

JAN  
2019

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## SPORTS & FITNESS

CONCEPTS OF MANAGEMENT:  
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FROM SEA TO SHINING SEA  
Final Days of a  
Cross-Country Bike Tour

BOXING:  
Mendoza the Jew

5 WAYS TO IMPROVE YOUR  
EMOTIONAL FITNESS



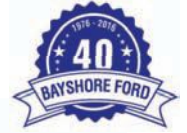
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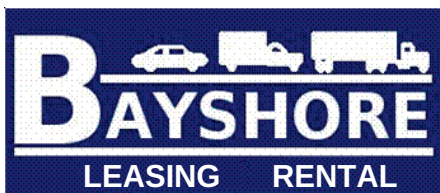


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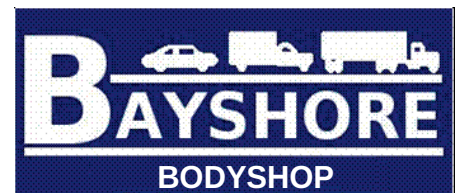
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Please support the Annual Campaign and Create A Jewish Legacy so Federation, in collaboration with our local agencies and overseas partners, can continue improving our world.

**Today, Tomorrow and TOGETHER.**



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BY MICHAEL GOTCH  
DIRECTED BY MARK LAMOS

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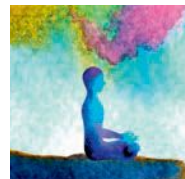
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### LIFE'S GREATEST PURSUIT

Happiness. But do you have to be happy for your life to be meaningful?



Former Governor Jack Markell in Rehoboth after completing his cross-country bike tour.

PHOTO CREDIT:  
Cape Gazette

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**2019  
ANNUAL  
CAMPAIGN**

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William Wagner  
JFD President



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JFD Chief  
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# MAKING THE WORLD A BETTER PLACE

The Jewish Federation of Delaware's 2018 Campaign officially closed last month and successfully surpassed our goal of \$1,800,000 (an increase of more than \$170,000 from the prior year).

We are grateful and appreciative for your continued support in 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 Temple Beth El on Friday, January 25, 2019 followed by **Super Sunday** on January 27, 2019. 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 **2019 Annual Campaign** gift today. We have an aggressive yet tangible goal of raising \$2 million, the largest campaign in our storied history. Thanks to the generosity of select families in our community, we are able to offer a Challenge Match incentive for new and increased giving.

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 Grow Stronger TOGETHER.**

# FEDERATION NAMED TOP-RATED CHARITY IN DELAWARE

By JFD Staff



To visit our profile page on Charity Navigator, go to: <https://www.charitynavigator.org/index.cfm?bay=search.summary&orgid=12806>

On November 27, 2018 (#GivingTuesday), the *Delaware News Journal* published an article entitled, *Giving Tuesday: The 11 Best-Rated Charities in Delaware*. The article ranks the 11 charities in Delaware who have earned a coveted four-star rating from Charity Navigator, the nation's largest and most-utilized evaluator of charities. Based on these overall scores, Jewish Federation of Delaware received the #1 Rating in Delaware!

The 11 Best-Rated Charities in Delaware include:

11. Boy Scouts of America, Del-Mar-Va council
10. Delaware Art Museum
9. Hagley Museum and Library
8. Habitat for Humanity of New Castle County

7. Special Olympics Delaware
6. Delaware Nature Society
5. Ronald McDonald House of Delaware
4. Food Bank of Delaware
3. Ministry of Caring
2. Intercollegiate Studies Institute
- 1. Jewish Federation of Delaware**

Charity Navigator's rating system examines two broad areas of a charity's performance; their Financial Health and their Accountability & Transparency. These ratings inform donors how efficiently a charity will use their support today, how well it has sustained its programs and services over time and their level of commitment to good governance, best practices and openness with information.

# BRINGING MUSIC TO DELAWARE – SOLD OUT PERFORMANCE OF LISA LOEB

By JFD Staff

On Sunday, December 9th, community members took to Arden Gild Hall for a concert with Lisa Loeb. Jewish Federation of Delaware co-produced the event with the goal of linking the community to varied forms of Jewish experiences.

"The event is further justification that music serves as an effective connector to Jewish life and culture," said Federation CEO, Seth J. Katzen.

This sold out event broadened Federation's reach leveraging a new venue and partner in Arden Concert Gild.

"Seth brought us this show early in the year and we've worked together throughout to make sure this event would happen. We are honored to be associated with JFD, and it was



PHOTO BY MOONLOOPPHOTO.COM

a great way to celebrate the end of Hanukkah with one of the lights of the songwriting world right here in Delaware," said the President of Arden Concert Gild, Ron Ozer.

Lisa Loeb is a singer-songwriter, producer, touring artist, author, and philanthropist who started her career with the platinum-selling Number 1 hit song "Stay (I Missed You)" from the film *Reality Bites*. A trailblazing independent artist, Lisa was the first pop musician to have a Number 1 single while not signed to a recording contract. She followed

that remarkable feat with the hit singles "Do You Sleep," "I Do," and "Let's Forget about It" and the albums "Cake and Pie" and "No Fairy Tale," among others.

Lisa's performance at Arden was not only packed with nostalgic and uplifting music, Lisa also offered humorous anecdotes about being a mother, an artist, a lover of libraries and hotel T.V., and being Jewish. Her encore song touched many hearts in the audience that night with a special Hanukkah song she wrote called "Light."



# Throwback Delaware



Delaware's Jewish community has produced some world-class athletes, like Charlotte Balick who competed in the Maccabiah Games in 1989. Visit our website at [JHSDelaware.org/jewish-voice](http://JHSDelaware.org/jewish-voice) to learn more about some of our hometown sports legends.

– Gail Pietrzyk

Archivist, Jewish Historical Society of Delaware

FEBRUARY 10, 1989

## Bar Mitzvah Maccabiah Scheduled

### Wilmington Woman to Compete in Golf

**New York** – Since 1932, the Maccabiah Games have been the pinnacle of Jewish sporting achievement. Every four years, Jewish athletes from the four corners of the world gather together in Israel to compete for sporting honors in events as diverse as track and field, basketball, water polo, football and gymnastics, to name but a few. Standards are high and the competition intense in what has become known as the “Jewish Olympics.”

The 13th World Maccabiah Games are scheduled for July 3 through July 13 in Israel. More than 4,000 world-class athletes from 38 countries are expected to participate in the games. The United States will field a delegation of more than 50 athletes, coaches and trainers, including Charlotte Balick from Wilmington who will compete in golf. The Maccabiah Games are the third largest international competition and are recognized by the International Olympic Committee.

In 1989, the Maccabiah will celebrate its Bar Mitzvah —the 13th Maccabiah Games. “The ‘coming of age’ in Jewish tradition is a time of great significance, a time to strengthen ties and celebrate the continuity of a people,” according to a spokesman at the Maccabi World Union

at JWB In New York. As part of the Maccabiah festivities, the 13th Maccabiah Games Organizing Committee has invited youth from all over the world, along with their families in parallel programs to join its celebration of the 13th Maccabiah.

The participants will take part in a Bar and Bat Mitzvah ceremony at the Western Wall with youth from all over the world. They will join in the Opening and Closing Ceremonies of the Maccabiah Games, travel all around Israel, stay with an Israeli family and much more.

The Organizing Committee of the 13th Maccabiah Games is offering two programs, both specifically designed for 12-14 year olds and their families. The programs will be organized according to age groups and no particular religious background is needed.

Program A includes an all-inclusive tour of Israel. Traveling as a group, the tour is fully structured from the first day, and specially designed to incorporate parent participation. The program is supervised by experienced leaders.

Program B, “your footsteps in the



Maccabiah,” is specially designed for parents who want to make their own holiday arrangements in Israel while giving their children a chance to take part in the excitement of the 13th Maccabiah and the thrill of the Bar Mitzvah celebrations. It allows the kids to join in the fun with youngsters from all over the world at six special events, while families relax and enjoy the break. Alternatively; parents can join selected events and enjoy them as a family.



Jewish Historical Society of Delaware is an Affiliated Organization of Jewish Federation of Delaware.



# What will your Jewish legacy be?



PHOTO CREDIT: MARY LOU AMBRO

We support the Create a Jewish Legacy Program because this community has grown to mean so much for us and hope it will continue to grow future generations of caring children. Starting with the pre-school at the Siegel JCC and continuing with Albert Einstein Academy, our children have gained the ethical, moral and academic foundation with which they can demonstrate their Jewish values through actions with Congregation Beth Emeth and our greater community.

*Jonathan and Sarah Perry*



**Create A Jewish Legacy with a gift in your will, trust, retirement account or life insurance policy.**

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.

FOR MORE INFORMATION ABOUT **CREATE A JEWISH LEGACY**, CONTACT JEWISH FEDERATION OF DELAWARE  
 (302) 427-2100 | [JFDinfo@ShalomDel.org](mailto:JFDinfo@ShalomDel.org) | [ShalomDelaware.org/Legacy](http://ShalomDelaware.org/Legacy)



JEWISH FUND FOR THE FUTURE





# MAJOR DONOR EVENT FEATURING JEFF GOLDMAN

PHOTO CREDIT: BRAD GLAZIER PHOTOGRAPHY



On December 13, Federation hosted our Major Donor Event chaired by Barbara and David Blumberg and featured former White House correspondent, Jeff Goldman. This event was held at the DuPont Country Club and was attended by more than 70 community members.



- 1 Seth Katzen, Barbara Blumberg, Jeff Goldman, and Bill Wagner
- 2 Marty and Lisa Lessner, and Bob and Kate Pincus
- 3 Buddy and Phyllis Aerenson, Lynne Ellick, and Richard Levine
- 4 Jerald Eng and Robin Karol-Eng
- 5 Max and Judi Rosenberg
- 6 Diana and Arnie Caine



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# TIKKUN OLAM CHANUKAH BRUNCH

PHOTOS BY WENDY BERGER



PJ Library, Albert Einstein Academy, and the Siegel JCC had a great time celebrating Chanukah with our wonderful families. We had lots of latkes, collected toys and snacks for the Ronald McDonald House and had a special storytime and crafts.

- 1 We made necklaces in celebration of Chanukah
- 2 Our families made beautiful cards for the Ronald McDonald House families
- 3 The children loved listening to Adeline share a story about Tikkun Olam



## JCRC

PHOTO BY JFD STAFF

JCRC Leadership meets with Senator Tom Carper; from left to right, David Margules, John Elzufon, Rabbi Ellen Bernhardt, Senator Tom Carper, Meredith Rosenthal, Hedy Mintz, Marty Lessner, and Russ Silberglied



## OUT & ABOUT with Daniella



LEFT: Our Shlichah, Daniella, during Israel time at the religious school at Congregation Beth Shalom PHOTO CREDIT: DONNA MILLER

ABOVE: Daniella, sharing her Israeli story with the Siegel JCC staff during their staff meeting PHOTO CREDIT: TERRI O'NEAL



# CREATE A JEWISH LEGACY YEAR 3 CELEBRATION - *The Legacy of the Jewish Deli*

PHOTOS BY WENDY BERGER



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Pastrami on Rye, potato knishes, and other Jewish Deli favorites were enjoyed on Monday, November 19th at the Create A Jewish Legacy Year 3 Celebration. More than 120 donors who have either signed a Declaration of Intent or Formalized their gift to Create A Jewish Legacy for the Delaware Jewish community attended the festive celebration. Ted Merwin, author of *Pastrami on Rye, An Overstuffed History of the Jewish Deli* shared stories and photos about the history of delicatessens in America. A total of \$42,000 in grant checks was awarded from Jewish Fund for the Future and the Harold Grinspoon Foundation to our 11 partner organizations to recognize the goals they met during Year 3 of the Program.

- 1 Bruce Saran and Robin Kauffman Saran
- 2 Barbara Schoenberg and Ivy Harlev
- 3 Rachel and Josh Mussaf
- 4 Connie Kreshtool and Richard Levine

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## JEWISH SCENE

### YLD HAPPY HOUR

PHOTOS BY JFD STAFF

On the third night of Hanukkah, a happy hour was hosted by JFD and *Shlich*a Daniella, who manages programming for young professionals. The happy hour took place at the Trolley Tap House in Trolley Square. More than 20 young professionals gathered together to celebrate Hanukkah, light candles, and mingle.



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4

- 1 Rachel Markiewitz, Dana Warwick, Nicole Aaronson, Maddie Driban, and Laurel Sigman
- 2 Jennifer and Mitch Steinberg, and Lizi and Ben Bear
- 3 Enjoying the light of Hanukkah
- 4 Candle lighting during Hanukkah happy hour for young professionals

## AABGU TORCH OF LEARNING EVENT

PHOTO PROVIDED BY AABGU

The Mid-Atlantic Region of American Associates, Ben-Gurion University of the Negev (AABGU) held its Torch of Learning event at the National Museum of American Jewish History in Philadelphia last Sunday to honor Ben-Gurion University president Rivka Carmi who is stepping down in December following a 12-year tenure. The event raised funds for the Rivka Carmi Endowment Fund for Women's Academic Achievement for scholarships and fellowships.



Pictured (Left to Right): Toni Young, National President, AABGU; Professor Rivka Carmi, MD, President, Ben-Gurion University of the Negev; Carol S. Rothschild, Torch of Learning Honoree; Ruth Ann Ger, Tribute Co-Chair; Dr. Barry Kayne, Delaware Chapter Chair



# DELAWARE COUNCIL OF FAITH-BASED PARTNERSHIPS THANKSGIVING CELEBRATION



In November, Governor John Carney keyed his Delaware Council of Faith-Based Partnerships' Interfaith Thanksgiving Celebration, hosted by Delaware State University (DSU), organized by DSU Chaplain Pam Adams, emceed by Mr. and Miss Delaware, featuring the DSU Gospel Choir, beginning with a meditative mindful moment, and a Native American prayer offered by the former chief of the Lenne-Lenape Natuon, and culminating in an interactive interfaith sharing and learning panel.

PHOTO PROVIDED BY M. BEALS

## KUTZ AUXILIARY HONORS KAREN FRIEDMAN

PHOTO BY BONNIE CHIRLIN

At the November 14 board meeting of the Auxiliary of the Kutz Senior Living Campus, board members took a break from business to honor Karen Friedman on her retirement as Director of the Senior Living Campus. Karen has been a dedicated and tireless partner who has garnered the respect and friendship of our board members over the past 23 years. Board members presented Karen with a gift of travel bags, a signed card, and a special cake. Thank you and best wishes, Karen!



Auxiliary Co-Presidents, Joyce Shtofman and Iris Vinokur present Kutz Senior Living Campus Director, Karen Friedman with a cake to celebrate her retirement



## JC RC FEDTALKS

COORDINATED BY FEDERATION JCRC AND THE ISRAEL & OVERSEAS COMMITTEE



IFAT BARON



ALAA HALUMI

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#### ALAA HALUMI

Alaa Halumi, a software engineer, is committed to encouraging young Arab women in Israel to enter the country's flourishing high-tech sector. A native of Nazareth, Alaa was the only Arab woman in her Mathematics and Arts class at Haifa University where she earned her B.S. She is currently finishing her Master's Degree in Software Engineering at Shenkar College. Alaa is currently a Product Owner at BuilderEdge, a start-up that provides a platform for construction project management.



Jewish Federation  
OF DELAWARE

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FOR MORE INFORMATION, CONTACT: Ellen@ShalomDel.org 302-427-2100



# ArtSpace

PHOTO CREDIT: DAN BRODY

A beautiful and vividly colored abstract art show opened in December at the Siegel JCC ArtSpace. Paintings by Lee Muslin. Mono prints and silk scarves by Robin Sesan.



Artist Robin Sesan, Kerin Hearn, and Phyllis Aerenson enjoy the show



Artist Lee Muslin in front of her brightly colored abstract paintings

# HANUKKAH HAPPENINGS AT KUTZ

PHOTOS PROVIDED BY KUTZ REHABILITATION AND NURSING



1



2



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4



5

1 The AKSE Klezmer Band helped to get the Kutz Hanukkah Party started! 2 Family and friends came to enjoy the first day of Hanukkah with Kutz resident, Ellie 3 Kutz resident, Shirley, and her out of town daughters came together to celebrate her 98th birthday as well as the start of Hanukkah 4 Rabbi Vogel helped Kutz resident Miriam light the menorah 5 Rabbi Beals and the children from the Congregation Beth Shalom Hebrew School came by to sing Hanukkah songs



# JFS EXTENDING THE GOOD

## Holiday Helpers

PHOTO CREDIT JFS STAFF

In addition to collecting small holiday gifts and winter essentials to stock the JFS pantry for clients, volunteers joined our Holiday Helpers for a crafting day to make hand-tied blankets and hats. Thank you to Rachel Harad and Lisa Driban for leading this fun and creative effort!



- 1 Holiday Helpers bring warmth to the community
- 2 Volunteers join JFS to make no-sew blankets and hats for clients in need
- 3 Volunteer, Jacki Ettinger, demonstrates how to make hand-tied hats
- 4 Volunteers put their crafting skills to work
- 5 Community volunteers and staff from JFS, Federation, and Einstein work together

## Across the State

PHOTO CREDIT JFS STAFF

NEAR RIGHT: JFS CEO, Basha Silverman, is joined by community leaders in Sussex County as she is recognized by *Delaware Today*.

FAR RIGHT: Rabbi Michael Beals visits the refugee family to offer a housewarming gift. Thank you to Congregation Beth Shalom's Tikkun Olam Committee for wrapping their arms around this family!







**WINTER FUN AT THE J**

SIEGELJCC.ORG

PHOTOS BY DONNA HARLEV

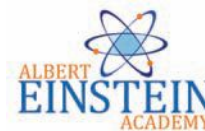


**1** Executive Director Ivy Harlev with Craft Bash Event Chairs Gina Schoenberg and Caryl Marcus-Stape **2** Jason Kutz and Adam Marmon at Craft Bash 2018 **3** Enjoying the craft beer workshop at Craft Bash 2018 **4** Regina Alonzo and Berta Kerr pairing wine and chocolate at Craft Bash 2018 **5** From left to right, Gina Schoenberg, Josh Schoenberg, Bea Hirshout, Craft Bash Honoree Barbara Schoenberg, and the Honorable Jack Markell and Carla Markell **6** Art is for all ages at the Mini Bash! **7** Matchy matchy! Enjoying the JTots Pajama Party **8** Dancing at Mini Bash



**9** Lighting our giant menorah at Claymont Community Center's 1st Annual Festival of Lights (PHOTO BY CLAYMONT COMMUNITY CENTER)





## EINSTEIN SPREADS CHANUKAH LIGHT

PHOTO CREDITS: EINSTEIN STAFF AND JEREMY WINAKER

Einstein students spread the importance of generosity through their performance of *Moishe's Miracle* as their Chanukah play for more than 200 people. They also expressed generosity by performing songs from the play at the Kutz Home.

TOP LEFT: The cast of *Moishe's Miracle*, Einstein's Chanukah play

BOTTOM LEFT: Einstein students singing Chanukah songs at the Kutz Home



# THANK YOU



### Thank YOU for supporting the 2018 Annual Campaign.

Thanks to YOU - Federation makes our community and the world a better place by acting on our shared Jewish values of CARING and COMPASSION (Chesed), facilitating JEWISH LEARNING (Torah), REPAIRING THE WORLD (Tikkun Olam) and SOCIAL JUSTICE (Tzedakah).

We are grateful and proud to work alongside you in fulfilling our mission with lasting impact.

We Grow Stronger TOGETHER.





Jewish Family Services of Delaware:

# REFLECTIONS FROM THE PAST

By JFS Staff

2019 marks the 120th anniversary year of Jewish Family Services of Delaware serving the most vulnerable populations in our community.

In celebration of this milestone, the agency spent time reflecting on the history of the small but vital organization. In reviewing the brief historical review written in 1966 by Harry Bluestone, a prominent leader of Delaware's Jewish Community at the time, we were impressed to realize not just how the agency has grown, but how our foundation and values are still quite the same.

## Bluestone opens:

*In the early years of the Hebrew Charity Association, the leadership was in the hands of an immigrant generation. The motivating factors were characteristic of Jewish precepts and practices, while the machinery and operating procedures were in the horse and buggy tradition. As decades passed... the Association expanded its horizons and thinking... evolved from a budgetless organization to one expending [a moderate annual budget]; from an organization with*

*A plaque which once welcomed the community to the Jewish Welfare Society, one of JFS' many previous names*

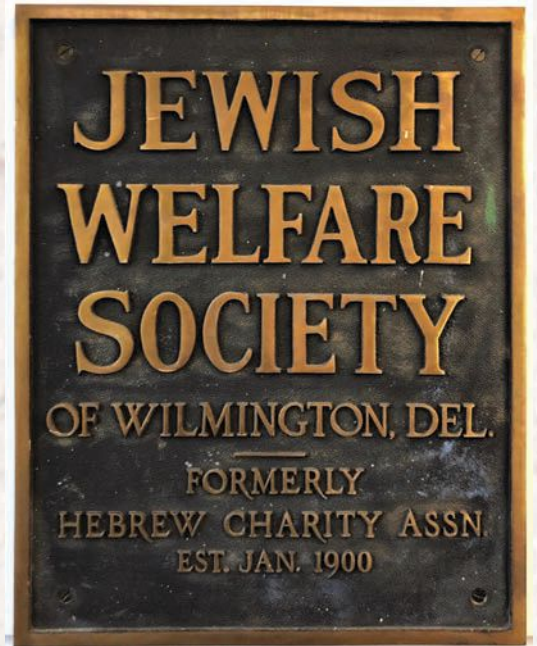
PHOTO CREDIT: JFS STAFF

*volunteer lay staff to a professional staff; and from a society of limited scope of activity to a kaleidoscopic one. In brief, it went from rags to riches, wearing a coat of many colors.*

JFS is humbled by the continued growth of our agency after 120 years and how our programs and services contribute to the thriving of our community. We credit the generosity and support from community members and partnering agencies for JFS' ability to consistently reexamine the relevance of our services and respond to evolving needs. Together, we strengthen the fabric of our community – a beautiful quilt of diversity, sewn together by our joint mission in *Tikkun Olam* (repairing the world) and lovingly embroidered with shared values of kindness, compassion, and justice.

Though, certainly, the organization has changed over the years – not taking the name 'Jewish Family Services' until 1960 – our mission today still upholds the original intentions of its founding leaders 120 years ago...

*The Hebrew Charity Association was formed on January 1, 1899... The Jews called it an Association and the newspaper reporters called it a Society.*



*Whatever the appellation, Jewish charity assumed organized form in Delaware with the creation of this group dedicated to helping the unfortunate to become self-supporting.*

*The early founders of the Hebrew Charity Association did not try to avoid obstacles but to overcome them. They had the enthusiasm so essential to the successful attainment of their endeavor. The attitude of many of the pioneers was that if they could in any way contribute to the improvement of the community in which they lived, they would have the supreme satisfaction of knowing that their contribution was not in vain...*

*By the end of its first year, the young organization was sufficiently active to feel itself a vital part of the community and to be impressed with its own worth and importance...*

120 years later, Jewish Family Services is still an important, ever-evolving community organization. Today, JFS offers many diverse services and programs; serves 2,400 clients each year, including families, youth, older adults, and refugees; employs 60 staff members including 40 social workers and the agency's 11th Executive Director. What will the agency be like in the next 120 years? This is a legacy our community can create together, ensuring that JFS remains strong and vital for generations to come.



Jewish Family Services of Delaware is a Beneficiary Agency of Jewish Federation of Delaware.





## AGENCY UPDATE

Dedication of the shacks at Hope Farm, Beth Israel; Hebrew Charity Association, 1909

PHOTO CREDIT: JEWISH HISTORICAL SOCIETY OF DELAWARE

At the end of his report, Bluestone quotes former Executive Director, Jerome Siskind, explaining the importance of our fundamental Jewish values and responsibility to one another. As the mission of Jewish Family Services is still well-rooted in these values, his words are well worth quoting here:

“Observances may vary, changes may be made in emphasis, but a sense of the written and oral tradition of the Jew must be part of the climate we create in the community and in which we work... there is room enough for variation; differences need not be divisive,

but an intrinsic sense of belief in Jewish values and identity will provide us with the continuity it has given to our people in the past.”

Indeed, though JFS serves *all* those in need, such Jewish values and identity have given JFS a sense of continuity and purpose for 120 years.

Thanks to all who have helped JFS reach this anniversary milestone – we hope you will celebrate with us this year and for the next 120!

## ARE COLLEGE COSTS OUT OF REACH?

### SCHOLARSHIP DEADLINE MARCH 31, 2019

### JOSEPH & MARION GREENBAUM SCHOLARSHIPS AVAILABLE

The Joseph & Marion Greenbaum Scholarship provides support for deserving students who wish to pursue an undergraduate degree at an accredited college or university in the U.S. or Israel.

This scholarship is renewable for up to 4 years – and can range up to \$2,000 or more each year.

Historically, over 40% of applicants receive scholarships.

GUIDELINES and the APPLICATION for the **GREENBAUM SCHOLARSHIP & OTHER SCHOLARSHIP OPPORTUNITIES** are available at: [ShalomDelaware.org/Scholarships](http://ShalomDelaware.org/Scholarships)

Download an application or email your request to [Scholarships@ShalomDel.org](mailto:Scholarships@ShalomDel.org).

Scholarships are overseen by the Jewish Fund for the Future Grants Committee.

Application deadlines vary by scholarship.



**Jewish Federation OF DELAWARE**  
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PHOTO CREDIT: DONNA HARLEV

# FITNESS AND FOLLOW THROUGH

By JCC Staff

Every fitness journey begins with a choice; for Sharon Saliman, that choice was made as a teenager while trying to keep up with Jane Fonda VHS tapes in her basement.

But anyone can start a journey—at the J, it's about where you continue it. It's all about the follow through.

Sharon Saliman, long time J member, credits much of her active lifestyle to the Siegel J's fitness center. After losing 50 pounds last year, she's found that her body is capable of things she never expected, and she's been able to “bolster [her] regimen.” Sharon

participates in Group Exercise classes, she swims, kickboxes, and does personal training with Dave Parris, the fitness director at the J.

“I decided to start personal training because I wanted to supplement my fitness routine with an individualized program that was tailored to my specific workout goals,” says Sharon.

While Sharon's current goals are to build strength, balance, and flexibility, she knows that, with her training program, her workout can change as her goals do.

“I love working out with Dave for so many reasons,” she says. “Dave encourages me to work hard and go further than I thought was physically possible for me, but it's never more than I can handle.”

“Sharon is such a dedicated client,” says Dave. “As her trainer, I've been able to watch her grow into routines she never thought she'd achieve at the beginning.”

“[Dave] mixes up my workouts based on how I'm feeling on that particular day,” says Sharon of her relationship with her trainer.

“Part of being Sharon's trainer is understanding your client's needs on a day to day basis; I love finding ways to push her to reach her goals while also taking her wellness into account,” Dave says.

Finding a trainer that matches your personal style is just as important as the workout itself. After an initial fitness consultation, new clients are paired up with a trainer that fits their needs, schedule, and goals.

This is especially important to Sharon. “Our trainer/client relationship is so easy and fun!”

“[Dave] is extremely knowledgeable about body mechanics and proper form, which is so important in avoiding injury,” says Sharon.

Meeting goals, but exceeding and maintaining them are what's hard for everyone. Utilizing the support you can find in the community via friends and trainers is crucial to transforming what you do now into your whole life.



Siegel JCC is a Beneficiary Agency of Jewish Federation of Delaware.



On behalf of Brent Saliman, President,  
Ivy Harlev, Executive Director, and the Siegel JCC Board & Staff ...

## Thank You

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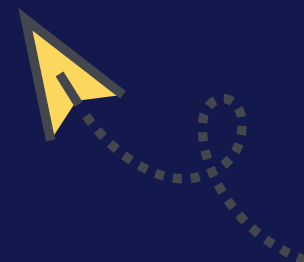
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## With Gratitude

TO CO-CHAIRS CARYL MARCUS-STAPE & GINA SCHOENBERG & THE EVENT COMMITTEES  
WITHOUT WHOM THIS EVENT WOULD NOT HAVE BEEN SUCH A SMASHING SUCCESS!



SIEGELJCC.ORG



# SHARING A PASSION FOR WELLNESS

By Leigh Deitz  
UD Hillel



Samantha Lampert, left PHOTO CREDIT: UD HILLEL

“I love the way that healthy foods and exercise make me feel, both physically and mentally!”

Clearly, Samantha Lampert, first year master’s student in Human Nutrition and Dietetics at the University of Delaware, is passionate about healthy living. Lucky for students at UD Hillel, they are able to reap the fuel of that passion, as Samantha teaches healthy cooking classes for Jewish students involved in Hillel. The classes focus on different themes and feature traditional Jewish recipes remade into healthier dishes. In addition to teaching classes for Hillel, Samantha also teaches three sections of a UD cooking course called *Cook It Healthy*. The food prepared in these courses are healthier than traditional recipes, which can prepare students to successfully live a healthier lifestyle during and after college. In addition, she has also taught other cooking safety courses and led bonding events for a variety of Greek organizations.

“Cooking and eating are excellent ways to bring people together, so I am hoping that the students who come to these classes feel welcome, make new friends, and go even further to find their home at Hillel.”

Samantha’s awareness for leading a healthy lifestyle has not limited her ability to celebrate

her Jewish culture. She enjoys low sodium matzo ball soup on the holidays and will have cream cheese lox on a whole wheat English muffin rather than a bagel. Additionally, one of her favorite Jewish recipes is Israeli salad.

“I absolutely love making Israeli salad. It is so colorful, naturally healthy, and packed with tons of nutrients between the vegetables and the olive oil. If you use flavorful and fresh produce and garnish, you don’t even need to add salt, which makes it even healthier!”

Another tip Samantha suggests for the holidays is to make *kugel* in muffin tins to create appropriate serving sizes and serve fruit with dessert.

The passion Samantha has for cooking comes from her love for sharing her knowledge with others: “Teaching others how to cook healthy can give them the tools to pave their own roads to a healthier lifestyle. I absolutely love cooking healthy for myself and those close to me, but teaching others how to also find love in it is something that I will continue to do for as long as I can.”

When asked what it means to live a healthy lifestyle, Samantha says,

“Living a healthy life allows me to do all of the things that I love as wholesome as I can. If we take care of our bodies from the start, we set ourselves up for a healthy future.”

**i** **BE WELL @ HILLEL** is an initiative at the University of Delaware to promote healthy living on campus. For more information, visit [udhill.org](http://udhill.org).



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

# CBE PANTRY OPENING

By CBE Staff | PHOTOS PROVIDED BY CBE



Congregation Beth Emeth Past President Kim von Weltin and CBE administrator Jon Yulish during the dedication of *Joseph's Pantry* on Tuesday, Nov. 6th

On Tuesday, November 6, 2018, Congregation Beth Emeth opened their doors of *Joseph's Pantry*.

As an emergency food pantry, *Joseph's Pantry* provides a 3-day supply of food as well as personal items to needy individuals and families in our nearby community, specifically our neighbors in the Ninth Ward. Initially, the pantry will provide non-perishable and shelf-stable food, bread, and produce as well as personal items and cleaning products. The goal is to begin providing meat and dairy products within one year of opening.

"This is literally *Tikkun Olam*, a Jewish concept defined by acts of kindness performed to help make a difference whether locally or globally," explains Congregation Beth Emeth's Rabbi Yair Robinson.

"We want to make our spiritual home a place that supports the people around us. To do otherwise would be a rejection of the image of God present in each person."



Confirmation Class students help stock the shelves of *Joseph's Pantry* at Congregation Beth Emeth



One of the many stocked shelves at *Joseph's Pantry* at Congregation Beth Emeth



## JOSEPH'S PANTRY

will be open:

**Tuesday evenings**  
**5 to 7 PM**

Donations will be accepted throughout the year.

Details on donating can be found at **BethEmethDE.org**



# Q ■ How important is the synagogue to the Jewish community?

**A ■ RABBI STEVEN SAKS**  
*Adas Kodesch Shel Emeth*

The survival of Judaism depends on our ability to maintain our relationship with God. God entered into a *Brit* (covenant) with our *Avot* (forefathers) so they would be able to have a relationship with him and bring his goodness into the world.

The synagogue allows us to make Judaism portable and maintain that relationship as a people regardless of where we find ourselves. The ten northern tribes of Israel disappeared from history because they were not able to find a way to make Judaism portable. Their inability to find new ways to worship God after losing access to the cultic centers of their homeland made it inevitable that these tribes would adopt the practices of their host communities and assimilate.

Unfortunately, these tribes didn't realize that their forefather *Ya'akov* (Jacob) had already established a precedent for making Judaism portable. *Ya'akov* was forced to endure exile in order to escape the wrath of his brother *Esav* (Esau), who sought to kill him. As *Ya'akov* fled, we are told *Vayifga Bamakom* (he encountered the place). Rabbi Yossi (*Berachot* 26b) teaches that *Vayifga* (encountered) denoted prayer and *Makom*, though meaning "place," can also refer to God. Therefore, *Vayifga Bamakom* should be understood to mean "he prayed to God." Since *Ya'akov* prayed at night, Rabbi

Yossi concludes that *Ya'akov's* encounter represents the creation of the *Ma'ariv* (evening service). Why did God appear to *Ya'akov* using the name *Hamakom* (the place), a name God rarely uses? This was to remind *Ya'akov* that, though he was away from home, he could access God in this new place, for God is "The Place." In other words, God happens to be in whichever place you find yourself to be.

*Ya'akov* then dreamt of a ladder reaching to heaven. God appearing atop the ladder affirmed the patriarchal *Brit*, promising to safeguard *Ya'akov*. *Ya'akov* awoke, exclaiming "Surely, the Lord is in this place, and I did not know... this is the abode of God and the gate to heaven." In essence *Ya'akov* had stumbled upon the world's first synagogue, for he had found a way even away from home of connecting with God.

The descendants of *Ya'akov*, namely the kingdom of Judah, survived exile precisely because they learned the lesson of *Ya'akov's* encounter and found ways to make Judaism portable by creating synagogues. By the time the second Temple was destroyed in 70 C.E. and sacrificial worship ended, the synagogue had been developing and was able to offer an alternative form of worship. In some places synagogues functioned primarily as prayer halls, in others as study halls, and yet in others as meeting houses (the Hebrew expression for synagogue is *Bet Knesset*, a place of assembly). All three usages have one thing in common: they allow Jews to connect with God and bring God into this world.

*Ya'akov's* encounter reminds us that, even in the darkest of times and in the strangest of places, God can appear to us. But we shouldn't simply hope that God will appear in the nick of time. We can invite God to join us by building houses that allow us to speak to God communally through prayer and hear God's voice through Torah study. No matter where we find ourselves, let us not forget that God is looking to join us. Let's be prepared

to welcome him. By doing so, we remind ourselves of the covenant God made with our ancestors and of our divinely sanctioned mission of bringing God into our world.

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


We have to remember that before there was a JFS or a JCC or a JFD, there was the Synagogue; both here and in most other communities. It was the center of Jewish life, with the only other entity being the cemetery, the first institution (for lack of a better word) a Jewish community would establish.

"The synagogue is the sanctuary of Israel..." is a portion of a selection found in one of our *siddurim*. In this community individual synagogues have been the venue when Israel's future was in doubt. Religious orientation didn't matter; people knew that they had to be united and flocked to the synagogue.

Does this mean there should be one per community? Surely not. People are people with their own religious perspectives so their spiritual needs should be met by synagogues whose traditions, rituals, and membership speak to them.

This year I'm serving a tiny congregation in Staunton, Virginia. It's got a 125-year history but it is the only show in town. You can see how differences impact various aspects of congregational life, but the members know that "united we stand," and are able to function well despite those differences.

It is in the synagogue where many people find their only expression of their Jewish identity. Some adults and children become familiar with the *seder*, for example, when they attend one at the synagogue. While there is an emphasis on "do it yourself" Judaism, the ability to celebrate with your own traditions especially at home, so much of Jewish life

**RABBIS' VOICES** 

Each month, Rabbi Peter Grumbacher, along with rabbis from around the state, answer your questions about Judaism.

**Have a question?**  
**ASK THE RABBI!**  
Send your questions to:  
AskTheRabbi@ShalomDel.org

takes place in the synagogue, including but not limited to Purim's *megillah* reading and masquerade and Shavuot's Confirmation.

Religious education (*Bet Midrash*: House of Learning) is a function of the synagogue. All Jews regardless of age should find an atmosphere of learning in the synagogue. Of course the rites-of-passage such as Bat/Bar Mitzvah, weddings and the like are synagogue

events despite the fact that nowadays there are those who hire a rabbi ("Have Torah, Will Travel") and a hall for their child's moment.

Without the synagogue the health and future of any Jewish community is in grave danger. Let's keep each of ours as strong, vibrant, and enduring as we can by affiliation, attendance, and financial support!

# SHABBAT CANDLE LIGHTING TIMES



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## SCHOLARSHIP INFORMATION FROM : DELAWARE GRATZ HEBREW HIGH SCHOOL

The mission of Delaware Gratz has always been and will continue to be the education of Jewish teens. Although we are no longer offering traditional classes, we are continuing to offer Jewish teens the opportunity to continue their Jewish education.

Research has shown that the best way to not only give teens a Jewish education but also encourage them to become active and engaged Jewish adults is through experiential learning. These studies have shown that experiences in Jewish camps, youth groups, spending a semester in a school in Israel and trips to Israel have a much greater impact on these teens than actually attending traditional classrooms.

**Delaware Gratz high school will now be offering grants and scholarships to Delaware teens (12-19) to attend educational opportunities.**

These opportunities can include:

- Trips to Israel
- Semesters abroad in Israel
- Attending Jewish summer camps
- Attending special programs in Israel or in the United States

... as well as many other educational opportunities.

The Delaware Gratz Board is committed to continuing to enrich the lives of our Jewish teens by supporting their continued Jewish education.



**If your teen is interested in applying for a scholarship, download Gratz application at [ShalomDelaware.org/scholarship](http://ShalomDelaware.org/scholarship) Questions may be directed to [Scholarships@ShalomDel.org](mailto:Scholarships@ShalomDel.org) or the Federation office at 302/427-2100.**

**FRIDAY, JANUARY 4, 2019**

Light candles at 4:33 PM  
Shabbat, January 5, 2019  
Shabbat ends at 5:36 PM

**FRIDAY, JANUARY 11, 2019**

Light candles at 4:40 PM  
Shabbat, January 12, 2019  
Shabbat ends at 5:43 PM

**FRIDAY, JANUARY 18, 2019**

Light candles at 4:47 PM  
Shabbat, January 19, 2019  
Shabbat ends at 5:50 PM

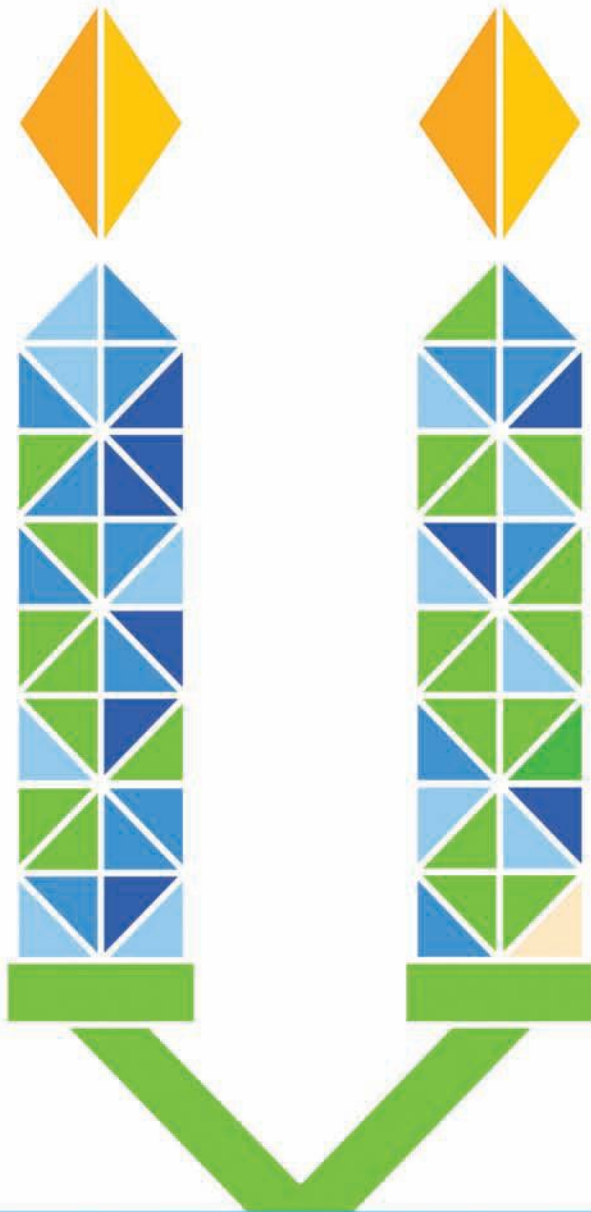
**FRIDAY, JANUARY 25, 2019**

Light candles at 4:55 PM  
Shabbat, January 26, 2019  
Shabbat ends at 5:57 PM



# Federation Shabbat

@Temple Beth El



**Friday - January 25**

5:30 PM: PJ Library Shabbat Program

6:00 PM Community Shabbat Dinner

7:30 PM Shabbat Services

Oneg to Follow

Join our state-wide synagogues from Wilmington, Newark, Dover and Rehoboth Beach at Temple Beth El

**Adult Kosher Buffet Meat Dinner: \$25.50**

**Child: \$10 - Maximum \$70**

**Reservations Are Required By - January 18th**



**RSVP: <https://www.tbede.org/event/federation-shabbat--tbe.html>**

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# Super Sunday

JAN  
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9 AM-NOON or 3 PM-6 PM

On **SUNDAY, JANUARY 27, 2019**, please help **JEWISH FEDERATION OF DELAWARE'S 2019 CAMPAIGN** get off to a great start by making a difference on **SUPER SUNDAY**, when the Jewish community from Delaware and the Brandywine Valley comes **TOGETHER** on our single most important day of fundraising and thanking our donors.

As a **SUPER SUNDAY VOLUNTEER**, you'll make calls to donors and community members to thank them for their previous support and generosity and ask for their continued commitment.

To volunteer or for more information, visit [ShalomDelaware.org](http://ShalomDelaware.org) or call 302-427-2100.



2019  
ANNUAL CAMPAIGN CHAIR:  
Lisa Dadone-Weiner





# FROM SEA TO SHINING SEA

## The Final Days of a Cross-Country Bike Tour

By Marty Lessner

The great cyclist, spin instructor, and now Jayhawk, Mark Shiflett once said about his experience training for and riding the California Death Ride:

“Anybody might think ‘yeah, I could ride 129 miles and climb five mountain passes in one day’; but until you do it, you can’t say you could.”

When former Governor Jack Markell’s state job ended in January of 2017, he decided it would be a great idea, as the avid cyclist and advocate he is, to bike across the United States. The glamorous idea of dipping your rear wheel in the Pacific Ocean and ending with a dipping of the front wheel in the Atlantic is an irresistible lure.

The reality is somewhat different. Riding 3,700 miles, over 50 days, in all kinds of weather, on all kinds of roads—from beautiful scenery with historic sites (like Mt. Rushmore), to heavy truck traffic with no shoulder, to the sides of interstate highways and frontage roads—to rain, 100+ degree temperatures, mechanical problems, lonely solo stretches on endless roads lined with nothing but amber waves of grain; and doing this day in and day out is one of those adventures that anybody can say they could do: but until you do it, you can’t say you could.

Jack prepared for his XC ride like a Rocky training montage. Riding hills one day, flat roads at a constant RPM the next, Jack uploaded his ride data for review and feedback from his critical training coach Deborah Leedale-Brown (unlike Mick, with a British, not South Philly accent). By the end of



PHOTO CREDIT: MARTY LESSNER

April, Jack was ready to test out his bike, his legs, and his mental strength to keep going under adverse conditions by partaking in a 130-mile hilly ride (including some “urban”), with myself and two others to Washington, DC. Looking a little like Rocky at the end of his first training run after eating five raw eggs, Jack decided that eating a basket of French Fries at mile 80 in Baltimore was the cause of some consternation and was to be avoided on his future transcontinental journey.

In June, Jack joined an organized tour group of about 40 riders, three support vehicles, a carefully laid out route, lodging, food, and logistics—all leading to a planned grand conclusion on August 7 in Portsmouth, NH. But Jack decided a much more fitting ending for him was Rehoboth Beach. Like William T. Sherman leaving the rest of the Union Army to fight on while he marched southeast to the Georgia coast, after 43 days of organized riding, on August 1, Jack cut his supply and



PHOTO CREDIT: MARTY LESSNER

[This is] one of those **adventures** that **anybody** can say they could do: but **until you do it, you can't say you could.**

support with the tour group in Niagara Falls and headed southeast across the wilds of upstate New York and Pennsylvania for his final seven-day 550+ mile march to the sea.

Jack's bummers for the final week's ride home foraged from the back of a van driven by Dave "Double Bypass" Ford, and rested at night in a variety of motels, Airbnbs, and trailer parks he expertly located. And as there can never be enough Daves for a trip like this, Jack was joined by Dave "Senator" Sokola (who joined a thousand miles earlier in Sioux Falls), and Dave "the Cisco Kid" Sysko. Rounding out the entourage was the poet Steve "Coach" Steinweedell, Mike "the Mad Descender" Berninger, and myself as the "Pathfinder."

Given the discretion to plan a route and alter it mid-ride, the last seven days (in my humble, yet biased, opinion) hit good stuff—even if some of it was not fully embraced at the moment by the rest of the entourage. We rode the hard-packed Pine Trail through the Grand Canyon of Pennsylvania, Little League Williamsport, the best restaurant in Muncy, the Civil War monument and chapel of perpetual adoration in Danville, a gnarly dirt and rock descent to Knoebels Amusement Park, a few low-traffic "Bridge Out" (but not to intrepid cyclists) roads, the abandoned coal fire town of Centralia, "Yuengling" Pottsville, the wicked steep climb over Hawk Mountain, quiet back roads with Amish buggies, and the last natural barrier to the First State by crossing the Schuylkill River in Monocacy.

On August 6, picking up the Brandywine River watershed within 30 miles of his final state line crossing produced a spirited singing of *Homeward Bound*. Jack's cross-country adventure had captured the imagination of all who followed his progress and daily blog entries for *Motivate the First State*. A snowball-like cascade of cyclists joined the ride for the final miles to Jack's house, where his wife Carla had Welcome Home signs, a large crowd of family, friends, burgers, ice cream, and beverages awaiting for a festive celebration.

Oh, the terrible wind and rain postponed—for 24 hours—the 110-mile ride to finally (finally!) dip Jack's front wheel in the Atlantic Ocean. Rodney Square at 6 a.m. on August 8th was the gathering spot for more than 20 riding friends eager to be a part of Jack's milestone completion day. We were joined in Leipsic by the DelDOT cyclists and drone team, and in Milton at mile 90 by scores of Sussex County cyclists at the surprisingly hard to find Dogfish Head Brewery.

The Jack train was on a tight schedule. More cyclists were joining us at Cape Henlopen High School, a police escort was poised in Rehoboth, a banner and bandstand were in place on the Boardwalk, and the press was waiting on the border of sand and surf—it was time to leave Milton. Jack was pumped for the final 20 "grand entrance" miles, as was the large peloton gathered behind him. Scanning the crowd, I did not see my son, my nephew, or my niece on their bikes ready to roll. "Hold on!" I shouted, as I tried to figure out where they had disappeared. In a flash of insight, I dismounted, clack-clacked into the brewery, and found the three of them belly-up at the bar with many glasses of sample Dogfish beers. Dragged away from the Tasting Room

as only a father and uncle can do, they were back on their bikes (and not buzzed) for the final stretch down Cave Neck Rd. and then the Breakwater and Junction Trail.

The theme of "go the distance" is central to two of the best movies of all time: *Rocky* and *Field of Dreams*. The triumphant finish of the accomplishment is capped in a way that all can vicariously share, be it appearing in the ring alongside a still-standing Rocky after the 15th round, or stuck in bumper-to-bumper traffic hoping to watch a baseball game played on a cleared section of an Iowa cornfield.

Jack's cross-country accomplishment was shared by all riders who followed the police escort down Rehoboth Avenue while tooting on horns and kazoos (except maybe that oblivious lady two blocks from the beach who was out riding her beach cruiser in search of an ice cream cone when she decided to fall in right behind Jack because it seemed to her a serendipitous break in the traffic).

Holding his bike aloft as he walked a rope-line past curious and applauding sunbathers, the cold ocean water must have felt pretty darn good on feet that had turned pedals 1.2 million times from one end of the continent to the other.

*Marty Lessner is a long-time friend of Jack Markell and shares his passion for cycling. Before Jack was Governor, Marty organized Jack's "Tour de Delaware" rides, which Marty self-servingly claims were instrumental in Jack being elected Delaware's first Jewish Governor. When Jack was Governor, Marty served as a "squeaky wheel" for the Wilmington to New Castle bike trail that now bears Jack's name.*



# CONCEPTS OF MANAGEMENT:

By Joel Shertok

The question is often asked – what makes some managers great and some managers ineffective, even if they have the same mental sharpness and command of their particular field?

Interestingly, the answer, I believe, can be found both in the Talmud (Shabbat 33b) and in the lessons of professional baseball, two of the world’s more seemingly polar opposites.

The Talmud tells the story of Rabbi Shimon and Rabbi Elazar (his son), who had achieved great spiritual heights while hiding in a cave to escape a death decree from an evil provincial governor. Upon the death of the governor, the two Rabbis were able to safely return from their self-imposed exile. They happened upon a group of farmers, who were doing what ordinary farmers do: planting, reaping, sowing. The rabbis were incensed of this waste of time doing the ordinary, and cursed the farmers. Immediately, Rabbi Shimon and his son were sent back to the cave to continue their studies. After a year, Rabbi Shimon and Rabbi Elazar again left the cave. Again, the two Rabbis came upon a group of farmers. Rabbi Elazar cursed the farmers as he had

done previously. But – this time Rabbi Shimon blessed them – he had learned something. The Talmud teaches that because of the insights of his extra year of study, Rabbi Shimon had learned an important lesson: to appreciate and relate to those who were not on his (spiritual) level and to see in them their good qualities at their level, not at his own exalted heights.

Similarly, many years ago I was watching a baseball game on TV (I have forgotten which teams, over the years). Suddenly, it began to rain and the game was stopped until the weather improved. The TV sportscasters were left with time to kill, and after some on and off commentary, one of the announcers mused, “Why is it that mediocre players make great managers, but great players make mediocre managers?” The example was referring to, of course, was Casey Stengel. Stengel was the greatest manager of the New York Yankees in the 1950’s, and was known as the “Ole’ Perfesser.” Yet, his playing career was totally ordinary – he had a .284 average for his career (he spent most of his playing days with the Kansas City Athletics – thus the nickname “Casey” – from K.C.).

After some batting back and forth, both announcers came to a conclusion, which is oddly parallel to the Talmudic commentary. Most teams, the announcers reasoned, are made up of ordinary players – the .250 or .275 hitters, who are also ordinary fielders (note: it must be said





# FROM THE TALMUD TO BASEBALL

PHOTO CREDIT: UNSPLASH.COM

that in the Major Leagues, even ordinary players are highly gifted – I can never see a pitched ball, let alone hit it). The manager who himself was an ordinary player understands his typical players' limitations and can effectively manage them at their level. He is the Rabbi Shimon of the Talmud story. On the other hand, the manager who was a superstar player can only relate to and manage players at his own exalted level and cannot relate to less gifted teammates. He is the Rabbi Elazar of the Talmud.

So . . . what makes a Manager great? Considering that most employees will be “average” (whatever that means, Lake Wobegone notwithstanding), a manager (regardless of what Team he is managing) must find a way of motivating and managing a Team of B or C level members. The one or two Superstars can take care of themselves (with some high-level input), and the D or F members will soon be gone; therefore, the majority of a manager's time should be devoted to his “average” guys – mentoring, evaluating, coaching – to try to get them to an above average level – to become, in effect, a Rabbi Shimon.

Yet – the reverse is almost always the case. HR encourages Managers to work with the D's and F's to avoid lawsuits or to produce an ironclad case for dismissals (such the awful Performance Improvement Programs, which almost never improve performance but do produce

dismissals, meaning you wasted your time). Managers love working with the Superstar A-listers, because they can do top-grade work with little effort on the Manager's part. So, the average team members tend to blur together in an amorphous blob. And, who tends to be promoted into Manager slots? Typically, top-ranked technical talent – the Rabbi Elazars, who tend to have even less of a “feel” for the average performer, making bad situations even worse.

What would happen, one could wonder, if the Casey Stengels and the Rabbi Shimons of the world became managers instead of the Superstars? One would imagine an organization where the average performer is more recognized and whose efforts are more appreciated; where 70-hour work weeks were not assumed, and weekends could be devoted to things other than work.

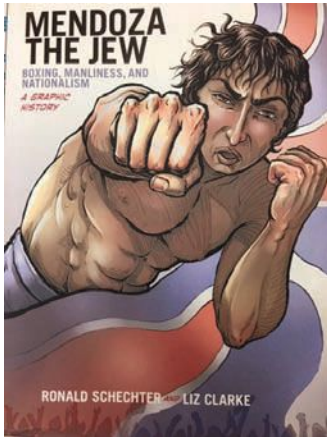
Wouldn't that be great!

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*Delaware resident Joel Shertok is a chemical engineer with 40+ years in the process industries, and is now an independent technical consultant. Joel and his wife Susan have been active in Jewish life in all the communities which they have lived. Joel is a congregant at Chabad of Wilmington; Susan is a congregant at Temple Beth El where she leads the choir.*







Mendoza the Jew  
OXFORD UNIVERSITY PRESS

# BOXING: *MENDOZA THE JEW*

By Rabbi Michael Beals  
Congregation Beth Shalom

One of the wonderful things about preparing course content in Judaism, is that you read all sorts of books you never dreamed of reading.

When researching Jews of the Modern Era, I conveniently stumbled over the book, *Mendoza the Jew: Boxing, Manliness, and Nationalism – A Graphic History*, by Ronald Schechter and Liz Clarke (Oxford University Press, 2014).

Now, I am not a big fan of boxing. But somewhere in my Hebrew School past, in an effort to build Jewish pride, I vaguely remember my Sunday School teachers teaching us the names of Barney Ross and Max Baer. Maybe, just maybe if I blew away the cobwebs I would have also remembered the British boxer, Daniel Mendoza – not from a photo, but from a sketch, as he predated photography.

By the end of the 1780s, Daniel Mendoza was nothing less than a superstar in the world of boxing. For a Jew, that is saying a lot. Remember, the Jews were expelled from England by King Edward I in 1290, and were only allowed back in by Oliver Cromwell, in 1656. By the time Sephardi Jew, Daniel Mendoza was born, in 1765, Jews were still newcomers to England. Most Britons only encountered Jews during business transactions – moneylending from Sephardi Jews and purchasing used clothes from Ashkenazi peddlers.

Daniel Mendoza was born in the East End of London (where my own father and grandparents were born) to Jewish parents of very limited economic means. It was a rough neighborhood. Of his Jewish heritage, Mendoza wrote:

“I was sent at a very early age to a Jew’s school, where I remained some years, and was instructed in English grammar, writing, arithmetic, and those branches of education which are usually taught in schools. I was also instructed in the Hebrew language, in which, before I quitted school, I made considerable progress.” (*Memoirs of the Life of Daniel Mendoza*)

His family attended the Spanish-Portuguese Synagogue, established in 1701, where Mendoza became a bar mitzvah.

His boxing career began in the East End neighborhood he called home. In his youth, he apprenticed for a female Jewish fruit seller, who was often the victim of anti-Semitic insults from her customers.

“I was frequently drawn into contests with butchers and others in the neighbourhood, who, on account of my mistress; being of the Jewish religion, were frequently disposed to insult her. In short time, however, I became the terror of these gentry, and when they found, that young as I was, I was always ready to come forward in her defense, they forbore to molest her,” reflects Mendoza. (Ibid)

Mendoza went from apprenticeship to apprenticeship, but he found his calling as a boxer when he fought in his first match at only 15 years old, on a Saturday. He wrote that he did not work on the Sabbath, but he viewed boxing as leisure, not work. Mendoza was feeding into a nascent British nationalism, which saw themselves as a unique culture among the Europeans. They reasoned, while other nations solved their disputes by dueling with swords and pistols (think Hamilton vs. Burr), leaving widows and orphans in their wake, Britons distinguished themselves by using their fists.

More on Daniel Mendoza will be included in the course *Introduction to Judaism at the University of Delaware* from February 11 – May 20. If interested in auditing the course, contact Katie Capello, Program Assistant, Jewish Studies Department, at 302-831-3324, or the Registrar’s Office, 302-831-2131.



The famous battle between Richard Humphreys and Daniel Mendoza by Samuel William Fores IMAGE CREDIT: WIKIMEDIA COMMONS

Many young Jewish boxers of the late 18th century were educated in a boxing school Mendoza established. He even published a how-to book on the subject, *The Art of Boxing*. Mendoza became a superstar due to the three prizefights he battled against Richard Humphries. It wasn't just the fights, themselves that caught the public attention, but it was the back-and-forth in the press, between the fights which turned boxing into a national obsession, attracting both the upper classes and the working classes alike.

It is particularly interesting to review the change of attitude in the British press, regarding Mendoza, over time. For example, in the *London Chronicle's* coverage of the first Mendoza-Humphries match-up of January 10-12, 1788, Mendoza is constantly referred to as "The Jew," much in the same way Shakespeare's Venetians refer to Shylock in *The Merchant of Venice* (1690). But by the time Humphries and Mendoza meet for their third and final match at Doncaster, the same *London Chronicle*, more than two years later,

dated September 30-October 2, 1790, refers to Mendoza's religion only twice, because by then Mendoza was so much more than an outsider.

Mendoza, through his boxing, paved the way for Jewish acceptance in British society. For that reason, Mendoza did more for his fellow Jews than any other of his co-religionists of his time.

No review of Jews in sports would be complete without a tribute to Daniel Mendoza (1765 – 1836).





# FIVE WAYS TO IMPROVE YOUR EMOTIONAL FITNESS

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

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

IMAGE: ISTOCKPHOTO.COM



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.

### 1 | 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.

### 2 | 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.

### 3 | 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.

### 4 | 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.

### 5 | 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.

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*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.*



# 10 AMERICAN BALLPLAYERS TO MAKE ALIYAH

## Group will Help Israel Pursue Olympic Baseball Dream

By Sam Brief  
*Jewish Baseball News*



10 Jewish-American baseball players gained Israeli citizenship and can now help the country's national team in international competition leading up to the 2020 Olympics.

PHOTO BY ISRAEL BASEBALL

Some observers scoffed when Team Israel competed in the 2017 World Baseball Classic, noting that all but a handful of its players were American citizens.

Now, Israel's baseball dreams are about to get a bit more authentic.

This past Fall, 10 Jewish-American ballplayers acquired Israeli passports, making them dual American-Israeli citizens eligible to represent Team Israel in European tournaments. Still, others are expected to follow in the coming months. It's a step that could bring the 2020

Summer Olympics — once a preposterous fantasy — into the realm of possibility.

"Finding a needle in the haystack is just finding Jewish American ballplayers who can play for you," says Peter Kurz, president of the Israeli Association of Baseball. "Finding ones with Israeli passports is like finding the head of a needle in a haystack."

Kurz has been contacting American Jewish players to gauge their interest in becoming Israeli citizens. Initially, the chances of luring players to a foreign country thousands of miles away seemed slim.

It was easier than you might expect, however. One of the first on board was Jon Moscot, who has pitched for the Cincinnati Reds. Moscot has a number of relatives living in Israel, including

an uncle and cousins. He was one of a handful of players who traveled together to Israel in advance of the World Baseball Classic, a trip he called "Birthright on steroids."

"I saw what [baseball] was doing for the youth in Israel," Moscot says. "And essentially, I wanted to be a bigger part of it. To be able to go back home to the roots of the religion and be a part of something bigger than myself in respect to baseball and the Jewish community — I thought that was a really cool opportunity."

Joey Wagman, a former Chicago White Sox and Oakland A's prospect who pitched for Israel in the 2017 World Baseball Classic, is already in Israel, ready to declare citizenship.

"It was extremely easy," says Wagman, speaking from Israel's main baseball facility

**MORE ON NEXT PAGE**

Originally ran in *Jewish Baseball News*, October 2018.

in Petah Tikvah. “It was easy to the point where [Kurz] starts talking with me about how it’s going to work, and at the end of it, I say, ‘What’s the catch? This almost sounds too good to be true.’ I decided to do it on the first phone call after talking for just a few minutes.”

Wagman was raised in a mixed household; his father is Jewish, and his mother is not. He chose to be raised Jewish and says his Judaism is important to him, hence the instant connection with Israel.

“Growing up in a very non-Jewish society in the Bay Area of California, I was out of the ordinary” Wagman says. “To now be a part of something that’s on the other side of the world, and to this point that I’ve worked very hard for, it’s validation. I see how excited the Israelis get. I see this look in their eyes, that someone from America who is a professional baseball player is coming to get citizenship.”

Because of their age, none of the ballplayers will have to serve in the Israeli army.

Acquiring 10 new citizens is a significant advance for Israel’s fledgling baseball culture. While the World Baseball Classic allowed non-citizens to play for Israel if they had at least one Jewish grandparent, European tournaments — and the Olympics — require athletes to be citizens of the country they represent.

Israel’s surprising play in the World Baseball Classic — considered a longshot underdog, it knocked off powers like Cuba and South Korea — has already boosted the sport’s profile in Israel. Kurz, the Israel baseball president, estimates that participation there has grown by roughly 25 percent over the last two years.

“If you had asked the average Israeli two years ago if there was baseball in Israel, they would probably have said no,” Kurz says. “I think today, they’ll say, ‘Oh, yeah. Israel was in the world championship. I remember that.’ If you’re able to reach the Olympics, even the Olympic qualifiers, it will be an incredibly big thing in Israel, because the Olympics are everything.”

Not all the players making *aliyah* have experienced Israel before. Alex Katz, a World

Baseball Classic alum currently in the Baltimore Orioles organization, has never been to the country. His parents haven’t, either.

“I’m sure my grandparents, who passed away, would be proud of me,” Katz says. “My whole family is Jewish, so everyone in my family is proud of me.”

Moscot, the former Reds pitcher, says he can envision baseball in Israel rising to the popularity level of basketball, which is the second-most popular sport in the country. That would be a rather astounding leap forward. During the Israel Baseball League’s sole season, in 2007, the field at Kibbutz Gezer had a light pole in right-center field, wrapped in duct tape to protect players. It’s still there.

But baseball’s arrow points upward. The Israel Association of Baseball will build two new regulation-size fields this year, in Bet

Shemesh and Raanana, on land donated by the municipalities.

And fueled by its soon-to-be American-Israeli comrades, Israel will compete in the European Championship B-Pool in the summer of 2019, which is the first tournament on the path towards Olympic qualification.

“I think there’s endless opportunity here,” Moscot says. “Not only do I think it’s great for the country, the kids and Israeli baseball, but I really think we have a chance to win. I don’t think people expect that, but we’ve got some dang good pitching and some good hitters.”

For former minor leaguer Wagman, the new reality is starting to settle in.

“I could never have imagined that I would be in a place like this,” says Wagman. “In a position to help an entire country get to the Olympics. It’s crazy.”

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# DELAWARE DENTIST MAKES A DIFFERENCE IN JERUSALEM

By Sharon Spira  
*Dental Volunteers for Israel*



TOP: Dr. Brad Klassman and Holly Klassman  
BOTTOM: Dr. Klassman and patient, Alexi Nisan

PHOTOS SUBMITTED BY H. KLASSMAN

Wilmington residents, Dr. Brad Klassman and his wife Holly arrived in Israel October 19, 2018, to spend a week volunteering at the Trudi Birger Dental Clinic in Jerusalem, through a special program called Dental Volunteers for Israel (DVI).

DVI provides free dental care and oral health education to thousands of needy children in Jerusalem every year, regardless of race and religion, thanks to the benevolent support from our friends and visiting volunteer dentists from around the world.

DVI's Trudi Birger clinic treats disadvantaged children and at-risk youth (aged 4-26). Volunteer dentists from around the world, together with their Israeli colleagues, perform about 1,000 treatments each month. In 2017, 143 volunteer dentists from around the world performed 10,798 treatments, helping 2,700 kids in crisis and at-risk youth in Jerusalem. During the past 38 years, over 4,500 dentists have volunteered at DVI. In keeping with Trudi Birger's philosophy that true tzedaka (charity) means giving to others not what you would otherwise discard, but what you would want for your own children, DVI strives to provide the poorest kids with the highest level care in the State of Israel.

And each of these patients has a story, a reason why they live under the poverty line. Nadav, a 24-year-old DVI patient moved to Jerusalem after completing his combat service with the IDF. He is one of ten children, whose parents immigrated from Ethiopia before he was born. Nadav is learning in yeshiva in the mornings, studying for a

business degree in the afternoons, and works a few evenings a week as an armed guard to try to support himself during his studies. During his army service with the Kfir brigade, he was stationed in places like Hebron, Gaza, and Jenin. Although Nadav is in need of our free dental services today, and has benefited from the services of Dr. Klassman for a much needed extraction in addition to general dental work and oral hygiene care, we are certain that with his drive and studies he will go on to be another second generation immigrant success story.

This was Dr. Klassman's very first time volunteering at DVI, and he and his wife plan to return to volunteer again soon.

"Personally, this is a unique opportunity to contribute to Israeli society utilizing my talents as a periodontist for both the youth and for the elderly in the special free dentures Project for Holocaust Survivors and Needy Elderly. This is both an honor and humbling privilege," says Dr. Klassman.

Holly Klassman also spent the week volunteering at DVI. She creatively engaged the children in the waiting room with arts and crafts projects and assisted our volunteer coordinator by using her organizational skills in the office. This also provided her with the opportunity of revisiting places she had studied and visited during her college years, this time sharing them with her husband.

Many volunteer dentists come back every year – after having discovered that for tourism, a week or two barely scratches the surface of things you really want to see. A good number of DVI's non-Jewish dentists have taken up studying Hebrew, to more thoroughly penetrate the local culture, and to understand what Israelis are saying around them.

Volunteer dentists think of their trip to Israel as a working vacation. At the same time that they come to know Jerusalem, they help improve the quality of life in the Holy City. Dentists who come to volunteer in Israel truly help Jerusalem's poorest people to overcome the cycle of poverty. As more youth arrive at the clinic every year, DVI volunteer dentists and supporters are committed to investing their time and money in an effort to ensure that DVI's young patients have better, healthier lives.

*Dr. Klassman practices in Wilmington, Delaware and may be reached at [DelawarePeriodontics.com](http://DelawarePeriodontics.com)*

*The DVI clinic is actively looking to recruit more volunteer dentists, so if a working vacation in Israel sounds good, please email: [international@dental-dvi.org.il](mailto:international@dental-dvi.org.il) and schedule your trip today! Or for more information on DVI, please visit [AmericanFriendsofDVI.org](http://AmericanFriendsofDVI.org).*

# FIGURE SKATING: A Sport for Any Age and for a Lifetime

By Melinda Weinstein

Like many people who watched the Winter Olympics in PyeongChang, South Korea, I was elated when Mirai Nagasu became the first female American Figure Skater to successfully land a triple axel during the 2018 Figure Skating Team Event.

I cheered from the couch for brother-sister Ice Dancing team Alex and Maia Shibutani and was dazzled by Men's Figure Skater Adam Rippon.

Figure Skating is one of the most-watched sports at the Olympic Games. Marveling at the skill and elegance of Olympic Figure Skaters, you might think that figure skating is a sport so challenging that without years of specialized training and practice, you can't give it a try, but you'd be mistaken! It wasn't until later in life that I discovered figure skating is truly accessible to everyone, both young and old, and provides a great mental and physical workout.

When I turned 50, I made a bucket list of things I might want to try. One of the items on my list was ice dancing. At age 57, I signed up for a six-session ice dance series on Tuesday nights at my local ice rink.

The first night of class I tied on the same pair of ice skates I had from when I was twelve years old, and wondered what was going to happen, as I hadn't skated in 25



PHOTO CREDIT: ISTOCKPHOTO.COM

years. Arriving on the ice was my instructor, the two-time Olympic Ice Dancer from the Ukraine, Igor Yaroshenko. Keeping the class fun but challenging, Igor taught us a simple introductory dance, the Dutch Waltz. Each session I learned more basics of ice dancing, such as forward stroking, swizzles, and skating backwards. I was having a great time—and getting a strong workout.

From that very first lesson with Igor, I got hooked on Ice Dancing and have been skating three times a week for the past 12 years.

Ice-skating is truly a life sport—and is one that can be enjoyed with the whole family. The physical benefits of skating are many. For adults, ice-skating provides an excellent low impact workout, as it is easy on the joints. For kids and adults alike, skating works just about every muscle group in your lower body and abdominals, toning the leg muscles. A highly aerobic activity, skating can burn up to 600 calories an hour, which is excellent for combatting obesity and promoting weight loss. Posture improves, as does flexibility, balance, and coordination. As you skate around the rink, you boost physical endurance, as skating requires sustainable energy over a long period of time. Skating also gets kids moving and encourages them to

keep active and adopt a healthy lifestyle.

In addition to keeping you fit, ice-skating is equally good for the soul and spirit. The University of North Carolina Health Care System pointed out that ice-skating helps reduce stress and provides mental and emotional relief, since the concentration required in skating helps you “tune out” the outside world. For kids, taking up ice-skating as a sport inspires goal-setting, boosts self-confidence, and shows how you can really master a sport with practice. There is a strong mind-body connection with ice-skating. The Waldorf School of Philadelphia takes their students skating once a week as it improves mental processing, a workout for the brain, as well as body. Skating with friends and family is also just plain fun—it's a great way to get exercise and spend time together, forgetting the stress of everyday life as you glide across the ice.

Watching the Figure Skaters compete at the Olympics, I am glad to know firsthand that this beautiful sport is within the reach of anyone. All it takes is a pair of skates and a willingness to learn.

---

*Melinda Weinstein is Vice President, Board of Directors, Skating Club of Wilmington, and a former affiliate of Adas Kodesch Shel Emeth.*



# RUNNING STAR CONNOR NISBET HEADING TO PRINCETON

By Kevin Noonan  
Town Square Delaware



Nisbet family L to R: Bruce, Emily, Connor, Aubrey, and Kyle

PHOTO CREDIT: TOWN SQUARE DELAWARE



Connor leads the pack at the 2016 Salesianum Invitational at Brandywine Creek State Park

PHOTO CREDIT: TOWN SQUARE DELAWARE

It's not unusual for a high school athlete to stand out in two sports, but this is a little different.

Connor Nisbet has excelled in two sports that call for lots of running, but one demands short sprints and the other long strides.

In the end, the long strides outran the short sprints.

Nisbet was a highly ranked junior tennis player at Wilmington Friends School and tennis has always been a big part of his family life – his father, Bruce Nisbet, was a Division III All-American at Haverford College in 1995 and Connor and his siblings, Kyle (now 15) and Aubrey (13), basically grew up with rackets in their hands.

“But while tennis was our focus, we also did other sports, like soccer and swimming,” Connor said. “So, we were brought up not only to love tennis, but competition and sports [in general].”

Then, when he was in the fifth grade, Connor started running to keep in shape for tennis, and when he was 12, he ran his first 5k race with his father (and beat him).

*Originally ran in townsquaredelaware.com in November of 2018.*

“After this, I realized I really liked running,” he said. “Not only did I love the sport, but the team dynamic was incredibly important to me.”

So, Nisbet continued to play competitive tournament-level tennis as well as run track and cross country. But when he finished his sophomore year, he knew it was time to focus on one thing.

“While I loved both sports, I realized I couldn't compete at a high national level at both,” he said. “Partially because I like the team atmosphere of running more, and partially because I was progressing well at running and, frankly, not progressing in tennis, I decided to fully focus on track and cross country.”

Paul Nemeth, the cross country and track coach at Friends, was impressed at the way Nisbet could juggle track, tennis and academics and excel at them all, but he wasn't surprised at his success.

“Connor was a standout runner from the start,” Nemeth said. “He's a self-motivated, driven, focused young man. Never, ever did Connor need a push during workouts. He worked as hard as the seniors and was part of that group at every workout. He has the

ability to push himself beyond what is normal, especially at his age.

“When Connor decided to back off competitive tennis and concentrate year-round on cross country and track,” Nemeth added, “that was the dawning of Connor's rapid rise to the level he now enjoys.”

The results show the wisdom of that decision. Nisbet has won the last three Division II state cross country championships and the Victor A. Zwolak Award as the top cross country runner in Delaware.

And after winning Division II state championships in the 1,600 and 3,000 meters and finishing second to Napoleon Hernandez of Tatnall in the 800 meters, he also won the Thomas H. Fort Award, given to the state's most valuable performer in outdoor track and field. Plus, he won titles at 1,600 and 3,200 meters at the state indoor meet.

That impressive resume has landed him at Princeton University – Nisbet will compete in cross country and indoor and outdoor track for the Tigers.

**MORE ON NEXT PAGE**

And if there was any question about Nisbet's ability to compete at a national level, he answered it this past November, when he finished third in the Footlocker Northeast Cross Country Regionals at Van Cortland Park in Manhattan.

That qualified him for the Footlocker Nationals in San Diego on Dec. 8, which featured the top 40 boys and girls in the nation. That's been his entire focus this season – to land an All American spot in San Diego.

Nisbet said his success is due to his mental preparation even more than his physical preparation, and he credits his father for that.

“Mental toughness is one of the hardest aspects of sports,” he said. “I attribute a huge part of my mental toughness to my dad, for instilling the importance of mental toughness and the edge that mental toughness can give you over your competition.

“One of my favorite lines that I took from tennis was ‘loving the battle.’ Loving the battle not only means persevering through the pain or grueling parts of running, but flipping it around and appreciating the hard parts.”

Nisbet turned down multiple scholarship opportunities, but he chose Princeton even though Ivy League schools don't give athletic scholarships.

“For me, the most important part of my college decision was trusting and connecting with the team and liking the school as an academic institution,” he said. “I would be hard pressed to find a better group of guys than Princeton's track and cross-country teams, or a better coach than Coach Vig [head coach Jason Vigilante].

Connor was Delaware's Runner of the Year (for XC) in 2016 and 2017.

“Academically, it's hard to compare anything to the opportunities at Princeton,” he added, “or the ambiance of the campus.”

Nisbet certainly seems prepared for the academic side of college, as well as the athletic – he currently has a GPA of 4.01 at Wilmington Friends and plans to apply to the engineering program at Princeton.

“I'm not really sure what field of engineering I want to go into,” he said, “but I'm sure I'll find a good fit.”

## QUAKERS' BIG WEAPON

By Brad Meyers  
Delaware News Journal

### Last-minute Field Goals a Rarity in Delaware High School Football



PHOTO CREDIT: JERRY HABRAKEN, THE NEWS JOURNAL

### With the clock ticking down, Jacob Jaworski knew his time was coming.

And he needed something to focus his mind on what was about to happen.

So in his head, he sang a song, *Body Like a Back Road* by Sam Hunt.

“It's just a song that's always made me focus and really put my head down and kick it,” Jaworski said.

Early last fall in a game against Woodbridge High School, the Wilmington Friends junior trotted onto the field with 25 seconds remaining. A “beautiful” snap was delivered. The ball was placed in the right spot. The offensive line held off the Blue Raiders' rushers just long enough.

Jaworski swung his right foot into the ball and delivered a 28-yard field goal to give the Quakers a 24-21 lead. Then the Friends defense held off a final charge by Woodbridge, stopping the Blue Raiders' final pass at the 15-yard line as time expired to win an early season showdown between two of the top five teams in Division II.

Jaworski's kick was a rarity in Delaware high school football - a last-minute field goal.

We see them all the time in the NFL and college football. Many teams often

intentionally work to set them up, knowing a late touchdown isn't necessary. They have a reliable kicker who will handle the pressure and finish the job.

The Quakers, ranked second statewide in Division II, often win by large margins and don't need clutch field goals. But when they needed this one, their kicker knew exactly what to do.

“I take a deep breath, look through the goal posts, find my spot in the sky,” Jaworski said. “Take my steps, rely on my snapper, sing a good song in my head and just really focus, settle down, find my happy place and just ignore everything around me. I trust my process and fire it through those goal posts.”

The kick provided a thrilling end to a thrilling game that saw three lead changes and three ties.

It should be a confidence builder for the Quakers, who now know if the clock is ticking down, Jaworski will sing that song in his head and deliver.

“We haven't used him a lot, but we know he's there,” said team holder, Wyatt Nelson. “We can always rely on him and everybody else that is on the field goal team to get it through the uprights.”

Jaworski ended the season with 2nd Team All State and 1st Team All Conference for kicking.

Originally adapted from Delaware News Journal, September 2018.





# A LIFETIME OF HEALTHY LIVING

By Debra Steinberg  
Payroll & Benefits Specialist, JFD & JCC

Letchworth State Park, NY PHOTO CREDIT: DEBRA STEINBERG

To see me now as an adult, one would never realize that as a young girl I was sedentary.

I would come home from school; complete my homework and then plop myself on the couch to watch television with a snack. As a teenager, my family only had one car, and I walked to work, school, and to the mall. That was the introduction to the active lifestyle that I enjoy today. I am in my early sixties and do not take any medications and have weighed the same—give or take 10 pounds—most of my adult life which I attribute to this lifestyle.

I moved to Wilmington in 1982 from Philadelphia and joined the Siegel JCC after the birth of my second child. I used to swim laps in the evening after the children were asleep. When my boys started pre-school at the JCC, I began to play racquetball and then expanded to lifting weights in the Fitness Center.

Lifting weights changed my body and empowered me emotionally and physically. I was in the Fitness Center so much that members thought I was a personal trainer. That was my “ah ha” moment. I took a certification class and was on my way to helping people attain their fitness goals. Since I was in my mid-fifties, I felt that I could be a role model for women younger and older. I wasn’t skinny, but rather solid and fit.

Every weekday morning I walk 4-5 miles in my neighborhood or the equivalent distance on an elliptical machine before coming into work. Everyday I enjoy the different cloud patterns, seasonal plant variations, and holiday decorations. Besides the exercise value, it centers me spiritually, and allows me to handle whatever challenges the day may present to me. Most mornings my husband accompanies me on my walks before he goes to work. With varying schedules, it is nice to start the day together. We also ride bicycles on the weekends that take us to Chester County destinations. The scenery is so beautiful along the way and although we may only be 15 miles from home, it feels like we’re on vacation.

I believe the key to a healthy lifestyle is to find something you like to do so you will make the time to work it into your schedule.

Diet goes along with exercise and is really the key to maintaining weight over time. While I may love to have a steak sandwich and fries at the Charcoal Pit, it is something I may only do a few times a year. I enjoy cooking and substituting healthier items in recipes, like Greek yogurt in place of sour cream. Portion control is important and while I do not weigh food I do measure out portions of higher calorie content items like nuts and pasta as it is very easy to consume more calories than you think. I am aware but not obsessive with my diet.

So, some raise a glass of wine to make the toast to life, I lace up my sneakers and say L’Chaim to life!



# IVY HARLEV HONORED AT CHILD INC.

Mazel tov to Ivy Harlev, Executive Director at the Siegel JCC, on being honored at the CHILD Inc. Volunteer Recognition Event on Thursday, November 29th.

Ivy was recognized for her volunteer work with children at the Governor Terry Children’s Center shelter. In addition to contributing her time to the youth at the shelter, Ivy has also made it possible for several children to participate in Camp JCC over the past two summers, both as campers and as counselors.

The award was presented by Lori Sitler, Executive Director at CHILD Inc., who thanked Ivy for selflessly and tirelessly volunteering and sharing her time and energy with the shelter’s children, never asking for anything in return and always wanting to do more.



Ivy Harlev and Lori Sitler  
PHOTO CREDIT: CHILD INC.

Said Governor Terry Children’s Center Director, Allison Fisher, “I’m certain that many of our youth have never had an opportunity like this prior to being so lucky, lucky enough to cross paths with a woman so caring and giving as Ivy. I continue to stand in awe of her dedication to these youth, who have experienced so much trauma and misfortune in their young lives.”

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# JERUSALEM: TOP TO BOTTOM

By Yoni Glatt  
koshercrosswords@gmail.com

DIFFICULTY LEVEL: Medium  
SOLUTION APPEARS ON PAGE 53

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16				17					18				
19				20							21		
22			23						24	25			
			26		27			28					
29	30	31			32	33	34			35	36	37	38
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48			49						50	51			
	52				53	54	55	56					
57					58					59			60
61					62					63			
64					65					66			

**ACROSS**

- 1. Sephardic character on "Srugim"
- 5. "ASAP!"
- 9. Winston Churchill's "\_\_\_ Country"
- 13. Trendy chips
- 14. It grows on you
- 15. Org. in "Interstellar"
- 16. Elevated spot in the Old City
- 19. Baseball All-Star Kinsler
- 20. Collie of TV
- 21. Word before a maiden name
- 22. Music symbols
- 24. Former Russian VIPs
- 26. Albania currency unit
- 28. \_\_\_ Air
- 29. Looney Tunes brand
- 32. "Laugh In" comedian Johnson
- 35. A Biblical king and a Gray
- 39. Locale lower than 16-Across
- 42. "Velvet" or "cant" ending
- 43. Rabbi Isaac Luria
- 44. "The way" of the East
- 45. Gallery display
- 46. Electric autos
- 47. Fall back, as the ocean
- 48. Moses alternative
- 50. He's got the whole world on his shoulders
- 52. Locales lower than 39-Across
- 57. \_\_\_ (Hilario), Brazilian-born 57-Down player
- 58. As a result
- 59. Bar or bat mitzvah, e.g.
- 61. Has attachment?
- 62. "Lang Syne" preceder
- 63. Thorn site, on a flower
- 64. "\_\_\_ I" ("Ditto")
- 65. Command and Control
- 66. Gateway Arch designer Saarinen

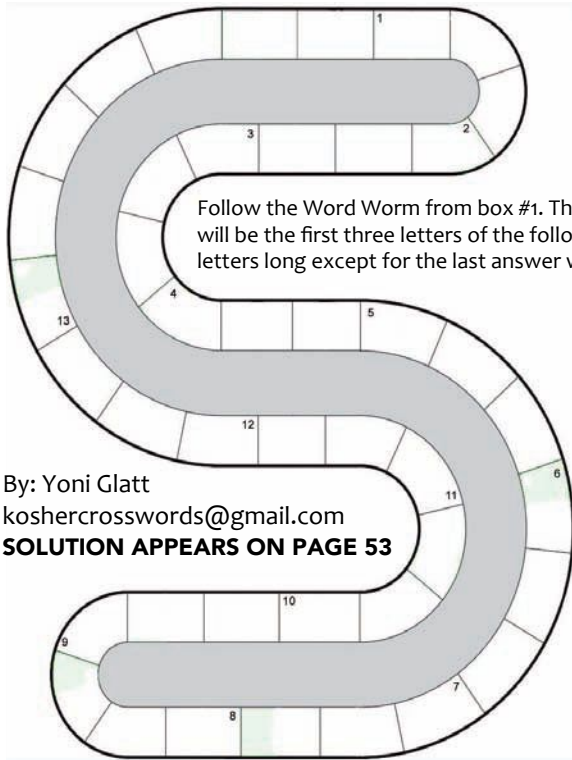
**DOWN**

- 1. Room at the top
- 2. Taj \_\_\_
- 3. Sendler who rescued Warsaw children
- 4. Go bad
- 5. Eye-covered prayer: Var.
- 6. Items on some shoes
- 7. Isn't well
- 8. \_\_\_ Asar (12 Prophets)
- 9. "Wheel of Fortune" request
- 10. Animals, collectively
- 11. "Mary Tyler Moore Show" co-star
- 12. Insurance and interest
- 17. "Is there anyone \_\_\_?"
- 18. Administer, with "out"
- 23. Jetted
- 25. Cabbage, carrots and mayo
- 27. "Hard" in Hebrew
- 28. He said "It gets late early out there"
- 29. George Peppard TV series, with "The"
- 30. Some Jeeps
- 31. Cited formally
- 33. Israel's 6 and 20: Abbr.
- 34. Blue hue
- 36. Space relay
- 37. Vase material
- 38. Shlumps
- 40. "\_\_\_ Extra-Terrestrial"
- 41. Hebrew month
- 49. Court figure, for short
- 51. Brief and to the point
- 53. Lose air, as a tire
- 54. Word with "crime" or "believer"
- 55. Like the Giants' season
- 56. Says "yes" without saying a word
- 57. See 57-Across
- 60. Dark and depressing, as music

QUESTIONS/COMMENTS: email Yoni at koshercrosswords@gmail.com

# THE WORD WORM

## PUZZLE PAGE THE WORD WORM



Follow the Word Worm from box #1. The last three letters of each answer will be the first three letters of the following answer. Each answer will be six letters long except for the last answer which will be seven letters long.

By: Yoni Glatt  
koshercrosswords@gmail.com  
**SOLUTION APPEARS ON PAGE 53**

1. Great Spanish Torah commentator
2. Harry and Sally witty chat
3. Father of Avraham
4. Daughter (and niece) of Caleb
5. It's about 650 miles southwest of the Sinai
6. Stopping spot for Noah
7. Contemporary of Koppel and Blitzer
8. High point in Israel
9. One of (Arthur) Miller's wives
10. Giants in the Torah
11. Italian alternative to HE'BREW
12. Vegetables in some cholents
13. Where to see "Fiddler on the Roof"

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Tess Wolf PHOTO BY RACHEL DAVIDSON

## BAT MITZVAH TESS WOLF

Tess Wolf is currently a 7th grader at The Independence School in Newark, DE, which she has attended since Kindergarten (not counting the year she spent with her family in New Zealand). She enjoys playing on the school basketball and volleyball teams. Tess participates in student government, speech team, quiz bowl, and student ambassadors. She also loves music, playing trombone in the Gold band and Stage band at school, and learning guitar and piano as well. She is an avid reader, known to go deaf when her head is in a book. In the summer, Tess attends overnight camp in Wisconsin, where she

enjoys sailing, playing tennis, horseback riding, and being with friends.

For her mitzvah project, Tess is volunteering with Jewish Family Services. In lieu of gifts, she has asked guests to make a donation to one of the charitable organizations she selected at [SmallToken.org/registry/rachel-davidson](http://SmallToken.org/registry/rachel-davidson).

Her parents, Rob Wolf and Rachel Davidson, and her brother, Eli, are incredibly proud of Tess and eager to celebrate with her. She and her family are very grateful to Cantor Elisa, Rabbi Michael, all her Hebrew School teachers, and the staff at CBS for helping her prepare for her bat-mitzvah.

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etkhem betokh she'ar  
avelei tziyonvi'Yerushalayim.*

**JOAN LIEBERT BALICK**

Glen Mills - Age 85, passed away on December 1, 2018 after a long illness.

Joan was born in Brooklyn, NY on August 13, 1933. She graduated from P.S. DuPont High School in Wilmington in 1950 and from the University of Delaware in 1954. She was married that same year, and taught 2nd and 3rd grade at Faulk Elementary School until 1956.

Joan was predeceased by her parents, Blanche and Murray Liebert; her brother, Arthur Liebert, who died as a baby; and her husband, Norman Balick. She is survived by her son, Steven Balick and his wife, Laura; her son, Alan Balick and his wife, Cindy; her sister, Barbara Heimann; and her six grandchildren, Matthew, Jack, Chase, Ashley, Taylor, and Lindsay.

In lieu of flowers, the family suggests contributions to the Jewish Historical Society of Delaware, 505 N. Market Street, Wilmington, DE 19801.

**JUDITH S. BLAKE**

Wilmington - Age 75, passed away Friday, November 23, 2018.

Born May 3, 1943 in Reading, PA, she was the daughter of the late Louis and Elizabeth (nee Pollock) Schwartz.

Preceded in death by her husband, Alvin;

she is survived by her sister, Barbara Ward.

In lieu of flowers, please consider a contribution to a charity of your choice.

**MARLENE STIEFEL GREENBERG**

Wilmington - Age 71, passed away Wednesday, November 21, 2018.

Born July 3, 1947 in Washington, DC, she was the daughter of the late Morton and Ethel (nee Schuprek) Stiefel. Marlene worked as the bookkeeper for Congregation Beth Shalom for 15 years.

She is survived by her husband, Mitchell; children, Rebecca Gluck (James) and Craig; grandchildren, Mason and Emma; and brother, Wayne Stiefel (Christine Mayo).

**ANNA "JEAN" HIRSHOUT**

Wilmington - Age 97, of Wilmington, passed away peacefully on Saturday, November 10, 2018.

She was born May 30, 1921 in Bridgeport, NJ to the late Michael and Mary (nee Mercado) Borrelli. Jean was a beloved wife, mother, grandmother, great-grandmother, aunt, and friend to all. She was a homemaker - cooking and baking for everyone. Jean enjoyed raising their three

children with her husband, David. She enjoyed the company of family, friends, and neighbors. Her passion was helping everyone, anywhere, at any time with their needs. All recall her motivation for volunteering and helping others. This was a gift she possessed and it exemplified a life well lived. Jean was truly a beautiful lady, inside and out.

She loved life and if she could say one thing to all of you it would be "live well, laugh often, and love much." Her kindness, warmth, and selflessness were her motto for living a long, healthy, and

**MORE ON NEXT PAGE**




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prosperous life. Jean's notorious strategy for healthy eating preserved her age well. She volunteered for numerous charities, nursing home activities, and community services. Jean was a member of Adas Kodesch Shel Emeth Synagogue and Sisterhood.

She will be deeply missed by those who cherished her. Jean's family would like to thank the Seasons Hospice team located at Christiana Hospital for their care and compassion given to Jean and her family during her last days.

Preceded in death by her loving husband, Dr. David Hirshout; son, Alan Hirshout; and brothers, Joseph and Dominick Borrelli; Jean is survived by her loving children, Stephen Hirshout and Elaine Pratta (Anthony); grandchildren, Desiree Fiorelli (Chris); Brandon and Natalie Pratta; great-grandchildren, Christopher, Nick, and Vincent; and brother, Eli Borrelli (Doris).

In lieu of flowers, the family suggests contributions to Adas Kodesch Shel Emeth Synagogue 4412 Washington Boulevard, Wilmington, DE 19802 or a charity of your choice.

#### **DAVID KUDISH**

Newark, DE - Age 86, passed away at home on December 9, 2018.

David grew up in nearby Chester, PA. As a young man, he worked in his father's market while attending pharmacy school. David was a veteran of the Korean War where he served in medical battalions. After the death of his father, he returned to take over the family market and grew it to include several supermarkets. He raised a family, traveled widely, and always had the latest gadgets. David later returned to pharmacy and continued working throughout "retirement" well into his 80s.

David loved life and lived it well. He enjoyed his Mercedes, traveling, horses, music, theater, and all types of cuisine. David was quite a character - likable,

loquacious, intelligent, handy, and never boring. There will never be another person like him.

David was predeceased by his parents, brother, and step-brother. He is survived by a beloved sister, his wife, his former wife, their children, and grandchildren.

In lieu of flowers, contributions may be made to the Delaware Veterans Memorial Cemetery.

#### **LARRY L. LIPSTEIN**

Arden - Age 87 of Arden, DE, passed away peacefully at his home on Tuesday, December 4, 2018.

Born in Wilmington, DE, on June, 24, 1931 to the late Louis and Anna Lipstein; he graduated from P.S DuPont High School in 1948 and University of Delaware in 1952. Larry retired as a massage therapist, however his long career included life insurance agent, part owner of family business, Leroy's Style Shop (Women's clothing store in Wilmington, DE), as well as Owner-Operator of High Country Jewelry in Evergreen, CO. His true passion was enjoying life surrounded by the love of family and friends.

In addition to his parents, Larry was preceded in death by his loving wife of 43 years, Barbara (nee Jacobson) Lipstein; his brother, Royal Lipstein; his grandson, Joshua Lipstein, and great-grandson, Joshua Ryker Lipstein. He is survived by his 4 children and their spouses, Linda (Patrick) Toman, Michael (Valerie) Lipstein, Terry (Linda) Lipstein, and Don (Carol) Lipstein; grandchildren, Vanessa, Travis (Katie), (Leslie), Shane, Troy, Andrew (Stephanie) Lipstein, Emily (Mackenzie) Cheeseman, Anne and Christian Toman, Alex and Nick Sexton, 5 great-grandchildren. He will be deeply missed by his long time companion, Donna Mulcare; dearest friends, Randy and Susan Lange; along with many nieces, nephews, extended family and friends around the country.

#### **JACK ENGEL SHATTUCK**

Wilmington - Age 74, passed away Sunday, November 18, 2018.

Born December 9, 1943 in New York, NY, he was the son of the late Isadore and Jane (nee Engel) Shattuck.

Jack is survived by his wife, Debra (nee Krutchick) and son, Joshua.

#### **CLARA (PODOLSKY) SPERBER**

Age 91, of Closter, New Jersey passed away on Friday, November 30, 2018. She was born December 13, 1926 in Bronx, New York.

Mrs. Sperber was preceded in death by her loving husband Herbert in 2008. She is survived by her daughter Marilyn Halprin and her husband Stanley; daughter Sharyn Rosen; and four grandchildren.

In lieu of flowers, please consider a contribution to a charity of your choice.

#### **LEWIS STAT**

Wilmington - Lewis Stat, son of Jacob and Sarah (Zutz) Statnekoo, passed away peacefully in Wilmington, Delaware on November 15, 2018 at the age of 101, leaving a loving family and a good name, after a long, fulfilling, productive, and wonderful life.

Lewis served his nation stateside in the US Army during WWII. He enlisted in 1943, was commissioned as an officer following graduation from Officer Candidate School, was discharged from

#### **MORE ON NEXT PAGE**

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[Jaidy@ShalomDel.org](mailto:Jaidy@ShalomDel.org)

active duty as a First Lieutenant in 1946, and continued in the Army Reserve until 1953. Always an innovative entrepreneur, Lewis was instrumental in the founding and successful operation of a multitude of businesses, including insurance and automobile sales, high precision machine parts manufacturing, restaurants, chemical manufacturing, financial services, commercial real estate, and others. He never stopped thinking about new ideas.

A member of the Rotary Club of Wilmington, Lewis was quietly and rightly proud of his volunteer service, especially his work for Jewish organizations. A lifelong supporter of Wilmington synagogues and Jewish and other community organizations, Lewis co-chaired (with his wife Mildred) Delaware's 1961 Israel Bonds campaign. A 1935 graduate of Wilmington High School, Lewis attended courses offered in Wilmington by the Wharton School of

the University of Pennsylvania and was an Honorary Alumnus of Hebrew University in Jerusalem.

Lewis was a "people person," made friends easily and had a knack for getting to the heart of any situation. His family, friends, and the broader community will miss him.

Lewis is survived by his loving wife of 77 years, Mildred K. Stat, his sister Rosalie Ableman, and by his children: Daniel Statnekov (Deborah), Diane Newsom (Jim), Richard Stat (Linda) and Joanne Hubble (Dave). He loved his family and adored his grandchildren, John "JJ" Stat Bernstein (Rachel), Elizabeth Chadwick (Craig), Michael Stat, Lisa Nielsen (Tyler), David Stat (Lauren), Steve Hubble (Aimee), Jacob Statnekov, Isaac Statnekov (Chaitra), and Eric Hubble, and his great-grandchildren Zachary and Sophia Bernstein, Blake and Eden Nielsen, and

Sam and Max Hubble. He is also survived by many beloved nieces, nephews and relatives, including Mara Statnekov (mother of Jacob and Isaac) and step-grandchildren Brad Newsom, Chip Porter and Devon Porter. Lewis was preceded in passing by his parents, his sisters Anne Porter and Lee Zommick, and his brother Harry Stat.

Heartfelt thanks to everyone for their loving support. In honor of his generous spirit, memorial contributions may be made to your favorite charity.

**RUTH S. STOBIN (NEE GOTTSCHALK)**  
Las Vegas - Age 94, passed away on Monday, November 19, 2018 after a short illness.

Born in Rheine, Germany on October 2, 1924; Ruth, her sister Erika, and her

**MORE ON NEXT PAGE**

# Home is Where the Heart Is...



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father were able to flee Germany in 1939, first going to England for two years and enduring the “blitz” bombings in the Tube, and then onto the United States in 1941. She arrived in Canada, traveled to Montreal by train, next to New York City, and then settled with family in Wilmington, DE.

During her migration, she missed two years of schooling. Ruth was able to further her education by graduating from Goldey-Beacom College, and she went on to have a successful career as a bookkeeper and secretary. This knowledge served her lifelong, as she was the treasurer of her home owners association up to this past year.

Ruth was fortunate to meet the love of her life, Alvin, and they moved to Queens, NY in 1964. Together, they traveled the world, learned about eating cuisines in different countries, and fell in love with Japan. While Ruth had no children of her own, she always treated her nephews as her own kids.

In 1990, Al and Ruth retired in Las Vegas for the warm weather, benefits for seniors, and of course all the fun and food! They occasionally signed up as extras for movies and TV shows!

After Al’s sudden passing in 1997, Ruth became active in the senior center life and enjoyed playing canasta, bingo, and knitting and crocheting. She enjoyed corresponding monthly with many people she knew over the years. Ruth had often typed, but later moved with the times, and

went onto email family and friends from all over the world with her “reports” of all her daily and weekly fun. She prided herself on being independent and active, and continued to travel and enjoy casinos. Ruth was lucky to see most of the United States and 57 countries.

Preceded in death by her husband, Alvin; she is survived by her nephew, David J. Biloon (Gail) of Philadelphia, PA, and her grand-nephew, Joseph E. Biloon (Alison) and their two children, Alexis and Kyle of Landenberg, PA; as well as cousins, Esther Hirsch of Queens, NY, and Hannah Sondhelm of Israel.

In lieu of flowers, donations in her honor may be made to the Las Vegas Jewish Family Service, Holocaust Survivor Fund, 2309 Renaissance Drive, suite B, Las Vegas NV 89119.

**ROBIN ANNE STUMP**

Claymont - Age 63, passed away Tuesday, November 27, 2018.

Robin was born December 18, 1954 in Darby, PA to Les and Janet. She received her nursing degrees from DCCC (ASN) and WilmU (BSN). In 2017, she earned her massage therapist license from the Institute for Therapeutic Massage & Bodywork. Robin used her knowledge to heal and educate for 40 years. Together with her husband, Ed Stump she raised 5 sons and 6 grandchildren. She had a passion for reading, learning, health, animals, and her family.

Preceded in death by her father, Les Mills; mother, Janet Gibson; and step-mother, Mary Jane Mills; she is survived by her husband, Ed; children, David (Beth), Eric (Kelly), Adam Pachowka (Stephany), Jonathan (Fallon), and Brandon; 6 grandchildren; sister, Lynda (Walt), brother, Les, Jr.; and several nephews and cousins.

In lieu of flowers, memorials may be made in her name to Big Cat Rescue, 12802 Easy Street, Tampa, FL 33625.

**SYBIL ZEFTEL**

Wilmington - Age 92, of Lodge Lane, Wilmington, DE, passed away in her sleep on December 5, 2018.

She was born in Providence, RI and graduated from Brown University, with a degree in mathematics. Sybil was a junior and high school math teacher in Wilmington for many years. In later years, she was often recognized and thanked by former students for her help and support. Sybil was active in community and political life serving in leadership roles in the National Council of Jewish Women, League of Women Voters, and Jewish Family Service. She directed the Delaware Citizens for Johnson headquarters during his 1964 campaign. In 1965, she was appointed to the New Castle County’s new Merit Commission, having been instrumental in proposing it. After her retirement, she focused her volunteer work on support services for domestic violence victims and the homeless; serving on the board of Sojourner’s Place.

Sybil was always active in political causes, marching for civil rights, against the Vietnam War, and participating in Occupy Wall Street activities in her mid-80s. She loved crossword puzzles, modern art, opera, and travel with her husband, Leo. Sybil always kept in touch with her five siblings, her many nieces and nephews, and their children, visiting by car and by phone. She was an avid bridge player with her many friends well into her 90s.

Sybil is survived by her brother, Sam, sisters, Leslie and Lynne; children, Mona (George), Peter (Penny), and Julie; and six grandchildren.

In lieu of flowers, contributions may be made to the Sojourner’s Place ([www.sojournersplace.org](http://www.sojournersplace.org)).

**ELLA ZUKOFF**

Wilmington - After a long illness, Ella Zukoff passed away on November 14, 2018 at age 82.

**MORE ON NEXT PAGE**

Please send obituary submissions of 300 words or less to [Jaidy@ShalomDel.org](mailto:Jaidy@ShalomDel.org)

**MAY GOD CONSOLE  
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OTHER MOURNERS  
OF ZION AND  
JERUSALEM**



*Ha'makom yena'hem  
etkhem betokh she'ar  
avelei tziyonvi'Yerushalayim.*

She was a beautiful person in every way. Everybody who knew her, loved her. Ella was born in Everett, MA, the daughter of Rose and Hyman Westerman. She was a graduate of Boston University with a major of sociology and philosophy and a minor in elementary education. Prior to the birth of her sons, she taught elementary school and when her children were of school-age, she taught pre-school at a synagogue in Peabody, MA until her family moved to Wilmington.

After a stint as a substitute teacher in the Brandywine School District, she started her career at the JCC in Wilmington, where she rose to the position of Membership Director and Director of Adult Education. She became the face of the JCC with her warmth, outgoing personality and friendly greetings to members and visitors. The members and the staff loved her. One of the many areas she supervised was the Elder Hostel Program where visitors from around the country came to learn about the many aspects of Jewish culture. Ella prepared many of the foods that were served at these events which the attendees enjoyed so much that she was deluged with requests for recipes.

Upon retirement from the JCC, she volunteered at her family's beloved synagogue, Adas Kodesch Shel Emeth. She served on numerous committees including many involving food. Ella was renowned for the very high quality of her kosher cooking and baking, especially for delicacies she introduced that were unfamiliar in Delaware at that time. She also volunteered at the JCC, Wilmington Chapter of Hadassah, Read-Aloud DE, and Arden Court where she taught the residents about the Jewish holidays.

Her life was guided by these teachings: "a great person is one who makes others feel

great," "unless above himself a man shall raise himself, how poor a thing is man," and "teach us to number our days, that we may get a heart of wisdom."

Preceded in death by her brothers, Bernard and Sydney Westerman; sister, Ruth Falk; and her beloved grandson, Benjamin Robert Zukoff; Ella is survived by her husband, Martin; her sons, Ed and Dr. Paul Zukoff (Mimi); her grandson, Dr. Sam Zukoff (Sarah); granddaughter, Halli James (Greg); and many loving cousins, nieces, and nephews.

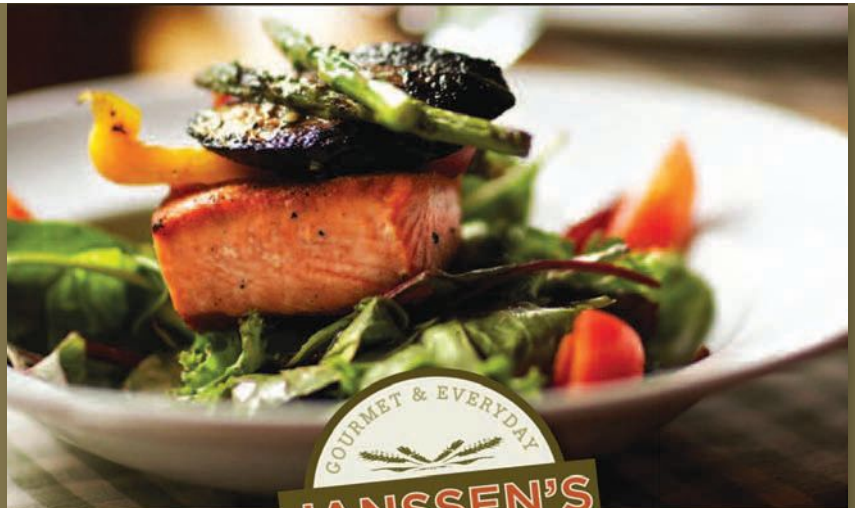
In lieu of flowers, contributions may be made in her memory to Adas Kodesch Shel Emeth Synagogue.

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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 5, 2019

### ASK (Alphabet Soup Kids) Meeting

11 – 1:30 PM

JFS Wilmington Office

Join ASK – a support and social group for LGBTQ+ youth ages 12-18 (all denominations welcome). Please RSVP or confirm attendance 2 days prior by contacting Sharon Zimmer at 302-438-1545 or [cztwins@hotmail.com](mailto:cztwins@hotmail.com)

## SATURDAY, JANUARY 5, 2019

### Youth Social Guide: Gym Games (Grades K-5)

7 – 9 PM

Siegel JCC Gymnasium

Enjoy games in the gymnasium, including obstacle dodgeball, 4 square, and more! 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).

## SUNDAY, JANUARY 6, 2019

### Open House

10 AM – 1 PM

Siegel JCC

Join us for Open House at the J! Join that day, and pay no enrollment fee; for questions, contact Katie Glazier at [katieglazier@siegeljcc.org](mailto:katieglazier@siegeljcc.org).

## STARTING MONDAY, JANUARY 7, 2019

### Top Kick Karate at the J

5:45 – 6:15 PM

6:15 – 7:15 PM

Auditorium

Karate anyone? Join us at the J as we welcome Top Kick Karate! 4 - 6 year olds: \$55/month members, \$65/month non-members. Monday & Wednesdays, 5:45 – 6:15 PM 7 years +: \$65/month members, \$75/month non-members, Monday & Wednesdays, 6:15 – 7:15 PM. For questions, contact Malinda Snipes at [malindasnipes@siegeljcc.org](mailto:malindasnipes@siegeljcc.org).

## THURSDAY, JANUARY 10, 2019

### Shalom Baby and Albert Einstein Academy

Present: **Baby Einstein - Music with Mr. Shelley**

Shelley

9:30 – 10:30 AM

Albert Einstein Academy - Music Room

Please join us for Music and Story Time with ECC's Music Teacher, Mr. Royce Shelley.

This NEW Monthly Music Class will meet the SECOND Thursday of each month. This FREE class welcomes little ones (ages 0-3) and their caregivers for stories, music, and fun! (Strollers should enter through the Siegel JCC main entrance.)

For more information or to RSVP, please contact Lisa Kornblum, Admissions Director at 302-478-5026 or [lisa.kornblum@einsteinday.org](mailto:lisa.kornblum@einsteinday.org)

## SATURDAY, JANUARY 12, 2019

### Youth Social Guide: Gym Games (Grades 6-8)

7 – 9 PM

Siegel JCC Gymnasium

Enjoy games in the gymnasium, including obstacle dodgeball, 4 square, and more!

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).

## SUNDAY, JANUARY 13, 2019

### PJOW Peek at Professions—Five Below

#### Headquarters Tour

1 – 5 PM

701 Market St.

Philadelphia, PA

Cost is \$10 per child

Come join PJ Our Way to take a tour of the Five Below Headquarters! We will learn all about Five Below, check out their amazing new HQ building and learn how they transport all their amazing goodies to their stores! We will also learn all about the Jewish value of philanthropy.

Then, we will take the money we have raised through the registration of our field trips this year, to go shopping at the Five Below Flagship store for the children at Al Dupont Hospital. RSVP Tuesday, January 8th [www.shalomdel.org/5below](http://www.shalomdel.org/5below) Questions? Email [jamy@shalomdel.org](mailto:jamy@shalomdel.org)

## THURSDAY, JANUARY 17, 2019

### Caring Group (Widow Support Group)

6 PM

JFS Wilmington Office

If you have lost a spouse and are looking for support from people who share the experience, please consider joining JFS' new Caring Group.

FREE to join, contact Pamela Stearn at 302-478-9411 or [pstearn@jfsdelaware.org](mailto:pstearn@jfsdelaware.org)

## FRIDAY, JANUARY 18, 2019

### Einstein - ECC Tu B'Shevat Celebration

11 – 11:30 AM

Siegel JCC - Early Childhood Center Amphitheater

Tu B'Shevat is the "New Year of the Trees." Join us in celebrating trees, nature, and friends! Enjoy a hands on morning of Play and Planting Parsley (for use on your Seder Plate this Passover!) FREE event for ages 1-5 and their caregivers. For more information or to RSVP, please contact Lisa Kornblum, Admissions Director at 302-478-5026 or [lisa.kornblum@einsteinday.org](mailto:lisa.kornblum@einsteinday.org).

## SATURDAY, JANUARY 19, 2019

### ASK (Alphabet Soup Kids) Meeting

11 – 1:30 PM

JFS Wilmington Office

Join ASK – a support and social group for LGBTQ+ youth ages 12-18 (all denominations welcome). Please RSVP or confirm attendance 2 days prior by contacting Sharon Zimmer at 302-438-1545 or [cztwins@hotmail.com](mailto:cztwins@hotmail.com)

## SATURDAY, JANUARY 19, 2019

### 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 3” (Dezmon Faulkenstein), “Building a Community: The Evolution of j-VOICE Monthly” (Jaidy Schweers), “Life in the Shtetl before the War” (Ann Jaffe), “Hidden Treasures: Exploring AKSE’s Archives” (Paula Gordon), “Pirkei Avot, The Sages, and Seeking a Mensch-Like Life” (Alan Bleier), and “Jewish Poland: Past and Present” (Mark and Sylvia Wagman). Fee for the evening is \$10 if reserved by 1/17, \$12 at the door. Please contact the AKSE office at 302-762-2705 or [office@AKSE.org](mailto:office@AKSE.org) for more information and advance registration.

## FRIDAY, JANUARY 25, 2019

### Federation Shabbat

5:30 PM – PJ Program

6 PM – Dinner

7:30 PM – Shabbat Services

Temple Beth El

Join our state-wide synagogues from Wilmington, Newark, Dover and Rehoboth Beach. Adult Kosher buffet meal:\$25.50, Child:\$10 – with \$70 maximum. Reservations required by January 18th. RSVP at <https://www.tbede.org/event/federation-shabbat-tbe.html>

## SUNDAY, JANUARY 27, 2019

### Jewish History Class

10 AM

Congregation Beth Sholom of Dover

Discussion of the Second Story from *A Bride for One Night* by Ruth Calderon. For additional information, contact Burt Brenman [burtrehab@gmail.com](mailto:burtrehab@gmail.com).

## SUNDAY, JANUARY 27, 2019

### Super Sunday

9 AM – NOON and 3 PM – 6 PM

Siegel JCC Senior Lounge – 101 Garden of Eden Rd, Wilmington, DE 19803

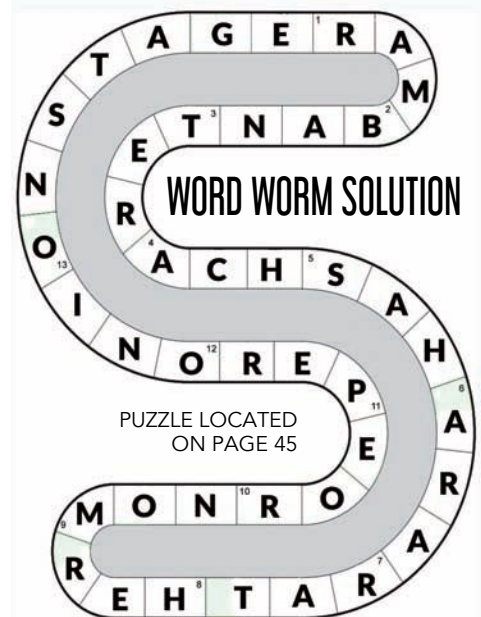
Please help Jewish Federation of Delaware get their 2019 off to a great start! Volunteers are needed to make phone calls to thank donors for their support and ask for their continued commitment. Volunteers are also needed to write thank you cards to those donors who have already made their pledge. To volunteer visit [shalomdelaware.org/SuperSunday19](http://shalomdelaware.org/SuperSunday19). There will also be a PJ Library program. Contact JFD (302) 427-2100 for more information.

## CROSSWORD SOLUTION

PUZZLE LOCATED ON PAGE 44

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## PUZZLE SOLUTIONS





LIVE A LIFE  
OF MEANING,  
AND ENJOY  
THE HAPPY  
MOMENTS

# LIFE'S GREATEST PURSUIT

By Jaidy Schweers  
*Editor*

## Happiness.

We all want it; that lap of goodness that derives from achievement, affection, acceptance, or gobbling down a home-cooked meal. That release of endorphins which takes place after an energizing workout, when attending a concert, when hiking the Rockies, while enjoying spirits with friends, or while witnessing your child win his first soccer tournament. It's the natural result of meeting our needs.

Happiness: Life's greatest pursuit.

But how meaningful is that, really?

I think of my moment-to-moment and day-to-day experiences and then evaluate my life on the Happy Meter. This could be my overall feeling of satisfaction; am I smiling; do I laugh regularly; am I confident and relaxed; do I feel loved and accepted? Do I have a nice home? Nice shoes? Am I getting what I want? What I need? Or it could be that I measure my happiness by comparing it to others' happiness. All I have to do is log-on to Facebook.

But how legitimate is this Happy Meter anyway? I mean we're all smart enough to know that we can't be happy 100% of the time, so at what percentage do we have to be to know life isn't so bad? And when we measure our happiness against the happiness of others, shoot! Most of what people disclose about their lives isn't always entirely accurate anyway.

There is more to life than just measuring happiness. Happiness and living a meaningful life are likely the two most widely held goals by which people measure and motivate themselves.

But does this mean that we have to be happy in order for our lives to be meaningful?

In 1946 Viktor Frankl, a prominent Jewish psychiatrist and neurologist from Vienna wrote a book in nine days about his experiences in the Nazi concentration camps; *Man's Search for Meaning*—a book that in 1991 was categorized as one of the top ten most influential books by the Library of Congress. I read it in college, but didn't absorb the message completely. But now, with more life to ponder in my 40s, the book resonates with me even more. In the book, Frankl concluded that the difference between those who had lived and those who had died came down to one thing, meaning; those who could attribute value and purpose to their lives in the most horrendous of circumstances were more resilient to suffering than those who were not.

And this was no place for a Happy Meter. But, still, people lived. People survived because they believed their life still had meaning; therein lay something they needed to do, or someone they needed to be, for someone else.

**MORE ON NEXT PAGE**



...HAVING PURPOSE AND MEANING IN LIFE “INCREASES OVERALL WELL-BEING AND LIFE SATISFACTION, IMPROVES MENTAL AND PHYSICAL HEALTH, DEVELOPS RESILIENCY, INCREASES SELF-ESTEEM, AND DECREASES THE CHANCES OF DEPRESSION.”

Current research has shown that having purpose and meaning in life “increases overall well-being and life satisfaction, improves mental and physical health, develops resiliency, increases self-esteem, and decreases the chances of depression.” Ironically, the single-minded pursuit of being happy is actually leaving people less happy. A Gallup poll including nearly 30,000 interviews from 2008 through 2012 reports that nearly 60% of Americans feel happy; however in a 2010 health and well-being study conducted by the Center for Disease Control, 4 out of 10 Americans did not consider their lives to have significant purpose.

“It is a characteristic of the American culture that, again and again, one is commanded and ordered to ‘be happy.’ But happiness cannot be pursued; it must ensue. One must have a reason to ‘be happy,’” said Frankl. “It is the very pursuit of happiness that thwarts happiness.”

Which is why some researchers are cautioning against the pursuit of mere happiness. In a subsequent 2013 study in the *Journal of Positive Psychology*, psychological scientists asked nearly 400 Americans aged 18 to 78 whether they thought their lives were meaningful and/or happy. Examining their self-reported attitudes toward meaning, happiness, and many other variables—like stress levels, spending patterns, and having children—over a month-long period, the researchers found that a meaningful life and happy life overlap in certain ways, but are ultimately very different. Leading a happy life, the psychologists found, is associated with being a “taker” while leading a meaningful life corresponds with being a “giver.”

Through exploring these differences, researchers have successfully constructed the “highly meaningful but unhappy life” profile. This kind of life has not garnered much attention within our culture, nor is it really sought after. Which is understandable, if the standard idea of happiness is considered to be a state of being whereby we display a globally positive affect, and because being around someone who presents the opposite, e.g., doom and gloom, on a regular basis is not very enjoyable.

But people who sacrifice their personal pleasures in order to participate constructively in society may make substantial contributions, which warrant a closer look. Cultivating and encouraging such people, despite affective signs of unhappiness, could be a goal worthy of acknowledgment.

At the very least it allows us greater opportunity to evaluate our own purpose and to understand and recognize the many *mensches* around us.



---

**Reference:**

Baumeister, Roy F., et al. “Some key differences between a happy life and a meaningful life.” *The Journal of Positive Psychology* 8.6 (2013): 505-516.



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**THURSDAY, JANUARY 24, 7PM**

More than a half century after WWII at the desperate urging of a passionate survivor, a young investigative reporter finds herself caught between numerous versions of the same story. Played out against the backdrop of deadline reporting and journalistic integrity, the critically acclaimed *The Soap Myth* by Jeff Cohen questions who has the right to write history—those people who have lived it and remember, those who study and protect it, or those who would seek to distort its very existence?

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