

Shabbat and Holiday Candle Lighting Times	
Friday, June 7	8:11pm
Friday, June 14	8:14pm
Friday, June 21	8:16pm
Friday, June 28	8:17pm
Friday, July 5	8:16pm

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Featured Stories

Mazel Tov, Graduates —Kvell right along with their families as you read about the accomplishments of this year's graduates: high schoolers heading off to college, college grads heading out into the world, to law school and med school and post-grads so smart! We're so proud! pp4 & 5

Did you miss the fabulous Jack and Miriam Levy Memorial Concert last month? You can get a taste of it from our pictorial review; p5

JEA Not Slowing Down for Summer —Read about upcoming events, beginning with the Jewish Genetic Disease program (p6) and our Four Questions interview with future speaker, Georgia Attorney General Sam Olens (p7). Both programs are free and open to the public. See p14 for a complete list of upcoming events.

Caring for Others, Fostering Identity are Priorities

by Toby Hollenberg
Chair, 2013 SJF Annual Campaign

Through the generosity of 722 men and women of our community, \$970,117 was raised for the Savannah Jewish Federation's 2013 Annual Campaign. As Chair of the Campaign this year, I would like to say on behalf of the Federation how grateful we are to the Campaign leadership, staff and the many community volunteers who made this achievement possible.

Yet this final campaign total is down from last year, yielding an 11.6% decrease from last year's allocable dollars. The 36-member Allocations Committee spent many hours carefully deliberating how to work with this decrease and still fund the needs of the Savannah Jewish community and support Jewish life nationally and overseas.

The committee — whose members were men and women, members of all three congregations, and donors who make meaningful gifts of all sizes — met on three occasions to hear requests for funding from the Federation, the JEA, Rambam and Shalom School, and other organizations such as BBYO, the local Hillel groups and overseas agencies.

The Committee's recommendations were presented on May 8th to the Federation Board where they were unanimously approved without changes. At

the meetings there were frank expressions of differing ideas, but at all times the discussions remained extremely respectful, and the participants are to be commended for working together so well on a very difficult task.

The Federation's budget, which had been flat for the past two years, in 2014 reflects increased costs in health insurance and a great surge in requests from community members for assistance through Jewish Family Services. It should be noted though that the Federation has a history of providing budget savings to be included in the next year's funds for allocation and that will continue to be the policy.

The decline in the campaign necessitated a challenging examination of priorities that resulted in the difficult decision to deny the \$40,000 requested for a Shaliach program next year. Savannah has been fortunate to have had an Israeli in the community to do outreach, teach in our schools, and lead programs, but for now will have to work without a Shaliach. In future years, growing campaign dollars or changes in priorities can be used to reinstate the program. But recognizing the undeniable importance of an individual's relationship with Israel in the building of Jewish identity, the

committee recommended that funding for Birthright Israel be maintained at the same level as last year. Since the program began 14 years ago, more than 100 Savannah-area young adults have participated in Birthright, helping to make it one of the most effective national Jewish identity programs in existence.

This year's committee continued to voice the community's longstanding concern for fellow Jews in need abroad. This was reflected in two ways: (1) Continuing to fund our commitment to our Federation overseas partners, the Jewish Agency for Israel (JAFI) and the American Jewish Joint Distribution Committee (JDC), with a recommended amount in excess of the commitment required by our participation in the Jewish Federations of North America; and (2) with the recommended funding of a new "mini-grant" program that had been suggested by the Federation Board of Governors. The Mini-Grant program allows community members



Toby Hollenberg

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A Publication of Savannah Jewish Federation
5111 Abercorn Street
Savannah, Georgia 31405
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2013 SJF Community Campaign Update



Just Say Yes



Community Campaign 2013
The strength of a people, the power of community.

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you and because of you!

2013 Annual Campaign from 722 donors

\$970,117

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Plan to Attend the JEA 101st Annual Meeting
Thursday, June 6, 2013 – 7pm



Why love Israel?

I love Israel because this is my home;
I love Israel because my grandparents went on a dangerous journey just to be part of the Jewish state, pure Zionism;
I love Israel because my family lives there and all my relatives live within two hours;
I love Israel because people think they are right and their way is the right way—and you can never change their

minds. Funny thing is they will still try to convince each other;
I love Israel because of the weather, and the nature. But also for the urban cities that never sleep. And the night life;
I love Israel because of the great landscapes that it has;
I love Israel because the view changes every mile you drive;

I love Israel because of the food – where the whole world came together and made peace – in the kitchen. Because in the same place I can eat hummus, pizza, falafel, and fried chicken;



Dorin Elhadad,
Savannah Jewish
Community Shlichah

I love Israel because I like Israeli sports even though we only won one Olympic gold medal;
I love Israel because in one conversation you can hear five languages;
I love Israel because eventually you hear mostly Hebrew;
I love Israel because of the men, and the large variety of music;
I love Israel because one day the whole country cries, but one minute later we celebrate;
I love Israel because there is a law against selling pork—but you can get it everywhere you want;
I love Israel because of it has the most moral army in the world. And because the soldiers are kids who take turns in keeping their parents safe;
I love Israel because it is the only democracy in the Middle East;
I love Israel because of the warmth of the people, the “no filter” conversations, and Israeli “Chutzpah,”
I love Israel because Israel is me and you and any other Jew in the world.

Come to Israel on the Savannah Community Gesher Mission and you'll learn to love Israel for all the reasons I do, and many of your own.

Campaign.....from pg 1

to recommend overseas agencies to receive \$500 mini-grants, with up to 20 being approved. Sixteen submissions were made, which will be reviewed by a Federation-appointed committee. Community involvement in this process provides us with a wider platform for helping people around the world.
Fostering Jewish identity through the local educational institutions of Rambam Day School, Shalom School, Hillel, and BBYO has always been strongly advocated. Given that Jewish education is a proven determinate factor in the establishment of Jewish identity, dealing with allocations to these agencies was particularly difficult in a year when the campaign is down. With regards to Rambam, it seemed to the

Committee that because the school will be relocating, there are financial impacts to both Rambam and the JEA to be considered. To determine each agency's allocation, a formula was applied: Both agencies automatically received an 11.6% decrease from their previous allocation (the same as the percentage of decrease in allocable dollars). Rambam then received an additional decrease equal to 60% of the annual rent they would have paid to the JEA (60% being the representative amount of space that would have been used if they had continued to occupy the upstairs, etc.) and that amount was added to the JEA allocation. No other considerations were made to either agency's allocation. *(The Federation Board also has recommended*

that if for any reason Rambam should find it necessary or advantageous to continue using the second floor of the JEA for the next year that they should do so at no cost.)
Shalom School received an increase in funding this year, recognizing their marked growth in enrollment. Funding for BBYO remained the same as the previous year, as did funding at most of the local Hillel organizations.
I am very appreciative of the very thoughtful and caring deliberations that went into the creation of the allocation recommendation. I hope that with everyone's support of the Federation campaign next year, we can fully meet all requests for funding. Thank you again to everyone who helped with the entire 2013 Federation Campaign.

Letter to the Editor

To the Editor:
I would like to express my thanks to everyone for the huge outpouring of love and sympathy on the death of my husband of 55 years, Joseph Hoffman.
I was very moved and it really made me feel like a member of this wonderful community. I am proud to call Savannah my home.
With deepest thanks,
Veronica Hoffman

Have news or a simcha to share? We want to know!

Send it to SJNews@savj.org.



Save the Date

JEA 101st Annual Meeting

Thursday, June 6th

7:00 pm

Installations, Awards, Recognitions



Discover your community

Savannah Jewish News

Published by the Savannah Jewish Federation

5111 Abercorn Street
Savannah, GA 31405
(912) 355-8111
www.savj.org

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SJF President-elect: Stephen Greenberg
SJF Vice President: Amos Timna
SJF Secretary/Treasurer: Allan Ratner
SJF Executive Director: Adam Solender

The objectives of the Savannah Jewish News are to foster a sense of community among the Jewish people of Savannah by sharing ideas, information, experiences and opinions, and to promote the agencies, projects and mission of the Savannah Jewish Federation.

The Savannah Jewish News is published monthly ten times per year, with a deadline for submissions of the 10th of the month before publication. There are no February or August issues. All articles for the Winter and Summer issues should be submitted by December 15th or June 15, respectively.

All submissions must be in MS Word format (articles) or pdf format with fonts embedded (advertisements). All color must be in the CMYK color format; all type in true black; photos in .jpg format.

Please send all SJN materials to: sjnews@savj.org

Please send eNews submissions to: adam@savj.org

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Allocations: Busting the Myths

I always chuckle when I hear people's impressions of the Federation's annual allocations process. The most entertaining is the vision of a group of four men sitting in a back room, smoking cigars and deciding how to spend the donations that others have made. Equally shocking is the perception that allocations never change and are a long process that results in organizations always receiving funds, regardless of that organization's performance or impact. Both of these misconceptions couldn't be farther from the truth, and with Federation having just wrapped up its annual allocations process, I'm here to debunk the myths and shed light on what the process really looks like.

First, this year's committee was made up of over 35 individuals who came from all corners of our Jewish community. It was balanced between all three streams of Judaism, mixed with some unaffiliated community members. The individuals ranged in age from their 30s to 80s. They live in different areas of Savannah from the Islands, Southside, Midtown and Downtown. Their professions are varied, ranging from attorneys to social workers, doctors to entrepreneurs, full-time moms to retirees, and the list goes on. As you can see, the people who are involved in the process are as diverse as the community in which we live, and each person's opinion has an equal vote, and their voices are equally important.

In addition, these people didn't lock themselves in a room and in one night make all of the decisions. They spent three long nights reviewing financial statements, program information, listening to presentations and asking thoughtful questions of representatives of the recipient agencies.

The committee then engaged in a discussion of community priorities and how to divide a limited amount of unrestricted funds that is insufficient to fully fund all of the recipient agencies' requests. This year's discussion was made even more difficult than usual given the division between the JEA and Rambam Day School.

I wish every member of our community could have been a fly on the wall when the committee dealt with this issue. The discussion was passionate but respectful. The recommendation reached was based in logic and not emotion. In the end, the committee made a recommendation they collectively believed was in the best interest of the entire community. Our allocation committee members invested hours of their free time into the process to ensure that

every dollar that is contributed to the community via Federation is invested wisely and is ultimately spent in the most impactful, effective, and efficient way possible.

Now that the first misconception has officially been de-bunked, let's move on to the second one, which is that nothing changes. If you look at Federation's current allocations process compared to what it was like five years ago, it's as far from status quo as you can get. Decisions are driven by impact and are informed by data and the other information previously mentioned that the committee collects. They are NOT driven by historical precedent. They are NOT driven by organization politics. And they are NOT driven by an individual donor dictating his or her preferences.

This year the committee debated the issue of whether to continue to fund the Shaliach program. A Shaliach has been part of our community for over 10 years, but given limited available funds the committee had to decide where the Shaliach program fit in the overall community priorities. After much discussion, the committee ultimately recommended suspending the program for this year.

Additionally, this year Federation instituted a mini-grant program which provided the community with the opportunity to nominate overseas social service organizations for grants up to \$500 each. Not only would it be educational, we thought that it would be empowering for people to share things that they are passionate about. We had 16 nominations for organizations providing services in Cuba, Argentina, Israel and other places all over the world. These organizations' missions range from programs to better support the needs of Jewish people with disabilities to providing services for at-risk babies and children. Each of these organizations will be featured in upcoming issues of the *Savannah Jewish News*.

These are samples of tough decisions made, and new and innovative initiatives that are supported with the unrestricted funds raised through our annual campaign. I feel incredibly proud of the progress and change in the Federation allocations process over the past few years, and I hope that all of you — as community members, donors and volunteers — feel that same pride.



Jeffrey Lasky.
President,
Savannah Jewish
Federation

Love the Other

Whatever I want for myself, I want the same for that other person. And whatever I do not want for myself or my friends, I do not want for that other person. This is the meaning of the verse, 'And you shall love the other person as yourself.' Maimonides

From the youngest to the most senior among us, community makes a difference. And if someone is in need, be it emotional, social, or financial; whether the stress of life affects children, seniors, or families; Jewish Family Services is there to help.

With the famous quote from Maimonides in mind, Jewish Family Services, a small committee of volunteers and professionals, works diligently to provide care, connections, and solutions for members of our community who are facing extraordinary challenges in their day-to-day lives.

In many communities, Jewish Family Services is a free-standing agency that often is a beneficiary of a Federation Annual Campaign, the United Way, and government subsidies. They typically have a core business that is the revenue stream (outside of general grants and fundraising) that provides funds for assisting individuals in the community. For example, a Northeast JFS is the premier adoption agency in their area. By providing adoption services to the general community, JFS generates enough revenue to fund a basket of other initiatives. In another major metro area, JFS is eligible for Medicare/Medicaid reimbursement. They provide direct therapeutic services to clients on a "sliding scale." In a third community, JFS receives significant funding from the state Department of Transportation to provide programs that give seniors rides for shopping, doctors appointments, etc.

What makes these agencies different from our JFS is that they are independent agencies. They may be located on a Jewish community campus, but they are, indeed, stand-alone agencies, with their own buildings or independently-accessed offices. Their separation from the JCC or Federation building provides a level of anonymity we cannot.

Thus, our JFS, in a "small" community like Savannah, has a situation where clients are often hesitant to come to the JEA to share problems. No one wants to "air their laundry" in front of people that they know. We have clients who don't even want their children to know that they are in need and so they are willing to do without to keep their dignity.

JFS understands and works with each individual in their own unique way. Our model of having independent social workers on retainer to meet with clients outside of the synagogues and

JEA works to alleviate client fear that others in the community will know who they are.

Another difference is that we do not have government funding or a revenue stream that provides for community needs. One hundred percent of the assistance provided by JFS (in fact, the Savannah Jewish Federation) comes from the generosity of our community members, whether through a gift to the Annual Campaign or a direct donation to Jewish Family Services.

Being in a small community where "everyone knows everyone else," it is very difficult to share stories without risking disclosing the identity of the community member in need. I can tell you that JFS currently has an active case load of 17 individuals and families.

We help with medical needs, psychological counseling, job search assistance, and the most basic necessities such as food and clothing. In addition, we have a number of other clients we assist with food, gas, or merchandise cards on a semi-regular basis. I often say to people, "If you could see the good that you do, you'd give more and do more."

Our goal is to assist members of the community in accessing all the other support mechanisms already in place—some local, some federal—so that whenever possible, JFS funds are the 'last dollars' used on their path to independence.

And then there are members of the community who quietly and elegantly make Jewish Family Services the "center of their philanthropy." With a focus on helping the most vulnerable in our community, through Jewish Family Services they anonymously subsidize people in nursing homes and assisted living; provide rental subsidies, and pay for medical needs. One donor created the Tikvah Fund and matches every gift to the fund, dollar-for-dollar, encouraging members of our community to provide for ongoing social services needs in Savannah.

Every day is another challenge, but one that our small community handles admirably. If you are a member of the community who can provide a service to another, please let us know. If you are someone who has a product that can ease someone's challenges, please offer it. If you are someone who wants to help, please give us a call.

"It is not what one says, but rather what one does, that makes all the difference in the world"
Pirke Avot 1:17.



Adam Solender
Executive Director of
JEA/SJF

Mazel Tov to the 2013 High School and College Graduates

HIGH SCHOOL GRADUATES



Jared S. Cohen
Savannah Arts Academy

The son of Ruth and George Cohen, Jared was a varsity member of the Arts Academy cross country track team; the Skye Lite Jazz Band; and the Tri-M Music Honor Society. Jared also won a 2010 SAA "Still Waters Ensemble" Oscar and in 2012 the SAA George Drummond Courage Award for cross country. Jared says that "with great passion for the outdoors, mountains, running and music" he will be attending Young Harris College. He attended Rambam Day School from two years old through first grade and Shalom School from second grade through eighth grade.



Charlotte Ada Jung
Effingham County High School

The daughter of Stephanie Jung Nash, Charlotte is graduating from Effingham County High with high honors. While there, she was a member of the Spanish Club and HOSA-Future Health Professionals and also played volleyball. Charlotte will be attending Georgia Southern University where she plans to major in pre-dentistry. She is a graduate of Rambam Day School.



Jeremy Kole
St. Andrews School

The son of LeeAnn and Jeff Kole, Jeremy was president of the International Thespian Society at St. Andrews; received the 2013 IB Theatre Book Award; the 2013 GISA Top Performance and Best Actor Awards at state and local play competitions; SCISA Best Actor for local and state one act play competitions; was a 2012 national semi-finalist, Shakespeare Monologue Competition; and was runner up for Best Actor at the 2010 Armstrong One Act Play Festival. Jeremy also has been a member of the Savannah Children's Theatre (SCT) Teen Troupe, MainStage and Stage productions, since 2009 and a SCT pre-school teaching assistant since 2012. He has performed in a number of other community theater productions. Jeremy will be attending the New School for

Drama to study acting. He attended Rambam Day School from two years old to fifth grade.



Jared Samuels
Savannah Arts Academy

The son of Ashley and Scott Samuels, Jared was a member of the Arts Academy's Student Leadership Program; the Jewish Student Union; the International Thespian Society; and the National Honor Society. He was recognized as an International Honorary Thespian for completing more than 1,800 hours of theatre work and received the Thespian Spirit Award. He also was selected to participate in Georgia's prestigious Governor's Honors Program. Jared served as president of Savannah's David Finn AZA chapter and was co-president of Dixie Council BBYO. He will be attending the University of Georgia where he plans to major in political science. Jared attended Rambam Day School from kindergarten through eighth grade.



Hannah Slotin
Savannah Arts Academy

The daughter of Susan and Frank Slotin, while at the Arts Academy Hannah participated in the Savannah Science Seminar; was a member of the Beta Club; National Spanish Honor Society; Seniors Offering Freshmen Advice; was founder and president of the Jewish Student Union; and was president of the National Honor Society. She received the SAA Jefferson Award for Public Service. Hannah also served as president and MIT mom of Savannah's Wexler-Clark BBG chapter and received the Sima Radetsky Goldfarb Memorial Award and Janet M. Clark Memorial Award for new and outstanding BBG members, respectively. Hannah will be attending the University of Georgia where she hopes to major in business or education and minor in Spanish. She attended Rambam Day School from three years old through eighth grade.

COLLEGE GRADUATES



Jessica Cohen
Medical College of Georgia

The daughter of Donna and Ron Cohen, Jessica graduated with a 4.0 GPA from the Medical College of Georgia with a B.S. in nursing. She is a member of Sigma Theta Tau, the nursing honor society, and Phi Beta Kappa. She plans to work as a registered nurse for a few years then return to school to pursue her dream of becoming a nurse practitioner. Jessica attended Shalom School.



Emily Jean Kahn
University of Texas

The daughter of Diane and David Kahn, Emily received a B.S. in advertising from the University of Texas where she also minored in business. She has accepted a position as a sales associate with Oracle and will be based in Austin, TX. Emily attended Rambam Day School from two years old through eighth grade.



Grace Parker
Emory University

The daughter of Terri and Barry Parker, Grace graduated from Emory University's Goizueta Business School receiving both a Bachelor of Business Administration in marketing and a B.A. in political science. While there she participated in PAWsitive Outreach, the Committee for Academic Standards, College Council and Volunteer Emory Staff; was social chair of Kappa Alpha Theta sorority, vice president of marketing of Emory Women in Business and president of the Goizueta Communications Club. Grace also has been active with the American Civil Liberties Union and the CASA Foundation. After a Birthright Israel trip in May, she plans to begin the process of applying to be a Foreign Service officer with the hopes of one day becoming an ambassador. Grace attended Shalom School from pre-kindergarten through tenth grade.



Barney Sadler
University of Georgia

The son of Jodi and Kenneth Sadler, Barney graduated *magna cum laude* from the University of Georgia with a B.S. in biology. While at UGA, he was on the Dean's List and President's List; was a member of Phi Beta Kappa and J Health Group; and was rush chairman of Tau Epsilon Phi fraternity. Barney will be attending Mercer Medical School in the fall. He attended Rambam Day School from two years old through eighth grade.



David P. Solender
Southern New Hampshire University

The son of Sarah Denmark and Adam Solender, David received a B.S. in business administration from Southern New Hampshire University's Three Year Honors Program. He was a member of the Entrepreneurs Society and on the Dean's List every semester. While pursuing his degree, David continued producing and distributing vinyl records for a number of independent bands. A purist, he says "there's nothing like the sound of a record." David also toured the entire U.S. with three different bands playing guitar, drums and bass guitar. He will be joining The Concord Group, an independent insurance and financial services company, in their underwriting division. David attended religious school at Temple Adath Yeshurun in Manchester, NH, through tenth grade.



Rachael Westmoreland
Emory University

The daughter of Leslie Westmoreland, Rachael graduated from Emory University with a B.A. in environmental studies and a minor in development studies. While there, she was an Emory Tour Guide; participated in Ad Hoc Student Theater productions; was a member of Gamma Phi Beta sorority; and was a recruitment counselor for the Inter-Sorority Council. Rachael also was a member of Phi Beta Kappa and Phi Eta Sigma honor societies, was on the Dean's List and received a Continuing Excellence Recognition. She spent a semester abroad in Kruger National Park in South Africa. Rachael plans to attend

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Mazel Tov to the 2013 High School and College Graduates

the University of Michigan Law School in the fall to study international law. She attended Shalom School through tenth grade.

POST-GRADUATE



Stephanie Rachel Greenberg
Simmons College

The daughter of Carol and Joel Greenberg, Stephanie received her Doctorate in Physical Therapy from Simmons College. She received the 2013 Deborah K. Heller Outstanding Student Award "in recognition of her academic and clinical excellence, service and leadership." While working on her doctorate, Stephanie studied the efficacy of physical therapy in cancer patients. Stephanie recently completed a rotation in the traumatic brain injury unit at

Memorial University Medical Center in Savannah and is currently finishing a pediatric rotation in Massachusetts. She received a Board Appointment to the Boston University Physical Therapy Association and earned her B.S. from Boston University's Sargeant College of Health and Rehabilitation Sciences in 2008. After completing her boards, Stephanie plans to work as a physical therapist. She is a 2004 graduate of Savannah Country Day School and attended Rambam Day School through the eighth grade. Stephanie also attended Shalom School, earning a Confirmation Certificate in 2002.



Beverly Kramer-Gertler
Benjamin N. Cardozo School of Law

The daughter of Cheri and Andy Kramer, Beverly received her J.D.

from Benjamin Cardozo Law School at Yeshiva University. While there, she was an editor of the Cardozo Journal of Law and Gender and a member of the Family Law Club; the Cardozo Dispute Resolution Society; the Public Interest Students Association; the Gender Week Planning Committee; the Cardozo Pro-Bono Advisory; and president of the Cardozo Advocates for Battered Women. Beverly also was a project coordinator at the Courtroom Advocates Project and an advocate at the Cardozo Uncontested Divorce Clinic. She currently is a legal intern at the Administration for Children's Services in Manhattan with a concentration in general litigation and family law. Beverly attended Rambam Day School from two years old through eighth grade.



Dori Portman
St. George Veterinary School

The daughter of Sheri and Michael Portman, Dori successfully completed all requirements

for her Doctor of Veterinary Medicine from St. George Veterinary School in Grenada, West Indies. The new Dr. Portman recently completed her clinicals at the University of Georgia (where she also received her undergraduate degree) with an emphasis on large animal ambulatory care. Dori is a graduate of Windsor Forest High School and also attended Rambam Day School.

Good Luck, All!

Scenes from the 25th Anniversary Levy Memorial Concert

featuring Eddie Wilson and Strings of the South, May 5th, 2013



It's easy to see that young people of all ages had a great time celebrating the 25th Anniversary of the Jack Malitz and Miriam Slotin Levy Memorial Concert series.

Pictured Top Row (left-right): Peggy Harris and her grandson, Charles; Michelle and Leila Allen; Event caterer Harriet Ullman and her famous strudels; Irvin and Joy Warshaw enjoying the sounds of the orchestra playing one of his original compositions. **Bottom Row (left-right):** Patrons enjoying the delicious pre-concert luncheon; Aaron Levy introducing the afternoon; the Strings of the South ensemble; some of the youngest concert patrons enjoying the music, up close and personal.



It's Not Just Tay-Sachs

Did you know there are now tests for more than 25 inherited diseases of concern to people of Jewish heritage? The Jewish Genetic Disease Consortium (JGDC), a New York based organization, urges couples with one grandparent of Jewish heritage to be screened prior to beginning a family.

The JGDC consists of geneticists, physicians, rabbis and families who have been affected by one of the genetic diseases. It was created in 2005 and gives one voice to many that share the common goal of increasing awareness and carrier screening for genetic diseases found more frequently in the Jewish population.

For decades, it has been common for Jews to be tested for Tay-Sachs, a degenerative disease that is usually fatal by the age of four. However, many other disorders that are found in Jewish communities are less known, but just as devastating.

There are different genetic concerns for people of Ashkenazi Jewish background (Germany or Eastern Europe) than for persons of Sephardic or Mizrahi Jewish background (Mediterranean, Iran/Persia or Middle East). There are currently 19 diseases for which Ashkenazi Jews can be screened. Screening for Sephardic or Mizrahi Jews is depen-



dent on country of origin and requires consultation with a genetic counselor. These diseases are autosomal recessive, which means that both parents must be carriers of the same disease to have an affected child. If they are both carriers, each pregnancy has a 25 percent chance that their child will be affected with that disease. Carrier status can be passed down through many generations without anyone being aware.

The JGDC recommends screening prior to conception as this affords the couple many more options. Genetic screening panels are now affordable and often covered by insurance.

The JGDC has created a three-pronged educational approach to raise awareness about the diseases and the need for screening. This program in-

cludes Medical Grand Rounds, a community program as well as a rabbinic learning program.

The JGDC will be hosting a community program at the JEA on June 6th at 1 pm featuring a panel of local medical professionals including Dina Linfoot, M.D., Ashley C. Allen, MS, Certified Genetic Counselor, and Dr. Rebecca Usadi of Carolina Medical

Center in Charlotte, NC. Shari Unglerleider, Project Coordinator of the JGDC, and Randy Yudenfriend Glaser, JGDC Chair, will moderate the sessions.

The community is invited to attend this important program, sponsored by the JGDC, the JEA and the Savannah Jewish Federation's Jewish Family Services. It is free and open to the public.



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Savannah Jewish ARCHIVES

From the founding of Savannah in 1733 to the present day, Jewish people have played a prominent role in the life of this city. The mission of the Savannah Jewish Archives is to create a lasting record of this historic Jewish community. To this end, we encourage Jewish people and their families to realize that they are making history daily. Members of the community are urged to save the records of their personal and professional lives, including stories, photos, diaries, oral histories, artifacts, and donate them to the Savannah Jewish Archives. This information will be treasured by future generations.

It is the role of the SJA to identify, collect, catalog, preserve and store these items and make them available to the public. We contract with the Georgia Historical Society to house these materials, where our volunteers meet regularly to process and index these items under the guidance of a professional archivist hired to oversee these activities. We raise money through dues and other solicitations to support our activities.

The Savannah Jewish Archives also sponsors, publicizes and conducts occasional tours of historical sites in the Savannah area that are significant to the

What Does the Savannah Jewish Archives Do? By Annette Carnow

the Jewish experience here. Recent tours include: The Massie Heritage Center and the Mordecai Sheftall Cemetery.

The board of the Savannah Jewish Archives meets at least three times a year. The 2013 board of the Savannah Jewish Archives is: Edwin Byck, Annette Carnow, Marilyn Farley, Nancy Feldman, Sharon Galin, Jerald Gottlieb, Peggy Harris, Jeff Kole, Kaye Kole, Margie Levy, Bill Raffel, and Arlene Ratner.

The Board of Directors wishes to recognize and thank our dedicated volunteers who meet often to help process and index our collections: Carole Cohen, Marilyn Farley, Suzanne Kantziper, Kaye Kole, Diane Kuhr, Bobbie Levy, Susan Lieber-Lozada,

Harriet Meyerhoff, Bill Raffel, Jane Rosenblum, Anne Silberman, and Sue Solomon.

The Board of Directors also wishes to thank our archivist, Katharine Rapkin, for her professional services.

Finally, the Board thanks all of you who have chosen to support the work of the Archives through your membership and donation of materials. Thanks to you, the Savannah Jewish Archive is preserving the history of the Savannah Jewish Community.

Please join us! For more information visit our website at: <http://www.georgiahistory.com/containers/99>



Four Questions for the Rest of the Year

State Attorney General – Sam Olens

Sam Olens was sworn in as Georgia's Attorney General on January 10, 2011. He is the first Jewish candidate to win a statewide, partisan race. Olens was Chairman of the Cobb County Board of Commissioners from 2002 through 2010. Previously he served as Cobb County District 3 Commissioner. From December 2004 through 2009, Olens was Chairman of the Atlanta Regional Commission. He also was Vice-Chair of the Metropolitan North Georgia Water Planning District from 2005 through March 2010. He was appointed by then-Governor Perdue to Georgia's Department of Community Affairs Board in 2003 and served through 2010. Olens also serves on the boards of various non-profit organizations, including the United Way of Metropolitan Atlanta. Olens attended American University as an undergraduate, graduated from Emory University School of Law in 1983 and was a member of Ezor & Olens, P.C. from 1983 through 2010. He and his wife Lisa have two children: Lauren, 23, a graduate of Washington University, and Jonathan, 20, a junior at Syracuse University. Olens, who put himself through college on a work-study program, when speaking to young people tells them, *if you work hard, you can do anything you want.*

What is the primary topic that you are looking forward to discussing with the people of Savannah during your appearance at the JEA

and why?

Part of the discussion will clearly relate to being the state's first Jew elected in a partisan, state-wide election. I'll talk more about the ethnic experience, not about being a Republican or Democrat. I will also talk about leading issues we're working on in my office. And I'll talk a little bit about state legal history, the need for an attorney general, a state Supreme Court and about Savannah as a vital part of our early history.

We tend to stay away from partisan politics in this paper, so I'll make this question bi-partisan. If you could offer one piece of advice to each of the major political parties in the state, what would it be?

My talk also will be non-partisan. I think the big issue we should all be talking about is governance. A lot of the talk in both parties is about what they would like, but there is not much talk about actual governance. At end of day you need a balanced budget and you need to provide salient services to your constituents. I think we all actually agree on about 80% of what we want. We all want better schools, better police forces, better government. A lot of my efforts have been focused on public



Sam Olens

safety. We've passed bills to stop sex trafficking and 'pill mills.'

How does your Jewish faith influence your decision making as a politician and as the attorney general?

My mom died when I was five, and my dad when I was 12, and I was raised by my aunt and uncle who believed strongly in *tikkun olam* and that we need to give back in this world. These Jewish values have guided me throughout my life. I'm very proud of my office's leadership in the Georgia Legal Food Frenzy that this year just collected 842,000 pounds of food for Georgia's seven

regional food banks, including Second Harvest in Savannah. We hold this annual food drive just before the end of the school year to help make sure kids have food through the summer.

Would you care to give us a hint about what you hope the future might hold for you, politically?

I take the perspective that if people work on the future they forget about what they're doing now. I'm focused on what I'm doing now, and having a great time doing it. I'll be running for reelection next year.

Adelsons Give \$40 million to Birthright

(JTA) Casino tycoon Sheldon Adelson and his wife, Miriam, donated another \$40 million to the Birthright Israel Foundation. Their latest gift brings the couple's total donations to the program to \$180 million.

"Sheldon and I are committed to improving the world through cultural exchange and educational opportunity," said Miriam Adelson in a statement released by Birthright Israel, which offers Jews aged 18 to 26 a free 10-day trip to Israel. "Exposing young Jews to Israel helps broaden their awareness and deepen their cultural identity. We are committed to the goal of all young Jewish adults having the opportunity to be inspired by their ancestral homeland."

Other Jewish causes to which the Adelsons have contributed include: Yad Vashem, where their overall donations to the Holocaust museum in Je-

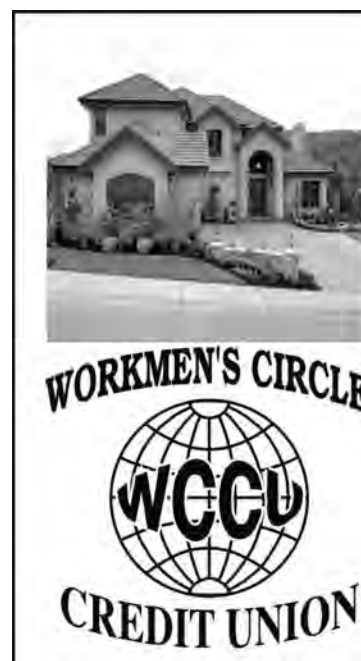
rusalem total \$50 million; the Shalem Center, a think tank in Jerusalem, and the Zionist Organization of America.

Sheldon Adelson is the 15th richest person in the world with an estimated net worth of \$26.5 billion, according to Forbes magazine.

At the time of this writing, there are five children of members of the Jewish community of Savannah (that we know of) traveling in Israel on Birthright Israel trips. Birthright Israel is a beneficiary of the Savannah Jewish Federation Annual Campaign and in addition to private donations like the Adelsons', receives major funding from its partners, the Jewish Federations of North America in communities such as ours.



Sheldon and Miriam Adelson



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Discover the Credit Union difference...

Check out this upcoming event at the JEA!

**June 23rd, 10:00 am
FREE!**

(includes coffee and light refreshments)

**Georgia Attorney General, Sam Olens:
Perspective from the
State's Lawyer**



Georgia State Attorney General Sam Olens broke through one of the oldest barriers in Georgia politics in 2010 to become the first Jewish candidate to win a statewide, partisan race in Georgia. Join us for an interesting conversation with AG Olens as he shares what that milestone has meant to him personally and professionally.

Additionally, he will discuss the role the Attorney General's office plays in the Georgia Ports Authority, the State School Board, Public Safety, reducing drug crime and more.



1 in **5** Jews
is a carrier for
at least one of
19 current
preventable
genetic diseases.

It's not just
Tay-Sachs any
longer!

6/6/13

Day: Thursday

Time: 1:00 pm

Fee: FREE

Where: JEA, loc. @
5111 Abercorn St.

*Light refreshments
will be served.*

Jewish Genetic Disease
Consortium
JGDC



Contact Jennifer Rich
at 912-355-8111 or
programming@savj.org

**JEWISH
GENETICS**

**JUNE
6th, 2013
1:00 PM**

LEARN
ABOUT
THE FIGHT
AGAINST
JEWISH
GENETIC
DISEASES

Illustration by Folha De Sao Paulo



June 2013



Children's Programming

We love Camp Savannah! It's a safe environment for kids and they're always begging to come back! The themes for the weeks are really creative as well.

- Kasey Berman, Camp Savannah Parent

***Camp Savannah
starts June 10th!***

Register now online or
in person at the JEA.

NEW
3 & 4 year old
program with
rotations
designed for
your toddler &
small group
swim lessons!

**Learn about
Israeli culture
with Dorin
Elhadad & meet
Israeli Scouts!**

Color War week is my favorite because of all the dancing, silly challenges and the BIG show at the end. I like coming to Camp Savannah because it makes me happy and I have a great time.

- Sam "Rooskie" Allahverdi, Camper

Camp Savannah is a brand new experience each year! It's not only a place to bring your children, it's a place for them to grow, be challenged and have fun! Last year I saw many campers learn how to swim, overcome shyness and become leaders.

- Keymia Morrow, Counselor



912.355.8111 | camp@savj.org
Register at www.SavannahJEA.org



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Save the Date

June 2

Opinion Minyan w/author Janice Rothschild
Blumberg. 10:00 am

JEA Camp Savannah Meet 'N Greet. 1:00 pm

June 6

Jewish Genetics Forum. 1:00 pm
JEA 101st Annual Mtg. 7:00 pm

June 9

JEA Art Gallery Reception. Leonard White.
3:00 pm

June 10

JEA Camp Savannah begins. 8:00 am

June 16

Father's Day Pool Party. 11:00 am

June 23

GA Attorney General Sam Olens Discussion.
10:00 am

June 25

Israeli Scouts. 12:00 pm

July 4

JEA Fitness open 9 am-5 pm. Offices closed.

July 7

Fourth of July Pool Party, 11:00 am

July 15

Erev Tisha B'Av (Fast Day). JEA regular hours.

July 16

Tisha B'Av (Fast Day). JEA regular hours.

July 28

Preschool & PJ Library Pool Party. 11:00 am

August 14

JEA Preschool Savannah opens

Adult Programming



Bridge - Wednesdays 1:00 pm to 5:00 pm
Scrabble - Wednesdays 6:30 to 8:30 pm
Mah Jongg - Thursdays 10:30 am to 12:30 pm



JEA Mid-Week Garden Group - Wednesdays 9:00 am to 10:00 am
We meet twice monthly on alternate Wednesdays to tend our JEA gardens. We're now preparing our children's daffodil garden and edible garden. Feel free to bring your own garden gloves, tools, hat and water. Some tools are available.
We'll meet on Wednesdays, June 5 and 19.



Thursday Lunch Bunch - Every Thursday 12:30 pm to 2:30 pm
Join us for Thursday Lunch Bunch! Visit with old friends and meet new ones, enjoy lunch followed by an educational speaker or performer.



Perspective from the State's Lawyer

Sunday, June 23rd - 10 am

Georgia State Attorney General Sam Olens broke through one of the oldest barriers in Georgia politics in 2010 to become the first Jewish candidate to win a statewide, partisan race in Georgia. Join us for an interesting conversation with Mr. Olens as he shares what that milestone has meant to him personally and professionally. Additionally, he will discuss the role the Attorney General's office plays in the Georgia Ports Authority, the State School Board, Public Safety, reducing drug crime and more.

This event is a service of the Jewish Educational Alliance and is Free and open to the public.
Coffee and light refreshments will be served.

JEA Donations

(April 13, 2013 to May 14, 2013)

ARKIN-CLARK GARDEN FUND

In honor of Liz Arkin's speedy recovery
Eva Odrezin

JEA GENERAL DONATIONS

In honor of Joel Greenberg's speedy recovery
Harriet & Paul Kulbersh
In honor of Adam Solender
In honor of Toby Hollenberg
In honor of Allan Ratner
In honor of Marcy Konter
In honor of Elise Shernoff
In honor of Audrey Biloon
In honor of Joel Greenberg
In honor of Judith Odrezin
In honor of Jeffrey Lasky
Carol Greenberg
In memory of Marilyn Steinberg
Nancy Smith

ETHEL COHEN MEDDIN MEMORIAL FUND

In memory of Dena Bodziner
Aron Charles Palefsky

JACK & MIRIAM LEVY CONCERT FUND

In honor of Dayle & Aaron Levy
Arlene & Allan Ratner
Marilyn Seeman
Eva Odrezin

Donations continued on page 4

Protection from Heat Stroke and Heat Exhaustion



Summertime is time for food, family, fun and work. Two of the most common problems working outside and inside during summer are heat stroke and heat exhaustion. How can you protect yourself from these summer illnesses?

Justin Robertshaw
Facilities Director

Heat stroke is a very serious illness, and can manifest itself both in the summer and during late spring and early fall. It occurs from being exposed to direct sun on hot days for long periods without any shade, water or breaks. It can also occur from being in hot buildings without airflow. You don't need heat outside to have heat stroke.

Symptoms of heat stroke include, but are not limited to:

- Major headaches
- Dizziness and lightheadedness
- Not sweating despite the heat
- Red hot and dry skin
- Muscle cramps
- Vomiting

Doctors say that the body's core temperature can become greater than 105 degrees Fahrenheit during heat stroke. If you have any of the above symptoms on a hot day, get to the hospital for treatment right away.

There are many ways to prevent heat stroke including:

- Keep hydrated by drinking plenty of cool water
- Stay away from all types of soda and caffeine
- Take plenty of breaks
- Work and rest in shady areas if able
- Don't stay in hot areas without airflow for long periods of time
- Have a moist towel on your head and around the back of your neck to keep core body temperature lower

Heat exhaustion is another heat-related illness that can occur in the summer. It happens when you are exposed to high temperatures for several days. It is not as serious as heat stroke, but it is not to be taken lightly.

Signs of heat exhaustion include:

- Confusion
- Dark colored urine which is a sign of dehydration
- Fainting
- Headache
- Nausea
- Profuse sweating

You can protect yourself from heat exhaustion by:

- Drinking plenty of cool fluids
- Avoid caffeine and alcoholic beverages
- Remove all unnecessary clothing
- Take a cool shower

In both heat stroke and heat exhaustion children zero to four years of age and adults over the age of sixty-five are at a higher risk. I have personally experienced heat exhaustion and avoid it by drinking plenty of water. I also take breaks while working in high temperatures.

Source: WebMD.com. Search Heat Stroke and Heat Exhaustion.



Health & Wellness

Food Myths: To Believe or Not to Believe

As the famous cardiologist Dean Ornish, MD, reminds us, "The whole point of science is to help people sort out conflicting science, and nowhere are there more conflicting claims than in the area of diet." Let's look at some of the most stubborn food myths that manage to surface around the topic of food.

Myth #1 – Brown Eggs are More Nutritious than White Eggs

Fact: Brown eggs are equal to white in nutritional value, flavor and cooking characteristics. Additionally, one isn't healthier, more "natural" (the USDA has a legal definition for "natural", but it applies only to meat and poultry) or more eco-friendly than the other. In general, white shelled eggs are produced by hens with white feathers and white ear lobes and brown shelled eggs are produced by hens with red feathers and red ear lobes. It's that simple!

Myth #2 – Eating after 7:00 pm Will Cause Weight Gain

Fact: Your body doesn't use a clock to determine how many calories it should have. It requires a specific amount of daily calories and if you are under your daily requirement come 7:00 pm, eating after that time will not cause weight gain.

Eating later in the evening isn't recommended because digestion then conflicts with the body's restorative process that takes place throughout the night.

Myth #3 – High Fructose Corn Syrup (HFCS) is Worse for You than Sugar

Fact: HFCS and sucrose have similar effects on blood levels of insulin, glucose, triglycerides and satiety hormones. HFCS has recently taken blame for our U.S. obesity epidemic; however, there is not enough scientific data to confirm this sweetener changes metabolism, increases body fat, or boosts appetite. The most important thing is to cut back on all added sugars.

Next time you hear, "best thing to happen in the world of nutrition," be skeptical. Make sure you do your research from trusted, credible websites and established scientific journals. A few recommended websites are: healthfinder.gov, <http://healthfinder.gov/>, and <http://www.eatright.org/>. Remember, if something seems too good to be true, most likely it is.

Sources: National Egg Council, Center for Science in the Public Interest

The Food and Mood Relationship

Let's face it – when we've had a bad day, a common practice is to turn toward our comfort food of choice. It's a typical response that oftentimes stems from childhood when food was given to us to heal physical or emotional pain.

But, in our society of overconsumption, poor nutritional choices and oversized portions, comfort eating can lead to excess pounds.

The relationship between food and mood is evolving, but mounting evidence indicates that dietary choices bring about changes in our brain structure, chemically and physiologically, which can alter behavior.

Nutrition experts agree that the food/mood relationship is a 2-way street; not only does food affect our mood, our mood affects the food we choose. So, it behooves us to practice a mood-management eating plan that focuses on stabilizing blood sugar through a balanced diet; i.e., eating a balance of protein, carbohydrates, fruits and vegetables, and limiting sugar, fat and alcohol.

The effect Carbohydrates, Proteins and Fats have on our mood

Carbohydrates: The connection between carbohydrates and mood stems largely from Tryptophan a nonessential amino acid within carbohydrates. As more Tryptophan enters the brain, it is converted to Serotonin – a neurotransmitter known as a mood regulator that produces a calming effect – and mood tends to improve.

Proteins: Protein foods contain the amino acid Tyrosine, which the brain converts to Dopamine. Dopamine has the effect of sharpening your mental processes and giving you energy.

Carbohydrates + Protein: If you combine protein with carbohydrates, insulin production will prevent the Tyrosine from getting to your brain first which may cause a feeling of sluggishness due to the competition between the amino acids.

Fats: Fat helps to stabilize insulin levels that may spike from carbohydrates. Bonus: At 9

Winter Fitness Classes

Sunday

9:15 am - Pilates Basic
10:30 am - Total Body Blast
1:00 pm - Extreme Toning

Monday

5:00 am - Master Swim
8:30 am - Firm It Up
10:00 am - Aquasize
10:00 am - Vinyasa Yoga
10:30 am - SilverSneakers Classic
6:00 pm - Evening Water Aerobics

Tuesday

8:30 am - Pilates
10:00 am - SilverSneakers Splash
10:30 am - SilverSneakers Circuit
5:45 pm - Zumba
6:00 pm - Savannah Kenpo
7:00 pm - Savannah Fencing Club

Wednesday

5:00 am - Master Swim
8:30 am - Firm It Up
10:00 am - Yoga Pilates Fusion
10:30 am - SilverSneakers Classic
6:00 pm - Billy's Boot Camp
6:00 pm - Evening Water Aerobics

Thursday

8:30 am - Pilates
10:00 am - Aquasize
10:30 am - SilverSneakers Circuit
6:00 pm - Savannah Kenpo
6:00 pm - Evening Water Aerobics
6:30 pm - Yoga Flow
7:00 pm - Savannah Fencing Club

Friday

5:00 am - Master Swim
8:30 am - Firm It Up
10:00 am - Aquasize
12:00 pm - Noon Basketball

calories per gram it is satiating, so you feel full longer!

Prevent the "go-to" comfort food response:

- Don't skip meals. Doing so lowers blood sugar levels which can affect your mood and behavior. Keep a stash of nuts or trail mix or something handy.
- Eat Breakfast

Written by Jane McIntosh, MA, CNS

Sources: Institute of Medicine, IOM, 2011 *Early Childhood Obesity Prevention Policies Committee on Obesity Prevention Policies for Your Children*, Leann L. Birch, Lynn Parker, and Annina Burns



JEA Art Gallery



June Artist: Leonard White

Leonard White - Biography

Leonard White is a photographer and freelance graphic design artist. He attended Washington University (St. Louis, MO) and Kansas City Art Institute (Kansas City, MO). He received his BFA in Graphic Design with a double minor in Photography and Industrial Design.

He has been an Associate Professor at Loyola University where he taught courses on graphics, photography and classical drawing.

His works have been published in *Fortune*, *Saturday Evening Post*, *Seventeen*, *Motor Trend*, *Time* and others.

White has won over 50 national, regional and local awards for graphic design and photography.

In this exhibit he will be showing his photographs. Some have been taken on various world travels. The majority of the photos were taken at several New Orleans Jazz & Heritage Festivals and depict various musicians as they performed.

Artwork available for viewing June 2-30, 2013

Art Gallery Reception June 9, 2013 - 3-5 pm

Days at the JEA: Pre Camp

June 3rd, 2013 8:00am-6:00pm

A Mootastic Adventure- Get ready for a Mootastic Adventure as we celebrate the wonderful world of dairy by making milkshakes, moo goo and much more!

June 4th, 2013 8:00am-6:00pm

No Monkeying Around - It's time to let your inner primate shine as we head out to Monkey Joes for a day filled with high-energy fun.

June 5th, 2013 8:00am-6:00pm

Ants on the Run- Gather the Frisbee and pack the lunches for a trip to Forsyth Park for food, friends and fun!

June 6th, 2013 8:00am-6:00pm

Under the Sea Adventure-With the temperature rising it's a perfect time to head out to the Tybee Island Aquarium to learn about all the marine life here in Savannah

June 7th, 2013 8:00am-6:00pm

Shalom...Summer! - Camp Savannah 2013 is right around the corner and what better way to kick it off than by having a BBQ pool party! Leave your lunches at home and pack your bathing suit, towels and sunscreen as we say "Shalom Summer!"

Regular Price: \$40 a/day or \$180 a/week
Members Value Price: \$30 a/day or \$135 a/week

New JEA Members

The JEA would like to thank our members. Without your membership and support, we would not be able to offer all the services that we do. Our members are our most important asset!
(New Members as of 4/12/13 to 5/14/13)

Stanley & Kathy Anderson
Rigel Crockett & Ariel Janzen
Brendan Gow & Holly Marks
Jeffrey & Nicole Kohl
Christopher Kohut
John Koncul
Kappie Kopp & MaryEllen Hall
Lee Martin
Kimberly McIntyre & Elise Smith
Nicole Owens
Joseph Parrish
Luke & Curlin Sullivan
Jessie Vallerga
Hayes & Chene Walz
Marcie Wing
Tamika Wright

JEA Donations

Continued from page 2

JACK & MIRIAM LEVY CONCERT FUND

In memory of Ida Slotin Wilensky
Suzanne & Leonard Kantziper
Fran Bendheim & Frank Wolf

HARVEY RUBIN MEMORIAL FUND

In honor of Joel Greenberg's speedy recovery
In honor of Carol Greenberg's United Way award
Elise & Victor Shernoff
In honor of Bernice Elman's birthday
Andrew & Kim Bernstein
Elise & Victor Shernoff
Jason, Heather & Kristina Shernoff
Sherry & Norman Dolgoff
Gale & David Hirsh
Vickie & Richard Halperin
Hedda Ginsberg & Terry Piell
Ann & Steve Solomon

BERTHA & HYMAN KANTER YOUNG AT HEART FUND

In honor of Doris Klugman's speedy recovery
Harriet Konter

HENRY W. CENTER COLLEGE SCHOLARSHIP FUND

In memory of Dena Bodziner
In memory of Joe Switz
Miriam Center
In honor of Louis Freedman's speedy recovery
Vicki & Harry Center



JEA Preschool Savannah News

June 2013

Monthly Spotlight

The Outdoor Learning Space

Plans are underway to demolish the existing play space and improve and update the area for the opening of JEA Preschool Savannah. Grounds for Play will be installing cool grass areas for the toddlers along with a new climbing structure. A tricycle path, art wall and sandbox area will also be created.

The Classrooms

Come by the Kohav Yam (3s and 4s) camp room this summer to check out the new furnishings from Community Playthings. Notice the fine quality of wood and the clean, fresh look of this environmentally friendly furniture.

Update from the Director



I had another meaningful learning experience when I attended the Handwriting without Tears workshop in Atlanta, GA. Handwriting Readiness is crucial in the proper development of the

young child's writing process. There are fine motor skills which need to be developed as well as emotional and social skills for a child to achieve successful handwriting. I learned play-based activities the children will enjoy while learning to write their letters and numbers. I am excited to share this program with the rest of the staff and to implement these activities with the children.

Engaging children in a nurturing, safe and inclusive environment, based in Jewish values.

Enrollment is Open!

To schedule your introductory appointment, contact Jodi Sadler at (912) 355-8111, or email preschool@savj.org. Tuition information and registration forms are available for download online at www.savannahjea.org.

JEA Preschool Savannah offers convenient Core Program and Extended Hours:

Core Program: 8:30am – 12:30pm
Extended Hours: 7:00am – 8:30am
12:30pm – 6:00pm

Opening August 2013, Serving children ages 16 months to 4 years old.

Sheva Program to Provide Guidance for JEA Preschool Savannah

The Sheva program developed by the JCCA Early Childhood Education department has seven core elements deeply rooted in the latest research on child development:

1. Children as Constructivist Learners
2. Early Childhood Directors as Visionaries
3. Early Childhood Educators as Professionals
4. Families as Engaged Partners
5. Environments as Inspiration for Inquiry
6. Discover CATCH as Sh'mirat HaGuf (taking care of our bodies)
7. Israel as the Story of the Jewish People

This program will provide a framework for our staff to continue our own learning as well as to develop cutting-edge curricula to be used in our classrooms and outdoor learning spaces.

A Glance at the First Core Element of the Sheva Program

Children as Constructivist Learners

Children are natural learners. A Jewish expression of values emphasizes that teachers inspire children to question their world and appreciate multiple perspectives. Based on an image of the child as a competent and capable learner full of potential, teachers and children engage in research as a way of co-constructing knowledge. When children are agents of their own learning, they build life-long critical thinking skills and are more deeply invested in the process.



Check it Out!

*Everything You Need to Know About Reading
...And More!*

Start with the Reading Tip of the Day; move on to "103 Things to do Before, During and After Reading"; check out the Fun and Educational Apps for Practicing Phonics, Vocabulary, Spelling, Comprehension and Writing; and don't miss something fun like the Grocery Store Literacy Activity Sheets. And we've barely scratched the surface.

<http://www.readingrockets.org/audience/parents/>

What are *The Top Ten Preschool Parenting Problems and What to Do about Them?* You can have a sneak peek at author Roslyn Ann Duffy's answer on the Childcare Exchange website.

http://www.childcareexchange.com/catalog/pdf/Top_Ten.pdf

It's That Time of Year

Some events mark the end of the year very clearly; like end of the year performances, meetings with teachers, organizing classrooms, preparing summer reading lists, etc. Some end of the year events mark not only the end of the year, but the closing of a chapter. Mrs. Wright (my assistant principal) and I chaperoned a three day long, 8th grade class trip to Disney World. While the trip is not an easy one, (we're not getting any younger) because the hours are long, the park streets are not air conditioned and some of the rides are a bit challenging to our psyches, it is a most memorable, special trip.

To be able to spend time with these 8th graders, almost 24/7 for three days is a priceless experience. You see them in a very different element than when they are in school. The success of the trip depends on their willingness to be considerate, patient, communicating in a pleasant manner and being a good sport.

The trip was a huge success! When we arrived at the hotel, we were sure we had the wrong place. Looks send very definite messages. Don't misunderstand, we don't stay in fancy places for these trips but there's not fancy and then there is downright scary looking. We unpacked and the more we saw the more we were determined that we were not staying! The children had unpacked the car, settled into their rooms, gotten comfortable and then when we said we're out of here - they packed back up and piled back into the car! No questions, no comments. I think they would have gladly stayed and thought nothing of it!

When Mrs. Wright and I had no idea where we parked the car in the Magic Kingdom parking lot, they accepted this information calmly - no excitement, no concerns, no questions and no sarcastic remarks. (One of them had paid attention and we found our car quite easily only after agonizing over the need to admit our dilemma.) When there was a difference of opinion as to which attraction they should go to, they worked it out. When one of them was hesitant to go on a ride, they were encouraged by the others. When we put our belongings into a locker and a couple of us were sure we had the right locker, and it just wouldn't open, they were helpful and patient.

When it was time to go so we could get back to Savannah at a decent hour and before Mrs. Wright and I couldn't see straight due to exhaustion - their pleading faces to let them go to ONE more attraction, melted our hearts and we couldn't day no. So yes, while they slept... we drove home.

We saw their best sides and we cherished every moment. I don't want this to sound unreal so yes, they had their moments, but the beauty was - there were very few and they worked it out on their own.

The eighth grade trip is always the beginning of the last chapter of their Rambam experience coming to a close. The last chapter is a bittersweet time. It is a time of mixed emotions: wanting to applaud their successes, wanting to see them in their new schools doing well, but not wanting to let them go.

Learning about character and the impact it has on how we treat others is something they learn in Rambam every year, in every grade. It is an ongoing process that we believe develops our students into young adults who live by high standards of tolerance, sensitivity and respect. Our commitment and dedication to developing our students' character traits are not specialty classes or something teachers are expected to be aware of and redirect when necessary. Our focus on character building is a message interwoven into the fabric of what makes us different from other schools.

When our students reach Kindergarten and spend half their day on Judaic studies - we are affording them the opportunity to sharpen their critical thinking skills, attend higher level thinking classes and on an ongoing basis, cultivate their character. Our history and our heritage are rich with illustrations of how one should treat others. While our students become knowledgeable about their heritage, they also become skilled in deciphering references and applying them. They also become comfortable as Jews.

I am well aware of the many descriptive words that have been used to portray Rambam. I take pride in the ones that truly articulate the essence of our school. Those that really know what Rambam is all about, those that really know what goes on within our walls, those that look with an open mind free of biases - know what a successful, tolerant, all welcoming institution Rambam is and how accomplished the path it has paved for its graduates has been.

Graduation is June 4th and six more Rambam graduates will take advantage of that path and meet the challenges of their high schools with confidence and the knowledge needed to be successful.



Ester Rabhan,
Principal of
Rambam Day School

It's a Miracle I'm still Jewish

by Jeff Neil
Outgoing President,
Shalom School Board of Directors

This month my term as Shalom School president ends and I'd like to share some reflections. I often marvel at the fact that I am still Jewish, given that much that I recall about Hebrew School as a child was that it was utterly boring and uninspiring. That was on the good days. I remember wanting to run out of class and convert to Christianity at the nearest church.

My parents, at the end of their rope with my lack of enthusiasm, eventually pulled me out of Hebrew School a few years before my Bar Mitzvah to work with a tutor. That experience was far worse. The tutor, who was about 95 years old at the time, would slap the table (and occasionally my fingers) with her ruler every time I read Hebrew incorrectly. This technique didn't improve my Hebrew but it did make me miserable. And being miserable certainly did not help me learn.

At that time, I promised myself that if I ever had children I would make sure they had a better Hebrew School experience. Well now I do have kids and fortunately Shalom School is an entirely different experience - a positive one.

That doesn't mean that every kid is happy to get up early on a Sunday morning after a packed week of school and after-school activities. Yet from what parents tell me (and I've talked to many of them) and from what I see myself on Sundays and Wednesdays, once kids are at Shalom School they

enjoy being there. This is due to the energy and dedication of Shalom School's principal and teachers. It is also the result of the active role that our rabbis are playing.

Simply put, Shalom School has a positive vibe. Why is it so different from my own childhood experience? Part of it could be Shalom School's innovative, relevant curriculum, or experiential learning, or exposure to Jewish art, dance, and music, or the focus on Tikkun Olam, or the wide range of subjects taught. Of course part of it is also that we are in a different generation with different ways of teaching. But there is also another factor that turns out to be crucial: Shalom School makes learning fun. And when students are happy, their minds are open to learning much more so than when they are unhappy.

I want to thank all the parents who continue to entrust Shalom School with their children and with their already limited family time. I know firsthand that those are our most precious commodities. By doing so, I really believe that these families are doing nothing less than playing their part in ensuring the continuity of the Jewish people. Wanting to be Jewish starts with learning what it means to be Jewish in a positive way and Shalom School can play a strong part in this. It shouldn't need to take any miracles.



Jeff Neil,
Outgoing President,
Shalom School
Board of Directors



When: Every Sunday at 10:00 am at the JEA

Fee: \$20 per month / \$7.50 per class **Member Value Price**
\$40 per month / \$15 per class **Community Members**

For safety and planning purposes, paid reservations are required! Space is limited to 12 families per session. Babysitting available, with reservations, for older siblings!

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Sheva

In my previous columns I mentioned the JCCA's *Sheva* program with no real explanation. Now is my opportunity to introduce you to this meaningful and intellectually stimulating experience for Jewish Community Center ECE Directors.

The *Sheva* Early Learning Framework was introduced to the 80 ECE directors at the JCCA Professional Conference a few months ago as a guide for learning about Early Childhood Education. *Sheva*, Hebrew for the number "seven," has special meaning in Judaism. For example, we celebrate Shabbat on the seventh day, we give seven blessings to the bride and groom at their wedding, and there were seven species nurtured by the ancient Israelites.

The ECE directors were grouped into learning communities that we are maintaining going forward; each named after one of the seven species. We were charged with studying and learning together in the year to come about relevant topics in the ECE field.

Fast forward to the last week in April and my email is exploding with correspondence from my *Sheva* Fig Group. The emails were about correct Gmail account addresses and Google hangout information. The excitement was abounding, even through cyberspace, about the first learning opportunity we were going to share since we had been together.

Ten other Jewish Community Center ECE directors and teachers from Florida, North Carolina, and Georgia were getting ready to share a video conference call to learn about the first core element of the *Sheva* Program—Children as Constructivist Learners. After the initial hellos we shared ideas of what it means to be a constructivist learner in the classroom and how to enhance children's learning experiences. We reflected on the *Sheva* text and decided on the next topic we would study together.

This journey is providing me with the chance to learn about the growth and development of the young child through a Jewish lens, a view which is a vital part of who I am as an individual and an educator.

The world of Early Childhood Education is filled with new ideas and I am proud that the JCC movement is on the cutting edge of these concepts. Through leaning and implementing these concepts, the children at JEA Preschool Savannah will become life-long learners and successful citizens. Isn't that what we all want for our children?



Jodi Sadler,
JEA Director of
Early Childhood
Education

Condolences

We express our sympathy to the families of:

Betty Bernice Katz Smithberg
Who died May 8, 2013

She is survived by her two daughters, Janet (Greg) O'Hara of Savannah and Joan (Robert) Schochet of Atlanta; one son, Fred (Alicia) Smithberg of Savannah; five grandchildren and one great-grandson.

Remembrances: Hospice of Savannah, PO Box 13190, Savannah 31416-0190.

Ida Slotin Wilensky
Who died April 26, 2013

She is survived by her brother Leon (Nancy) Slotin; her daughter-in-law Kathy Wilensky; two grandchildren; three great-grandchildren; and numerous cousins, nieces and nephews. She was predeceased by her husband, Joseph, and her son, Samuel.

Remembrances: Hospice of Savannah, PO Box 13190, Savannah 31416-0190; Hadassah, c/o Kohn, PO Box 2561, Tybee Island 31328; or the charity of your choice.

Community Mission Update

Just Like the First Time

There still are spots available for you to join the community mission to Israel in the fall. It's the perfect time of year to travel — not too hot, not too cold — and it's always the right time to visit Israel.

Join 23 of your friends and neighbors who've already signed up for the journey of a lifetime to our Jewish homeland. Visit the sites of ancient and modern miracles. You say you've been before? Well for many of those going on this mission it will be their first trip to Israel. See it through their eyes and it can be like your first time, too. Remember how special it was the first time you stepped foot in Israel? How



long has it been?

We've got a fabulous itinerary planned. See the ad on the back page for more details then send an e-mail to geshermission@savj.org or call Adam Solender at (912) 355-8111 to talk about reserving your spot.



At the May meeting of the Savannah Jewish Federation Board of Governors, SJF President Jeff Lasky presented Sharon Hughes with a certificate recognizing her 25th anniversary working for the Federation and the Jewish Educational Alliance. But it was no ordinary certificate, because this one read: "In Honor of Sharon Hughes' 25 years of service to the Savannah Jewish community, the Federation wants Sharon to Join us in Israel" on an all expenses paid trip as part of our community Geshet Mission. One week later we learned that Sharon was the recipient of the **Judge Edward Hester Award**, given to a non-lawyer courthouse employee who provides exemplary service to the members of the Savannah Bar Association (SBA). Also honored by the SBA was Allison Konter, the recipient of the **Liberty Bell Award**, that recognizes a non-lawyer community member for outstanding service in promoting a better understanding of the Constitution and Bill of Rights. The recipient encourages a greater respect for law in the courts, individual responsibility, and fosters a better appreciation for the rule of law. Mazel tov, Sharon and Allison, we're so happy for both of you!



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To benefit the entire Savannah Jewish community:

Kosher take-out, fresh baked Challah, and frequent themed dinners from our new in-house Food Service.

Call the Shul Office for more information.



Image by Attic Fire Photography



Congregation Mickve Israel,
America's Third-Oldest Jewish Congregation,
cordially invites you to our

280th Anniversary Celebration

Please join us for Shabbat Morning Service on
Saturday, July 13 at 11:00 am
to hear the annual reading of the Inquisition-era Torah
brought by our founders to Savannah in 1733.

Kiddush luncheon after Service
followed by our Featured Speaker,
Rabbi Saul J. Rubin,
Rabbi Emeritus of Congregation Mickve Israel and author of *Third to None*.

This event is free and open to all who would like to attend.

Luncheon RSVP required by **Friday, June 28, 2013.**

Contact adam@mickveisrael.org or 912.233.1547, ext. 301 for questions or to RSVP.

You're also invited to tour our historic sanctuary and museum. Tours are available Monday through Friday (excluding Jewish and Federal Holidays) from 10 am - 12:30 pm and 2 pm - 3:30 pm.

It's A Funny Thing

by Melinda Stein

Abi gezunt – As long as you're healthy!
A friend told me that her grandmother used to tell the family that she had just been to the doctor. "And he said to me, 'Mrs. Isaacson, you are not well.' " And her son would clamor, "Oh, mama, so you are sick?"

To which Grandma would respond, "I'm sick? Who's spreading rumors that I'm sick?"

"So, did you hear about Seymour Weisskopf?"

"You mean the Seymour Weisskopf with the double hernia?"

"Yeah, that's the one."

"The man with the kidney problems and the bad leg?"

"That's him."

"Sure I know him. Yellowish skin, his head bobs up and down. So, nu, what happened to him?"

"He died last Thursday."

"Oy! And such a healthy man!"

What's the difference between a doctor and God?

God doesn't think he's a doctor . . .

An elderly man went to the doctor complaining of aches and pains all over his body. After a thorough examination, the doctor gives him a clean bill of health. "Hymie, you're in fine shape for an eighty-year-old. After all, I'm not a magician – I can't make you any younger."

And Hymie responds, "Who asked you to make me younger? Just make sure that I get older!"

Jacob and Joey were in the hospital children's ward.

"What are you here for?" Jacob asks.

"Getting my tonsils out," Joey answers.

Jacob says, "Oh that's nothing, I had that once – they put you to sleep and when you wake up, they give you lots of Jell-O and ice cream."

Joey asks, "So what are you here for?" and Jacob says, "I'm getting a circumcision."

"Whoa! I had that done when I was born. And I couldn't walk for a year!"



Melinda Stein

Meir was in a hospital room with two non-Jewish patients. Every morning when he put on his *tefillin*, the other patients could not figure out what he was doing.

"Aha! I finally got it!" said one of the guys. "Jewish people are so clever!"

"Why?" said the other fellow.

"Look – he's taking his own blood pressure!"

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Rabbi Ruven Barkan

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Mincha/Maariv & Havdalah Saturday Evening

DAILY SERVICES:

Sunday 8:30 am & 6 pm, Monday, Thurs. & Friday 7am & 6pm, Tuesday 7:30am & 6pm, Wednesday 8am & 6pm

Upcoming Events at the JEA!



Visit us online at www.SavannahJEA.org



Pilates Barre Concept Class to demo on June 4th! **Tuesday, June 4th, 9:30-10:30 am, Reservations Required**

This class is a high energy low impact, fat burning workout. Its focus is on intensive movements that sculpt the thighs, tone and firm the gluteus, flatten the abdominals and define the arms. This class is suitable for all fitness levels, no pilates or dance experience necessary. To reserve a spot contact Stephanie Johnson at 355-8111.



It's Not Just Tay-Sachs! Jewish Genetic Disease Program **Thursday, June 6th, 1:00 pm, FREE**

There are now tests for more than 25 diseases of concern to people of Jewish heritage. The Jewish Genetic Disease Consortium (JGDC), a New York based organization, will present a thoughtful educational and outreach session that highlights the role carrier screening plays in the prevention of genetic diseases.



Jewish Educational Alliance Annual Meeting **Thursday, June 6th, 7:00 pm, FREE**

The entire Savannah community is invited to the 101st Annual Meeting of the Jewish Educational Alliance. Hear about the year in review, the installation of the new Board of Directors and Officers and much more. Dessert Reception.



JEA Father's Day Pool Party **Sunday, June 16th, 11:00 am-5:00 pm, FREE for Members**

The JEA celebrates Father's Day at our Outdoor Pool! This will be a wonderful day celebrating fathers, grandfathers, and greatgrandfathers! The pool will be open from 11 am-5 pm and the JEA Poolside Grill will be open from 11 am-2 pm. Enjoy the company of your family poolside!



Special Speaker: Georgia Attorney General, Sam Olens **Sunday, June 23rd, 10:00 am, FREE and open to the public**

Georgia State Attorney General Sam Olens broke through one of the oldest barriers in Georgia politics in 2010 to become the first Jewish candidate to win a statewide, partisan race in Georgia. Join us for an interesting conversation with AG Olens as he shares what that milestone has meant to him personally and professionally.



The Israeli Scouts are Coming to Entertain Savannah! **Tuesday, June 25th, 12:00 pm, Donations Welcome**

Join us at the JEA for an exciting afternoon of dancing, singing, and story telling! Both children and adults will have the opportunity to hear a performance in English, Hebrew, and Yiddish. Donations welcome to the Friends of the Israeli Scouts, Inc. Tzofim.



JEA Fourth of July Pool Party **Sunday, July 7th, 11:00 am-5:00 pm, FREE for Members**

Celebrate this great nation with your Savannah community at the JEA Outdoor Pool. Cool off from the HOT July weather with a splash in the pool! The outdoor pool will be open from 11 am-5 pm and the JEA Poolside Grill will be open from 11 am-2 pm. Enjoy the company of your family poolside!



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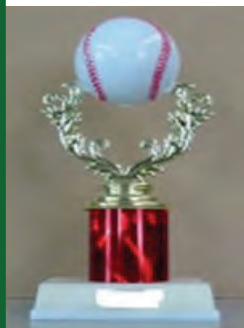
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As if this was not enough, the Savannah Jewish Federation is providing a \$1,000 per person subsidy for those community members who have never been to Israel (with a minimum suggested per person donation of \$500 to Campaign 2014).

Join us to build a bridge between Charleston and Savannah.
Join us as we build a bridge with Israel.

**GESHER 2013 MISSION TO ISRAEL
OCTOBER 31-NOVEMBER 10, 2013**

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