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Campaign Main Event Thursday, October 15 6:30pm—JEA Author Bruce Feiler



In *AMERICA'S PROPHET: Moses and the American Story*, Bruce reveals how the story of Moses, the greatest prophet of the Jewish people, has pervaded American culture and shaped our nation's core values more than that of any other figure.

**Join us for a family-style
 Southern dinner
 \$18/person
 RSVP by October 9
rsvp@savj.org or 355-8111**

Women's Campaign Luncheon Plans Announced

October is a very lively month for the Savannah Jewish Federation's 2010 Annual Campaign, kicking off with the October 1st Campaign Briefing, continuing strong with the mid-month Main Event, and concluding with the ever-inspiring Women's Division Campaign Luncheon. Held on Wednesday, October 28th, the luncheon will feature more than an assemblage of apron clad gentlemen serving our honored ladies.



Valerie Khaytina

The Women's event this year will welcome a very special guest, Valerie Khaytina, whose life experiences have brought her from Eastern Europe to her current home in the eastern United States. Growing up in Ukraine, it wasn't easy expressing her Jewish identity, and it wasn't until her atten-

dance at a Jewish camp and day school, created with the support of Federation overseas funding, that she learned the value of her heritage, inspiring her to become an active participant in Jewish life. With the help of the New York Association of New Americans (also Federation-supported), she and her family were able to immigrate to the United States, where she continues to educate communities on the value of maintaining and strengthening a collective Jewish identity. Khaytina will share her personal story, and illustrate the value that federation campaigns have in both local and overseas initiatives.

Women's Division Chair Sherry Dolgoff said, "Valerie will be a wonderful addition to our campaign this year, as her very own life narrative is filled with accounts that exemplify the critical importance of community philanthropy, and the effects it can have on one individual on both a local and global scale. Her diverse background and experi-

ences with Jewish communities in Europe, Israel, and the United States will provide a unique perspective and fresh inspiration for our community effort."

Barbara Aronson and Carole Cohen are chairing the annual Women's Division Luncheon. The Women's Division is grateful to Mathew's Seafood for their generous support of the luncheon this year. Lunch begins at 12:15 on October 28th at the JEA. Reservations (\$25 per person) can be made at the JEA front desk, by calling 355-8111 or by e-mail to rsvp@savj.org. Babysitting will be available for children 6-months old and older. See the invitation or call for more details.



The Lion of Judah event, chaired by Ellen Byck, and Super Sunday Telethon will be held on Sunday, November 15th.

He's Here! Udi, Our New Shaliach Arrives

If you haven't met him, you need to. Udi Tsemach, our new Israeli Shaliach for the upcoming year, is definitely more than ready to meet you! And given that his life experiences have made him disciplined, intelligent, and hard working; his favorite movie is *The Shawshank Redemption*, he's trilingual (if you want to know the third language, you have to meet him and ask him), he loves the Hebrew music his parents listened to, he was his 11th grade class stu-

dent council president, and his favorite food is...his "mom's cooking!" ...who wouldn't want to get to know him?

Udi grew up in Rishon L'zion, and after spending the last five years in the Israeli army in Jerusalem, his curiosity for new experiences and passion for global Jewish connectivity drove him to become a Shaliach to the United States. And upon requesting a "smaller, unique Jewish community," he landed here in Savannah.

Udi is the product of a diverse background: his mother's parents im-

migrated to Israel from Germany and Poland, and his father's parents are immigrants from Libya and Tunisia. He is the product of strong Zionist ideology and a melting pot of cultural Judaism. And while he has the background, his own life achievements, knowledge, and goals reflect similar ideals. He gained



Udi Tsemach

Continued on Page 2



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Town Hall Meetings Planned

Two Town Hall meetings are planned to present the recommendations of the Community Strategic Planning Committee that met for the past sixteen months. Jeffrey Lasky, chair of the committee, recently presented a summary of the recommendations at the Savannah Jewish Federation's annual meeting held on September 9th. As promised at that time, two Town Hall meetings are slated where the committee's work will be presented

in further detail and Lasky and others will be available to take questions from the community.

The meetings are scheduled for Sunday, October 18th, at 12pm and Thursday, October 29th, at 7pm, both at the JEA; with the hope that one or the other of these dates will be convenient for all who wish to attend. The presentation from the Annual Meeting may be downloaded from the Federation's website, www.savj.org.



Have you RSVP'd for the Campaign Events?
 Bruce Feiler, October 15th/Women's Luncheon, October 28th



Rosh Hashana - Revival of Ancient Prayer

By Udi Tsemach

"עת שערי רצון להפתח,
יום אהיה כפי לאל שוטח,
אנא זכור נא לי ביום
הזוהר, עוקד והנעקד
והמזבח

This is the time for the gates of will to be open, in that day I will raise my hand in front of the lord. Please (Lord), remember in the day of rebuke, the one who sacrifice, the one who sacrificed and the altar" (Et Sha'arei Ratzon, Rabbi Judea Ben Samuel Abbas, 13th century)

Imagine for yourself a room full of sweating tired people, everybody singing loudly with all their hearts. The room full with young Israeli people, some of them older. They are singing

a song about an event that happened thousands of years ago, the sacrifice of Yitzhak. In the middle of the song Yitzhak asks his father to comfort his mother for his own death. In many of the eyes in the Synagogue you can see a tear hanging, many of the people are remembering someone gone before his time.

This is my most beloved prayer; we sing it in our synagogue on Yom Kippur and Rosh Hashanah. The poet, Rabbi Judea Ben Samuel Abbas, created a masterpiece, composing a few Midrashes together into one song in extraordinary Hebrew. Everyone sings the whole song together; everyone knows when to go slow, when to emphasize certain words. If someone hears the prayers, so he must hear this prayer.

Two years ago, we did a secular-religion Torah group in the army and studied this song. One girl said something simple but beautiful, that in order to open the gates to our prayer, we remember the will of our father Abraham to sacrifice his beloved son. We ask from God to remember **Zchut Avot**, the right of fathers and remember that we are Abraham's children, and we are links in the chain of faithful generations.

Where I come from people will congratulate you with **Tzom Moiel** meaning effective fast. This greeting represents approach. You need to



Udi Tsemach

work in order open the gates for your prayers. The work is not simple, you need to know your story, after that you should believe in it and make it relevant and meaningful to you, then you become link in the unbreakable chain of generations.

I wish every body **Shana Tova**, a year of new experiences, a year of integration between old with the new.

שנה טובה ומתוקה לכל
בית ישראל

Good and sweet year for all the people of Israel

Links to the prayer Et Sha'arei Ratzon

<http://www.piyut.org.il/textual/english/24.html>

<http://www.youtube.com/watch?v=2qNohOuXYB8>

Savannah Jewish ARCHIVES

Oral History Excerpts

Our Archives holds an excellent collection of oral histories. In the coming months we'll continue showcasing excerpts from the early interviews. Other excerpts appear in our publication *Voices of Savannah*.



ANNE (LEWIS) BUCHSBAUM (1898-2000) interviewed June 1996

I was born in New York. We moved here when I was about two years old... And at that time the railroad station was on Liberty and East Broad. I don't

Anne Buchsbaum celebrating her 100th birthday, 1998. (JVM 003, no. 4224)

know whether you were familiar with any of that area. But that was when the railroad station was there. And we had to move south for my mother's health. And my mother and father and two sisters, and I think there was a baby boy. All came down south and it was ei-

ther to be Charleston or Savannah. And my father saw the sign "Saloon" - that's the way they marked it at that time. It was owned by Ben Weitz. So he went in and asked him if he knew where he could get lodgings for his family. And Mr. Weitz said, "You don't have to get lodgings, you come to my house." In those days that's what they did. Today children don't even stay with their own parents...

If you wish to read more from this oral history or from another in the collection, or if you wish to purchase a copy of *Voices of Savannah*, contact archivist Lynette Stoudt at (912)651-2125 or lstoudt@georgiahistory.com

SPECIAL OFFER FOR NEW MEMBERS!

Receive a **FREE** copy of our new book, *Picturing Savannah's Jewish Community*, if you join before the end of October!

You may join at one of three levels:
Founder \$250
Friend \$100
Member \$50

Write check and mail to:
Savannah Jewish Archives
219 East Jones Street
Savannah, Georgia 31401

Condolences

We express our sympathy to the families of:

Clara Trushin Segall

Who died August 24, 2009

Preceded in death by her parents, Julius and Gertrude Trushin, her husband, Daniel David Segall, and brother, Theodore Martin Trushin. She is survived by three sons: Terry (Brenda), Robert (Mona), and Richard (Jane) Segall; eight grandchildren and spouses; eight great-grandchildren; one sister, Florence Ginsberg Karsman, and numerous nieces and nephews.

Remembrances: Hospice Savannah or Congregation B'nai B'rith Jacob.

Udi.....cont. from page 1

a sense of pride and allegiance to both his country and his fellow Israelis in the army, and as a result of his entire upbringing, he places great importance on Jews worldwide coming together as one people with a unified goal of strengthening their connection to Judaism and Israel.

So while he has high hopes and an important mission ahead of him, we, as a community, must be prepared to do our part, keeping the doors open and the Shabbat dinners flowing. And with an Ashkenazik/Sephardic background, Udi says there's nothing to worry about - he'll eat just about anything! Thank you, everyone, for giving Udi, our new Israeli friend, such a warm Savannah welcome.

Children: Join Udi in the Community Sukkah at the JEA on Tuesday, October 6, from 4-6pm, for an afternoon of songs, games and special snacks. You can bring your parents, too. RSVP to udi@savj.org.

Benjamin Hirsh Neufeld

Who died August 31, 2009

Preceded in death by his wife, Thelma. He is survived by his son, Laurence (Dede) Neufeld of Tampa, and two daughters, Arlene (Michel) Steinfeldt and Elizabeth Neufeld of Savannah; eight grandchildren; and numerous great-grandchildren, nieces and nephews.

Remembrances: American Cancer Society, Suite 206, 6600 Abercorn St., Savannah, 31405.

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Linda Zoller
President

Michael Kooden
President-Elect

Jeffery Lasky
Vice President

Steve Greenberg
Secretary-Treasurer

Allan Ratner
Chair, Newspaper Committee

Adam Solender
adam@savj.org
Executive Director
Savannah Jewish Federation

Lynn Levine
lynn@savj.org
Director



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How Do You Eat an Elephant?

So what in the world does an elephant have to do with the Savannah Jewish Federation, or with my term as President for that matter? I want you to know it does NOT refer to any kind of white elephant, "the elephant in the room," a circus, or any political party. It's tempting but I'm not going there.

An old friend, Ben Griffith who was a director of the Department of Family and Children's Services, a great social worker, and a child advocate, once said something that seems to apply to the upcoming two years in the life of our Federation. When I asked him how we were going to complete a particularly large project he replied, "You know what they say, Linda, you eat the elephant one bite at a time." I chuckled. No one eats elephants. Even if you could eat an elephant it wouldn't be kosher. But the imagery was compelling. The enormous animal would take forever to consume, but like the "little engine that could", or the "ant that ate the rubber tree plant", steady progress leads to measurable results.

Federation and JEA will soon be voting on and implementing a new strategic plan to take us through the next five years. Federation will be responsible for implementing part of the plan, the JEA another part, and some of it will be addressed together by both organizations. How could we tackle the responsibilities of that plan better than ...one bite at a time?

There is a proposed vision, which if adopted will read: Savannah's Jewish community is dynamic, viable, and united. The strategic plan will get us to that vision. Before adoption, the vision and the plan must be approved by both the JEA and Federation boards. As proposed, it outlines a huge list of things to do; but, I know that if we spread out the items on the list over a few years, decide what we want to accomplish in each year, and strive incessantly until we have completed the plan in manageable segments, we will see results. Once adopted, elements of the plan will be assigned to various committees for implementation and that's where the "one bite at a time" begins to happen.

I can hardly believe the time has

come for me to be writing this column. My involvement with the Federation began around 1978, when Dr. Arnold Tillinger, then a Federation vice-president and member of the nominating committee, asked me to serve on the board. At that time I was employed as a social worker at what was then Memorial Hospital, and Arnold thought I might be interested in serving on the Social Service Committee. I loved the Federation work, its mission and its purpose, but I had to rotate off the board when my husband, Michael, was made an officer. In those days, husbands and wives could not serve on the board at the same time, and it was a twelve year commitment for Michael from beginning to end, a progression that has been shortened over the years. It really wasn't a bad rule at all, except I loved Federation work and would have liked to continue. My time finally came about ten years ago when Michael completed his service, and today Federation continues to be one of my great pleasures.

October is Campaign month. Please show your support for Federation by attending the various campaign events as well as giving what for you is a meaningful pledge to the campaign. Your gift will help us achieve four of the proposed goals in our Strategic Plan: a critical mass of donors, a critical mass of program participants, a strong Jewish identity in the community, and financial solvency. It will also help Jews in need here in our community, in Israel, and around the world.

I want you to know how excited I am to be working towards the vision of a dynamic, viable and united Jewish community, right here in Savannah. I know we will get there ... one bite at a time. I look forward to sharing my thoughts with you over the next two years.



Linda Zoller
President,
Savannah Jewish
Federation

One Gift ... A World of Good

We have just concluded quite a year. If there ever has been a time when we needed reflection, repentance and renewal, this certainly is it. It is as if the Jewish calendar pushed us to take that deep cleansing breath to calm and quiet our racing heads and hearts. The national discussion over health care has turned rancorous; the debate over America's relationship with Israel has become more pointed, the war in Afghanistan rages on, accusations of racism are in the news, and Iran continues to be a threat to the democratic world. The Jewish community is both embarrassed and angry from the financial havoc caused by Bernie Madoff and rogue rabbis who sell body parts and launder money. We are all feeling vulnerable from last year's market collapse, devaluation of real estate, and increasing unemployment.

It is with this in the background that we doubly resolve to raise the essential funds to build a safety net for members of the community most in need, provide support for our children's education at Shalom School and Rambam Day School, contribute support to the JEA and assisting Jews throughout the world ...wherever and whenever it is needed.

What brings us to mount a campaign year after year? The genesis of the idea comes from the biblically based notion of our common ancestry—that we are all descendents of Abraham, Isaac and Jacob, Sarah, Rebecca, and Leah, making us all cousins. "We are family," as the 70s song put it, and family takes care of its members. In view of the unfriendly reception we often have gotten from the others around us, we have made it a point to care for each

other; After all, if we won't, who will? And so, throughout our long history, and in every country we have inhabited, our people have formed community-wide organizations - in Hebrew called a "kehillah" - to see to the needs of the community and of the individuals in those communities. From education to social welfare, from ritual observance to communal defense, whether for local Jews or Jews in faraway places, the Jewish communities of the past took up their responsibilities for their fellow Jews, operating from funds given as a kind of voluntary tax from the individuals in the community. To be a Jew meant to contribute to the Jewish community as a whole; to be a Jew meant banding together to meet the needs of the family.

What was true in the past continues to be true in the present. The needs of the Jewish community, and of individual Jews, continue to demand our attention. There is no one else to take up the responsibilities for our family, our cousins, our fellow Jews.

We have vital work ahead of us and after our pause for reflection and prayer, true renewal is possible. Our tradition teaches this and knows we are capable of reaching our highest potential.

We have the capacity to shape the world around us—here in Savannah, in the US, in Israel, and throughout the world. When you get a call for the Annual Campaign, remember that your one gift provides a world of good.



Adam Solender



Can You Help Replenish the JEA Library?

If you have gently used reading materials (fiction, biographies, autobiographies) that you'd like to share, JEA member Alex Raskin has volunteered to restock the shelves of our sharing library.

Please drop your books by or if you need help getting them to the JEA, call the front desk (355-8111), leave your name and number and Alex will call you to arrange a time to pick them up!

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Holocaust Documentary in Savannah Film Festival Competition

No. 4 Street of Our Lady tells the remarkable, yet little-known, story of Francisca Halamajowa, a Polish-Catholic woman who rescued 15 of her Jewish neighbors during the Holocaust by cleverly passing herself off as a Nazi sympathizer.

On the eve of World War II, more than 6,000 Jews lived in Sokal, a small town in Eastern Poland, now part of Ukraine. By the end of the war, only about 30 had survived, half of them rescued by Halamajowa. For close to two years, she hid her Jewish neighbors in her tiny home and cooked and cared for them, right under the noses of German troops camped on her property as well as hostile neighbors. Two families were hidden in the hayloft of her pigsty, and one family in a hole dug under her kitchen floor. In the final months of the war, she also provided shelter to a German soldier who had defected – an act that nearly led to her execution.

The film draws on excerpts from a diary kept by one of the survivors, Moshe Maltz, whose granddaughter, Judy, is one of the filmmakers. It also incor-

porates testimonies from other Jews saved by Halamajowa, her descendants and former neighbors, as they reconnect on a trip back to Sokal. The release of *No. 4 Street of Our Lady* culminates three years of production work that took the filmmakers to Israel, Ukraine and numerous locations around the United States. The film already has won several awards including Best Feature Documentary at the 2009 Rhode Island International Film Festival and the 2009 CINE Golden Eagle Award.

*Tuesday, Nov. 3 at 9:30 am
and Friday, Nov. 6 at 11:30 am
Trustees Theater - 216 E. Broughton
St. and Lucas Theatre - 32 Abercorn St.*



Francisca Halamajowa

New Health & Wellness Director at JEA

The Board of Directors of the Jewish Educational Alliance is pleased to welcome new Health & Wellness Director, Stephanie Johnson. A native Savannahian, Stephanie graduated from Western Kentucky University with a BS and MS in Physical Education with an emphasis in Exercise Science and a minor in Athletic Training. Over the past eight years she has had the opportunity to work in various settings including college, non profit, coed and women's facilities.

Stephanie is a Certified Professional Trainer (ACE Certified) and a Certified Health Fitness Instructor. Stephanie prides herself on staying well informed of the ever changing in-

formation a person needs to be able to live a healthy lifestyle. "When training clients it is imperative that I educate them on disease prevention measures and help them assess the behaviors that are detrimental to their health."



Stephanie Johnson

Stephanie is pleased to offer a free 20-minute Fitness Assessment to all JEA members. Check for availability at the H&W Desk or arrange an appointment by email with Stephanie at Stephanie@savj.org.



On Sunday, September 27, thirteen past presidents of the Jewish Educational Alliance met with current president Scott Samuels to review the opportunities and challenges currently facing the organization. Pictured here (l-r): Betty Melaver, Scott Samuels, Lester Gretenstein, Jerry Konter, Marcy Konter, Lynn Reeves, Skippy Goodman, Norton Melaver, Aaron Levy, Kenneth Sadler, Jodi Sadler, and Steve Greenberg. Not pictured but present at the meeting: Murray Arkin and Don Kole.

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Community calendar, online donations and much, much more!





2009 Speaker's Series

Sunday, October 25, 2009
7:30 PM at the JEA

**Dr. Annie I. Anton,
Identity Theft**



A frequent expert witness before Congress on issues of security and the Internet, Dr. Anton is a national leader in the computer science and personal privacy field. NCSU Professor Annie Anton is the founder of privacyplace.org, a research group working with politicians and policy makers in meeting the electronic challenges of the 21st century and beyond.

Tickets: \$10 at the Door, \$5 for Students,
FREE for Military.

The 2009 Speakers Series is made possible with generous support from the JEA Phillip Hoffman Memorial Fund of the Savannah Jewish Community Foundation, The Savannah Jewish Federation and members of the community.

A MOVIE & BEER!

Adults 21 and Over— Join us at
the JEA for a movie & a beer!

Oct. 1st—Live & Become—The magnificent epic story of an Ethiopian boy who is airlifted from a Sudanese refugee camp to Israel in 1984 during Operation Moses. Shlomo is plagued by two big secrets: He is neither a Jew nor an orphan, just an African boy who survived and wants, somehow, to fulfill his Ethiopian mother's parting request that he "go, live, and become." Buoyed by a profound and unfaltering motherly love, he ultimately finds an identity and a happiness all his own.



Winner of sixteen Festival Awards!

All movies shown at 7:30 pm
FREE to Members with ID * \$7 for Non-Members
FREE Beer, wine, beverages and popcorn

*Movie & Beer Night sponsored by
Nancy and Lawrence Gutstein.*

From the JEA to YOU
Thank You All
for your support
Of the Great Gala
JEA Annual Fundraiser



Parent's Night Out 2009-2010

**Saturday, October 24th 7:30-10:00
GAME NIGHT!**

Enjoy your favorite board games, from Koshers Land to Clue, and BINGO with fun prizes to win!

**Saturday, November 21st 7:30-10:00
Under the Sea**

Have fun splashing with your friends in the warm indoor pool. Then relax with a movie & popcorn!

**Saturday, December 12th 7:30-10:30
Glow in the Dark Chanukah Party**
Earn points to "buy" presents while playing super silly glow-in-the-dark games!

**Saturday, January 16th 7:30-10:00
Mystery Night**

Get into character and follow the clues to solve a JEA mystery with your friends.

All children ages 4yrs-5th grade are welcome.
Any teens who want to help out are welcome.
BY RESERVATION ONLY—NO DROP-INS
\$5.00 a child, \$15.00 a family
Call Ashley, 355-8111, to RSVP or for more info.
Must RSVP by the Thursday before the event.

JEA Donations (as of 9/11/09)

ALLAN ULLMAN PLAYGROUND FUND

In honor of Mr. & Mrs. David Byck's Anniversary
Marilyn Cranman

ARKIN-CLARK GARDEN FUND

In memory of Clara Segall
Steven & Elizabeth Arkin

JEA BUILDING FUND

In honor of Judy Byck's birthday
Jane Kahn
In memory of Anne Pollack Richman
Ann Morgan Altman
In honor of Judy Byck's birthday
In memory of Gertrude Bobroff
Lucile & Kayton Smith
In memory of Siegfried Neal
The Senior Citizen's Aerobics Group

HARVEY RUBIN MEMORIAL FUND

In memory of Sadie Simon
Victor & Elise Shernoff
In honor of Sylvan Byck's birthday
Barbara & Abram Rubin

JEA FITNESS FUND

In memory of Mr. & Mrs. Eric Meyerhoff's sister
Ellen & David Byck

BERTHA & HYMAN KANTER YOUNG AT HEART FUND

In memory of Clara Segall
Sally & Steve Greenberg
Harriet Konter

HENRY W. CENTER COLLEGE SCHOLARSHIP FUND

In memory of Anne Richman
In memory of Margaret Debolt
In memory of Edward Bennett
Miriam K. Center
In memory of Anne Richman
Sara Rigel
In memory of Caroline Loberbaum
Simone & Leo Center

SAVE THE POOL FUND

In honor of Ed Wexler's Presidency at
Congregation Agudath Achim
Michele, Alex, Sam & Elie Raskin

JEWISH EDUCATIONAL ALLIANCE

CELEBRATE



young jewish
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Young Jewish Savannah Book Club

An exciting new event for YJS—Book Club! Join us on the 3rd Sunday of every month for discussion, food and friends! All of the books discussed will involve either Jewish characters, be written by Jewish authors or have Jewish themes.

At our first meeting, our book choice will be, The Amazing Adventures of Kavalier and Clay by Michael Chabon.

The YJS Book Club will meet on the following dates:

October 18th, November 15th, December 20th, January 17th, February 21st, March 21st, April 18th, and May 16th.

All meetings will be held at the Jewish Educational Alliance, Senior Lounge, from 3 pm until 4:30 pm. **Join us!**



Other Upcoming YJS Events 2009

October—Sukkot Celebration—Join YJS at the JEA for a Sukkot celebration for the entire family! Dietary laws will be observed. Check the Community Calendar and Facebook for event details closer to the date.

November 5th—Happy Hour! Join us at 6:30 pm for another casual happy hour. Check the Community Calendar and Facebook for more details.

Art at the JEA



Margret Kuehni



Ellen O'Leary



Charlalee Sedgwick



Kathy Strong

October Artists—Margret Kuehni, Ellen O'Leary, Charlalee Sedgwick & Kathy Strong The Tybee Artists

Margret Kuehni — Margret Kuehni is a native of Detmold, Germany, currently living on Tybee Island and in Charlotte, NC. She graduated from the Meisterklasse fuer Textilkunst in Krefeld, based on the Bauhaus tradition. She pursued artistic studies and expressions in painting, printmaking and sculpture while living in Switzerland, Canada, and the USA and has exhibited in galleries in Charlotte and Savannah. Her work has won awards and is represented in private and corporate collections in the US and abroad.

Ellen O'Leary — Ellen O'Leary is a native Savannahian, who has lived up and down the east coast. She received a BFA specializing in fabric design from the University of Georgia in 1975. Her award winning tapestries are held in collections around the world. Since her move in 2000 to Tybee Island, she has developed a curiosity and desire for immediacy that has propelled her into the 3rd dimension and various media. This current body of work, inspired by the lyrics of Johnny Mercer, in the centennial year of his birth, uncovers a storyteller in wire and found objects.

Charlalee Sedgwick — Charlalee Sedgwick has lived in Savannah for the last 10 years and is from Atlanta and Athens. There, she acquired, among other things, a MFA in Painting and Photography. When a period of painting begins, her work will often turn to the outdoors to warm itself up, but will predictably settle in to reflections and musings of the interiors where she spends her quietest moments.

Kathy Strong— Kathy Strong was born in Savannah and spent her childhood growing up and playing at Vernon View on the Burnside River. She received a BA in art from the University of North Carolina at Chapel Hill where she lived for six years after graduation, still taking sculpture courses. She moved to California for twenty-one years, returned to Savannah and took ceramic courses from Armstrong. Ceramic sculpture remains her primary interest.

Artwork available for viewing October 1-30, 2009
Artist's reception on October 8, 2009, 6:00-8:00 p.m.

The Kibitzers' Kafé

Just Between Friends

Gentlemen, visit the JEA every Tuesday morning to have a bagel, a cup of koffee and some good 'ole fashion' konversation. Talk about local and national news; how the community and the world should be run; religion; history; and what the future might bring. Talk about nothing and everything. Good, honest Konversation. It's uplifting and can't be beat. You are invited!!

Tuesday mornings at 10 am
Free for JEA members of all ages

Scrabble- Dabble-Do



It's certainly no secret that it's just as important to nourish the mind as it is the body. Wednesday evenings the JEA offers just the opportunity to rejuvenate your brain.

Scrabble started as a game called Lexico invented during the depression by an unemployed architect. However, the game we know today debuted in 1948 when the original rules were refined and the name was changed to Scrabble. The game is also known as Alfapet, Funworder, Skip-A-Cross, Spelofun and Word for Word.

Although it also is sometimes referred to as the "War of the Words," we guarantee a friendly game at the JEA. Join us for a "spell" and have a scrabbulous time!

The Savannah Scrabble Club meets every Wed. night at 7 p.m. at the Jewish Educa-

The Jewish Family Services Adult Lunch Program: It's Not Just A Meal

It's Thurs., 11 a.m. and Thelma Rosen and Miriam Stein are preparing the JEA's small ballroom for that day's Senior Adult Lunch. In an hour and a half, many of the Savannah Jewish community's greatest generation will gather to eat a delicious mid-day lunch. Food is also served on Monday and Wednesday, but the attendance is larger on Thursdays, as the meal is followed by an interesting and informative "lunch and learn" program. What makes it even more special is you can find two, sometimes, three, generations enjoying each others' company and exchanging folk lore in the most spiritual way: by talking!

The meal program is organized and sponsored by the Savannah Jewish Federation Jewish Family Services.

Birthdays are celebrated monthly with a "Happy Birthday" cake.

After well more than a dozen years, this program is still going strong. Join us next week and see for yourself.

Monday, Wednesday and Thursday at 12:30 pm
—Call 355-8111 for reservations.



Need After School Activities?

Join us at the JEA After School Program!

Who: Our program is available to all children ages 4years-5th grade. Our college-degreed instructors will offer homework help in all subject areas to every age.

What: In addition to homework help, we have gymnastics with Coach Wayne, Kids Yoga, art, cooking, sports, swimming and much more! We will also be doing appropriate holiday crafts.

Where: We pick up from Rambam and provide transportation from most local schools to the JEA (Heard Elementary, Jacob G. Smith, Charles Ellis)
Minimum Participation Required

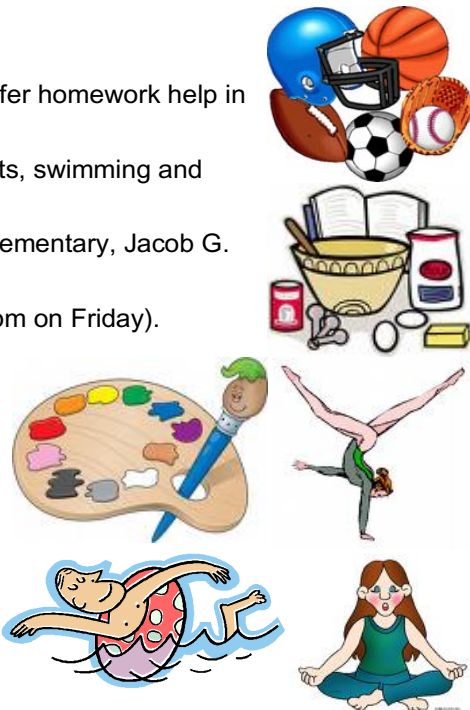
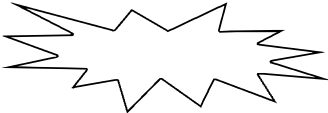
When: Our after school program ends at 6 pm Monday-Thursday and 5 pm on Friday (the JEA closes at 5 pm on Friday).

Price: Members—\$50 per week (\$10 per day). \$12 for individual days (\$15 late registration fee)
Non Members—\$75 per week (\$15 per day). \$18 for individual days. (\$20 late registration fee)

Transportation: \$30/month or \$3 per trip.

Supersaver: All 1/2 days off from school are included for the regular price of aftercare.

For more information, contact Ashley Frankel, 355-8111, ext. 225.



FALL 2009 FITNESS CLASSES						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	5:00-6:00 am Master Swim	8:30-9:15 am Spin Class	5:00-6:00 am Master Swim	8:30-9:15 am Spin Class	5:00-6:00 am Master Swim	
9-10 am Pilates	8:30-9:30 am Firm It Up	8:30-9:30 am Pilates	8:30-9:30 am Firm It Up	8:30-9:30 am Pilates	8:30-9:30 am Firm It Up	
10-11 am Total Body Blast	10:00-11:00 am AquaSize	10:00-11:00 am AquaSize		10:00-11:00 am AquaSize	10:00-11:00 am AquaSize	
	10:30-11:30 am Gentle Yoga		10:30-11:30 am Gentle Yoga			
	10:30-11:30 am Senior Fitness		10:30-11:30 am Senior Fitness	10:30-11:30 am Senior Fitness		
	Noon-2:00 pm Noontime Basketball		Noon-2:00 pm Noontime Basketball		Noon-2:00 pm Noontime Basketball	
	3:45-5:15 pm Yoga for Kids					
	4:00-6:00 pm Open Court Racquetball	4:00-6:00 pm Open Court Racquetball	4:00-6:00 pm Open Court Racquetball	4:00-6:00 pm Open Court Racquetball	4:00-5:00 pm Open Court Racquetball	
	4:00-7:00 Maxine Patterson Dance	4:00-7:00 Maxine Patterson Dance	4:00-7:00 Maxine Patterson Dance	4:00-7:00 Maxine Patterson Dance		
	5:30-7:30 pm Karate		5:30-7:30 pm Karate			
	6:00-7:00 pm Spin Class					
	6:30-7:30 pm Evening Water Aerobics	6:30-7:30 pm Step & Weight Aerobics	6:30-7:30 pm Evening Water Aerobics	6:30-7:30 pm Evening Water Aerobics		
	7:00-8:30 pm Aikido	6:30-7:30 pm Badminton	7:00-8:30 pm Aikido	7:00-8:00 pm Total Body Blast		
	7:00-8:00 pm Yoga Power Hour	7:00-9:00 pm Savannah Fencing Club	7:00-8:00 pm Yoga Flow	7:00-9:00 pm Savannah Fencing Club		



Jewish Family Services

Senior Adult Page

Preventing Elder Financial Abuse

A study from the MetLife Mature Market Institute (MMI) on elder financial abuse, reveals some interesting findings. Elder financial abuse robs America's seniors of more than \$2.6 billion a year!

Men and women of any race, economic level and health status can be victims of elder financial abuse or exploitation. The individual trying to take advantage of you may be a stranger or someone you trust – even a family member. As an older adult, you need to be aware of precautions, behaviors and actions that can help protect you from becoming a victim of financial abuse or exploitation at the hands of others.

Helpful Hints to Avoid Elder Financial Abuse

Stay Active and Engage with Others - Remain active and socialize with your family and friends. Become involved in activities you enjoy. Avoid isolation as it can lead to loneliness, depression and make you more vulnerable to exploitation.

Monitor Your Financial Affairs – Take your time and consult people you trust in making important financial decisions. Check credit card and bank statements and bills for accuracy. Use direct deposit for Social Security and other payments to prevent mail theft. Sign your own checks whenever possible.

Stay Organized – Keep important papers and legal documents in a safe location. Review important documents annually to be sure they continue to represent your wishes. Items such as power of attorney and beneficiaries may need to be updated. Contact your attorney with any questions.

Be Cautious in Making Financial Decisions – Be careful when responding to in-person, mail, Internet or telephone solicitations. Fraudulent solicitors can be very skilled in trying to obtain your trust. Don't allow anyone to pressure you into making an immediate decision.

More Tips for Improving Your Memory

Maintain a healthy diet

A nutritious diet rich in fruits and vegetables as well as healthy fats from fish, nuts, and whole grains is vital to maintaining brain health. Avoiding saturated fats (in meat and dairy) and trans fats (in commercial products with partially hydrogenated oils) will help keep your arteries clear and cholesterol levels healthy, and that in turn will decrease your chances of heart disease and stroke, including the small "silent" strokes that can damage brain function. Avoid excess calories to maintain a normal weight; this lowers your risk for illnesses such as diabetes and hypertension, which can impair your memory. Eating a lot of fruits and vegetables can be especially beneficial because many are good sources of vitamins and other nutrients that may protect against diseases and age-related deterioration throughout the body.



Consider taking vitamins

If you eat a healthy diet, chances are that you are already getting most if not all of the vitamins that you need. However, aging can make you vulnerable to vitamin deficiencies due to nutritional restrictions and mal-absorption syndromes. Taking a high-quality multivitamin is a good start toward ensuring that you are getting what you need. Individual vitamin supplements can also play a role. Certain B vitamins (B₆, B₁₂, and folic acid) are important for neuronal protection as well as facilitating the breakdown of homocysteine, an amino acid in the blood that, at high levels, is a risk factor for heart disease, stroke, and peripheral vascular disease. Deficiencies of B vitamins tend to become more prevalent with age. Work with your doctor to monitor your homocysteine level, and correct B-vitamin deficiencies with supplementation when necessary.

Despite the uncertainties, it's reasonable to speculate that a diet rich in vitamin E may help delay or prevent the development of Alzheimer's disease. Include foods such as wheat germ, vegetable oils, whole grains, and leafy green vegetables in your diet. The benefits of vitamin E supplements are less clear. The Alzheimer's Association recommends that people already diagnosed with Alzheimer's take vitamin E only under the care of a physician. High-doses of vitamin E can interfere with the blood's clotting ability, raising the risk of hemorrhagic (bleeding) stroke. If you take blood-thinning medication such as warfarin (Coumadin) or aspirin, you should be especially cautious and talk with your doctor before taking vitamin E.



October 2009						
October 2009	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Daily Calendar Events  On-Going Programs	Aquasize-10 am Gentle Yoga-10:30 am Sr. Fitness-10:30 am Senior Lunch-12:30 pm Water Aerobics-6:30 pm Yoga Power Hour- 7 pm	Pilates- 8:30 am Kibitzers Kafe-10 am Aquasize-10 am Step & Weight Aerobics- 6:30 pm	Sr. Fitness - 10:30 am Gentle Yoga-10:30 am Senior Lunch-12:30 pm Bridge-1pm Water Aerobics-6:30 pm Scrabble-6:30 pm Yoga Flow- 7:00 pm	Pilates-8:30 am Aquasize - 10 am Mah Jongg - 10:30 am Senior Fitness - 10:30 am Senior Lunch-12:30 pm Senior Program-1:30 pm Evening Water Aerobics - 6:30 pm	Aquasize-10 am
	Sept. 27th Kol Nidre JEA Closes at 4 pm	Sept. 28 Yom Kippur JEA Closed 	Sept. 29	Sept. 30	1 -12:30-2:30 Senior Lunch & Program Art Gallery Reception- 5 pm Movie & Beer Night- 7:30 pm	2 Erev Sukkot JEA Closes at 5 pm
	4 Sukkot JEA Closed 	5	6	7	8 -12:30-2:30 Senior Lunch & Program Art Gallery Reception- 6 pm	9 Erev Shemini Atzeret JEA Closes at 5 pm
	11 Simchat Torah JEA Closed 	12	13	14	15 -12:30-2:30 Senior Lunch & Program Federation Campaign Main Event-	16
	18 YJS Book Club- 3 pm	19	20	21	22 -12:30-2:30 Senior Lunch & Program	23
	25 JEA Speakers Series- Dr. Annie Anton- 7:30 pm	26	27	28 Campaign Women's Division Luncheon- 12 pm	29 -12:30-2:30 Senior Lunch & Program Movie & Beer Night- 7:30 pm	30
						31



New Year's Thoughts from Rambam

As the new year approaches, it is certainly a time for reflection not just for individuals but for organizations as well. Those of us involved in institutions whether as parents or as professionals or just as members of the community need to take a moment of introspection and consider the role we play in these institutions and if within the role we play our demeanors could use some readjustment.

I had the opportunity to attend the United Way kick off campaign. This is truly an organization that has much to be proud of and certainly has a right to applaud its accomplishments. As I entered the room in the Civic Center where the event was to take place, the vibes in the room were welcoming to everyone. It did not matter race, religion, affiliation or title; everyone was there for one cause, one purpose, one goal. It was also very evident that the United Way's success lies in their common bond of commitment to success. Their goals are definitely lofty ones and certainly deserving of praise and recognition. However, I continue to be touched and moved by the

bond that pulled everyone together during those minutes of speeches, entertainment and pleas for all to come together and make the goals of the United Way realities. What could be loftier then asking individuals and businesses to dig into their pockets and care for others who cry out in need? What could be loftier then asking these individuals and these businesses during economic crisis to dig into their pockets despite their own personal concerns and challenges?

The Jewish community should not hesitate to look to others and learn lessons that can strengthen our own community's bond, to not only bond together, but to bond together for common goals with respect and sensitivity that breeds shalom and success.



Ester Y. Rabhan,
Rambam Principal

TRiP Makes More than a Teal Fashion Statement

"Recently the *Savannah Morning News* ran an article about teal being the 'in' color for fall," MorningStar Cultural Arts Group President Midge Schildkraut chuckled, and then added, "We at MorningStar's Teal Ribbon Project (TRiP) already knew that!"

She was referring to the organization's star line up of health care providers presented as part of a series of TRiP projects offered in recognition of September's National Gynecological Cancer Month. They included: grand rounds with visiting physician Dr. Benedict Benigno, *Total Access Pass Panel* with Dr. Benigno joined by ACI physicians Dr. Donald Gallup and Dr. James Burke II, support for Mickve Israel Sisterhood's program on *Genetics and Judaism* featuring genetic counselors C. Shai Huffard-King and Ashley Carlson, a renewed contract with Comcast to add six more lectures to MStar's *Cancer Answers* television show, the first chemo care resource bags specifically for ovarian patients, and they laid the groundwork for *Smart Cart* (a practical items patient exchange) and a *Tennis Challenge* (a tennis program for challenged players).

In the spring, MorningStar will host an event at the JEA on the high rate of the genetic mutations in people of Ashkenasic-Jewish descent that can cause Tay-Sachs, Familial Disautonomia, certain cancers, etc. Donations to the Sa-



Greenberg Health Resource Fund Founders Joel and Carol Greenberg with Dr. Benedict Benigno (center)

vannah Jewish Federation's Greenberg Health Resources Fund can be used for programs of this nature.

The *Total Access* and *Genetics and Judaism* programs will be aired this fall on *Cancer Answers* (the show airs weekly Tuesdays & Thursdays, 6 to 7 PM, on Comcast Channel 7).

Donations to MorningStar (www.morningstararts.org) can be earmarked for Teal Ribbon Projects such as *The Care bags*, *Smart Cart* and *Tennis Challenge*. "We really don't want to make cancer ribbons and bracelets of any color fashionable", said Creative Director and teal bracelet wearer Carol Greenberg, "but heightening education to help prevention, providing resources to make care decisions easier, and increasing awareness to find a cure – now that would be a smart style I would support!"

Jerald M. Gottlieb, Ph.D.

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Under the Clichés, There's a Few Gems

The Jewish Princess Feasts & Festivals

By Georgie Tarn and Tracey Fine
Reviewed by Jessica Leigh Lebos

One of the perks of being a loud-mouth Jewish blogger is that occasionally my opinions are solicited about a new product or book relating to our people. A few years back, the publicist for *The Jewish Princess Cookbook* contacted me to see if I'd like a review copy. I cringed immediately.

Listen, I'm not one to judge a book by its cover — or its title. But the term "Jewish Princess" stopped me cold. No matter where you come from, it's undeniably pejorative, attributing a superficiality and materialism to Jewish women, and I couldn't believe that a publisher in the 21st-century would perpetuate such a negative stereotype. After checking the web site and finding sample recipes for inane things like "Grapefruit with Brown Sugar" and "Melon Balls in Champagne", plus a lot of tired *shtick* springing from the old joke, "What does a Jewish princess make for dinner? *Reservations!*" I passed on reviewing it on my web site. Like my mother taught me; "If you can't say anything nice..."

It turns out the bad jokes are on me. Authors Georgie Tarn and Tracey Fine not only embrace the Jewish Princess cliché, they are *workin'* it. That first cookbook was a bestseller in their native United Kingdom, and the British BFFs have appeared on TV and radio, lauding themselves as the "new ambassadors for Kosher cooking." Seems that there are plenty of Jewish women out there who identify with their lavish lifestyles and simple kitchen tips, not to mention the interpretation of the laws of *kashrut* as the first "Diet Bible."

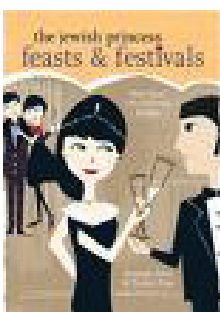
So now Tarn and Fine have written a second cookbook, and I thought it only fair to take a closer look. Their latest endeavors at the stove are featured in *The Jewish Princess Feast & Festivals*, a collection of recipes for the major holi-

days and others *simchas* couched in the Princesses' familiar saccharine humor. However, once you get past the references to plastic surgery and designer handbags ("What did the Jewish Princess say to her baby? *Gucci, Gucci, Gucci!*") there happen to be a few useful dishes to incorporate into your home cooked menus.

Most of the recipes don't require more than a handful of ingredients or more than a rudimentary knowledge of basic cooking skills. According to the authors, this is because Jewish Princesses don't have much time to spend in the kitchen in between shopping and getting their nails done, but for those who have jobs or don't necessarily enjoy spending the entire day making one meal, this works out for us, too. For dairy ideas on Shavout, the "Vegetable Risotto" and "Spinach and Ricotta Tart" are quick, tasty main courses, and I'm looking forward to trying out the "Lemon-Chile Lamb Chops" on the grill during Sukkot. And though "Hosting a Designer Dinner Party" may not be anywhere close to the top of your agenda, the collection of canapés might prove useful at your next book club meeting.

So though I still find their concept offensive, I'm not one to turn down a decent kugel recipe. But that doesn't mean I condone the Jewish Princess stereotype, nor do I plan to follow the Princesses into their quest for fame. Yes, it turns out the Princesses have penned a *third* book out this fall, *The Jewish Princess Guide to Fabulosity*, exploring topics like hairdressers and mothers-in-law. Frankly, I don't even want to know.

Jessica Leigh Lebos writes at Yo, Yenta!
www.yoyenta.com



Champagne Salmon Serves 4

(from the *Jewish Princess Feasts & Festivals* by Georgie Tarn and Tracey Fine)

For the fish:

2 1/4 pounds fresh salmon
1/4 teaspoon dried dill weed
2 onions, sliced
1 3/4 cups sparkling wine (your choice)
salt and pepper to taste

For the crème fraîche sauce

2 teaspoons all-purpose flour
1/4 cup water
1/2 cup crème fraîche
2 squeezes of fresh lemon juice
1/4 teaspoon of dried dill weed

Preheat the oven to 350°F.

Wash the salmon well and place on a sheet of foil on a baking sheet.

Add the rest of the fish ingredients and then make a loose parcel with the foil to seal the fish. (Mine resembles a clutch bag, of course!)

Bake for 10-15 minutes.

Unwrap your parcel and remove the fish with a slotted spoon. Strain the stock and reserve for the sauce.

To make the sauce, mix the flour and water together in a bowl until smooth. Reserve.

In a saucepan over low to medium heat, slowly heat the crème fraîche. Add the 4 tablespoons of the strained stock, the lemon juice, dill and seasoning.

As the sauce begins to simmer, add the flour paste, then turn down the heat and cook, stirring, for at least 1 minute.

Remove from heat, and serve the sauce with the fish.

The dish can be served hot or cold.

"Don't forget to serve with a glass of Princess Pink Champagne. *Lechayim!*"

Upcoming Community Events Have you RSVP'd?



October 6 – 4-6pm

Building a Sukkah with Udi, our new Shaliach. For children 4 yrs old and up. Music, games, snacks and more in the JEA sukkah. **RSVP to udi@savj.org**



October 8 – 7pm

Young Jewish Savannah Pizza in the Hut. Join YJS for their second annual evening of pizza, beer, wine and friendship in the JEA sukkah. \$10 per person. **RSVP to youngjewishsavannah@savj.org**



October 15 – 6:30pm

Federation Campaign Main Event with Author Bruce Feiler. Best-selling native-son Bruce Feiler introduces his latest book on Moses at campaign kick-off dinner. \$18 per person. **RSVP to rsvp@savj.org or 355-8111**



October 28 – 12:15pm

Women's Division Campaign Luncheon with Valerie Khaytina. Invite someone special to join you and share this always inspiring afternoon. \$25 per person. **RSVP to rsvp@savj.org or 355-8111**

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Vital Statistics

ENGAGED

Larry and Judy Odrezin are pleased to announce the engagement of their son, Abraham D. (Bram) Odrezin to Nicole Shevin.

The bride elect is the daughter of Mr. and Mrs. Maurice L. Shevin of Birmingham Alabama. She is the granddaughter of the late Harold Shevin, James Permutt and the late Alva Shevin Permutt; and the late Lois and Adolf Katz



Bram Odrezin and
Nicole Shevin

and the late Nathan Benson. Nicole graduated from Indiana University School of Public Health and is employed in Birmingham.

The groom elect is the grandson of Mrs. Eva Odrezin and the late Gilbert Odrezin of Savannah. He graduated from the University Of Georgia School Of Landscape Design and is employed in Birmingham. An October wedding is planned.

You Can Help with Mitzvah Project

With her upcoming Bat Mitzvah at Congregation Agudath Achim in November, Hannah Kovensky wants to make a difference in the community through a mitzvah project. Hannah decided to have a donation drive for the Humane Society of Savannah/Chatham, an organization that cares for animals in need and finds loving homes for homeless pets. They accept animals, surrendered by their owners who for a variety of reasons can no longer provide care for them. The Humane Society also rescues unclaimed animals from Animal Control that are deemed to be adoptable.

Savannah's Humane Society operates as a non-profit organization, raising money through their thrift store, community events, and donations. Much of the good they do is because of the generosity of those in the community. Hannah and her family have seen first-hand what a great place it is. The family dog, Penny, was adopted from there during Hanukkah 2007.

To aid the shelter as they get ready for the colder months, Hannah is conducting a blanket and towel drive to help keep the animals warm during their stay there. New or used blankets (but not comforters) and towels are welcome as are any other items on the shelter's wish list. The wish list can be found at the humane society's website, www.humanesocietyysav.org. Bins will be set up in the lobbies of the JEA and the AA synagogue starting after the High Holidays. "I think it's important that the animals stay warm and comfortable when the weather cools down and for us to help take care of animals in need," Hannah says. For more information, or for a bulk pick-up you can contact the family at sethsarah@aol.com. Thank you for all of your help.



Hannah Kovensky

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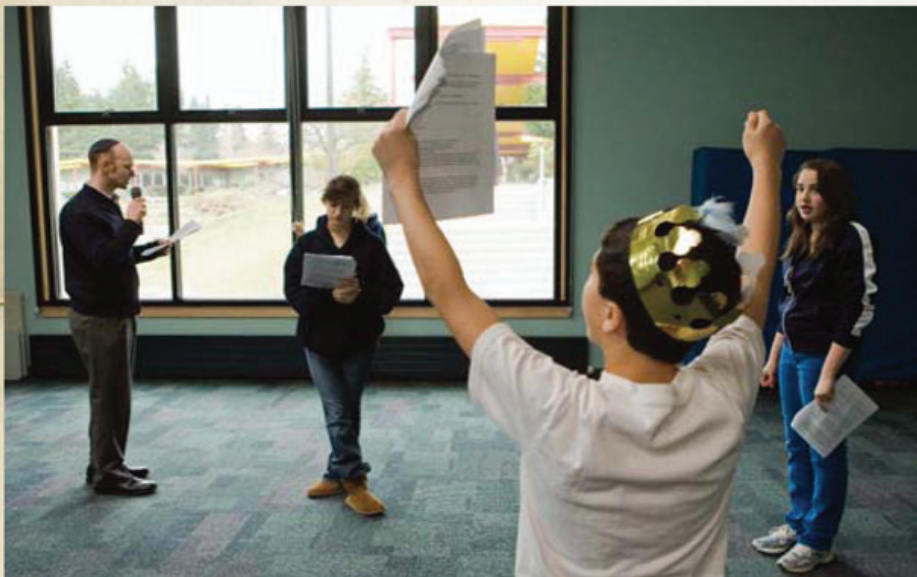
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Care to help? To donate, or for more information, go to www.savj.org or call (912) 355-8111.



SAVANNAH JEWISH FEDERATION

