pepper
- 2 tsp dried oregano
- 1 tsp ground cumin
- 2 tbsp tomato paste
- 1 cup uncooked quinoa
- 8 cups chicken stock (use vegetable stock to make it vegan)
- 2 cups green beans, cut into 1-2 inch pieces (I used thawed frozen green beans)
- 1 cup frozen peas
- ¼ cup parsley, chopped
- 1 tbsp red wine vinegar

## DIRECTIONS:

1. Heat olive oil in dutch oven over medium-high heat. Sauté onions 2 minutes, then add garlic and saute another minute or two.
2. Add pepper, fennel, carrot to pot and saute 2-4 minutes.
3. Add diced tomatoes, potatoes, beans, salt, pepper, oregano, cumin, tomato paste, and stock. Stir in the uncooked quinoa.
4. Bring soup to a low boil, then reduce heat to medium low and simmer 20-30 minutes or until potatoes are tender and quinoa is cooked through.
5. During last 5-10 minutes, add frozen green beans and peas.
6. Off heat, stir in chopped parsley and red wine vinegar.

# JERUSALEM LECTURE SERIES DEDICATED TO MEMORY OF DELAWARE'S STUART B. YOUNG

By JFD Staff

Internationally acclaimed Dutch designer Petra Blaisse opened the first lecture in an international lecture series of the department of architecture at the Bezalel Academy of Arts and Design in memory of U.S. philanthropist and arts patron Stuart B. Young, who was a leading member of the Delaware Jewish community for more than 55 years.

In addition to the lecture, Petra gave a masterclass and critiqued student projects from the school's department of jewelry, fashion, and architecture program.

Prior to his sudden death in 2015, Stuart B. Young served on the Board of Bezalel Academy of Arts and Design both in Israel and the United States. Stuart was well-known in Delaware for his leadership roles in the Jewish community. He was a lifelong

member of Congregation Beth Shalom, a contributor to Jewish Federation of Delaware for more than 55 years and a steadfast supporter of Israel. He served as president, chairman and chairman emeritus of the Delaware College of Art and Design; chairman of the Delaware State Arts Council; President of the Delaware Art Museum; a board member of the National Conference of Christians and Jews; and trustee of the Wilmington Friends School. He was active with the Wilmington Development Council and the city's Holocaust Memorial Committee.

After his death in 2015, his wife Toni joined the Friends of Bezalel and

dedicated a series of international lectures in his memory.

Founded in 1906, the Bezalel Academy of Arts and Design is Israel's oldest institution of higher education and the birthplace of Israel's art culture. With programs ranging across the discipline, Bezalel's graduates influence the world through their designs utilizing the top skills instilled within them in their time at the historic art academy in Jerusalem. Bezalel offers courses in the fine arts, architecture, ceramic design, industrial design, jewelry, photography, visual communication, animation, film, art history, and art theory.

## JERUSALEM POST CROSSWORD PUZZLE SOLUTION

## FOOTBALL PHRASEOLOGY

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# DON'T DO THE RIGHT THING:

## A Response to The New York Times

By Yoni Glatt

### Back in Queens College I had a weekly column in the school paper called “The Dean’s List.”

Under the pseudonym Eddie Dean I would write a weekly movie/TV review and then list the Top 10 films/shows in that genre. My editor and I purposely made the lists controversial in order to facilitate reader response. I can only imagine that when the New York Times published their list of *12 Movies to See Before You Turn 13* this past November, they had this concept in mind. My jaw figuratively hit the ground when I saw the list included such films as *Die Hard*, *Do the Right Thing*, *Blues Brothers*, and *Paris is Burning*. All four of those films were given an R-rating for specific reasons (including nudity and language for all four). *Catch Me If You Can* also made the list, and while rated PG-13 it still has a sex scene loud enough that would make me uncomfortable watching it with my children (or my parents).

I re-watched much of *Die Hard* and *Do the Right Thing* and in no way would I suggest them for middle-school children . . . especially the former, which drops over 80 F-bombs and more N-words than I could count. I am not saying Spike Lee’s seminal film is bad; just the opposite. It’s as important as any film made on racial equality - it’s just not something I would want my children watching until later in high school.

Now, I’m not so naïve to think that middle-school children are not already exposed to some of the content the above films showcase. I also must point out that the New York Times did make a disclaimer that

kids should ask their parent’s permission before watching these films. But that’s almost like suggesting they ask their parents’ permission before cutting school to go wait on line all day to meet their favorite music star (which this writer may or may not have once done as a teenager). If their interest is piqued enough, they will find a way.

In the classic 1994 episode of *The Simpsons*: Homer, Badman, Bart Simpson famously quips to his dad “It’s just hard not to listen to TV: it’s spent so much more time raising us than you have.” Any parent with screens in the house knows how much truth this holds. No matter how much we strive to imbue strong (Jewish) ideals unto our children those screens are going to be a window to the world at large and can very well play a part in their (mis) education and upbringing. But perhaps by offering up more age-appropriate films we can still educate them and open their eyes more to an abundance of social and cultural issues without potentially scarring or staining their still developing adolescent minds.

If you want to discuss the ideas of systemic racism and misogyny in American history why not start off with *Hidden Figures* instead of jumping right into *Do the Right Thing*? If you want to entertain them with a thrilling action-adventure film, why not show them *Raiders of the Lost Ark* instead of *Die Hard*?

Every parent has the right to decide what content their children view and at what age. Personally, my wife and I plan on exposing our children to the worlds of *Die Hard* and *Do the Right Thing* way after they turn 12.

**MORE ON NEXT PAGE**

Yoni Glatt is the Director of JTEEN (Jewish Teen Educational Experiences Network) for the Jewish Federation of Greater MetroWest NJ, and is a former writer of the Movie Channel Trivia Game. He can be contacted at [yglatt@jfedgmw.org](mailto:yglatt@jfedgmw.org).

**AUTHOR'S NOTE:**

The films selected for this list are purposely not specifically "kid's movies."

**1. *Life is Beautiful* (1997)**

Many parents might find it difficult to broach the topic of the holocaust. Let Roberto Benigni get the conversation started for you. As a bonus this film will let your kids know that there are actually exceptional movies that are made in other languages.

**2. *Groundhog Day* (1993)**

As time goes by this classic about a surly TV weatherman repeating the same day over and over again keeps moving higher and higher on many critics "All Time Best" lists. It is also one of the most spiritual films of all time. Yes, the main character pursues physical pleasures (in a PG way), but the film ultimately shows the emptiness of these interactions.

**3. *Bully* (2011)**

While officially given a PG-13 rating to encourage more younger viewers, parents should be warned that there is some strong language and disturbing content in this documentary. Still, it tackles one of the most important issue every child is sure to be witness to at some point in his/her adolescence. The more they understand bullying, the more they understand those who are bullied, the better equipped they are to prevent it from happening.

**4. *Raiders of the Lost Ark* (1981)**

The gold standard for adventure films. A great way to introduce kids to Spielberg and you can have intellectual discussions about the Ark and theological implications of the film's climax.

**5. *Hidden Figures* (2016)**

You can address the issues of racism and women's rights, as well as what it means to be a part of a team in one fell cinematic swoop with this 2016 Best Picture nominee.

**6. *Slumdog Millionaire* (2008)**

This Best Picture winner is sure to leave a smile on almost any viewer's face, but more importantly displays the harshness of Third World slums, and the lengths many orphans who live in them will go to in order to survive.

**7. *The Miracle Worker* (1962)**

It's surprising how many excellent movies about people overcoming disabilities are not appropriate for children under 13, as inspiring as they might be (e.g. My Left foot, Rain Man). Anne Bancroft and Patty Duke deservedly won Oscars for their portrayals of Anne Sullivan and Helen Keller. It's the only black and white film on this list. Hopefully your kids won't complain, but it should be easy enough to point the irony out to them and teach them a valuable life lesson.

**8. *Rudy* (1993)**

Long before Sean Astin was schlepping Elijah Wood's Frodo up Mount Doom he played one of cinemas most lovable underdogs: Daniel "Rudy" Ruettiger, the real life 5 ft 6 in 165 pound shrimp who was determined to play football for Division I powerhouse Notre Dame. The life lessons are obvious, but that doesn't mean your kids won't be cheering his name at the film's conclusion. (Rocky almost replaced this film, but might be too gritty for younger viewers.)

**9. *Mrs. Doubtfire* (1993)**

The only movie on this list that might be considered a "kid's movie," and your kids will love it because it's Robin Williams at his best. However, it also allows you to bring up homosexuality in a non-overt way, thanks to the brief, but memorable performances of Harvey Fierstein and Scott Capurro as Uncle Frank & Aunt Jack. Warning- You may be forced to discuss Williams' suicide.

**10. *The Princess Bride* (1987)**

Rob Reiner's classic is loaded with great morals and values. But they idea of my children not knowing who Inigo Montoya is by the time they're 13?! Inconceivable!

**11. *Freedom Writers* (2007)**

Yes, this film does have a Holocaust element to it, but it can perhaps be better used to introduce suburbia children to the lives of inner-city youths and their struggles. It can also show them that their teachers are real people who have personal lives of their own.

**12. *Singin' in the Rain* (1952)**

My kids actually greatly enjoyed this movie as much younger children. The comedic elements hold up to time incredibly well, as do most of the musical numbers (yes, one or two might be a bit tedious by today's standards). But no film better showcases the history of cinema and the introduction of sound into film.



Younger faces are plentiful at the General Assembly of the Jewish Federations of North America in Los Angeles as communal leaders make a concerted effort to connect with millennials.

PHOTO BY JEFFREY LAMONT BROWN/JFNA

# MILLENNIALS MESMERIZE JEWISH FEDERATIONS

By Michael Jacobs

Jewish Federations of North America CEO Jerry Silverman laid out some audacious goals for American Jewry for the next decade in his opening speech at the 2017 General Assembly — increasing from 14 percent to 50 percent the portion of Jewish youths who go to Jewish summer camp, doubling to 360,000 the number of PJ Library families, ensuring that day schools are accessible for all Jewish families who want them, getting every Jew to Israel at least once by age 25.

But none of those goals seems attainable unless the Jewish community can solve the problem of millennials, those 17- to 37-year-olds who seem more obsessed with social media and social justice than synagogues and Jewish life.

So it wasn't surprising that a first-day panel discussion at the gathering of America's Jewish communal leaders Sunday, Nov. 12, focused on "the millennial factor."

Rabbi Michael Uram, the executive director of Hillel at the University of Pennsylvania, and moderator Mark Oppenheimer, the host of Tablet Magazine's "Unorthodox" podcast, talked about millennials, while Faith

Leener, the co-founder and director of Base, and David Yarus, a consultant on engaging millennials and the founder of JSwipe, spoke as millennials.

For anyone who has worried about the Jewish future, the conversation was familiar if, as Yarus and several audience members said, too rare.

Jewish communal leaders were urged to recognize that this is 2017, not 1917, and the communal institutions and approaches that thrived when newspapers weren't even challenged by radio and television, let alone Facebook and Instagram, won't work today.

There's a sense of crisis involving millennials, based on the belief that they're somehow more disaffected and disconnected from organized Judaism than previous generations. Rabbi Uram said the crisis approach itself contributes to the problem of disconnectedness because it leads to a concentration of power and decision-making among a few funders and "experts."

Accounting for the diffusion of interests in all areas of life, however — just look at the expansion in TV viewing options

**MORE ON NEXT PAGE**

Atlanta Jewish Times Editor Michael Jacobs is on his second stint leading the AJT's editorial operations. He previously served as managing editor from 2005 to 2008.

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and the resulting decline in ratings for the most popular shows — I’m not sure that view of millennials is accurate.

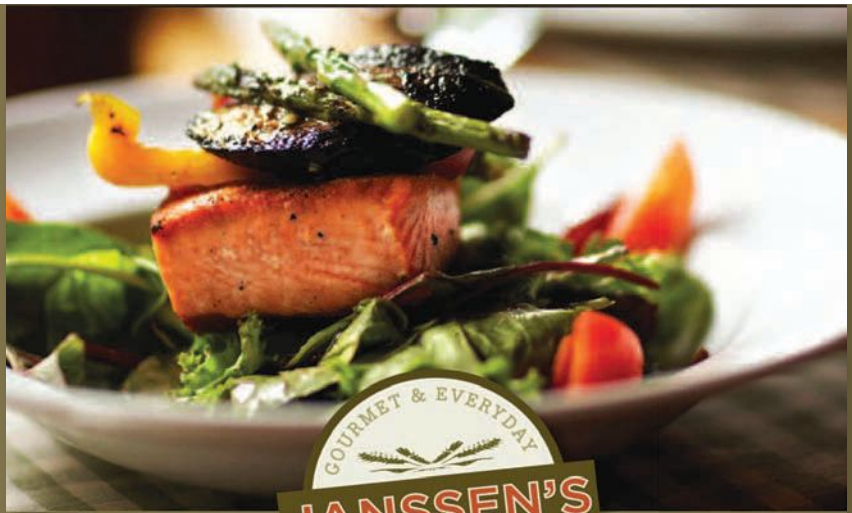
Every generation is a source of worry for the Jewish community, and every generation is convinced that it is different.

If millennials are a little slower in engaging with the community, that reflects delays in marrying and having children more than an increased skepticism. If they seem more determined to connect their donations of time and money to specific results than earlier generations at the same age, they’re reflecting the vast increase in available information and ever-growing demands for transparency throughout society.

The panelists were right that the Jewish establishment fails when it dumbs down programming, when it substitutes social fun for Jewish substance, when it emphasizes quantity over quality, when it seeks immediate results instead of long-term success, and when its focus is on sustaining itself by turning “them” into “us” instead of helping them connect with Judaism in ways that let them be who they want to be.

We err when we treat millennials — or any other group underrepresented in the ranks of our communal leaders — as outsiders who must be lured in. Instead, we must make it as easy as possible for all Jews to create their own forms of community, and we must clear paths for those new voices to be part of the communal conversation.

As one person suggested during the discussion, instead of separating younger Jews by calling them millennials, maybe we ought to apply a different label: “humans.”



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**EDWARD LAWRENCE "LARRY" BALLEEN**

Wilmington - Age 74, of Wilmington, DE, passed away peacefully at his home on November 25, 2017. He spent his final days surrounded by his loving family.

A native of Philadelphia, Larry was raised in the West Oak Lane neighborhood, and attended Central High School. Larry earned his undergraduate degree from Antioch College and Masters in Government Administration from the University of Pennsylvania. He served in the Peace Corps in Venezuela.

Larry saw every day as a gift to be cherished, and family was at the center of his world. Larry and his late wife, Mary Deny Ballen, raised their three children in Lower Merion, PA. Their home served as a gathering place for friends and extended family, and a place where everyone was welcome. In 2006, Larry married Roberta and moved to Wailmington, DE. Their blended families brought them years of joy as their seven grandchildren added bliss to their happy, active life. In their years together, Larry and Roberta traveled to five continents and shared many interests including biking.

Larry's passion for business and entrepreneurship also defined his life. Larry and his brother, Morris learned at their father's knee, and turned a local family record manufacturer into Disc Makers, the nation's leader for independent musicians. Larry's kindness,

humor, and gentle spirit will be missed by all who knew him and benefited from his infinite generosity.

Larry is survived by his wife, Roberta Michnick Golinkoff; his children, Sasha Ballen (Dee Spagnuolo) of Wynnewood, PA, Chloe Rice (Barry Rice) of Voorhees, NJ, Ivin Ballen (Meghan Petras) of Brooklyn, NY; his stepchildren, Jordan Golinkoff (Liz Forwand) of Oakland, CA and Jesse Golinkoff of Philadelphia; his beloved grandchildren, Elio, Marina, Beau, Dominic, Barbara, Lilah, and Shai; brother and best friend, Morris Ballen (Lynn Ballen) of Sanibel, Florida; and his nieces, Anne Ballen Ladenson of Philadelphia and Carolyn Ballen Stanish (Chris Stanish) of Philadelphia.

In lieu of flowers, donations can be made to the American Heart Association ([www.heart.org](http://www.heart.org)) or the American Cancer Society ([www.cancer.org](http://www.cancer.org)).

**HARRIET BODOFSKY (NEE HOROWITZ)**

Wilmington - Age 80, passed away November 13, 2017.

Harriet was born on October 31, 1937 in Philadelphia, PA to the late Ann and Morris Horowitz. She lived her entire life in Wilmington, DE and graduated from P.S. DuPont High School. Harriet and her husband had many wonderful years owning their own businesses from a deli to Bob's Men's Shop, and finally Metal Detectors of DE. Her hobbies included bowling, shopping (especially garage sale adventures), reading, playing cards, interior decorating, and entertaining. Most importantly, she enjoyed spending time with her family and friends. Harriet treasured each of her grandchildren and enjoyed teaching them about her hobbies, watching them grow, and being involved in both big celebrations and everyday moments. She also had a love for animals that showed through her two adopted 'fur babies' Jake and Chase.

The family would like to thank

everyone for their support during this difficult time.

Harriet is survived by her children, Bruce Bodofsky, Scott Bodofsky and Lynn Homann (nee Bodofsky); and her brother, Harve Horowitz. She was preceded in death by her husband, Harry Bodofsky in 1990.

In lieu of flowers, please consider a donation to your local animal rescue service (i.e. Delaware Humane Society) in Harriet's name.

**EVIE KAPLAN DOWNING**

Wilmington - Age 36, of Wilmington, DE passed away after a long battle with breast cancer on Monday, November 20, 2017.

Evie was born March 1, 1981 in Pittsburgh, PA to David and Terri Kaplan. She married Rob Downing November 14, 2010 in a beautiful ceremony on the beach of Tulum, Mexico surrounded by her family and closest friends. Evie was passionate about Judaism, growing up at Temple Beth El and continuing to be active in the Jewish faith, amazing those around her with her intellect, dedication, and well-spoken nature. She was a graduate of the University of Delaware and completed high school in only three years.

Evie devoted her life to her family and those in need with many years working to help the victims of domestic violence and rape. It was her passion to see those around her succeed, and this was evident every moment she graced the world with her presence. Despite her illness, she spent her remaining days dedicated to her son, showing him New York City which they recently began calling home.

Evie will be dearly missed by her parents, David and Terri Kaplan; husband, Rob Downing; mother-in-law, Jackie Cody Downing; son, Sam Downing; brothers, Ari and Scott Kaplan.

In lieu of flowers, the family asks donations to be made to Temple Beth El or

**MORE ON NEXT PAGE**

Sharsheret - A Jewish Breast Cancer Support Organization ([www.sharsheret.org](http://www.sharsheret.org)).

**LIVIA GELLERT**

Claymont - Age 94, passed away December 1, 2017 from complications sustained from a fall.

Born in Budapest, Hungary, she and her family were refugees to the USA. Livia was a seamstress, the bridal fitter at Strawbridge & Clothier Department Stores from where she retired after a career of over 25 years.

Livia loved to read her romance novels, she enjoyed embroidering and giving her handwork as presents to all she cared for. Most of all, she loved to travel, having visited many parts of the world. Her passion was to help her family and friends any way she was able. She was loved and admired by all who knew her.

Livia was the last of four siblings. Her sisters, Margaret Rajna and Elizabeth Benzai preceded her in death, as well as her brother, Emil Wohl, who perished during the Holocaust. She is survived by her daughter, Aniko Czobor (Mario Fornoff), and niece, Vera Pinke and her family in Budapest.

Livia supported many charitable organizations, contributions may be made in her name to a charity of your choice.

**MARILYN L. HARWICK**

Wilmington - Age 87, of Wilmington, DE, passed away Thursday, November 30, 2017.

Marilyn was a homemaker as well as an avid volunteer at Adas Kodesch Shel Emeth Congregation where she was President of the Sisterhood for many years. Marilyn was active in the PTA of Harlan Elementary School and P.S. DuPont High School, where she was also a substitute teacher. Additionally, Marilyn provided kosher catering and Jewish cooking instruction.

Preceded in death by her first husband, Richard Harwick in 2002 and by her second husband, Murray Kaye, in 2014; she is survived by her children, Stephen (Gerry) Harwick, Robin (Dr. Robert) DiSabatino, Alan Harwick, Esq. and Elana Miller; 9 grandchildren; 7 great-grandchildren; 2 sisters, Libby (Gil) Lieberman and Maxine Laplace; and numerous nephews and nieces.

In lieu of flowers, the family suggests contributions to Compassionate Care Hospice, 405 E. Marsh Lane, Suite 4, Newport, DE 19804 or Adas Kodesch Shel Emeth Congregation.

**HERBERT MARTIN MOSS**

Delray Beach, FL - Herbert Martin Moss, age 92, of Delray Beach FL, formerly from Wilmington, DE passed away peacefully on Thursday, November 23, 2017 surrounded by his family.

Herb was born in Brooklyn, NY on January 6, 1925 to the late Sam & Rose (Nagler) Moskowitz. He was the youngest of 4 children and was predeceased by his siblings Florence Moskowitz, Miriam (Moskowitz) Avignon and Harold Moss. After serving in WWII he graduated from Pennsylvania College of Optometry in 1948. Upon graduating Herb moved to Wilmington to begin his Optometric career. He opened his own office and practiced in Wilmington for over 40 years. He was a very active life member in the American Optometric Association as well as the Delaware chapter of this association where he served as president for several years.

**MORE ON NEXT PAGE**

✡
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He was also a fellow in the American Academy of Optometry. In 1973 he was named Optometrist of the year.

Herb was most proud of serving his country during WWII. He served in the United States army and was stationed in England, France and Germany serving as a medic in medical aid unit. Herb had a wonderful sense of humor, was a devoted father to his daughters and a grandfather to beat all grandfathers to his grandchildren and great grandchildren who knew him best as Poppy. He

was as honest as they come with an uncompromising moral character and believed strongly in the family. His most cherished moments were spent with his children and grandchildren. He enjoyed golf, travel, working with his hands on all kinds of projects but most of all he loved ballroom dancing which he continued to do into his nineties.

Herb is survived by his loving devoted daughters Michele “Shelly” Cohen and Barbara Rhoades, his grandchildren Stephen (Amy) Cohen, Jodi Meklinsky, Jeffrey (Kelley) Rhoades and Daniel Rhoades and his great-grandchildren Noah & Sadie Cohen and Alec & Jack Meklinsky. He will be greatly missed.

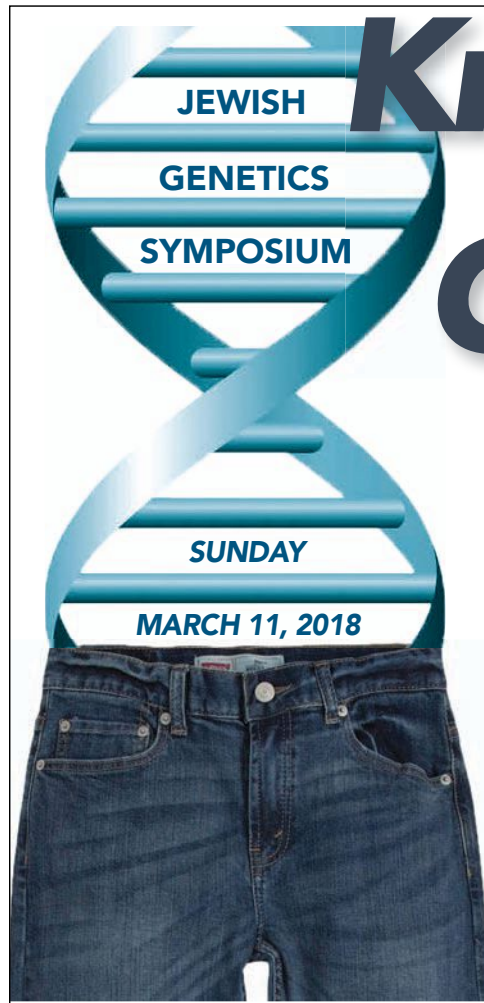
Herb was laid to rest on Sunday November 26, 2017 in Florida. The family suggests contributions be made in memory and celebration of his life to any charity of choice.

**JEFFREY “JAKE” NOZNISKY**

Wilmington - Age 61, passed away suddenly at home in Wilmington, DE on November 19, 2017.

Jake graduated from the University of Guelph, Ontario, Canada, and earned a Master’s Degree at Wilmington College. A US Army veteran, who served in Korea, he was a former Assistant Vice President at the Wilmington Trust Company. Jake

**MORE ON NEXT PAGE**



# Know Your Genes


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JCRC Director 302-427-2100 or [Ellen@shalomdel.org](mailto:Ellen@shalomdel.org)

# LIFECYCLES OBITUARIES

retired from M&T Bank three years ago and committed himself to improving his chronic health conditions through a dedicated walking program, eventually walking one hundred miles per week. He was a familiar sight at state and county parks with a snap-brim cap and flowing white beard. Jake enjoyed cats, bird watching, and flea markets; and amassed a collection of thousands of wooden toys.

He is survived by his sister, Anne of Arlington, VA; brother, Daniel of Wilmington, DE; and his two nephews, Tal and Shai.

In lieu of flowers, the family suggests contributions to the Delaware Humane Society ([www.delawarehumane.org](http://www.delawarehumane.org)).

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# COMMUNITY CALENDAR

Visit the Jewish Federation of Delaware website at [ShalomDelaware.org](http://ShalomDelaware.org) for a full, up-to-date listing of community events.

## **SATURDAY, JANUARY 6**

### **ASK - Alphabet Soup Kids**

11:15 AM

A JFS-sponsored support group for kids ages 12-18 that identify as GLBTQ+. Please contact Sharon at [cztwins@hotmail.com](mailto:cztwins@hotmail.com) to register.

## **SUNDAY, JANUARY 7**

### **Open House**

10 AM – 2 PM

Siegel JCC

Come see the Siegel JCC facility and learn about the benefits of joining our community! New members who join during the Open House received 2 FREE months of membership (some restrictions apply). For more information, contact [katieglazier@siegeljcc.org](mailto:katieglazier@siegeljcc.org).

## **MONDAY, JANUARY 8**

### **Chabad of Delaware**

#### **Annual Raffle 2018 Drawing!**

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All proceeds directly benefit the community service and programming provided by Chabad of Delaware.

Get your tickets online at [ChabadDE.com/raffle](http://ChabadDE.com/raffle).

## **TUESDAY, JANUARY 9**

### **CTeen Session - Social and Community Service Program for Teens**

7 – 8:30 PM

Siegel JCC

Find out what the CTeen hype is all about while enjoying a delicious pizza dinner! Come have a great time meeting and

hanging out with other Jewish teens, get into great discussion based on the theme of the month, and get community service hours - all in one session! For more information about CTeen and a calendar of events go to [www.CTeen.com/Delaware](http://www.CTeen.com/Delaware) or find the Facebook group CTeen Delaware. Please contact Rochel Flikshtein for more information at: [Rochel@ChabadDE.com](mailto:Rochel@ChabadDE.com).

## **WEDNESDAY, JANUARY 10**

### **Domestic Infant Adoption Information Session for Open Arms Adoption Network in partnership with JFS Delaware**

6:30 – 8 PM

JFS Delaware – Wilmington Office

Considering adoption to build your family? We welcome you to attend a free information meeting to learn about our program and meet the staff. Registration is required prior to all meetings.

For more information, please visit [openarmsadoption.net](http://openarmsadoption.net).

## **SATURDAY, JANUARY 13**

### **Healing Hearts Co-Parenting Seminar for Divorcing Parents**

9 AM – 3:30 PM

JFS Delaware – Newark Office

288 E. Main Street

Newark, DE 19711

This six-hour certified program, taught by certified instructors and required by Delaware's Family Court, educates parents about the psychosocial and emotional issues of separating and

divorcing parents and children. For more information and/or to register, please contact Jody at 302-478-9411 ext. 134 or [jgrinberg@jfsdelaware.org](mailto:jgrinberg@jfsdelaware.org).

## **WEDNESDAY, JANUARY 17**

### **Einstein 5th Grade Torah Reading**

7:30 – 9 AM

Congregation Beth Shalom

Einstein 5th Graders will chant Torah and lead Hallel during Congregation Beth Shalom's morning minyan. Please join us to see the depth of preparedness of our students for participation in Jewish life. For more information, please contact Rabbi Jeremy Winaker, Head of School at 302-478-5026 or [jeremy.winaker@einsteinaday.org](mailto:jeremy.winaker@einsteinaday.org).

## **WEDNESDAY, JANUARY 17**

### **JCRC FED TALKS: FACES of ISRAEL**

#### **Bedouin Women in the Negev Today: Progress, Challenges and Leadership**

8:30 AM

Siegel JCC

A life-long activist and expert on social change, Amal Elsanah Al'hjooj will share how she became empowered to lead social change and will shed light on the current barriers and opportunities in the region. She is the founder, AJEEN-NISPED, the largest Arab-Jewish NGO in the Negev. This event is organized by JFD Jewish Community Relations Committee In collaboration with the Israel & Overseas Committee. The program is free & open to the public. Refreshments will be served.

**MORE ON NEXT PAGE**

# COMMUNITY CALENDAR



Visit the Jewish Federation of Delaware website at [ShalomDelaware.org](http://ShalomDelaware.org) for a full, up-to-date listing of community events.

## WEDNESDAY, JANUARY 17 Jewish Great Books Meeting

2 – 3:15 PM

Siegel JCC Board Room

Join us on the 3rd Wednesday of every month for book club! For more information, contact Anna Saul at [annasaul@siegeljcc.org](mailto:annasaul@siegeljcc.org).

## SATURDAY, JANUARY 20 ASK - Alphabet Soup Kids

11:15 AM

A JFS-sponsored support group for kids ages 12-18 that identify as GLBTQ+. Please contact Sharon at [cztwins@hotmail.com](mailto:cztwins@hotmail.com) to register.

## SATURDAY, JANUARY 20 Youth Social Guide: Gym Games (Grades K-5)

7 – 9 PM

Siegel JCC Gymnasium

Enjoy games in the gymnasium, including obstacle dodge ball, 4 square, and more. Grades K – 5. Cost: \$10/Member, \$18/Non-Member. For more information or to register, please visit [siegeljcc.org](http://siegeljcc.org) or contact Becky Stahl at [beckystahl@siegeljcc.org](mailto:beckystahl@siegeljcc.org).

## SATURDAY, JANUARY 20 Community Game Night

7 – 10 PM

Temple Beth El

Join Adas Kodesch Shel Emeth, Congregation Beth Emeth, Congregation Beth Shalom, and Temple Beth El friends as they gather together at Temple Beth El for the Annual Community Game Night

with food, fun and cash bar. Cost: \$15 per person in advance and \$18 at the door. For more information, contact Temple Beth El at (302) 366-8330.

## TUESDAY, JANUARY 23 Einstein Open House

9 AM – 4 PM

Albert Einstein Academy

It's school decision time. Take a look at Einstein and see our amazing program for yourself. For more information, please contact Julia Forester, Director of Admissions at 302-478-5026 or [juliaforester@einsteinday.org](mailto:juliaforester@einsteinday.org).

## WEDNESDAY, JANUARY 24

### CTeen Jr. Session - Build a Pizza!

Siegel JCC

7 – 8:30 PM

CTeen Jr. is exclusive to kids in grades 6-8. Come have a blast in a cool environment with other kids your age. Make your own customized, delicious pizza from scratch! This session will

include a pizza party, a fascinating discussion, community service and more!

## FRIDAY, JANUARY 26 Shabbat Dinner for Teens!

4:45 pm Candle lighting and services

6 PM Dinner

The Flikshtein Residence

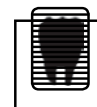
Enjoy a relaxing & fun gourmet Shabbos dinner! Back by popular demand, the Flikshteins will be hosting an exclusive teens Shabbos dinner with all the trimmings. Celebrate the gift of Shabbat with friends and peers, see Rabbi Motti rap, ask any question to stump the Rabbi and just have a great time! For more info find the Facebook group CTeen Delaware or go to [www.CTeen.com/Delaware](http://www.CTeen.com/Delaware). You can also contact Rochel, CTeen Director at [Rochel@ChabadDE.com](mailto:Rochel@ChabadDE.com).

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# COMMUNITY CALENDAR

## FRIDAY, JANUARY 26

### Federation Shabbat

5:15 PM – PJ Library Shabbat Program

5:45 PM – Community Kosher Shabbat Dinner

7:30 PM - Shabbat Service  
Congregation Beth Shalom

Join our statewide synagogues for a community Shabbat. Kosher buffet dinner - \$25/per adult and \$12/child (6-13) with a maximum of \$67 per family. Reservations for dinner are required no later than January 17th. To RSVP, please send a check to CBS, 1801 Baynard Blvd., Wilmington, DE 19802 For more information, please call Congregation Beth Shalom.

## SATURDAY, JANUARY 27

### Youth Social Guide: Make Your Own Dessert Night (Grades 6-8)

6:30 – 9 PM

Siegel JCC Auditorium

Relax and enjoy these simple treats -- easy to make and delicious to eat! Pre-made options available as well. Cost: \$10/Member, \$15/Non-Member. For more information or to register, please visit [siegeljcc.org](http://siegeljcc.org) or contact Dan Metz at [danmetz@siegeljcc.org](mailto:danmetz@siegeljcc.org).

## SATURDAY, JANUARY 27

### AKSE Academy – An Evening of Jewish Learning

6:30 – 9:30 PM

Adas Kodesch Shel Emeth

The community is invited to participate in an evening of Jewish learning and light refreshments. Choose one class from each of three sessions. Guest instructors will teach classes on a variety of engaging subjects, including Black and Jewish in America - Part 2 (Rakel Israel), Why so

Many Jews Are Liberal (Joel Chodos), The Opposite of Faith - Why We Believe the Things We Do (Thomas Leitch), Antisemitism: The Unmasking and Rise of History's Longest Hate (John Elzefon), U.S. Immigration and Detention: What Has Changed (Amanda Doroshov), and Growing up Jewish in the USSR (Paul Gottesman). Fee for the evening is \$10 if reserved by 1/25, \$12 at the door. Please call the AKSE office at 302-762-2705 for more information and advance registration.

## SUNDAY, JANUARY 28

### Super Sunday

9 AM – Noon and

3 PM – 6 PM

Siegel JCC Senior Lounge

Volunteer for 1 of 2 phoning sessions.

Make calls to donors and community members thanking them for their previous support and asking for their continued commitment to Jewish Federation of Delaware. To volunteer or for more information, visit [ShalomDelaware.org](http://ShalomDelaware.org) or call (302) 427-2100.

## TUESDAY, JANUARY 30

### CTeen Session - Social and Community Service Program for Teens

7 – 8:30 PM

Siegel JCC

Find out what the hype on CTeen is about while enjoying a delicious pizza dinner! Come have a great time meeting and hanging out with other Jewish teens, get into great discussion based on the theme of the month, and get community service hours - all in one session! For more information about CTeen and a

calendar of events go to [www.CTeen.com/Delaware](http://www.CTeen.com/Delaware) or find the Facebook group CTeen Delaware. Please contact Rochel Flikshtein for more information at [Rochel@ChabadDE.com](mailto:Rochel@ChabadDE.com).

## WEDNESDAY, JANUARY 31

### Einstein Tu BiShvat Seder

1 – 3 PM

Siegel JCC Board Room

Celebrate the birthday of the trees in song, symbolic food, and dance with Albert Einstein Academy. For more information, please contact Rabbi Jeremy Winaker, Head of School at 302-478-5026 or [jeremy.winaker@einsteinaday.org](mailto:jeremy.winaker@einsteinaday.org).

## WEDNESDAY, JANUARY 31

### JCRC FED TALKS: FACES of ISRAEL Mehereta Baruch Ron

7 PM

Siegel JCC

Mehereta Baruch-Ron, Deputy Mayor of Tel Aviv-Yafo, is in-charge of Social Services and Welfare. Mehereta lead the urban food program in the city and founded the Annual Social Services Conference of Tel Aviv. She is a Board Member of the Rehabilitation Employment Center and the Cinematheque. She is the Chairwoman for the Welfare Committee in Tel Aviv-Yafo, the Refugee Forum and the Forum of Ethiopian Council Members. Founder and first chairwoman of the Hiwot non-profit organization and board member and founder of "Rising Together." This event is organized by JFD Jewish Community Relations Committee In collaboration with the Israel & Overseas Committee. The program is free & open to the public. Refreshments will be served.



# 5 WAYS TO IMPROVE YOUR EMOTIONAL FITNESS

By Sara Debbie Gutfreund  
*Aish Hatorah Resources*  
[aish.com](http://aish.com)



PHOTO CREDIT: SEBASTIAN VOORTMAN

We can channel and transform our emotions way more than we think we can by implementing these five strategies that build the core of our emotional fitness enabling us to live a happier life.

**MORE ON NEXT PAGE**

# 5 WAYS TO IMPROVE YOUR EMOTIONAL FITNESS

CONTINUED FROM PAGE 63

**Change your physical demeanor.** When you feel any emotion, notice what is happening in your body. For example, when someone is sad he typically has a slumped posture and speaks slowly and quietly. Even the breathing pattern associated with sadness is different from more positive states; when someone is depressed or angry he tends to take shallow quick breaths instead of deep, slow ones. Once we are aware of how we express our emotions physically, we can often change our moods from the inside out by breathing deeply, correcting our posture and even changing the tone and speed of how we are speaking. Going for a run can do wonders for our bad mood.

**Change your focus.** What we decide to focus on in any situation creates our feelings. Do we focus on the problem or the solution? The gratitude or the lack? The mistake or all the things that we did right? What we can control or what we can't? The more we look for things to be grateful for, the more blessings that we will see. The more we focus on what we can control, the more solutions we will find to deal with our challenges.

**Pay attention to the words you use.** The language that we use (even if it's only words we are saying to ourselves) to describe our lives and the world around us radically affects not only our perspective of life but the meaning that we ascribe to it. For example, what is life like for someone who describes it as 'getting through the day' versus someone who describes life as sacred? Compare describing life as a dance versus life as a

test. Our language creates the emotional fabric of our lives and sometimes just changing one adjective can shift our whole mindset.

**Know your why.** In order to understand and use our emotions, we need to know what motivates us to do what we do. What drives us? Once we understand our motivation (which is different for each of us), we can create a compelling future that harnesses the power of our why in life. Meaningful goals that leverage our emotional motivations allow us to consciously direct our feelings in constructive ways.

**Clarify your beliefs.** We are all driven by a number of unconscious beliefs that create our sense of identity. These convictions are often not even our own; they have been programmed into us by society. We live according to what we believe we are. If we believe that we aren't enough, then nothing we achieve will ever make us feel like we matter. If we believe that we are "an angry or depressed person" then we will search for and find reasons to affirm that identity regardless of what is actually happening in our lives. If we instead identify with the part of us that is calm and happier and believe that we are merely feeling angry or sad for the moment, then our positive identity will prompt us to seek out people and ideas that will reinforce our identity as a generally happy person.

Each of us comes to this world with unique gifts and incredible potential; our emotions are tools that we can use to help us share those gifts with the world. But we need to harness their power and control their direction. Try using these five strategies to thrive and work on building the core of your emotional fitness. Our feelings are too powerful to waste and our lives are too precious to live without using all the gifts that we have been given.

---

*Sara Debbie Gutfreund received her BA in English from the University of Pennsylvania and her MA in Family Therapy from the University of North Texas. She has taught parenting classes and self-development seminars and provided adolescent counseling.*

**NOTE FROM AUTHOR:** Many of the ideas included in this article are based on the work of bestselling author and speaker, Tony Robbins.

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# Go Figure

The Randy Gardner  Story

Photo by Michon Halio.

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**JANUARY 17-28, 2018**

World champion ice skater and two-time Olympian **Randy Gardner** is joined onstage by his long-time skating partner **Tai Babilonia** and Olympic gold medalist **Dorothy Hamill** in this raw and riveting look at the world of Olympic Ice Skating. Get ready to laugh, cry, and be inspired. Tickets on sale now!

*"One of the most touching, emotional, heartfelt, and genuine shows you have ever seen" —Performing Arts LIVE*

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