



SHALOM



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KISLEV-TEVET 5774

Telushkin offers inspiring message on ethics

By Mark Nemirow

Rabbi Joseph Telushkin came to Albright College facing high expectations from a near-capacity crowd in the Wachovia Theatre Nov. 20 for the 34th Leo Camp Memorial Lecture.

Not only is he the most widely read author on Judaism of the past two decades, he has been acclaimed in a national magazine as one of the 50 best speakers in the nation. The good news is, he didn't disappoint.

Though the official topic of his speech related to the importance of ethics in business, his wide-ranging talk touched on all manner of relationships and how Jewish tradition can serve as a valuable guide in doing the right thing.

By turns insightful, informative, funny and inspiring, Telushkin delivered a powerful message.

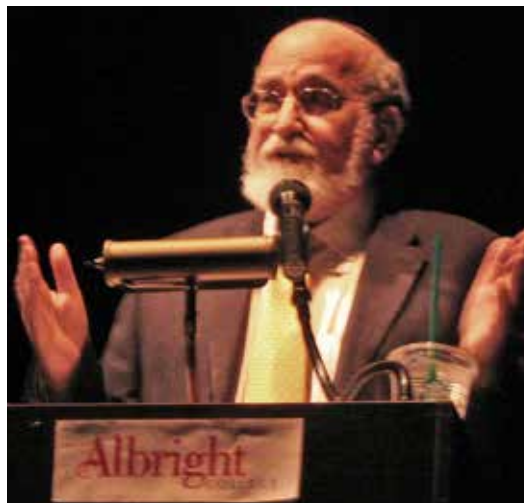
The rabbi began his talk by discussing the Talmudic statement that the first question a person is asked upon arrival in heaven relates to how honest the person was in his business dealings.

From there he took off into a discussion of Hillel's definition of the essence of Judaism: What is hateful unto yourself, do not do unto others.

He then focused on the following teachings:

- Stealing from the many is worse than stealing from an individual.

This applies especially in a business context in terms of fraud and other crimes that involve numerous victims. Telushkin said the danger of such theft is that it becomes



impossible to truly repent because all the victims can never be repaid. This notion extends to other common activities such as besmirching another person's reputation. It's a sin that can't be undone. The message: Think through the consequences of your actions before you do it.

- Stealing from a non-Jew is worse than stealing from a Jew, because it profanes God's name.

When Jews behave improperly, it hurts the reputation of the entire people, and by extension the God they worship and wish others to respect. Each individual's actions don't just reflect on them.

- Don't ask a storekeeper for the price of an item that you don't intend to buy.

Again, this has one meaning on a business level. The common practice of visiting a store

to look at an item one intends to buy online is one example. Wasting someone else's time is a sin. But Telushkin again took it further, saying it applies to all relationships. "You can't raise somebody's hopes if you have no intention of satisfying them," he said.

- It is forbidden to purchase something that may have been acquired illegally. That only encourages someone else to steal.

- Don't take advantage of another person's blindness. A simple biblical prohibition has far deeper meaning that extends to not giving someone advice if they don't realize you may have a conflict of interest. And remember that even if the person you're victimizing can't see what you're doing, God can.

- Don't buy goods made by exploited workers or child labor. It amounts to promoting theft.

The talk concluded with a spirited discussion about the value of organized religion as opposed to self-guided faith or reliance on conscience.

Telushkin argued that while it is certainly possible to be a good person without following a religious framework, organized religion offers an example for others to follow.

Furthermore, he said, the entire notion of ethics depends on having a higher authority set the terms of what is right and wrong. Otherwise even the most heinous evil can be rationalized by fallible people. At the same time, he acknowledged that religious belief alone does not make a person good.

"The important thing is not believing in God," he said. "The important thing is belief in a God who demands ethical behavior."



Food Festival a hit again

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JEWISH FAMILY SERVICE:
Learn about LIHEAP cash and crisis programs

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2013 totals as of Nov. 13

Jewish Community Campaign \$550,897

*Includes transfers from Donor Advised Funds



Annual Community Shabbat Dinner

Friday, Jan. 17. Service 6:00 PM followed by Dinner at 7:00PM
Chabad Lubavitch of Berks County 2320 Hampden Blvd. Reading 19604

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Adults \$20 per person; Children 18 & under Free

RSVP by Jan. 10

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RSVP to Jayne Kleinman jaynekleinman@JFReading.org or call 610-921-0624

Federation News

What does it mean to be Jewish?

By Alvin Katz
Chairman



Each of the three main Jewish denominations, Orthodox, Conservative and Reform, has its own definition as to who is Jewish. Whether defined by the maternal or paternal side of the family is left up to each denomination, and this article's purpose is not to support one over the other. However, regardless of the designation, being Jewish carries much responsibility. Judaism not only perpetuates the Jewish religion, but it teaches us to care for those in need and instills the moral obligation

of charity for our fellow man regardless of religion. These are just a few of the Jewish values given to us to guide our personal and moral conscience. Ultimately, those values impact our world for the better.

How do we ensure that those values are passed on from generation to generation? We need to set an example for our children and show them that being involved in Jewish activities and organizations is also an important part of being Jewish. How do we do this? When they see us involved Jewishly, we teach them by example. When we encourage them to become active in synagogue life and grow by participating in Jewish education classes such as Gratz Hebrew High School and youth organizations

such as BBYO & NFTY, we nurture their Jewishness.

Each of the religious movements has Israel programs for teens that are life-shaping and worthwhile — connecting them to Israel by experiencing it. And after their teen years, there is Birthright, a 10-day, ALL EXPENSE paid trip to Israel for young people up to the age of 26. This program is for those who have never visited Israel on an organized trip and is financed by a number of benefactors (including Federation) who truly believe that those attending get a better understanding of Israel, its people and what it means to live Jewishly. This program has molded the lives of scores of attendees and their families over the years.

And later, our commitment to Jewish community becomes their commitment — here, in Israel and around the world through organizations such as Federation and other Jewish nonprofit initiatives.

Jewish community life is part of teaching our children the importance of Tzedakah (charity) and charity is more than a financial commitment. It is a personal commitment that includes the gift of time. Investing their discretionary time and talents in Jewish organizations along with their financial support of so many worthwhile causes is an important part of what being Jewish is all about.

It is never too early to get started. How about now?

The year ends! So does the Campaign!

By Paul L. Landry



It's hard to believe that I am writing my article for the December Shalom! It seems only recently that 2013 was bright and shiny and full of promise. In the end, though, it proved pretty normal — not as bad as it could have been and not as good as we had hoped. I heard one comedian say that the best thing about 2013 is that it is ending (an old joke but it always seems to get a chuckle!).

Also ending Dec. 31 is the 2013 Jewish Community Campaign. All of us in the fundraising business have heard the complaint "You're always asking for money! Don't you ever stop?" I learned early on to answer: "NO! Because the needs never stop!"

Look at the Campaign ad on page 14 and you'll see that the needs are not all negative. We all know that there are people who need social services and disaster relief, etc. The Campaign does help to meet those needs. But the Campaign does much more.

It provides positive services to

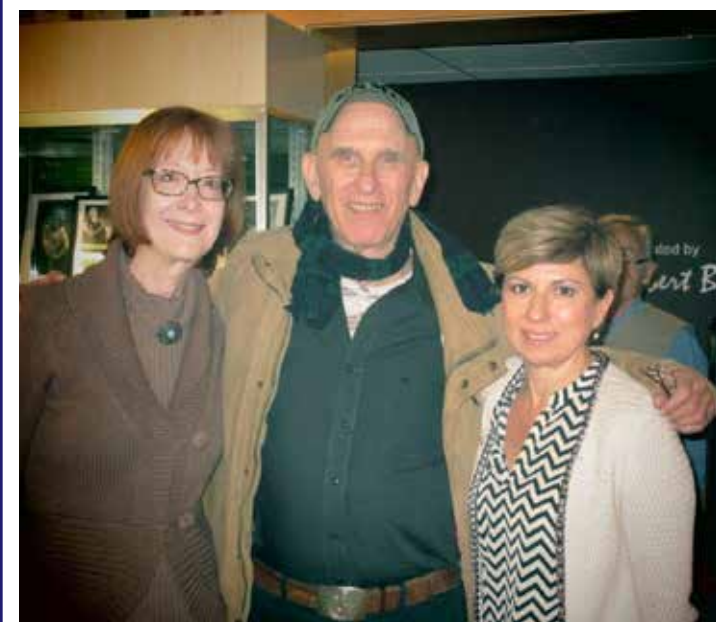
the community that enrich the lives of Jews, indeed of everyone in Berks County, who take advantage of the wide range of opportunities the Campaign makes possible. For Jews there are Jewish-themed trips, movies, activities, scholarships for educational activities, Jewish religious education and more. These help to enrich Jewish life in ways that would be difficult or impossible for most families. Jewish life in Berks County is better because of the activities the Federation makes possible using dollars from the Campaign.

For the general public the

Federation provides or helps sponsor lectures, movies and activities that inform and educate the general public about Judaism and the local Jewish community.

This won't happen without your support. If you have not yet made your gift to the 2013 Campaign, please use the coupon at the bottom of the Campaign ad to make your gift! If you have made your gift and can spare an additional amount, please do so! On behalf of the many who benefit from the Federation's programs each year, I thank you!

'Blue Collar Bay' a big hit at GoggleWorks



Jill Skaist and Tammy Mitgang with New York actor Stephen Axelrod following his one-man performance in "Blue Collar Bay" Oct. 27 at the GoggleWorks. Below guests enjoy refreshments. The well-received event was underwritten by the Anna and Isadore Oritsky/Skaist Philanthropic Fund.



The Friends of Chamber Music of Reading present
The DAEDALUS STRING QUARTET
featuring clarinetist Alexander Fiterstein

Saturday, Jan. 4, 8 p.m. Free admission
The WCR Center for the Arts, 140 N. Fifth St., Reading



Alexander Fiterstein's appearance is sponsored by the Arthur and Beatrice Hammel Jewish Music Series Fund of the Jewish Federation of Reading.

Schulhoff: Five Pieces for String Quartet
Hindemith: Quintet for Clarinet & Strings, Op. 30
Weinberg: String Quartet No. 8 in C minor, Op. 66
Korngold: String Quartet No. 3 in D major, Op. 34
More information at Chambermusicreading.org



A view of the Arava solar fields

From the President's Desk

Gleaning green

By Tammy K. Mitgang
President

"The largest and most impressive source of energy in our world and the source of life for every plant and animal, yet a source so little used by mankind today is the sun...Solar energy will continue to flow toward us almost indefinitely."

—David Ben-Gurion, 1956

Kibbutz Ketura is a small, culturally diverse planned community in Israel and a member of Israel's "Green Kibbutzim" movement that includes a focus on organic farming. Founded in 1973 by American alumni of Hadassah's Young Judea youth group, the kibbutz is located just a few hundred meters from the border between Israel and Jordan.



Members of Ketura are both religious and secular; Jews who have chosen to live together while maintaining a place for egalitarian worship. Situated in the Arava, a long desert valley in a natural rift between the Dead Sea and the Gulf of Aqaba and extending to the Red Sea, the kibbutz encourages environmentally friendly and sustainable practices and organic farming.

It is home to the Arava Institute for Environmental Studies, an accredited academic program for undergraduate and graduate studies located on the Israeli side of the valley. The institute seeks to train future leaders of the Middle East in environmental issues in order to promote cooperative solutions to regional environmental problems (see accompanying box).

But it is the company, Arava Power at Kibbutz Ketura, Israel's first major solar power field, that I want to initially highlight having just returned from Israel. Traveling to Israel's south with my new friends

from Jewish Federation of Greater New Orleans and network community friends from Jewish Federation of Mobile (Alabama) Area, we toured the solar fields with Yosef Abramowitz, President of Arava Power, who first came to Kibbutz Ketura some 30 years ago to work the land as part of Young Judea.

When he returned to visit a few years ago, he saw the potential of the site for a successful solar field based on its ideal location and its accessibility to Israel's power grid. The solar field adjoins the active kibbutz grounds buzzing with dairy cows, students and home to "Methuselah," the oldest known Judean date palm cultivated from an ancient seed from the Masada excavations. Members of Ketura also work the solar field as well.

Committed to the socialist principles of communal life, the company leases the land from Kibbutz Ketura in return for a share of the company. Its chairman, Ed Hofland, lives on the kibbutz and personally takes none of the profits. Everyone at the kibbutz shares in the bounty they collectively produce even that generated by the sun overhead. The plans are to expand the fields seven times, straddling Israel's border with Jordan in a shared energy program.

Inaugurated in 2001, the solar field harnesses the power of the sun to the peak tune of 4.95 megawatts. Ultimately the company's goal is to exceed the renewable energy goals of Israel while offsetting the energy used for its own production. Israel has established a goal of meeting 10 percent of its energy needs with renewable energy by the year 2020. With the technology of the panels continually improving, Arava Power believes it will lead the world in renewable solar energy offerings and serve as a model that will provide affordable power for even the poorest economies.

Using photovoltaic (PV) technology, which has no emissions or smoke, makes no noise, and uses no water; Arava



The ancient Methuselah date palm

Power is part of Israel's environmental movement and seeks to protect Israel's desert open spaces.

And Arava Power remains committed to Jewish values, traditions and Torah and contributes the energy from the four corners of the solar field to four nonprofit organizations for gleaning in accordance with Torah law. You will most likely remember that in the story of Ruth, she sustains herself and Naomi by gathering 'gleanings' from the fields in Bethlehem.

According to Torah law, it is mandated that every person who owns a field must leave gleanings from the harvest as well as a corner of the field itself for harvesting by the poor. This type of charity provides a sense of purpose to the gatherer and a means of employment while reminding the owner that the field does not belong to him but to G-d.

So if the solar mezuzah on the entrance gate to Ketura wasn't enough to remind us of the Jewish teachings that guide our daily lives, the modern sculpture of Ruth erected along the edge of the field was a further reminder that not only was David Ben-Gurion's vision of the sun's potential being realized in Israel today but that it is being realized in keeping with the

Arava Institute

Students at the Arava Institute live on Kibbutz Ketura while taking classes in sustainable development, water management, environmental law, economic policy, environmental science, and other topics in environmental studies. Classes are taught in English. Members of the faculty are often guest lecturers from universities, both in Israel and abroad, or professionals in fields such as public policy and water management.

Students come from around the world to study and conduct research at the Arava Institute. Since its founding in 1996, Arava has hosted more than 400 graduate and undergraduate students of various nationalities, including Israeli Jewish, Israeli Arab, Palestinian, Jordanian, Egyptian, Tunisian, European and American students. The Arava Institute has been able to maintain a diverse student body even during very difficult times elsewhere in Israel and the Middle East.

All students are required to participate in a Peace-Building and Environmental Leadership Seminar, which provides them with a facilitated forum for expressing their views on race, religion, identity, and the political situation.

To learn more, visit arava.org

teachings of Torah.

In a recent column written by national president of Hadassah, Marcie Natan, "...if our history tells us who we are, it is our actions today that define us and determine our future."*

*Thank you, Jan Miller, a co-chair of the New Orleans' mission, for sharing this quote.

SHALOM

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General Offices: 1100 Berkshire Blvd., Suite 125
Wyomissing, PA 19610
Phone: 610-921-0624 FAX: 610-929-0886
Web site: www.ReadingJewishCommunity.org

Jewish Federation of Reading

Chairman: Alvin Katz
President: Tammy K. Mitgang
Communications Director: Mark Nemirow, Editor
Proofreaders: Federation staff
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Bernstein program strikes a chord with big crowd at JCC

The Nov. 7 "Leonard Bernstein: American Idol, American Idealist" lecture at the JCC was enjoyed by more than 50 people. Maestro Karl Middleman engaged in discussion with George Eligman in a program presented by the Pennsylvania Humanities Council.



Karl Middleman and George Eligman



Gratz session in full swing



Students in the Reading branch of Gratz Jewish Community High School are keeping busy with activities both serious and fun, with movie watching part of the curriculum and an option for break time. Above, students examine Israeli political bumper stickers.



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Life advice from Earnest M., Resident and Welcome Committee Member



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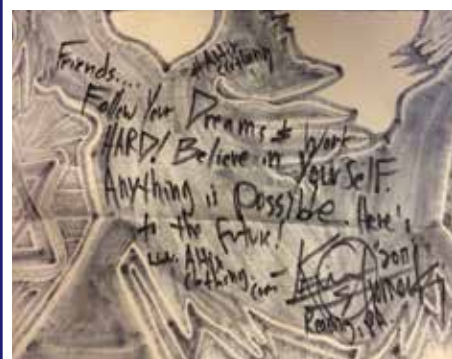
Interfaith gathering in Reading recalls horrors of Kristallnacht



The Reading community marked the 75th anniversary of Kristallnacht with a service at Christ Episcopal Church. Ellice Gunter, Corinne Wernick, Mariette Jacobson and Jeff Gernsheimer read portions of the service. Special thanks to Christ Episcopal Church Rev. John R. Francis and Rev. J. Douglas Moyer, Trinity Lutheran Church and Sherry Faust Shucker.

Mara Winn, above, lent her beautiful voice to the interfaith service. At left, Eugene Abramowicz, Hilde Gernsheimer, Esther Bratt, Sid Bratt, Mariette Jacobson and Rabbi Michelson light the memorial candles for the 6 million Jews who died in the Holocaust. Behind them are narrators Rosalind Hyman and Herb Karasin.

A gift of art for Yemin Orde



Kevin Ostromecki with the canvas wall hanging he designed for Reading's renovated "Abraham Lincoln" house on the campus of Yemin Orde Youth Village. He is a student at Albright College and founder of Altix Clothing LLC, which produces custom-designed shoes and accessories. The wall hanging features his well-known "Abe" graphic but with the Yemin Orde motto across the face – "We will always be there for you." Throughout the background Kevin included words of inspiration in Hebrew and English.

Special thanks to Kevin for this wonderful gift to the youth at Yemin Orde.

A personal message on the back of the canvas – "Friends... Follow Your Dreams & Work HARD! Believe in Yourself. Anything is possible here! to the future! www.altixclothing.com - Kevin Ostromecki, Reading, PA 2013"

Area teachers attend ADL workshop

Teachers from Berks and Lancaster counties attended a Nov. 6 professional development program presented by Jerry Clarke from the Anti-Defamation League of Philadelphia. The program, "Echoes and Reflections," promotes an interdisciplinary approach to teaching about the Holocaust to students in middle and high school. The program incorporated video, lessons and

discussion that were well received by the teachers.

An invitation was sent out to all local districts. Wilson, Schuylkill Valley, Boyertown, Fleetwood and Donegal School districts were represented. The 10 teachers who attended received 3.5 hours of Act 48 credits and a complimentary copy of the Echoes and Reflections Teacher's Resource Guide.

All Around the Town

Mazel tov to **Lina and Alex Eydlin** on the engagement of their daughter Lyuba to Dmitriy Iokhvid, both of Boston.

of Chase Benjamin Hafetz, son of Josh and Dayna Hafetz, Philadelphia, and brother of big sister Chelsea.

Congratulations to grandparents **Howard and Victoria Hafetz** on the birth

Until next time: Shalom!
Please e-mail all your simcha news to joan@friedman.net.



James P. Restrepo, M.D., F.A.C.S.
Charles K. Lutz, M.D., F.A.C.S.
Jeffrey S. Driben, M.D., F.A.C.S.
Rosemarie Montgomery, MS, APRN, CRNP, FNP-C

985 Berkshire Boulevard, Suite 101
Wyomissing, PA 19610
610-374-5599 - 610-375-1262 Fax
www.ent-hns.net

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Traversing Israel – Familiar Faces and New Friends

Every five years, Jewish Federations of North America holds its General Assembly in Jerusalem. Tammy Mitgang used the opportunity to make numerous site visits during her travels including Reading's "Israel Now" projects, Yemin Orde Youth Village in Haifa and a Meir Panim project (a school in Kiryat Malachi) and explored some new opportunities – Arad Young Adult Center in the Negev, the Goodman Open Apartments Program at Ben Gurion University of the Negev and Arava Institute located on Kibbutz Ketura between the Dead Sea and the Gulf of Aqaba, Jordan. Along the way, she took time to bring hugs from home, visiting with Rabbi Minna Bromberg and teaching fellows Rebecca Robinson and Rebecca Maidansky. Landing just in time to provide a sampling of her journey before *Shalom* went to press, she promises more photos for the January edition. Hope you enjoy this 'taste' of her extraordinary journey home.

Arad



At left, Moran Ages shows one of the classrooms located in a newly acquired apartment building, right, where students, soldiers and young adults will live while training for jobs in Arad, Beer Sheva and surrounding towns in the Negev. The Negev is home to many immigrant populations who depend on the work of Colot Ba'Negev (Voices in the Negev), a training and facilitating center for social change that works with those struggling to find jobs and stability in their new environment. Training the existing workforce and resettling young educated adults and families into the communities is critical to the development of desert areas. Arad Young Adult Center works with a large and diverse group of people, individually and collectively working to build strong, thriving communities in some of Israel's most challenging environments. Jewish Federation of Reading provided a supporting grant from its Israel and Overseas allocation toward the important work of Colot Ba'Negev.

The apartment building in Arad had been closed for years but thanks to the tireless efforts Ages and her staff at Colot Ba'Negev, the apartments are renovated and nearing full occupancy. The training center staff plans to relocate its offices to the first floor of the building, where it will expand its training capacities thanks to the additional space.

Yemin Orde



Above, a plaque mounted at the entrance to Abraham Lincoln House, Reading's new home at Yemin Orde Youth Village.

At left, Tammy Mitgang and Susan Weijel of Yemin Orde enjoy the view of the Carmel Mountains from the dining room of the newly renovated Abraham Lincoln House. Much of the village was destroyed in a fire and had to be rebuilt.

A special reunion



Tammy Mitgang with Rebecca Maidansky at a restaurant in Neve Tzedek, Tel Aviv. The two met up while Mitgang was participating in JFNA's annual General Assembly held in Israel. Rebecca, daughter of Drs. Igor and Nora Maidansky, Cumru Township, is teaching in a school in Ramala during a 10-month assignment. She is a recent graduate of University of Pittsburgh. Her teaching fellowship is funded in part by MASA and an award from the Education Committee of Jewish Federation of Reading's Student Camp and Education Award program.

Meir Panim



Goldie Sternbuch, Assistant Director, Overseas Relations for Meir Panim, escorted Tammy Mitgang to a school in Kiryat Malachi, headed by an extraordinary principal, Ayala Hagage. Originally hired to close the school, the determined principal with the help of Meir Panim today provide morning and nighttime meals, after school youth clubs, meals for children to take home and food cards and vocational training for struggling parents at the now award-winning school.



A children's art gallery in the school exhibits the bright, cheerful work of its student artists. Principal Hagage ("Ayala" as her students call her) and her staff nurture and encourage the children to express themselves. The dedicated space is a source of great pride for the children and the paintings, mosaics and sculpture are a celebration of the many cultures in the Kiryat Malachi neighborhoods. The work has received recognition from Israel's Department of Education.



Students presented a choreographed dance performance for Mitgang and Sternbuch during their visit. Kiryat Malachi is an impoverished immigrant community in the Negev. Thanks to the work of Meir Panim, the children at the school run by Principal Hagage are no longer hungry and their academic scores are soaring. "Food changes everything."

Pri-Or



Michal Minsky from Pri-Or PhotoHouse in Tel Aviv shows Rabbi Minna Bromberg and Tammy Mitgang one of thousands of fragile negatives housed at the shop. Selected photographs from Rudi Weissenstein's years of work documenting the history of Tel Aviv will be exhibited at the GoggleWorks Center for the Arts (Cohen Gallery) beginning in March. The visit to the shop provided a unique opportunity to better appreciate the "eye" of Weissenstein who later became a photographer for the Israeli government. Rabbi Bromberg will lead the discussion following the showing of the film, "Life in Stills," a documentary that follows the life of his widow, Miriam and their grandson, Ben Peter as they learn that they are being evicted from the photo house. Where do you move nearly a million negatives and a lifetime of memories that date back to 1940? The film will be shown as part of the opening events at the GoggleWorks Theatre. The relocated shop retains the feel of the original PhotoHouse where visitors can peruse the photographs and have selections enlarged or simply walk back in time by thumbing through the albums of photos that show the once dusty, dirt roads of Tel Aviv, pioneers working the fields of the kibbutzim or view David Ben-Gurion signing the Israeli Declaration of Independence in 1948. Although photos are no longer taken at the studio, the history chronicled in the files of Rudi's work is nothing short of exceptional thanks to Rudi's perceptive eye.

Ben Gurion University of the Negev



At left, Tammy Mitgang talks with students and staff of The Lilian and Larry Goodman Open Apartments Program at Ben-Gurion University of the Negev (BGU). Forty percent of all Israeli children live in poverty with most of its most vulnerable children living in the country's periphery. Thousands are in the Negev region, which is home to many Jewish immigrants from the former Soviet Union, Ethiopia, India and other countries including Arab lands. Poverty, youth-at-risk, social alienation and economic despair go hand in hand in the Negev's poorer neighborhoods. The Goodman Open Apartments Program is a unique pioneering venture. The Goodman Open Apartments Program rents 63 apartments for about 100 highly motivated undergraduate students in five distressed neighborhoods, including areas where new immigrants reside. The program will expand to 73 apartments shortly. Annually, the Goodman Fellows lead roughly 2,000 neighborhood residents taking part in more than 100 different community activities. To date, more than 2,500 BGU students have taken part in the program, assisting some 50,000 local residents. The programs target two distinct populations - disadvantaged children and impoverished adults. From enrichment programs and homework assistance to home improvements and Hebrew lessons for illiterate parents, the students develop programs for all neighborhood residents. And each student adopts a family and spends a minimum of two hours each week with his or her respective family.



At right, Daniel and other Goodman Fellows with children of his adopted family. The bonds built between these dynamic students and their families was palpable. At far right is Adv. Vered Sarussi-Katz, Director, Department of Community Action

Rahat



Children in Rahat light a bonfire in celebration of the mayoral elections held throughout Israel. In the background, lines of chairs await the arrival of guests and the newly elected official.



The sun sets over Rahat, Israel, a Bedouin village located in the desert area just outside of Beer Sheva. It is the largest Bedouin settlement in the world and the only one out of seven such villages in Israel to have city status.



Robinson's Arch – New Egalitarian Section of the Kotel

The Jewish Federations of North America's General Assembly (GA) ended with speeches at Jerusalem's City Hall and a prayer service at Robinson's Arch, the newly opened egalitarian site at the Western Wall.

The crowd was greeted in the City Square by Jerusalem's Mayor Nir Barkat, who credited the city's success to its

diversity. "Jerusalem is accepted by all tribes. Jerusalem is a destination for pilgrims and tourists from all over the world. The way Jerusalem functioned 3,000 years ago is our future."

Barkat and Jewish Agency for Israel Chairman Natan Sharansky called for the release of Jonathan Pollard, an Israeli spy serving a life sentence in the

United States. The mayor encouraged delegates to lobby President Obama to free Pollard because "we need him here with us."

Naftali Bennett, Israeli Diaspora Affairs Minister, who erected a platform for prayer earlier this year at Robinson's Arch, stressed the relationship between Israel and the global Jewish community,

calling it "a two-way street".

Following the speeches, the delegates walked to Robinson's Arch, where they participated in an egalitarian prayer service and sang "Hatikvah," Israel's national anthem. Speaking after the ceremony, Sharansky praised the service as an example of Jewish unity.

Diabetes research done in Israel makes big difference for family

The following comes from JWeekly of the San Francisco Bay Area.

By Dan Pine

Andy David noticed that his son always seemed thirsty. Very, very thirsty. Eventually he and his wife consulted a doctor in their native Israel and learned the bad news. Their son, 5 at the time, had juvenile diabetes and would require insulin injections for the rest of his life. Six months later, as the Davids began adjusting to this reality, they experienced an aftershock. While on a vacation, their younger daughter also began exhibiting the various symptoms of type

1 diabetes. This time they were ready, and they quickly did a blood test.

"Then we were kicked in the stomach when we saw her blood sugar was high," remembered David, now the San Francisco-based consul general of Israel. "But because we were so sensitive [to the symptoms], she was diagnosed at a very early stage."

Getting their daughter checked before the disease had caused much damage to her pancreas was critical. But just as vital was the Davids' next step: With dogged persistence reminiscent of the parents in the 1992 movie "Lorenzo's Oil," they

scoured the Internet for information and searched for treatments. That's when they hooked up with Dr. Eli Lewis, a diabetes expert at Ben-Gurion University of the Negev.

Through research, Lewis had found a new use for a safe and thoroughly tested drug, Alpha-1 antitrypsin (AAT). The FDA-approved protease inhibitor had been used for years to treat lung conditions such as emphysema — but in 2006, Lewis began experimenting with it as a way to treat insulin-dependent diabetes in its very early stages. And, said David, "My kids were first in Israel to get it."

Unfortunately the diabetes had progressed too far for the AAT treatments to help their son. But today, 3 1/2 years later, the Davids' daughter is free of diabetes, David said.

David, who has been based in San Francisco since the summer of 2012, had a chance to thank Lewis in person recently when the doctor was at Stanford University to share his findings at a Diabetes Technology Society seminar. There were hugs all around.

"There's nothing more rewarding," Lewis said of the meeting and knowing his work has helped the Davids. "He told me the family is getting back to normal life. [Andy] can sleep through the night

now."

That wasn't the case when the couple faced the prospect of having two kids with diabetes. Their son had to endure constant injections, and every morsel he ate had to be monitored. Mistakes could trigger hypoglycemic or hyperglycemic reactions.

"He was really brave," David said. "He responded well and accepted the fact that he needed this treatment. He hardly ever complained."

The road has been smoother for the daughter, who still gets her insulin level tested occasionally, but for whom the multiple intravenous infusions worked.

"We found more and more evidence to link the disease with Alpha-1," Lewis said. "It's a protective molecule. It protects tissues."

Though Lewis has been doing research for seven years, and though U.S. clinical trials on AAT as a treatment for Type 1 diabetes began three years ago, the drug is not yet on the market as a treatment for diabetes. Moreover, Lewis stressed, it might not be right for every patient — especially in cases when the disease is not caught early enough. But if approved, AAT could be revolutionary. Until now, maintenance via insulin has been the only option for patients. Soon, early detection could mean a cure.



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— Hilde Gernsheimer

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Congregational News

Goodness warms up soul during winter, one flame at a time

By Rabbi Yosef Lipsker
Chabad Center of Berks County



In the depths of the winter, as the rains turn to icy crystals hanging low from our rooftops, and snow blankets the world in a swaddle of white, we bundle up from head to toe trying to remain warm. Surely a steaming cup of cocoa and a roaring fireplace are on the schedule at some point.

But the cold winds of winter can also bring a sort of fridity, reservations toward doing things in our lives that need to be done and things that are normally done with not too much thought. For example, getting out of bed proves to be rather tedious during the winter months. After all, it is way warmer beneath the blankets

than it is outside of them. Running errands can prove a tougher task than they usually are. Who wants to go out in weather that will leave their nose the color of tomatoes, and their toes feeling ... well, not feeling at all! So what if I have a car that will get me from point A to point B? It's too cold!

But while we may seem somewhat lethargic, slowed down by the drag of yet another snowstorm, it is important to take care of ourselves. We need to stay warm. As the cold seeps in, and the wind grinds its icy teeth, we bundle up in our winter gear, ready to face the elements.

But not only do our bodies freeze into human shaped ice cubes during the winter, there is another aspect as well. Internally, where our souls live, it is easy to freeze up and become negligent toward our spirituality. Spirituality falls on the list of things we will take care of when the weather warms up a bit. Along with our

spring cleaning we will dust off our souls and all will be good! But if we want to stay warm during the winter, then inside ourselves is the best place to look! We must know that within each of us there is a roaring fire that will keep us warm throughout the cold months of winter. A fire, you ask? Yes! It's your soul.

We protect our souls from the elements around us (from the distractions and lure of the exciting events available that impede on our Jewish obligations) by wrapping ourselves up in the warmth of our Judaism, by fighting to withstand those tests around us. Just like inside our homes it is warm and cozy, so too, our bodies house the warmth of our fiery souls.

What does a soul look like? Look at a flame on a candle. The flame is bright, jumping, never resting. The soul's natural desire is to "jump" up to G-d, to be close to Him. It is the wick and candle that hold

the flame down, forcing it to do its job here on Earth, to give light and warmth. To melt the ice that covers the scape.

The human body is likened to the Holy Temple. The Baal Shem Tov, founder of the Chassidic movement, would always encourage his disciples to use their bodies for good. Unlike other Chassidic masters at that time, he did not view the body as abhorrent but rather as a vehicle, a conduit, and an opportunity to make the world a better place. He taught that we should use our bodies do a deed of kindness. Goodness, like fire, is contagious.

When our soul tells our body to do a kind deed, both are affected. What's more, other souls around us take note and tell their bodies to do the same. Before long, we create an international epidemic of kindness, warming up the entire world one flame at a time.

Annual food festival at Oheb Sholom offers taste of Jewish cuisine, culture



A big crowd turns out once again for the annual Jewish Food & Cultural Festival at Reform Congregation Oheb Sholom, which draws plenty of people from the local Jewish community and far beyond.

Photos courtesy of Bruce A. Cohen



The Spillerman Family uses teamwork to keep customers well fed.



Jill Haas with the ever popular apple cakes



Eric Shocket, who once again led the event with his wife, Amanda

LOCAL CONGREGATIONS AND SERVICE TIMES

NOTE: COMMUNITY CHANUKAH MENORAH LIGHTING SUNDAY, DEC. 1, 4 p.m. at OHEB SHOLOM. SEE CENTERPIECE.

CHABAD CENTER OF BERKS COUNTY (610) 921-0881
Saturday mornings: 9:30 a.m.; Friday evenings: 6:30 p.m.

KESHER ZION SYNAGOGUE (610) 374-1763
Weekly services Saturdays: 9:30 a.m.; Tuesdays, 7:30 p.m.
Friday Evening Service – Please call for service information
Babysitting available upon request with one week's notice

REFORM CONGREGATION OHEB SHOLOM (610) 375-6034
Friday, Dec. 6: Grades 6 and 7 Shabbat service and dinner, 6 p.m.
Fridays, Dec. 13, 20 and 27, 7:45 p.m.; Saturday, Dec. 21: Tot Shabbat, 10 a.m.

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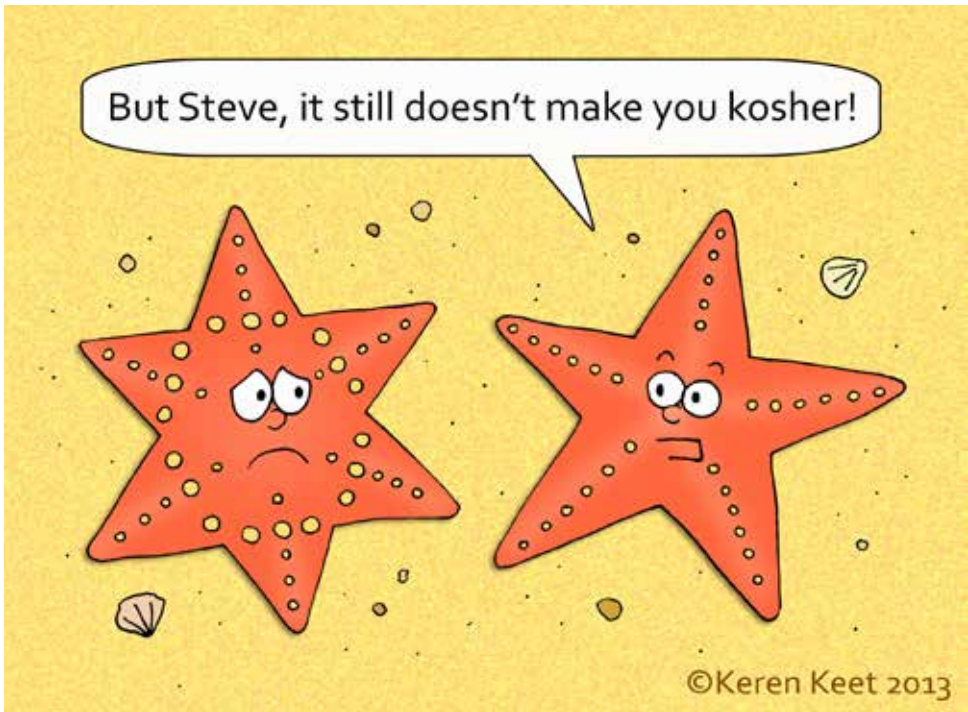
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Keeping up with the Steins, or not

By Anne Seltzer

A few years ago we heard about a movie "Keeping Up With the Steins," which was about one bar/bat mitzvah family outdoing the last. It was funny in the ridiculousness and ostentatiousness of the events, and even their locations. There was little actually involved with the bar/bat mitzvah ritual itself and the meaning of the ceremony. After attending several over-the-top bar/bat mitzvahs, the Steins are determined to do one better. However, by the end of the movie, they have decided that the ritual is what is important, not the party.



This fall there was an article in *The New York Times* about how much of the tradition has been lost to the party. Life imitating art. The article stated "Families have been treating this rite of passage not as an entry to Jewish life, but as a graduation ceremony: turn 13, read from the Torah, have a party and it's over. Many leave synagogue until they have children of their own, and many never return at all — a cycle that Jewish leaders say has been undermining organized Judaism for generations."

The article went on to state that Reform Judaism is trying to re-create the entire process. Thirteen congregations are piloting a new program and 67 are waiting to join. They are talking about everything from whether and when to teach Hebrew, what age a b'nai mitzvah should be, or whether they should read from the Torah. The reasoning is that few understand Hebrew and what is being read. Many learn by repetition, memorization and phonetics.

In an effort to change all this, and the assembly line ritual of Hebrew school for a few years as a requirement (a third of students drop out after seventh grade

and 85 percent by 12th. A move is being made to involve parents in the education program so they do not leave the Temple after the b'nai mitzvah, and leaning more toward a community service project than an actual ceremony. Or perhaps creating their own prayers and ceremony. In other words, getting involved in the b'nai mitzvah itself, not just showing up, reading the Torah, and having a party.

Having asked several young adults whether they can still read Hebrew, I was not surprised to hear many of them say no, not too much, or they were not sure. This is primarily true of the Reform Jews I asked. While this sounds like an interesting and forward-thinking idea and a real change, I am not certain how many people will jump on this bandwagon and how much resistance it may meet. Time will tell.

In the meantime, please try these cookies from a new book I bought called "Butter Baked Goods".

Butterscotch Crispy Bar

- 8 c. Rice Krispies
- 1 c. + 1 T. butter
- 1 c. dark brown sugar
- 2 ¼ c. butterscotch chips
- 1 c. dark corn syrup
- 1 c. dark chocolate chips

In a medium saucepan combine sugar, syrup and 1 c. butter over medium-high heat. Bring to a boil and then remove from heat. Add 2 c. of the butterscotch chips and stir until completely melted. Pour over the Rice Krispies in a large bowl. Mix well. Press into a 9 x 9" pan buttered and lined with parchment paper. Set aside. In a double boiler or heatproof bowl sent over simmering water, melt the dark chocolate chips and remaining 1 T. butter. Pour over cereal base and smooth with an offset spatula. In a double boiler or heatproof bowl sent over simmering water, melt remaining ¼ c. butterscotch chips. Drizzle over chocolate layer. Chill for about an hour in the refrigerator until chocolate has set. Cut into squares and enjoy!

Chanukah 5774

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70						71					72			

Solution on Page 13

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Across

1. Harvest
5. Dance, in Latin lands
10. YAYIN, IN ENGLISH, USED IN KIDDUSH
14. PORT CITY NORTH OF HAIFA, ONCE A HARBOR USED BY BOTH ASHER AND PHOENICIA
15. Sandwich cookies
16. Khayyam: "... wilderness were Paradise ____"
17. Atlantic fish, schools surge upstream to spawn
18. In foot-race starts, competitors sometimes need to ____ the line
19. Sculpture ou peintre
20. ON THIS HOLIDAY, WE LICK OUR CHOPS OVER ____ (2 words)
23. MATITYAHU WAS THE ____ PRIEST TO STAND UP TO THE SYRIAN-GREEKS
24. THE PATRIARCHAL ANCESTOR OF THE MACCABEES COULD BE CALLED THIS FOR SHORT IN MODERN JEWISH AMERICA
25. Retired star Mexican football (soccer) defender Juan Carlos ____
28. Short forty winks
31. Arrangement of objects, people, or elements
35. "There were few, very few, ____ left standing" (2 words)
37. New Yorker caricaturist ____ Irvin, created Eustace Tilley in 1925
39. In Manhattan, Fifth or Park, abbr.
40. CHANUKAH CELEBRATED THE MACCABEE CLEANSING ____ OF THE TEMPLE (2 words)
44. My, in Milano or Venezia
45. ____ generis
46. "Oh, my – it's just ____ up," she said of the patio lighting (2 words)
47. The ____, including Josep Lluís, famed architect, and his painter uncle, Josep Maria, are an illustrious Catalan Spaniard family
50. Santa Fe, Burl. Northern, et al
52. ____-farian
53. Native American of the West (var. sp.)
55. Hundredths (abbr.)
57. MATITYAHU'S FIRST-BORN, WITH HIS HEROIC EPITHET (3 words)
64. Corn-____
65. "Is there ____ for me in this film?"
66. "The restaurant you're looking for is near ____ the third street further on" (2 words)
67. Actor Alan

68. Show in a box, a peep show
 69. "He's just rotten to the ____"
 70. "We're putting all our furnit. into ____"
 71. "____? The late Texas Governor Richards? __ Coulter?"
 72. Osculate
- #### Down
1. A rough filing tool
 2. You can hear it off a canyon wall
 3. I smell ____!"
 4. Neither ____ walk your bike, please.
 5. Helen ____, British-Israeli linguist (name means "gift" in Heb.)
 6. "My weapons ____ and ink," said the essayist
 7. "I'm betting this investment will ____ cool million for me."
 8. Just around the corner, time-wise
 9. Narrow irrigation channel, either side of the Rio Grande
 10. Less strong
 11. Business letter abbr.
 12. Negatives
 13. Meadow mama
 21. "____ and all, greetings!"
 22. Former hoops league that became part of the NBA
 25. Soil types just right for most plantings
 26. Bert's companion
 27. Conjunction combo for choice conversation
 29. Fervor
 33. Architect I.M.
 32. Trains run on them
 33. Has, in Honfleur
 34. Noodgy, gossipy woman, in Yiddish, var. sp.
 36. Newspaper, mag. honchos
 38. Part of a play
 41. One cont. of the planet
 42. Important artery
 43. She changed from her jeans in-____ (3 words)
 48. Start of a gift-book inscription
 49. Train or bus stop
 51. Word starter for cave folks and studies
 54. John ____, author of Butterfield 8
 56. ____ leaders (rah-rah calls to crowds)
 57. Jar or shock
 58. Unravel
 59. ____-sylvania
 60. Gabriel, blow your ____!
 51. "Mr. King," in French, as in addressing one in a letter
 62. Auditory organs
 63. Hwys
 64. Je ne sais ____

**Going away for the winter?
Keep up with what's going on in our
Jewish community by continuing
to receive Shalom and other mailings from
Federation and the JCC.**

**Please contact the Federation office to be
sure we have your address.**

Jewish Family Service



LIHEAP cash and crisis programs

By Sari Incledon

The Low-Income Home Energy Assistance Program, known as LIHEAP, helps low-income families pay their heating bills. LIHEAP is a grant that offers assistance in the form of a cash grant, sent directly to their utility company, or a crisis grant for households in immediate danger of being without heat.



The LIHEAP Cash Program began in November and will close April 4. The

purpose of the Cash Program is to provide a one-time payment to help with the heating season's energy costs. Cash benefit amounts vary based on household size, fuel type and income. If eligible, the minimum cash benefit is \$100.

The LIHEAP Crisis Program opens Jan. 2 and will close April 4. Emergency situations include:

- broken heating equipment or leaking lines that must be fixed or replaced
- lack of fuel
- termination of utility service
- danger of being without fuel (less than a 15-day supply) or having utility service terminated

You can apply for LIHEAP benefits

online by using COMPASS – the website sponsored by the Department of Public Welfare. You can also file an application at the local county assistance office (610-736-4211) located at 625 Cherry Street, Reading. LIHEAP has an information hotline

1-866-857-7095.

People First Event

The front page of the Nov.13 *Reading Eagle* spotlighted the fifth People First Event that fed and clothed more than 1,000 people. The event at the Queen City Restaurant was started by owner Steve Elmarzouky to help the homeless, impoverished and at-risk residents of the Reading area. Jewish Family Service

worked with other nonprofits to provide clothing for attendees.

Our efforts contributed more than 200 new or handmade items (scarves, hats, gloves and socks) to help the homeless and at-risk people at the event. Thanks go to the following for contributing to this worthwhile event:

- Harriet Baskin
- Shirley Dorfman
- Lynn & Jeff Driben
- Susan & Michael Fromm
- Shirley & Bob Kauffman
- Lakin Preschool Families
- Lisa & Alan Levine
- Barbara Nazimov
- Carole & Michael Robinson
- Jonathan & Jan Simon
- Mary Wexler

Living with Loss

Mondays, Dec. 9 and 23,
3 - 4:30 p.m. at the JCC
For more information, call Sari
at 610-921-0624

Jewish Family Service Food Pantry Collection



We are serving more families each month! Please bring donations of canned tuna, soup, fruits and vegetables to Kesher Zion or the JCC. Thank you!



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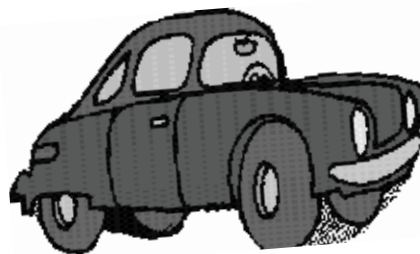
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Contributions as of Nov. 18

Jewish Family Service

In memory of:

Ruth Finkel – Henry and Helene Singer

In honor of:

Birth of Ellen and Don Abramson's granddaughter Morgan Taylor – Andy and Corinne Wernick

Engagement of Debbie and David Schacter's daughter – Andy and Corinne Wernick

Rhoda Rosenberg's birthday – Louise Zeidman

Get well/speedy recovery:

Rhoda Rosenberg – Louise Zeidman

Federation Jewish Community Campaign

In honor of:

Birth of Ellen and Don Abramson's granddaughter Morgan Taylor Abramson – Judy and Bob Pollack

Birth of Howard and Vicki Hafetz's grandson Chase – Dena and Vic Hammel

Birth of Terri Hafetz's grandson Chase – Dena and Vic Hammel

Birth of Fran and Burt Krieger's granddaughter Olivia – Dena and Vic Hammel

Marriage of Howard and Debbie Blanck's daughter Stacey – Al and Betsy Katz

Get well/speedy recovery:

Sue Blum – Carol and Bernie Gerber, Rob and Yvonne Oppenheimer

Janet McGlamory (Helaine and Peter Schiffman's daughter) – Carol and Bernie Gerber

Honorials and Memorials

Contributions may be made to the following Funds:

Federation Jewish Community Campaign	\$10
Jewish Family Service	\$10
Leo Camp Lecture Fund	\$10
JFS Food Bank	\$25
JFS Taxi Transportation Program	\$20
Holocaust Library & Resource Center	\$18
Doris Levin Fund	\$10

Fran Suknow – Anzie and Edward Golden
Ed Lakin – Sue and Herb Wachs

In memory of:

Leah Bub – Sue and Mel Blum
Ruth Finkel – Alan and Margie Leisawitz

Holocaust Library & Resource Center

In memory of:

Ruth Finkel – Rosalye Yashek
Leah Bub – Ken and Betty Sodomsky

JFS Taxi Transportation Program

Get well/speedy recovery:

Rhoda Rosenberg – Rosalye Yashek
Paul Safir – Rosalye Yashek

Leo Camp Lecture Fund

In honor of:

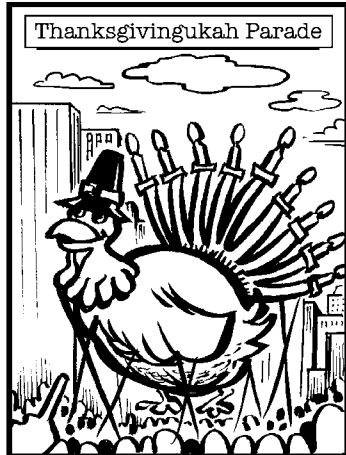
Birth of Burt and Fran Krieger's granddaughter Olivia – Sheila and Gary Lattin

Evelyn Thompson Nursery School Fund

In honor of:

Birth of Ellen and Don Abramson's granddaughter Morgan Taylor Abramson – Jay and Evelyn Lipschutz

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ALDA	RAREE	CORE
STOR	ANNOR	KISS

SAVE THE DATE:
FEB. 13, 7:30 p.m.
Merner-Pfeiffer-Klein-Memorial Chapel, Albright College
*Gallagher Memorial Lecture Explores
Jesus, Judaism,
and Jewish-Christian Relations*

The annual James J. Gallagher Memorial Lecture at Albright College on Thursday, February 13 will be presented by Amy-Jill Levine, a leading New Testament scholar and author. The topic of her discussion will be "Jesus, Judaism, and Jewish-Christian Relations." Details of the lecture including time and campus location will follow. The lecture is free and open to the public.

Dr. Levine is University Professor of New Testament and Jewish Studies, E. Rhodes and Leona B. Carpenter Professor of New Testament Studies and Professor of Jewish Studies at Vanderbilt University Divinity School and College of Arts and Sciences. She holds a B.A. from Smith College, an M.A. and Ph.D. from Duke University, and honorary doctorates from Christian Theological Seminary, Drury University, the University of Richmond, the Episcopal Theological Seminary of the Southwest, and the University of South Carolina-Upstate.

Her books include "The Misunderstood Jew: The Church and the Scandal of the Jewish Jesus" (HarperOne), the edited collection "The Historical Jesus in Context" (Princeton), and the fourteen-volume edited series, "Feminist Companions to the New Testament and Early Christian Writings" (Continuum). With Marc Brettler of Brandeis University, she has edited the Jewish Annotated New Testament (Oxford).

The Jewish Annotated New Testament, edited entirely by Jews, includes notes and explanatory essays by 50 leading Jewish scholars, including Susannah Heschel, a historian and the daughter of the theologian Abraham Joshua Heschel; the Talmudist Daniel Boyarian; and Shaye J. D. Cohen, who teaches ancient Judaism at Harvard.

In her Vanderbilt profile, Dr. Levine describes herself as a "Yankee Jewish feminist who teaches in a predominately Christian divinity school in the buckle of the Bible Belt."

JFNA issues resolution on Iran

The Jewish Federations of North America is calling for the complete dismantling of Iran's nuclear weapons capability as part of the ongoing negotiations between the United States, Canada, the P5+1 nations and Iran over its nuclear program.

The JFNA's Executive Committee unanimously issued the Iran resolution Nov. 20 based on a directive by the Jewish Federations' Board of Trustees and Delegate Assembly, meeting at November's 2013 General Assembly in

Jerusalem.

The JFNA resolution called on the U.S., Canada and P5+1 nations negotiating with Iran to "insist that any diplomatic solution results in the complete dismantling of Iran's capability of producing nuclear weapons and ensures mechanisms for ongoing verification of Iranian compliance."

During the GA, Board Chair Michael Siegal, while introducing Israel's Prime Minister Benjamin Netanyahu, said

Jewish Federations heard his concerns about a potential deal with Iran, urging the U.S., Canada and P5+1 nations to approach the talks with the intent to "distrust, dismantle, verify."

"A nuclear Iran is an unacceptable possibility, as reflected by our own government's policy," Siegal added. "It's unacceptable to Israel. It's unacceptable to the United States. It's unacceptable to the world."

"Today's resolution strongly and directly underscored our ongoing

concerns about Iran," said JFNA's Executive Committee Chair Diane S. "Dede" Feinberg. "We will continue to send the message loudly and clearly that Israel is not alone" on this issue, she added.

This is not the first time the Jewish Federations have spoken out on the Iran issue. The JFNA board has issued a series of resolutions at previous GAs, going back more than a decade, on the issue of Iran's nuclear weapons development.

LAST CHANCE!

If you haven't yet given to the **2013 Jewish Community Campaign** yet, please consider doing so before it ends on December 31st.

Remember – when you give to the Campaign you are not supporting the Foundation. **You are supporting the many people** who rely on the programs the Foundation runs:

- Jewish Family Service – provides many kinds of support for our community's seniors, their families and many younger members who are having difficulties, and working with the Berks Food Bank, runs a Food Pantry at Keshet Zion that provides food for more than 120 families per month.
- Jewish Community High School of Gratz College – provides post-bar/bat mitzvah Jewish religious education
- Scholarships – scholarships for the community's youth to Jewish summer camps and internship/research opportunities
- Activities – Jewish themed trips, movies, lectures and social events
- Friendship Circle – a weekly kosher lunch and educational/entertaining presentation for our seniors.
- Holocaust Library and Resource Center - partners with Albright College to staff and manage the Holocaust Library and Resource Center on campus and serves as a vital resource for Berks County Schools
- sponsors art and cultural events open to all community members such as Great Decisions, 92nd Street Y and specific initiatives like *The Theresienstadt Project*

These programs and more need your support! Please send your gift now!



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